

STUDENT'S STUDY BOOK

DISTRESS TO LEADERSHIP

FUNDAMENTALS OF PASTORAL LEADERSHIP

BASED ON FROM BABYLON TO ZION
A JOURNEY THROUGH THE 15 PSALMS OF
ASCENTS

BY

TONY SMITS B.TH

Distress to Leadership

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By Tony Smits B.Th

Books by Tony Smits:
Dynamics of the New Creation
From Babylon to Zion
Mountain Tops – Bible Prophecy as History Unfolds

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Distress to Leadership

Assessment Requirements

Assessment for this study covers two areas. One is the multiple choice questions and the second part is a written section. Both parts need to be completed for full assessment.

The multiple choice questions and the written section must be returned to us for recording all results.

1. Please answer all multiple choice questions on your assessment answer sheet.

- Please mark your assessment answer sheet square with an **X**.
 - Select; A, B, C, D or E
 - A for True
- or

B for False.

Please mark your answer square with an "X".

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2. Please write your impressions from all chapters.

- Use key points that you found were beneficial from each chapter.

Distress to Leadership

Assessmeant Sheet

This sheet must be returned to our office for assessment and for recording into our files.

Trailblazer Tony Smits Bible College Assessment Answer Sheet

Subject Name _____

Date _____

Campus Name _____

Student Name _____

Student Address _____

Please mark your answer square with an "X". If you make a mistake, cross it out and mark the correct box

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Total answer: _____

Marked By _____

Total Incorrect answers _____

Date _____

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Distress to Leadership

Chapter 1 – *THE 15 STEPS*

Please answer all multiple choice questions on your assessment answer sheet.

Q1. These Psalms are called “Psalms of Ascents of David” and were written by King David when he went through times of great difficulty, persecution and harassment – times of great stress and trouble. True or False

Q2. There is a message for the Christian Church in these Psalms. True or False

Q3. We have 25 steps of development through divine grace True or False

Q4. These 15 Psalms of Ascents show us things we need to do. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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Distress to Leadership

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Chapter 2 - ***GOD LOOKS FOR A PEOPLE***

Please answer all multiple choice questions on your assessment answer sheet.

Q5. The Church is "sand seed". True or False

Q6. God said to them at Mount Sinai, "If you will enter in, I will make you a nation of priests." (Exodus 19:4-5) True or False

Q7. The Judges were to hear from God and then they were to shepherd God's people.
True or False

Q8. Ten tribes went into captivity in Babylon, and two tribes went into captivity in Assyria.
True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think happens if we rebel the command of God.

Please use Scriptures in your answer.

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From Babylon to Zion

[illegible]

Distress to Leadership

Chapter 3 - *THE JOURNEY*

Please answer all multiple choice questions on your assessment answer sheet.

Q9. The tribes of Judah and Benjamin had been in Babylon as captives for 70 years. True or False

Q10. Among the 50,000 people there were 200 singers. True or False

Q11. They walked for about 121 days, and they averaged around 8 kilometres per day. True or False

Q12. It was an easy to come out of confusion and go into the Promised Land. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think complaining or worshiping can do to a group of people.

Please use Scriptures in your answer.

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From Babylon to Zion

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Distress to Leadership

Chapter 4 - ***THE CHALLENGE***

Please answer all multiple choice questions on your assessment answer sheet.

Q13. God was happy with the Israelites in their wilderness experience, going around in circles and not getting anywhere. True or False

Q14. The Psalms of Ascents are about learning over and above the elementary principles. True or False

Q15. Good doctrine is not about "*knowing*" it is about "*doing*". True or False

Q16. Disobedience is power in God's kingdom. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following statement means.

The anointing on your life is not given because of how much you know, but it comes upon how much of it you are living.

Reflect upon the Great Commission in Matthew 28: 16-20

Please use Scriptures in your answer.

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From Babylon to Zion

[illegible]

Distress to Leadership

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Chapter 5 - *THE JUDGES*

Please answer all multiple choice questions on your assessment answer sheet.

Q17. The root of their problem was that everyone did what was right in his own eyes.
True or False

Q18. The Book of Judges consists of the five-step cycle repeated seven times. True or False

Q19. It is OK, to compromise the truth because we do what is right in our own eyes True or False

Q20. If everybody else is doing things wrong, it is OK for me too! True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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DISTRESS

CRIED OUT

DELIVERANCE

REST, which became COMPLACENCY

SIM

5 Step Cycle
x 7 times



From Babylon to Zion

Please use Scriptures in your answer.

[illegible]

Distress to Leadership

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Chapter 6 - ***THE GUIDELINES***

Please answer all multiple choice questions on your assessment answer sheet.

Q21. The moment we put the Word of God aside, we are in trouble. True or False

Q22. Throughout our society now, there are no absolutes any more. True or False

Q23. The Renaissance teaching is that there is nothing good in a person. True or False

Q24. We are hopelessly and unconditionally lost unless Jesus saves us. True or False

Please explain your impressions from this chapter in more than 200 words.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following statement means.

They did what was right in their own eyes. The warning is in the cycle of failures in the Book of Judges.

Please use Scriptures in your answer.

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From Babylon to Zion

A series of horizontal dotted lines for writing.

Distress to Leadership

Chapter 7 - *THE PARALLEL*

Please answer all multiple choice questions on your assessment answer sheet.

Q25. There is a challenge in Psalm 107 to praise the Lord. True or False

Q26. Because they praised God there was an earthquake, the doors sprang open and they led the jailer to the Lord. True or False

Q27. Oh that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! True or False

Q28. Then they cried out to the Lord in their trouble, and He saved them out of their distresses. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer. Psalm 107

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following statement means.

If we murmur and we grumble, we become negative and depressed, and we cry “Help! If we were a praising people, we would not need to do these things, because we would have a miracle.

Please use Scriptures in your answer.

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From Babylon to Zion

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Distress to Leadership

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Chapter 8 - *THE BENEFITS*

Please answer all multiple choice questions on your assessment answer sheet.

Q29. From Psalm 120 to Psalm 134 you come from a situation of distress to the place where you can praise the Lord under all circumstances. True or False

Q30. A positive confession does not mean denying the reality of matter. True or False

Q31. The 15 Psalms challenge us to come from Babylon to Zion, out of confusion into the blessing of the Lord in 15 steps. True or False

Q32. Which answer below is wrong?

- A. - **Who** forgives all your iniquities;
- B. - **Who** heals all your diseases;
- C. - **Who** redeems your life from destruction;
- D. - **Who** crowns you with loving kindness and tender mercies
- E. - **Who** does not satisfy your mouth with good things so that your youth is renewed like the eagles?

Please explain your impressions from this chapter in more than 200 words.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following verses mean to you.

Psalm 91 says, “You shall not be afraid ... A thousand may fall at your side, and ten thousand at your right hand, but it shall not come near you. Only with your eyes shall you look and see the reward of the wicked.” vs 5,7-8

Please use Scriptures in your answer.

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From Babylon to Zion

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Distress to Leadership

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Chapter 9 - *DEALING WITH OUR PERSONALITY*

Please answer all multiple choice questions on your assessment answer sheet.

Q33. The challenge of these Psalms is to go on to maturity. True or False

Q34. When King David was persecuted, he did not know how to strengthen himself in the Lord. True or False

Q35. We live in a very selfish world with a supermarket mentality. True or False

Q36. If we just have a theory then we are dangerous because we are then likely to lay things on people that are very difficult to put into practice because we have never put them into practice ourselves. True or False

Please explain your impressions from this chapter in more than 200 words.

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In the context of this chapter please explain in your words what you think the following verses mean to you.

Psalm 120 says, “In my distress I cried to the Lord, and He heard me.” It sometimes takes distress for us to focus on God.

Please use Scriptures in your answer.

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From Babylon to Zion

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

In the context of this chapter please explain in your words what you think the following sentence means to you.

We need to translate doctrine into experience.

Please use Scriptures in your answer.

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Chapter 10 - ***RECOGNISING HIS PRESENCE IN OUR CIRCUMSTANCES - Psalm 120***

Please answer all multiple choice questions on your assessment answer sheet.

Q37. Have you been in the habit of looking for God in your present situations?
Yes or No

Q38. Let the peace of God be the referee and act as umpire in your hearts. True or False

Q39. We are working *for* God, and He works for us. True or False

Q40. We need to learn to start looking for the Lord in *all* circumstances. True or False

Please explain your impressions from this chapter in more than 200 words.

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In the context of this chapter please explain in your words what you think the following lines mean to you.

1. In my distress I cried to the Lord, and He heard me.
2. Deliver my soul, O Lord, from lying lips, and from a deceitful tongue.
- 3 What shall be given to you, or what shall be done to you, you false tongue?
- 4 Sharp arrows of the warrior, with coals of the broom tree!
- 5 Woe is me that I dwell in Mesech that I dwell among the tents of Kedar!
- 6 My soul has dwelt too long with one who hates peace.
- 7 I am for peace: but when I speak, they are for war.

Please use Scriptures in your answer.

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From Babylon to Zion

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In the context of this chapter please explain in your words what you think the following paragraph means to you.

The Christian walk and service is not a matter of planning what we are going to do tomorrow, and where we are going to go from here. Rather, it is seeing God in the situation and seeing where He is going from here. Sometimes people try to work for God somewhere. We can make plans and form a team – it can be all man without God. This can involve a lot of effort, a lot of kilometres and a lot of expense, but in the end it is only the product of man’s endeavours – an edifice raised to the glory of man. It doesn’t work that way!

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following statement means to you.

We might be in distress because there is a lack of holiness in our life.

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Please explain in your words what you think you would do in response to the following statement.

We have to fight for these things. We have to make time – we have to set time aside to do that, even if it means putting off other things that we would like to be doing. We have to fight to make time for God.

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In the context of this chapter please explain in your words what you think the following statement means to you.

God wants to bring some areas into line – over-indulgences, or we abuse our bodies, or sometimes we are just plainly outside of God’s will. God has to put His finger on our life. He may have called us to do something but we evaluate ourselves and think we cannot do it, and so we just head off in the opposite direction.

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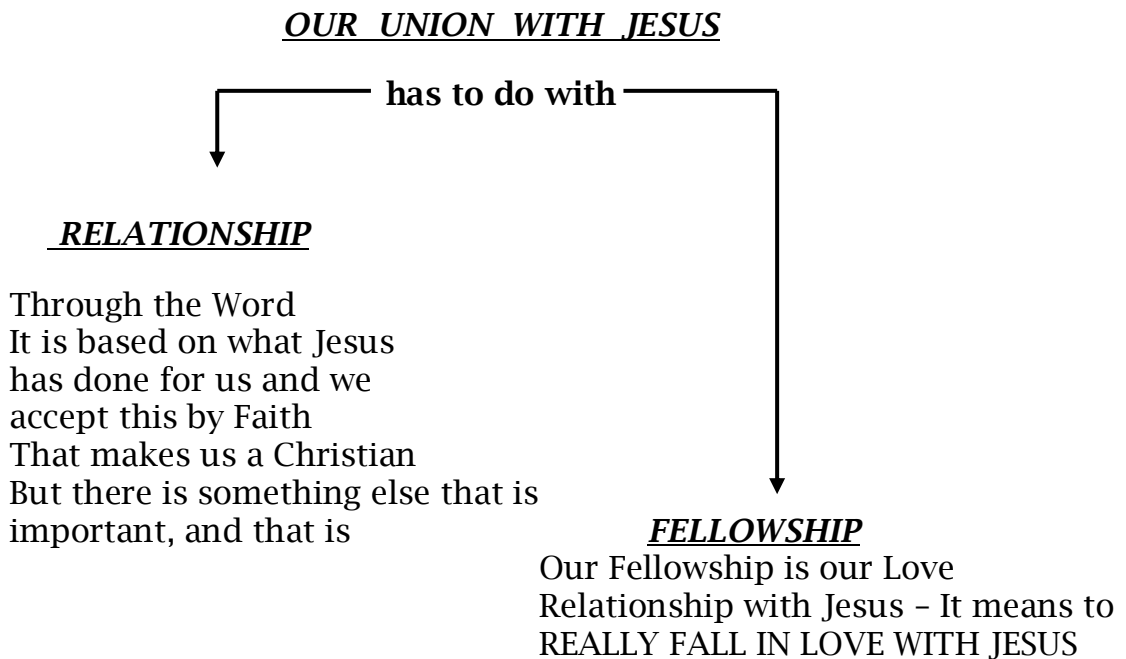
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In the context of this chapter please explain in your words what you think the following chart means to you.



Please use Scriptures in your answer.

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From Babylon to Zion

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In the context of this chapter please explain in your words what you think the following statement means.

Distress to Leadership

Why did the people of Israel spend 70 years in captivity in Babylon? Why not 69, why not 71 years?

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In the context of this chapter please explain in your words what you think the following statement means.

We must not be quick to jump to conclusions. We never know what is at the root of the problem. It is not really for us to judge. We have to love one another and stand together and push in close to God, because He is a healing God

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In the context of this chapter please explain in your words what you think the following statement and the diagram on the next page; please explain what you understand.

The Book of Romans is written like a pyramid, and the pinnacle is Romans 8:14.

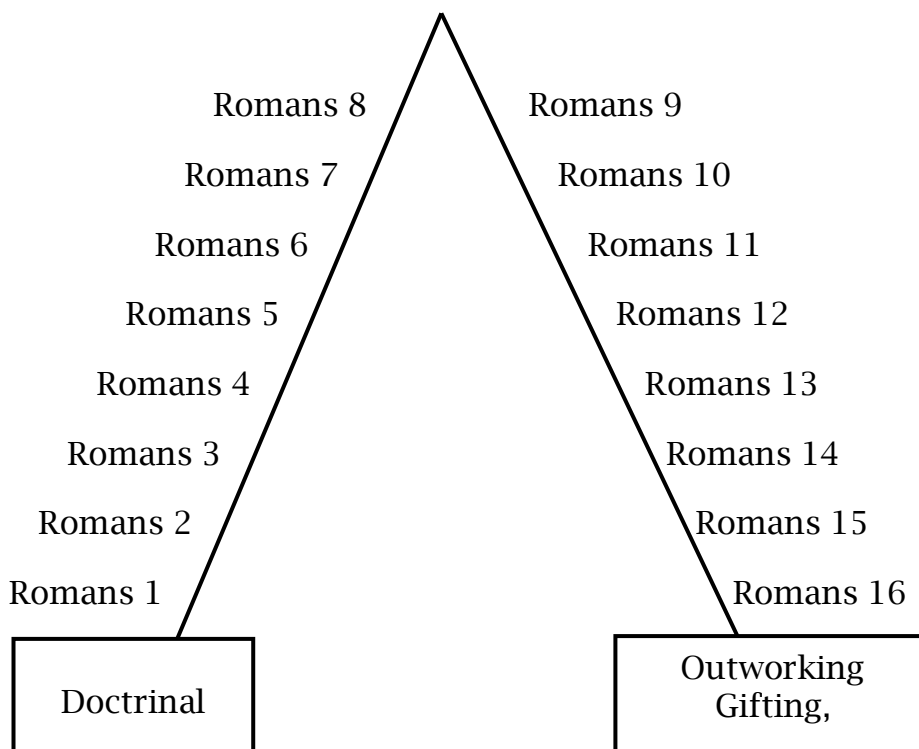
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ROMANS 8:14

HIOUS - Mature Sons of God



In the context of this chapter please explain in your words what you think the following statement means.

“Our fathers in Egypt did not understand Your wonders; they did not remember the multitude of your mercies, but rebelled by the sea - at the Red Sea.” Psalm 106:7

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In the context of this chapter please explain in your words what you think the Lord is saying to you.

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Distress to Leadership

Chapter 11 - *KNOWING WHERE TO GET YOUR QUESTIONS ANSWERED - Psalm 121*

Please answer all multiple choice questions on your assessment answer sheet.

- Q41. We can only be led by the Spirit of God if we have a God-consciousness from first thing in the morning and we practise a God-consciousness throughout the day. True or False
- Q42. For as many as are led by the Spirit of God, are not the sons of God.” (Exodus 19:4-5) True or False
- Q43. Where do you stand then? Can you go into your room, close your door and get your help? I’ve been there on a number of occasions. God alone is our answer. When you have problems you cannot share with people around you, remember where your answer lies. True or False
- Q44. The amount of anointing on our life is very much dependent on what we get in the secret place. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following 8 points mean and then in your words say how this has helped you.

1. I will lift up my eyes to the hills, from whence comes my help?
2. My help comes from the Lord, who made heaven and earth.
3. He will not allow your foot to be moved; He who keeps you will not slumber.
4. Behold, He who keeps Israel shall neither slumber nor sleep.
5. The Lord is your keeper; the Lord is your shade at your right hand.

From Babylon to Zion

6. The sun shall not strike you by day, nor the moon by night.
7. The Lord shall preserve you from all evil; He shall preserve your soul.
8. The Lord shall preserve your going out and your coming in from this time forth, and even for evermore.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the author is saying in this statement below to you.

I was challenged to spend more and more time with God, both in early morning devotions and throughout the day. We can do that. Some people say, "Oh but you get so heavenly minded, you are of no earthly use." Our mind and our spirit operate independently. We can apply our mind to what we are doing, and we can practise keeping our spirit in tune with the Lord.

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In the context of this chapter please explain in your words what you think the Lord is saying to you.

“Cursed is the man who trusts in man.” Jeremiah 17:5

“Blessed is the man who trust in the Lord.” Jeremiah 17:7

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In the context of this chapter please explain in your words what you think the author is saying to you.

Now the point I wish to highlight is this. Everyone who sought the Lord went outside the camp to the tabernacle. What did the rest of the people do?

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In the context of this chapter please explain in your words what you think the table below is saying to you and explain if you would implement this into your prayer life.

<u>WAITING ON THE LORD</u>	
Psalm 46:10; Isaiah 40:31	
<u>Four Stages</u>	
1. <i>Mental Cleansing.</i>	Make notes.
2. <i>Emotional Cleansing.</i>	Repent? Forgive? Apologise? Learn!
3. <i>Stillness.</i>	Wait and Worship.
(i) Don't bring out your shopping list.	
(ii) Don't stop now, and think, "I'm done."	
4. <i>The Lord speaks.</i>	Make notes. John 15:14-15

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From Babylon to Zion

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In the context of this chapter please explain in your words what you think the author is saying to you about the three tap roots.

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Chapter 12 - *GETTING THE RIGHT PERSPECTIVE - Psalm 122*

Please answer all multiple choice questions on your assessment answer sheet.

Q45. We need to have the right focus in life, and the right perspective on life.
True or False

Q46. Sometimes you have more of a war going on in your life after you get filled with the Spirit than you did before you were filled with the Spirit. True or False

Q47. We need to watch our attitudes towards our time, towards our money, our possessions, our holidays and everything that we have. True or False

Q48. These Psalms have to do with the shaping of our personality and going on from the A-B-C of doctrine to maturity. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the author is saying in this statement below to you.

If you are really committed to living for the Lord, there will be a harness on you, and it does chafe.

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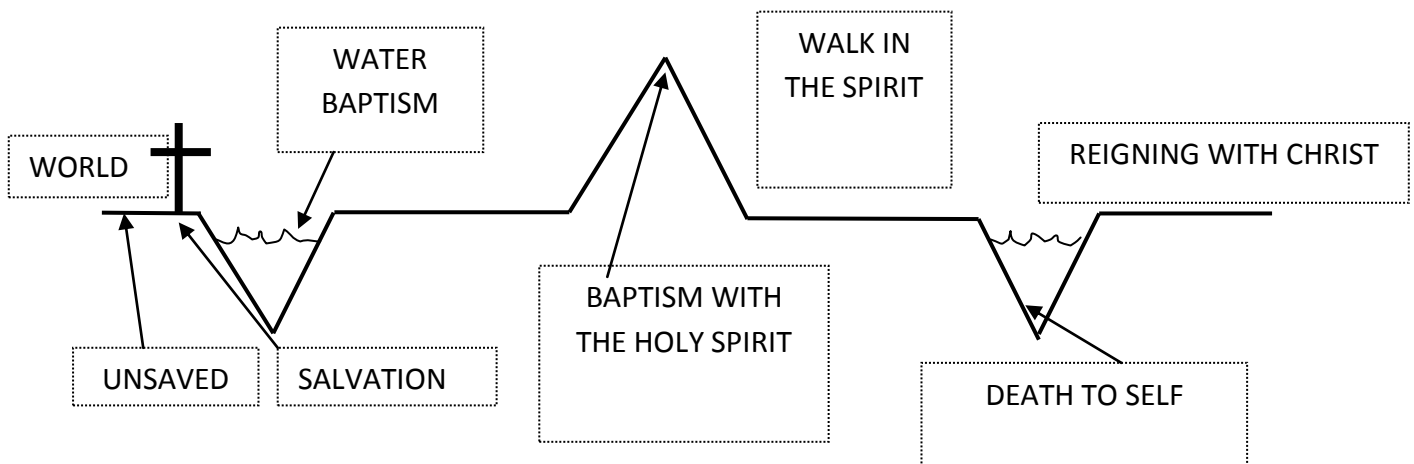
We need to watch our attitudes towards our time, towards our money, our possessions, our holidays and everything that we have. We should really come to a place where we can say – Please explain

[illegible]

In the context of this chapter please explain in your words what you think the author is saying and describe what you understand from this diagram below. Please explain in more than 200 words.

Did you know that the journey from Mount Sinai to the Promised Land could have been undertaken in 11 days? It took 40 years! Why did it take 40 years? There is an important point here. Please explain

Please use Scriptures in your answer.



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In the context of this chapter please explain in your words what you think the author is saying to you.

We must also have the right attitude and perspective towards the Church. What is your objective towards the Church?

- 1. The Body of Christ.
- 2. An Altar of Sacrifice.
- 3. An Holy Temple.
- 4. A School of Discipleship.
- 5. A Vessel for the Presence of God

Distress to Leadership

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From Babylon to Zion

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Distress to Leadership

Chapter 13 - ***LEARNING TO MARK TIME - Psalm 123***

Please answer all multiple choice questions on your assessment answer sheet.

Q49. We need to practise looking to the Lord in each situation. True or False

Q50. Even though we are born again, even though we are filled with the Spirit, even though Jesus lives within, we still have an earthen vessel. We still live in a world where there is persecution on every side. True or False

Q51. It is not important to learn to wait. True or False

Q52. Saul persecuted David and David became a man after God's own heart because he learned to wait. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 4 points mean and then in your words say how this has helped you.

1. Unto You lift I up my eyes, O You who dwell in the heavens.
2. Behold, as the eyes of servants look to the hand of their masters, and as the eyes of a maid to the hand of her mistress; so our eyes look to the Lord our God, until He has mercy upon us.
3. Have mercy on us, O Lord, have mercy on us! for we are exceedingly filled with contempt.
4. Our soul is exceedingly filled with the scorn of those who are at ease, with the contempt of the proud.

Please use Scriptures in your answer.

From Babylon to Zion

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the author is saying to you.

We have to keep our heart hot and enthusiastic before God! **Explain how you would do this.**

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the author is saying to you.

He makes us wait so that the flesh will die. Explain if this has happened to you.

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Please make a list of ten people from Scripture who had to learn to wait.

Please use Scriptures in your answer.

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| 1. | Scripture..... |
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Distress to Leadership

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| 9. | Scripture |
| 10. | Scripture |

Chapter 14 - ***BECOMING DOERS OF THE WORD - Psalm 124***

Please answer all multiple choice questions on your assessment answer sheet.

Q53. Becoming Doers of the Word means we are beginning to translate the doctrine we have learned into experience. True or False

Q54. Psalm 124 deals with the hypocrite in us. True or False

Q55. Merely knowing doesn't bring an anointing. True or False

Q56. The Apostle Paul wrote to Philemon, "I am a prisoner of the Lord." True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 8 points mean and then in your words say how this has helped you.

1. "If it had not been the Lord who was on our side," let Israel now say -
2. "If it had not been the Lord who was on our side, when men rose up against us;
3. Then they would have swallowed us alive, when their wrath was kindled against us;
4. Then the waters would have overwhelmed us, the stream would have gone over our soul;
5. Then the swollen waters would have gone over our soul."
6. Blessed be the Lord, who has not given us as prey to their teeth.
7. Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped.
8. Our help is in the name of the Lord, who made heaven and earth.

From Babylon to Zion

Please use Scriptures in your answer.

[illegible]

Distress to Leadership

[illegible]

In the context of this chapter please explain in your words what you think the author is saying in this statement below.

We live in an age of information and communication, and the prevailing opinion is that knowledge brings power. This may be so in the world but not in the Church. For God's people only the Anointing brings power. And that comes as a result of doing.

Please use Scriptures in your answer.

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From Babylon to Zion

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Chapter 15 - *GETTING THE FOUNDATIONS DOWN* - *Psalms 125*

Please answer all multiple choice questions on your assessment answer sheet.

- Q57. If we are going to be effective in ministry, the first thing we have to learn is to get our foundation down and be steadfastly established in God. We are to be like Mount Zion, which cannot be moved. It is unshakeable. True or False
- Q58. If we are finished working in our strength; then God can start doing something in us and through us. True or False
- Q59. God asks us to be successful. We do not need to be faithful. True or False
- Q60. God cannot do anything through us until we are dead to self, and established in Him. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 5 points mean and then in your words say how this has helped you.

1. Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever.
2. As the mountains surround Jerusalem, so the Lord surrounds His people from this time forth and forever.
3. For the sceptre of wickedness shall not rest on the land allotted to the righteous, lest the righteous reach out their hands to iniquity.
4. Do good, O Lord, to those who are good, and to those who are upright in their hearts.
5. As for such as turn aside to their crooked ways, the Lord shall lead them away with the workers of iniquity. Peace be upon Israel!

Please use Scriptures in your answer.

From Babylon to Zion

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In the context of this chapter please explain in your words what you think the author is saying in this statement below.

Stop looking at the evildoers. Stop comparing yourself with them

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the author is saying. Please reflect on this statement below and explain if you have come to this point.

Are your foundations firmly laid so that you are steadfastly established in God?

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words if you have experienced the three levels of faith giving examples.

1. *There is a trusting faith.*
2. *There is persistent faith.*
3. *There is miracle-working faith.*

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the author is saying about faithfulness and then give a definition of each of the five points.

Faithfulness consists of being ...

1. Available
 - a. Rest
 - b. Listen
 - c. Obey
2. Punctual
3. Responsible
4. Reliable
5. Stickability

Please use Scriptures in your answer.

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Chapter 16 - ***THE TURNING AGAIN OF OUR CAPTIVITY - Psalm 126***

Please answer all multiple choice questions on your assessment answer sheet.

- Q61. We will find that when God makes us wait and when God brings us through to a place where we become totally surrendered to Him, then when we are truly dead, only then can He really work through us. True or False
- Q62. When we are really totally dead to ourselves and our own desires and ambitions, then God is released to start doing things because we will give the glory to Him. True or False
- Q63. Prophecy is for direction; prophecy is not for confirmation and enlightenment. True or False
- Q64. The lesson of Psalm 126 is reaping with joy without becoming presumptuous, because we know the power and the glory all belong to Him alone. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 6 points mean and then in your words say how this has helped you.

1. When the Lord brought back the captivity of Zion, we were like those who dream.
2. Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, "The Lord has done great things for them."
3. The Lord has done great things for us, and we are glad.
4. Bring back our captivity, O Lord, as the streams in the South.
5. Those who sow in tears shall reap in joy,
6. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.

Please use Scriptures in your answer.

From Babylon to Zion

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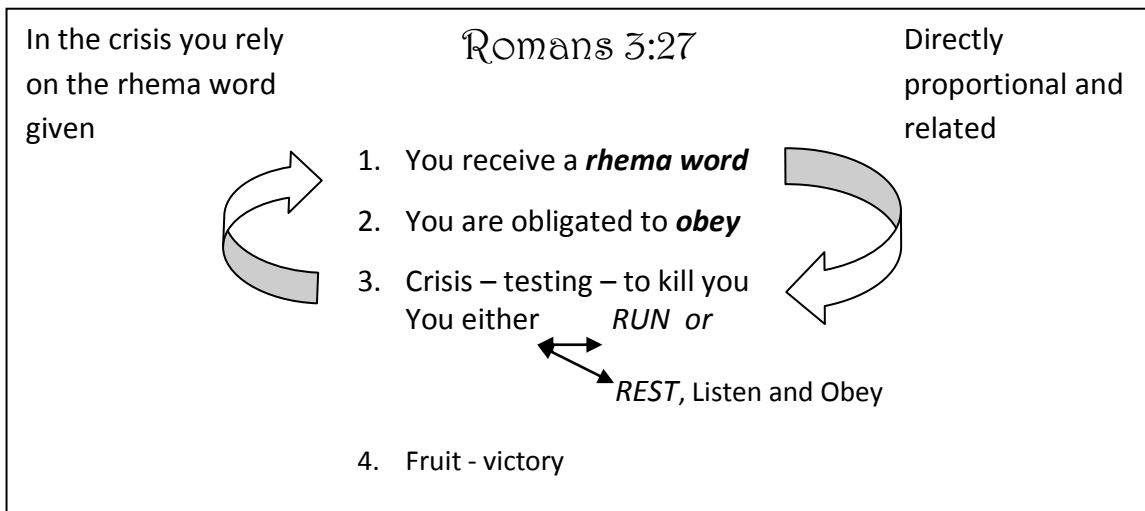
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In the context of this chapter please explain in your words what you think the table below is saying to you about the Law of FAITH, and explain if you would see and understand this in your life.



Please use Scriptures in your answer.

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From Babylon to Zion

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Distress to Leadership

Chapter 17 - **SEEING VALUE FOR OUR SERVICE - Psalm 127**

Please answer all multiple choice questions on your assessment answer sheet.

- Q65. We come to the place where nothing of that matters any more. We come to a place where it is just God and nothing else. It seems we have to stay in that place until we stop wrestling. While we are still kicking, we don't graduate. True or False
- Q66. There is no difference between presumption and pride. True or False
- Q67. In Psalm 127 we are now at this point where we have some fruit. This is where we must be careful that pride doesn't come in. True or False
- Q68. The warning of this chapter is that we don't forget the wilderness. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 5 points mean and then in your words say how this has helped you.

1. Unless the Lord builds the house, they labour in vain who build it: unless the Lord guards the city, the watchman stays awake in vain.
2. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so He gives His beloved sleep.
3. Behold, children are a heritage from the Lord, the fruit of the womb is a reward.
4. Like arrows in the hand of a warrior; so are the children of one's youth.
5. Happy is the man who has his quiver full of them: they shall not be ashamed, but shall speak with their enemies in the gate.

Please use Scriptures in your answer.

From Babylon to Zion

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In the context of this chapter please explain in your words what you think the author is saying in this statement below.

A good leader always works him or herself out of a job. A good leader should not be running faster than everybody else in the team.

Please use Scriptures in your answer.

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Chapter 18 - ***BECOMING A DISCIPLER - Psalm 128***

Please answer all multiple choice questions on your assessment answer sheet.

Q69. Psalm 128, takes us one step further. This brings us on to spiritual maturity. We have seen that soul winning is absolutely essential. If we do not have the desire to be a soul-winner, we will not progress to this next step. True or False

Q70. First and foremost, we are to have fun and not think about developing someone to take over. True or False

Q71. Psalm 128 talks about – spiritual maturity. True or False

Q72. A leader does not need to have a disciple. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 6points mean and then in your words say how this has helped you.

1. Blessed is everyone who fears the Lord; who walks in His ways.
2. When you eat the labour of your hands; you shall be happy, and it shall be well with you.
3. Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table.
4. Behold, thus shall the man be blessed who fears the Lord.
5. The Lord bless you out of Zion, and may you see the good of Jerusalem all the days of your life.
6. Yes, may you see your children's children. Peace be upon Israel!

Please use Scriptures in your answer.

From Babylon to Zion

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In the context of this chapter please explain in your words what you think the author is saying. Please explain your answer to:

What is discipleship?

Please use Scriptures in your answer.

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Chapter 19 - ***THE SUFFERING THAT IS NEEDFUL - Psalm 129***

Please answer all multiple choice questions on your assessment answer sheet.

Q73. Many leaders are hated, despised, misunderstood and criticised, and you have to wear all of that without reacting. Dead people don't react. True or False

Q74. Which one is incorrect?

What does suffering do?

- A. It puts depth into our life.
- B. It builds character.
- C. Suffering brings maturity in our life.
- D. It brings a balance in our life in the area of ministry.
- E. It makes you weaker.

Q75. Smith Wigglesworth said: "Great faith comes out of great trials. Great victories come out of great battles." True or False

Q76. When the Bible tells us to pray for our enemies, it is not for our enemy's sake it's for us. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following 8 points mean and then in your words say how this has helped you.

1. Many a time they have afflicted me from my youth,” let Israel now say -
2. “Many a time they have afflicted me from my youth; yet they have not prevailed against me.

From Babylon to Zion

3. The plowers plowed on my back; they made their furrows long.”
4. The Lord is righteous; He has cut in pieces the cords of the wicked.
5. Let all those who hate Zion be put to shame and turned back.
6. Let them be as the grass on the housetops, which withers before it grows up;
7. With which the reaper does not fill his hand; nor he who binds sheaves, his arms.
8. Neither let those who pass by them say, “The blessing of the Lord be upon you; we bless you in the name of the Lord!”

Please use Scriptures in your answer.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the author is saying in this statement below.

You only have what you can hold under pressure.

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In the context of this chapter please explain in your words what you think the author is saying about reacting and then explain each of the four points.

How can we prevent ourselves from reacting when it hurts? I'll give you four points for that.

1. Be Full of the Holy Spirit
2. Looking in the Right Direction
3. By Praying
4. By Loving Them

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Distress to Leadership

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Chapter 20 - *SEEING OURSELVES AS OTHERS* *SEE US - Psalm 130*

Please answer all multiple choice questions on your assessment answer sheet.

Q77. Psalm 134, is about being able to sing in the night - that means praising God when it is night-time in your life. True or False

Q78. Elihu was a young man and he was the spokesman of the Lord. He spoke good things. True or False

Q79. There is an overwhelming awe that comes upon us when God shines His light into our life. True or False

Q80. The Lord will not speak to us through a sermon or a prophecy. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 8 points mean and then in your words say how this has helped you.

1. Out of the depths have I cried to You, O Lord.
2. Lord, hear my voice! Let Your ears be attentive to the voice of my supplications.
3. If You, Lord, should mark iniquities, O Lord, who could stand?
4. But there is forgiveness with You, that You may be feared.
5. I wait for the Lord, my soul waits, and in His word I do hope.
6. My soul waits for the Lord more than those who watch for the morning – Yes, more than those who watch for the morning.
7. O Israel, hope in the Lord; for with the Lord there is mercy, and with Him is abundant redemption.
8. And He shall redeem Israel from all his iniquities.

Please use Scriptures in your answer.

From Babylon to Zion

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In the context of this chapter please explain in your words what you think the author is saying in this statement below.

Early in our Christian walk we just couldn't handle it. For years I never saw it. For years I was never aware of it. For years you think you are doing alright and you are going flat out for the Lord. "Yes, I'm it-and-a-bit, and something else as well." Just wait. The time will come. The time will come.

[illegible]

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In the context of this chapter please explain in your words what you think is your temperament naming you strengths and weaknesses.

There are four basic temperaments and they each have their own strengths and weaknesses. Most of us are a mix of a two or three of these temperaments, and we are all different because there are so many variations and combinations.

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Distress to Leadership

Chapter 21- *FINDING OUR TRUE PLACE IN THE BODY OF CHRIST - Psalm 131*

Please answer all multiple choice questions on your assessment answer sheet.

- Q81. Once we have had a glimpse of others faults, we can then start to see ourselves rightfully in the body of Christ because we are perfect. True or False
- Q82. The Body of Christ is put together in a very wonderful way. We all have a different work to do, but we don't need any others. True or False
- Q83. It is a difficult thing to endure the process of having ourselves revealed to ourselves. Only in this way can we find our true selves and subsequently find our place in the Body of Christ by facing our ministry in honesty. True or False
- Q84. In Ephesians 4 we see it is also Holy Spirit who gave the five Ministry Gifts to the Church. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 3 points mean and then in your words say how this has helped you.

1. Lord, my heart is not haughty, nor my eyes lofty; neither do I concern myself with great matters, nor with things too profound for me.
2. Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me.
3. O Israel, hope in the Lord from this time forth and forever.

Please use Scriptures in your answer.

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From Babylon to Zion

A series of horizontal dotted lines for writing.

In the context of this chapter please explain in your words what you think chapter 13 of 1Corinthians is explaining to the reader.

Chapter 22 - *OUR UNION WITH THE LORD - Psalm 132*

Please answer all multiple choice questions on your assessment answer sheet.

Q85. The Lord God loves you, and He longs for your affection. True or False

Q86. The completeness of our union with Christ comes when we begin to realise we have shared with Him in all phases of His death, burial, resurrection and ascension on our behalf. True or False

Q87. We do not have an inheritance with Jesus. True or False

Q88. There is a difference between relationship and fellowship. True or False

Please explain your impressions from this chapter in more than 200 words.

Please use Scriptures in your answer.

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In the context of this chapter please explain in your words what you think the following 18 points mean and then in your words say how this has helped you.

1. Lord, remember David, and all his afflictions.
2. How he swore to the Lord, and vowed to the Mighty One of Jacob.
3. Surely I will not go into the chamber of my house, or go up to the comfort of my bed;
4. I will not give sleep to my eyes, or slumber to my eyelids,
5. Until I find out a place for the Lord, a dwelling place for the Mighty One of Jacob.
6. Behold, we heard of it in Ephrathah; we found it in the fields of the woods.
7. Let us go into his tabernacle; let us worship at his footstool.
8. Arise, O Lord, to Your resting place; You and the ark of Your strength.
9. Let Your priests be clothed with righteousness; and let Your saints shout for joy.
10. For Your servant David's sake do not turn away the face of Your Anointed.
11. The Lord has sworn in truth to David; He will not turn from it; I will set upon your throne the fruit of your body.

From Babylon to Zion

- 12.If your sons will keep My covenant and My testimony which I shall teach them,
their sons also shall sit upon your throne forevermore.
- 13.For the Lord has chosen Zion; he has desired it for His dwelling place.
- 14.This is my resting place forever; here I will dwell, for I have desired it.
- 15.I will abundantly bless her provision; I will satisfy her poor with bread.
- 16.I will also clothe her priests with salvation; and her saints shall shout aloud for
joy.
- 17.There I will make the horn of David grow; I will prepare a lamp for My
Anointed.
- 18.His enemies I will clothe with shame; but upon Himself His crown shall
flourish.

Please use Scriptures in your answer.

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Distress to Leadership

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In the context of this chapter please explain in your words what you think the following 5 points mean.

The Bible gives us five pictures that describe our union with the Lord Jesus.

1. The Vine and the Branches
2. The Head and Members of the Body
3. The Chief Corner Stone and Living Stones
4. The Bride and the Bridegroom
5. Sons Adopted into the Family

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Chapter 23 - ***OUR UNION WITH THE BRETHREN - Psalm 133***

Please answer all multiple choice questions on your assessment answer sheet.

Q89. Which one below is incorrect?

That oil was called the Holy Anointing Oil and its composition and ingredients are described in Exodus 30:23. These are -

- A. Myrrh
- B. Sweet-smelling Cinnamon
- C. Sweet-smelling Cane
- D. Cassia
- E. Fish Oil

Q90. In Christ there is neither male nor female, neither bond nor free. True or False

Q91. We are all one in Him and we are all clothed with His robe of righteousness. True or False

Q92. When we can arrive at a place of acceptance and love and unity, the Lord starts to command the blessing. True or False

Please explain your impressions from this chapter in more than 100 words.

Please use Scriptures in your answer.

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Distress to Leadership

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Chapter 24 - *SINGING IN THE NIGHT - Psalm 134*

Please answer all multiple choice questions on your assessment answer sheet.

Q93. Which one below is incorrect?

- A. They sinned.
- B. Distress followed, because punishment came in the form of being over-run by another nation.
- C. They did not cry out to the Lord.
- D. Deliverance. And then the Lord raised up a deliverer.
- E. So the land had rest 40 years.

Q94. Now 15 Psalms later in Psalm 134 we have come to Zion, the place of praise. True or False

Q95. The things that are happening on the earth, as terrible as they are, are to be seen and grasped as an opportunity for us to get into action. True or False

Q96. By just working our way through some of the things we have learned, we can let our light shine in the darkness that is upon the earth. True or False

Please explain your impressions from this chapter in more than 100 words.

Please use Scriptures in your answer.

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Chapter 25 - *SO WE HAVE ARRIVED, HAVE WE?*

Please answer all multiple choice questions on your assessment answer sheet.

Q97. Never ever think, “Well we have arrived, never to slip back again into that five-step cycle.” True or False

Q98. This is not doctrine; it is not theology. These are practical steps for Christian living to help us grow to maturity. True or False

Q99. When Israel finally struggled through the five stages of each cycle until the land once again came into a place of rest, they relaxed and enjoyed the blessings. True or False

Q100. Complacency is a big danger for us in ministry. True or False

Please explain your impressions of this prayer in a 100 words.

Lord, help me to focus in and concentrate on a particular aspect of this study that I feel is applicable to my life, and needful in my life. Help me to pray about that area and meditate upon it. I ask you Lord, by the power of the Holy Spirit to change me. Work these lessons into the very fabric of my being, Lord, that I may grow from the stage I am at, to where You want me to be.

Amen

Please use Scriptures in your answer.

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Distress to Leadership

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From Babylon to Zion

ABOUT THE AUTHOR:

Tony Smits B.Th was born in Holland and migrated to Australia with his parents in the early 1950's.

Together with his wife Barbara, he has spent 40 years in ministry in some 24 different Churches, of which he has pioneered 19.

BOOKS BY TONY SMITS B.Th

Dynamics of the New Creation

From Babylon to Zion

Mountain Tops – Bible Prophecy as History Unfolds

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