

SHIPMATE'S LOG



THE LEGEND *to* THE TREASURE

SHIPMATE'S LOG



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One

The Treasure

Jonah sought the Kingdom of God, God's Holy Temple, and so God heard his prayer. Note that it appeared as if Jonah would lose his life if he stopped going with the crowd on the ship headed the wrong direction. God provides for those who want to get away from the strong pull of the crowds and go His way. Jonah was prepared to go back and do God's work. What was that work? To tell the truth to those who were going the wrong way in life. He went back and preached repentance to a whole city, and they all repented. Those who do not seek the LORD's Kingdom and His righteousness will forfeit the grace that could be theirs. Now read the whole story of Jonah and the whale, all at one time...

“The word of the LORD came to Jonah son of Amittai: ‘Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.’ But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD. Then the LORD sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship. But Jonah had gone below deck, where he lay down and fell into a deep sleep. The captain went to him and said, ‘How can you sleep? Get up and call on your god! Maybe he will take notice of us, and we will not perish.’ Then the sailors said to each other, ‘Come, let us cast lots to find out who is responsible for this calamity.’ They cast lots and the lot fell on Jonah. So they asked him, ‘Tell us, who is responsible for making all this trouble for us? What do



you do? Where do you come from? What is your country? From what people are you?' He answered, 'I am a Hebrew and I worship the LORD, the God of heaven, who made the sea and the land.' This terrified them and they asked, 'What have you done?' [They knew he was running away from the LORD, because he had already told them so.] The sea was getting rougher and rougher. So they asked him, 'What should we do to you to make the sea calm down for us?' 'Pick me up and throw me into the sea,' he replied, 'and it will become calm. I know that it is my fault that this great storm has come upon you.' Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. Then they cried to the LORD, 'O LORD, please do not let us die for taking this man's life. Do not hold us accountable for killing an innocent man, for you, O LORD, have done as you pleased.' Then they took Jonah and threw him overboard, and the raging sea grew calm. At this the men greatly feared the LORD, and they offered a sacrifice to the LORD and made vows to him. But the LORD provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights.

"From inside the fish Jonah prayed to the LORD his God. He said: 'In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry. You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. I said, "I have been banished from your sight; yet I will look again toward your holy temple." The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. But you brought my life up from the pit, O LORD my God. When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. Those who cling to worthless idols forfeit the grace that could be theirs. But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the LORD.' And the LORD commanded the fish, and it vomited Jonah onto dry land.

"Then the word of the LORD came to Jonah a second time: 'Go to the great city of Nineveh and proclaim to it the message I give you.'



Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very important city—a visit required three days. On the first day, Jonah started into the city. He proclaimed: ‘Forty more days and Nineveh will be overturned.’ The Ninevites believed God. They declared a fast, and all of them, from the greatest to the least, put on sackcloth. When the news reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. Then he issued a proclamation in Nineveh: ‘By the decree of the king and his nobles: Do not let any man or beast, herd or flock, taste anything; do not let them eat or drink. But let man and beast be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish.’ When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened.

“But Jonah was greatly displeased and became angry. He prayed to the LORD, ‘O LORD, is this not what I said when I was still at home? That is why I was so quick to flee to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, O LORD, take away my life, for it is better for me to die than to live.’ But the LORD replied, ‘Have you any right to be angry?’ Jonah went out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city. Then the LORD God provided a vine and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the vine. But at dawn the next day God provided a worm, which chewed the vine so that it withered. When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah’s head so that he grew faint. He wanted to die, and said, ‘It would be better for me to die than to live.’ But God said to Jonah, ‘Do you have a right to be angry about the vine?’ ‘I do,’ he said. ‘I am angry enough to die.’ But the LORD said, ‘You have been concerned about this vine, though you did not tend it or make it grow. It sprang up overnight and died overnight. But Nineveh



has more than a hundred and twenty thousand people who cannot tell their right hand from their left, and many cattle as well. Should I not be concerned about that great city?" Jonah 1-4

Week One Navigation

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Mark 12:30 Every week you will be provided with the opportunity to completely change your heart, mind, soul, and actions [what strength is given to]. These are optional and up to the individual, but I can guarantee that it is superior to television, MTV, news, sports, any hobby, or sleep.

Shipmate’s Checklist:

- Watch Video One in class first
- Read Chapter One of *THE LEGEND TO THE TREASURE*
- Listen to Audio One
- Make notes in your journal pages
- Answer Week One Questions
- fill out the Week One [Treasure Survey](#)
- fill in [Change Record](#) in Appendix A
- fill in [Week One Barometric Reading](#)
- fill in [Week One Compass Reading](#)

Staying the Course

For those who want more mid-week reinforcement...

- Weigh Download—Constant Encouragement CD Lesson: Year 2 Volume 18, “[A Heart for God.](#)” [You can always call 1-800-844-5208 to get ALL of the Constant Encouragement CDs!!]
- Watch Weigh Down at Home: Lesson 3, “[Your Heart Belongs to God—Not food](#)”
- Read [Rise Above](#). Chapter 1, “A Passionate People”
- Read [Weigh Down Diet](#): pages 115-125, “Out of Egypt”



- ❑ Use a new *NIV* bible for highlighting the scriptures in this series
- ❑ Keep *THE LEGEND TO THE TREASURE* book nearby and your Bible by your side at all times

Scriptures from this week's lesson: [check [✓] when read]

- ❑ Psalm 89:12
- ❑ The book of Jonah

Questions

THE LEGEND TO THE TREASURE is full of reality. Before you can find the true treasure, you must become accustomed to looking at the truth in your own heart as well as the truth of the world around us. Since the turn of the century, it has become a different world because of a dark blanket of confusion that has caused our ships to wander from the will of our Creator. Go back and read the statistics. Make sure you read the statistics if you have not been keeping up with the news—especially evangelical news. There is so much more that has not been listed. There is so much sin that is not reported. Dear Saints, these days are troubling and we need to just concentrate on our own household right now and our own hearts to make sure that we are not adding to the disgusting statistics that are piling up against this generation.

THE TREASURE

- ✠ How did this week's video and book chapter "The Treasure" make you feel? What were the most important and convicting points?

The Ten Commandments of God

“I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand {generations} of those who love me and keep my commandments. You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name. Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Honor your father and your mother, so that you may live long in the land the LORD your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not give false testimony against your neighbor. You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

Exodus 20:1-17



✠ Reread and ponder the precious and valuable Ten Commandments of God that are such a treasure to us all. Here this Treasure sits in a book in our house somewhere, but it should be at the forefront of your heart and written in the house and on your computer. If God is first, then His wishes for the day must be first.

✠ Put a star by The Commands of God that you need to work on or the Commands that you have resisted/ignored. We must turn to God and put His Commands first and foremost. Record in the space provided how you and your family have added to the national statistics, for example, use of illicit drugs, depression, etc.

✠ Were you aware of these statistics reported in this week's lesson?

Yes No

Use the space provided to add other alarming statistics that were not listed above.

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

According to Lesson One, why is the world going kooky?

✠ Read Matthew 6:19-21. Jesus has the answer and pearls. This one is most important. Please write it out with your own hands so it will sink into your heart. Underline where your heart should be.



- ✠ According to the story of Jonah and Chapter One of *THE LEGEND TO THE TREASURE*, why was the storm raging?

- ✠ Jonah jumped out of the ship and, in his mind, to his death to save the other shipmates. Think about this—would you not only repent, but lay down your life for others because you were bringing the wrath of God on innocent people? Yes No Maybe
Write down what you would have done if you were Jonah.

- ✠ Do you ever really get convicted? Often Rarely
What do you do when you get really convicted?

- ✠ Notice how quickly Jonah jumped ship. How long has it taken you to get all the excess weight off, to get rid of the lust, to remove all the pride, etc.?

- ✠ Write down the year you were first aware that you needed to change for the sake of God.

- ✠ How many times have you been convicted to get your excess weight off [or any other major sin]? What happened to Starbuck? [See page 28 of *THE LEGEND TO THE TREASURE*.]

- ✠ Is it about time to make a drastic *change* and jump ship and get this weight off and lay sin, lust, greed, and pride down? Yes No
Pray that you will have the conviction of Jonah.



Treasure Survey:

THE MAP and LEGEND to THE TREASURE have been replaced by a false map with a false gospel. We have lost our way, therefore the Ten Commandments are gone, sacredness is gone, and authority is gone. Present day religion is aimless and has left people purposeless. Sin is out of control. It is widespread and unchecked because the leaders do not know God or what He expects from every person seeking Him. Most people in the world think they have a purpose, but their actions and faces show that it is only vain, futile, worthless pursuits. The search has left most with eyes that are blank and expressionless, glazed and lifeless. They are drained and emotionless and unresponsive. Again, a part of this search is probing deep into the recesses of our heart and our spiritual life. The following is a list of questions that will help you to evaluate where your ship is on the great map of life. This survey is extensive, but try to complete this survey as quickly as possible. There will be another survey like it in Appendix B to be filled out at the completion of this course, and you can use it to compare how much you have changed over the last two or three months. Let's get going, and the treasure/blessings are going to blow your sails away!!!

Your Name:

Family Members' Names (spouse, children):

Parents' Names:

Grandparents' Names:



Family History

	Yourself	Family	Parents	Grandparents
Health:				
Diverticulitis caused by overeating				
Cirrhosis of the liver [from alcohol only]				
Type II diabetes [from overeating only]				
Bowel resections from overeating				
Chronic ulcers from overeating				
Spastic colon from overeating				
Joint and muscle problems from excess weight				
Anorexia				
Bulimia				
Excess weight [Write down number of years of overweight]				
Morbid obesity				
Weight loss surgeries				
Circulation problems				
Heart disease from overeating				
Early death of close relatives				
Mental Disorders:				
Mental/psychiatric disorders				
Chronic fatigue				
Chronic feelings of being drained and emotionless				
Chronic or intermittent depression				
Chronic loneliness				
Abuse of prescription medications				
Use of illicit drugs				
Spiritual Problems:				
Unpeaceful marriage				
Unpeaceful household				
Divorce				
Infidelity or thoughts of infidelity				
Pornography				
Promiscuity or thoughts of promiscuity				
Financial:				
Bankruptcy				
Home foreclosure				
Car repossession				
Credit card debt				
Outstanding debt				
Unpaid taxes				



List any additional issues in your life and the life of your family.	Yourself	Family	Parents	Grandparents
Health:				
Mental:				
Physical:				
Spiritual:				
Financial:				

Let's break down where you are spending your heart, soul, mind, and strength. Just be honest here.

HEART:

What is the highlight of your day?

What do you LOVE to do?



What is your true heart's desire, the thing that makes your heart rate go up? What gets you out of the bed on Saturday and Sunday mornings?

What did your heart used to love and long for?

SOUL:

What does your soul yearn for?

What are you passionate about?

What is every fiber of your being crying out for?

What is the motivator behind your actions each day?

MIND:

How many times a week do you do the following:

Read the Bible or other inspired literature—listen to Constant Encouragement or audio lessons that only convict you to put God *first*:

Pray to God—heartfelt prayers:

Think of others:

Talk about God:

What is the first thing that you wake up thinking about?

What makes you happy to think about?



STRENGTH:

What do you do in your spare time?

What do you live for on the weekends?

What do you do on your vacations?

What do you do with extra time—even a 15-minute break at work?

What do you put all of your energy into?

What activities do you do for others?

RELIGIOUS HISTORY:

How many churches have you visited or been a member of?

Are you a member of a church now? Yes No

Were you aware of these church stats? Yes No

How has your church added to these stats? [Example: multiple divorces, etc.]



Use words to describe your finances:

Use words to describe your marriage:

Use words to describe your children's relationship with God and their ability to honor their mother and father:

Are you at perfect peace with God and mankind? Okay Could be better Never think about it Great/abundant

Fruit of the Spirit—check the areas in which you are 7.0 [perfect, complete]:

Love	Joy	Peace	Patience
Kindness	Goodness	Faithfulness	
Gentleness	Self-control		

If you do not have 100 percent peace, patience, kindness, love, etc., does the fruit show that some of your pursuits and time and energy are vain, futile, worthless or that you have not had the highest of goals? Yes No

EXAMINING YOUR LIFE

Write down what you do on a typical day at home. [Example: When I get up, I... In the evening, I... On the weekend, I...]

Morning:

Noon:

Evening:

Night:

Weekend:



Read Deuteronomy 6:4-9. Does your day look like what God commands in this passage? Yes No

Where has your ship been headed?

Where do you think your ship and family will be in...

5 years:

10 years:

30 years:

What is it that you have sought to attain?

What your children pursue is very telling. How have your children done so far in giving heart, soul, mind, and strength to God's commands?

Are you absolutely, positively sure where you are going to end up if you stay on your present course? [Hint: shipwrecked or in the Kingdom of God?]

You only pass this way one time. What do you feel like your treasure has been in life? What would you like it to be?



What treasures have you stored up for yourself and your children in Heaven?

What have you stored up on earth?

Do you know that you DO have a CHOICE to make your treasure whatever you want? Yes No Do you feel trapped by bad finances, marriage, job, health, etc.? Explain.

Start looking for your spiritual gifts. You might have one main one or many. Jesus left these in His train [Ephesians 4] for those that adore Him and the Father. List those that you have here:

Are you using your gifts for self or to further the Kingdom? Please take care of God, Christ, and God's House first and then you can help yourself. Teach your family to do the same. Make a list of words/phrases you think would be used to describe yourself and circle the top four descriptive words:



How would those closest to you describe you [in adjectives/phrases]?

What words would be used in the eulogy at your funeral?

Now put all this in one paragraph. Based on this evaluation of your life, what has been in your heart and what has been your REAL treasure? [You are going to say that your treasure has been God, but make sure your writing reflects the fruit in your life and children's lives.]

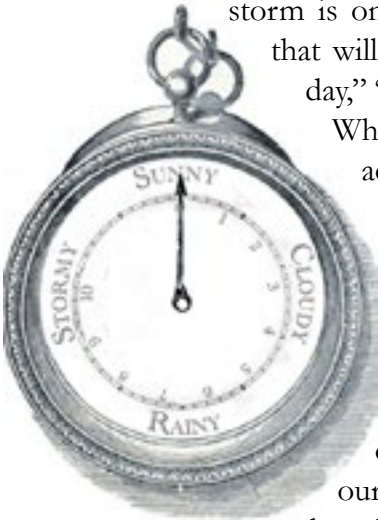


Narrow is the way that leads to the Eternal City



Barometric Reading

The barometer is an instrument measuring positive or negative changes in the atmospheric pressure, as well as other indicators, and is used in forecasting the weather by reflecting the changes in circumstances. When the atmospheric pressure changes, it lets you know that a



storm is on the way. It is a really neat instrument that will actually point toward “sunny day,” “fair day,” “cloudy day,” “rainy day,” or “stormy day.”

What brings judgment on mankind is his own actions. Read Romans 1. Just as there are negative changes in the atmosphere before a storm, likewise, if there are negative changes in our actions, it will bring God’s wrath and curses on our life. We obviously do not want to be responsible for causing negative atmospheres around our house, much less bring storms on our lives and our family’s lives. The actions

that change the barometer readings in our life are listed throughout the Bible—for example, Ezekiel 18, Ephesians 4, Romans 1, Isaiah 58, and II Timothy 3. The goal of the Barometric Reading exercise is to check positive or negative change. Is it pointing toward sunny or stormy? Rate yourself from zero to 10, with zero being “no pull” and 10 being “strong pull.” Your goal is to have zero on all characteristics so that the arrow on the barometer points to “sunny”!

Out of Control:

8	Temptations to Steal/Theft
10	Disrespect for Authority
3	Tax Evasion
1	Pilfering from Boss
3	Slander/Mocking Others
0	Talking Too Much
7	Malice/Revenge
0	Jealousy/Envy
8	Compulsive Behaviors
9	Thoughts of Murder

Idolatry [Excessive

Use or Abuse of]:	
0	Food [Overeating]
0	Cigarettes
0	Alcohol
0	Drugs
10	Prescription Drugs
8	Antidepressants
9	Credit Cards
0	Overspending
10	Gambling

Control:

8	Nagging
0	Excessive Exercise
3	Overbooked Calendar
2	Workaholism
8	Weight Loss Gimmicks
1	Anorexia
0	Bulimia
3	Dieting/Diet Pills
8	Controlling People
9	Love of Money

Barometric Reading



Out of Control:

- Temptations to Steal/Theft
- Disrespect for Authority
- Tax Evasion
- Pilfering from Boss
- Slander/Mocking Others
- Talking Too Much
- Malice/Revenge
- Jealousy/Envy
- Compulsive Behaviors
- Thoughts of Murder
- Lying [white lies too]
- Lazy Minded
- Psychotic/Erratic Thoughts
- Discord
- Procrastination
- Sexual Lust
- Lewdness
- Immodesty/Promiscuity
- Adultery
- Homosexuality
- Greediness
- Pornography
- Lustful Thoughts
- Miserliness/Stinginess
- Thrill Seeker

Being own god of time: [Grabbing versus given by God]

- TV
- Computer
- Magazines
- Soap Operas
- Reality Television
- Sports
- Hobbies
- Shopping
- Wasted Time

Idolatry [Excessive Use or Abuse of]:

- Food [Overeating]
- Cigarettes
- Alcohol
- Drugs
- Prescription Drugs
- Antidepressants
- Credit Cards
- Overspending
- Gambling
- Shopping
- Worship of Children
- Living for Self/
Retirement

Self Concern/Focus:

- Depression
- Self-Focused Fears
- Phobias
- Panic Attacks
- Unworthiness
- Self-Focus
- Self-Pity
- Protective/Defensive
- Laziness
- Hypochondriac
- Insecure
- Self-indulgence
- Selfishness
- Boastfulness
- Pride
- Self Importance



Control:

- Nagging
- Excessive Exercise
- Overbooked Calendar
- Workaholism
- Weight Loss Gimmicks
- Anorexia
- Bulimia
- Dieting/Diet Pills
- Controlling People
- Love of Money
- Selfish Ambition
- Praise of Man
- Hypocrisy
- Pharisaism
- Using God's Church
to get Praise of Man
- Love of Power
- Love of Control
- Con-artist
- Love of Self
- Approval of Man
- Love of Social Status
- Love of Career
- Workaholism
- Materialism
- Hate/Malice
- Procrastination
- Anger/Rage
- Quick-Temper
- Pride
- Missed Spirit of God
- Deceit
- Projection
- Unsubmissive
- Undependable
- Legalism
- Avoid Truth
- Noncommittal

Give yourself an overall score for this week by filling in the number on the barometer above. In the following weeks, compare your overall score from the current week to your score from the previous week.



Compass Reading

The compass is a navigational instrument for finding exactly where you are located on the map. It contains a magnet that aligns itself accurately with the Earth's magnetic field so that you will always know the cardinal directions of North and South. The mariners would determine the direction of North by the position of celestial bodies or stars using the astrocompass.

In spite of all of the directional tools, there are many forces that can get us off course. We need to stay at the helm constantly checking to see if we have become distracted or misled. Sometimes we are so easily distracted that we need to check our compass frequently. You can always know up or North if you keep your compass nearby. The



compass is the Spirit of God in our hearts, and if it is working properly, it should always point us straight to the will of God. Our deeds/actions are what help us to know what is in our heart and our mind. Draw where your compass heading falls based on where you are focused. Sometimes it is not until the middle of the night that your conscience is awakened and you think back and realize what you could have done better.

The arrow points at approximately 85% which means that this person successfully focused and obeyed the will of God 85% of the time. Likewise, 15% of the time they were distracted away from the will of God and disobeyed, perhaps later that evening. The only safe and peaceful solution is to have a compass reading of 100% every day, which is due North or God alone.

Compass Reading



Sunday
100%



Monday
100%



Thursday
100%



Tuesday
100%



Friday
100%



Wednesday
100%



Sabbath
100%

