

# THE 320 LIFE

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The Life You Always Wanted  
and Wondered How to Have

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Wendy Pope

Author of Best-Seller *Wait and See:*  
*Finding Peace in God's Pauses and Plans*

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*The 320 Life: The Life You Always Wanted and Wondered How to Have*

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Bible credits are listed at the back of this book. The author has added italics to Scripture quotations for emphasis.

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*To the Ladies of the Hillcrest Women's Conference of 2021*

*Count your chicken nuggets every time.*



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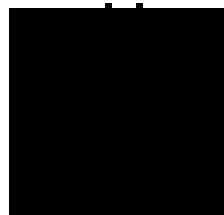
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# Welcome to Bible Study

I love Bible study! And I really LOVE studying the Bible with friends. We need Bible Study, and we also need community. But our lives are so busy that we don't always have time to show up in person each week, on the right day (not that I have *ever* shown up on the wrong day), kids in tow, answers completed, ready to sit still for an hour and a half. For this reason, I appreciate the beauty and ease of online studies. You are able to watch the teachings and finish your study questions when your schedule allows . . . and you never have to pack a kid in the car.

That's one of the reasons I put this Bible study together. I'm thrilled to commemorate the literary birthday of my second book, *Yes, No, and Maybe: Living with the God of Immeasurably More*, by releasing her cousin, *The 320 Life: The Life You Always Wanted and Wondered How to Have*, complete with free online teachings for you. Simply scan this QR code to access the accompanying video teachings on my website.



If you've read *Yes, No, and Maybe*, no worries! The Bible study material in this book is brand new; I've never published or taught it in an online format. The Word of God is alive and active and is always teaching us. With the Holy Spirit's help, we have all new Bible Study content here. Hallelujah and amen!

We will spend the next four weeks studying the 320 Life, digging deep into God's Word. Each week will be filled with relevant, uplifting devotions and:

- ✦ Something to Pursue: Challenge verse  
A Bible verse to study and learn
- ✦ Something to Hold Onto: Immeasurably More statement to anchor your thoughts  
A rhythmic statement to help you grab hold of the week's main topic
- ✦ Something to View: Video teaching  
A video listening guide to follow as you watch the video teaching
- ✦ Something to Do: Bible study questions  
Personal reflection and questions to deepen your study

- ✦ Something to Renew You: Just between you and Jesus journal pages  
A place to write what you hear from the Lord

In our four-week study, we will clearly define the 320 Life and deeply study the God who is able to do immeasurably more than we can ask or imagine. This life is discovered by living three spiritual principles:

- ✦ *Yes* cultivates trust *in* God
- ✦ *No* invites revelation *from* God
- ✦ *Maybe* welcomes freedom *with* God

In addition to these 320 Life principles, we will be highlighting the apostle Paul and four powerful passages from Psalm 119, the longest chapter in the Bible. The authors, who scholars suggest are David, Ezra, Daniel, and Moses, address the difficulties of life through the power of God's Word. The four passages from Psalm 119 will also be our weekly challenge verses. I encourage you to read the entire psalm, all 176 verses—multiple times and, if possible, out loud. (*Helpful hint: break up the chapter into bite size pieces to help you read the whole thing.*) God's Word, and our obedience to its truths, is the conduit to the life you've always wanted and wondered how to have.

Grab your Bible, some highlighters (you're going to need them), and your favorite pen. Since the class is online, the schedule is flexible. You can view the teachings when it works best for you; if you are meeting with a group, you can get together any time.

Our precious and patient Lord taught me these three spiritual principles of yes, no, and maybe almost two decades ago, and I still live by them today. It is through them that I have cultivated a confident faith and now live fully in the freedom Jesus died to give me. It gives me such great joy to take this journey with you. Oh, it must delight our Heavenly Father, Savior, and the Holy Spirit to know that we are investing so much time in studying His magnificent and powerful Word.

Let's get this party started,

Wendy

P.S. In case you miss a blank on the Listening Guides during the teaching, the answers are provided in the back.






Week 1

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# THE WEALTH OF THE 320 LIFE

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The life you always wanted to live  
begins with *yes* to God.





# Devotion



## ACCEPTING FORGIVENESS

*“What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.” Ps. 32:1–2 (TLB)*

Women following Christ are supposed to allow God’s truth to define who they are. *But do we?* On good days, yes: when the sky is clear blue, when our ducks are in a row, and when our quiet time is on point. *Then* we believe God’s definition of who we are.

But what about the other days when none of that happens? What about when we go weeks without reading our Bible, when we yell horrible things at our children, or when we sin to the point that we are too ashamed to admit it to God? What defines us then?

For years, I defined myself by my previous sins and failures. The regret over my sins from my past weighed heavy on my heart and mind. I had hurt others and myself. I replayed my decisions and cringe over my failures. Two decades later, the grip of old sins still had a hold on me. And don’t get me started on the day-to-day failings that racked me with guilt.

I confessed my past sins to God and asked Him to pardon me. I consistently sought His forgiveness for my current sins. Yet, even though I knew that He’d forgiven me, I couldn’t accept the freedom of His forgiveness. I wanted so badly to believe I was the person David mentions in Psalm 32:2, “What relief for those who have confessed their sins and God has cleared their record” (TLB). But I struggled to accept that God’s grace could erase my sins—wiping them away as if they’d never happened—and abolish my guilt.

We all sin, but we are not our sin—even when the enemy tries to convince us to define ourselves by what we have done. This can be a hard thing to accept for many of us. It sounds all well and good, but, in reality, the weight, memory, and consequences of sin make it difficult for us to believe that a perfect God can forgive and not count our sin against us. But God’s Word assures us of that. So how can we live in this truth?

The first step is to believe that Christ died for the forgiveness of our sin: “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God” (2 Cor. 5:21 [NIV]).

The second step is to acknowledge our sin—to ourselves and to God. This opens up the door for honest conversations with the Lord and helps us to stop hiding from the fear of being found out.

The next step is to fill our hearts and minds with truth. Throughout the Bible, God teaches how an unaccepting heart can be changed and softened to accept His forgiveness. The following verses are truth from a loving God who longs to transform our lives through the grace of His forgiveness.

**My master is grace, not sin.**

“Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God’s grace.” Rom. 6:14 (NLT)

**My Savior Jesus has set me free, therefore I am free.**

“So if the Son sets you free, you will be free indeed.” John 8:36 (NIV)

**My old is gone; because of Jesus Christ, I am forgiven.**

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9 (ESV)

If you are lugging around a load of sin that God has already forgiven, re-read the verses above and thank God for His freedom and forgiveness. Are you ready to stop living in shame, defined by your past? Pray and ask God to redirect your thoughts to His Word, starting with these bits of biblical descriptions that are true about you:

- ✿ A new creation (2 Cor. 5:17)
- ✿ Not condemned (Rom. 8:1)
- ✿ Holy and dearly loved (Col. 3:12)

Jesus died to give us an abundant life of freedom and hope, not shame and unbelief. Today, ask God to wash the hurt and regret from your sin away with the transforming power of His truth. And pray for a heart and mind that accept and believe the freedom of God's grace and forgiveness. Our failures are never more powerful than our God. Let Him define who you are.

***Dear Lord,***

*By faith I accept Your forgiveness and refuse to be defined  
any longer by my sin that You've already forgiven.*

*Today, I confess and move on! I will define myself by Your transforming truth  
so that I can live fully and freely in Your grace.*

*In Jesus's Name, Amen.*

# The Wealth of the 320 Life



## IMMEASURABLY MORE THAN WE CAN ASK OR IMAGINE

Have you ever wondered or even asked out loud, “Is this as good as it gets?” Your dreams are still only dreams, and the expectation of what you thought your life would look like is very different from the reality you are living. Perhaps your life resembles a hamster running on the wheel in its cage: serving, giving, supervising, and organizing. Week after week, you sit in church taking notes and singing praise songs, yet you sense there is something more and you’ve somehow missed it. Others seem to be thriving in their relationship with Christ, despite their sufferings and misfortunes, but you can’t seem to gain any momentum.

This pretty much describes my life two decades ago. I thought I must have missed the Sunday the preacher taught on how to have an intimate and thriving relationship with Jesus, but that hardly seemed possible. My salvation experience started when I was a young girl. I grew up in the church; you name it, I attended it—Sunday school, Training Union, GAs (Girls in Action), children’s choir, youth choir, and youth camp. With all this training, how could I have missed the vitally important teaching about having a wonderfully exciting, peaceful, and confident faith-filled life with the Man who had died to save me?

Jesus died. He rose again. I believed it. I was saved. Isn’t that all there was to it? The answer is no. The Christian life is so much more than Calvary.

*Every believer is made for more. We’re made to live a life full of grace,  
mercy, love, and forgiveness.*

Christ’s sacrifice on Calvary was the price He paid for us to have a life that is full, abundant, and free. But for us to believe that our faith journey begins and ends at

Calvary is to cheapen the high price Christ paid. If salvation were the only part of the plan, when we accepted Christ as our Savior, we would go immediately to Heaven. This was not the plan. Every believer is made for more; we're made to live a life full of grace, mercy, love, and forgiveness . . . a life to serve others and to make Heaven crowded by living out God's love. Others should see Christ in us, and God will draw them to Himself, so they accept Christ as their Savior. If you're thinking, "*Yes! That's the life I've always wanted and wondered how to have,*" then you're looking for the 320 Life.

To introduce you to this life, we are going to dive into the Bible verse upon which my books *Yes, No and Maybe: Living with the God of Immeasurably More* and *The 320 Life: The Life You Always Wanted and Wondered How to Have* were written. That Bible verse is Ephesians 3:20. We'll look at it more below, but let's quickly meet its author and audience.

Ephesus was a capital city in the Roman province of Asia Minor. The apostle Paul spent two years of his second missionary journey there, evangelizing and teaching about Jesus. God worked through Paul's tireless efforts to bring many to faith in Christ and to establish a church there. Several years after his visit to Ephesus, Paul wrote a letter to the Ephesian church.

*"It is impossible to petition God for too much because His capacity to give far exceeds the believer's ability to ask or imagine."*

In Ephesians chapter three, Paul encouraged the church to let their spiritual roots grow deep. The apostle sent a heartfelt prayer, in which he asked God to give the Ephesians strength through the Holy Spirit, faith in Christ, knowledge of His vast love, and for them to be "filled to the measure of all the fullness of God" (Eph. 3:19 [NIV]).

These requests may seem like a tall order and a lot to ask, but "Paul was teaching his readers what he himself already knew, that it is impossible to petition God for too much because His capacity to give far exceeds the believer's ability to ask or imagine." Maybe it was this knowledge that caused Paul to break out in joyful praise to—and an amazing declaration about—God at the end of this chapter in verse twenty!

For fun, and because we are Word-lovin' believers, I've included several translations below of Paul's worshipful words to read. (This will be the norm for each week's verse.) Scripture is so fun to study!

### **Ephesians 3:20**

“Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.” (NLT)

“Now to Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams].” (AMPC)

“Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinity beyond our highest prayers, desires, thoughts, or hopes.” (TLB)

“Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us.” (ESV)

No matter how it's worded, that is an amazing promise from God! It applied to the Ephesians back then, and it still applies to Christ followers today. Are you ready to embrace this 320 Life, which is more than you could dream of or hope for?

*Side note:* I just LOVE reading all translations of the Bible! Which do you like best? My favorite to study is the NLT (New Living Translation). I personally don't think God has a translation preference (when I get to Heaven, He may correct me). In my heart of hearts, I believe He is just delighted when His children study, live, and obey His Word, no matter which version they read. So, as we spend the next 4 weeks studying the 320 Life, choose any translation that you want to read, study, and memorize.



## About the Author



**Wendy** is the wife of Scott, mother of Blaire and Griffin, author, speaker, and Bible study teacher. She loves lazy Sundays watching golf with her husband, thrift-store shopping with her daughter, and watching building shows with her son.

Wendy is the author of *Jesus Everlasting: Leaning On Our Counselor, Comforter, Father and Friend*, *Hidden Potential: Revealing What God Can Do Through You*, *Wait and See:*

*Finding Peace in God's Pauses and Plans* and the *Wait and See Participant's Guide: A Six-Session Study on Waiting Well*, as well as the *Yes, No, and Maybe: Living with the God of Immeasurably More* book, study guide, and video series. She is a contributing author to the *Real-Life Women's Devotional Bible*, *Encouragement for Today: Devotions for Daily Living*, *The Reason We Speak*, and *God's Purpose for Every Woman*. Wendy is the Founder and Executive Director of Word Up Ministries.

She leads women all over the world to life change through her in-depth online Bible studies. Down-to-earth and transparent, Wendy teaches in a way that women feel she is speaking directly to their hearts. Her messages are filled with biblical insights but sprinkled with just the right amount of humor to help her audiences see she is a real, everyday woman. Wendy inspires her audiences to:

- ✦ make spending time in God's Word each day a priority,
- ✦ look for God working around them every day, and
- ✦ view life with a God-first perspective

### Connect with Wendy

- 🌐 [wendypope.org](http://wendypope.org)
- ✉ [wendy@wendypope.org](mailto:wendy@wendypope.org)
- 📘 [www.facebook.com/WendyPopeOfficial](https://www.facebook.com/WendyPopeOfficial)
- 🐦 [@wendybpope](https://twitter.com/wendybpope)
- 📷 [Wendy\\_Pope](https://www.instagram.com/Wendy_Pope)



Word Up Ministries is a 501(c)(3) non-profit, whose purpose is to nurture and enhance the spiritual growth of Christians all over the world through the teaching of God's Word; to teach those who are not Christians about Jesus and His saving grace, so they might be saved; and to produce and distribute Biblical content through video, social media, and written formats in order to disciple and help mature the faith of every member.

We have had the privilege of leading over 5,000 men and women through the One Year Chronological Bible (NLT). We look forward to broadening the reach of God's Word through Word Up Ministries by continuing our daily teachings and exploring avenues of ministry. To discover more about or to support Word Up Ministries, visit [www.wordupministries.org](http://www.wordupministries.org).