

BE A DISCIPLE

THE NUTS & BOLTS OF LIVING FOR JESUS



BE A DISCIPLE, PART 1: JESUS AS LORD

VERSE OF THE WEEK: Matthew 7:21 – *“Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of My Father who is in heaven will enter.”*

Is everyone a follower of Christ who claims to be?

According to Jesus, there will be many people on judgment day who think they are going to heaven but will be turned away (Matthew 7:21-23).

HOW WE CAN TEST OURSELVES?

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test! - 2 Corinthians 13:5

The Transformation Test

Romans 12:2 says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.”

2 Corinthians 5:17 says, "If anyone is in Christ, he is a new creation; the old has gone and the new has come!" This means that there will be some changes when you commit your life to Christ (Semi Truck Illustration).

The Fruit Test

In Matthew 7:20 Jesus says, “You will know them by their fruit.” “Fruit” is what someone’s life produces: words, actions, and attitudes. (Apple Tree Illustration)

Roots or Fruits?

“For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.” - Ephesians 2:8–9

It is important to remember that salvation is in no way earned because of one’s fruit or good works. We are not saved *by* good works, we are saved *to* good works – because Jesus has saved us, we are empowered to do good! Salvation is a free gift that Christ purchased for us through His death and resurrection. When one receives this gift by giving their life to Christ through belief, repentance, and baptism, their life will change and produce fruit. Our works are not to earn our salvation, they are the result of our salvation.

First John 2:3 says, "We know that we have come to know Him if we obey His commands." We often get this mixed up, thinking, “We know He will love us if we obey.” We think obedience is a root; that it needs to happen before God will love us and grow us. But in the Bible, obedience is a fruit of our faith. (Roots/Fruits Illustration)

The following Bible passages show the fruit that will be in a true Christian’s life:

Galatians 5:19-26, 2 Corinthians 6:3-10, 2 Peter 1:3-8, James 3:13-18, Philippians 4:4-8, Colossians 3:12-14
Read two of these passages and look for the fruit they describe. Write the ones you want to see in your life.

The Pie of Life

Romans 12:1 says, “I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Jesus says in Matthew 16:24, “If anyone wants to come after me, let him deny himself, take up his cross, and follow me.” Discipleship means allowing Jesus to be “Lord” over every area of our lives. (Pie Illustration)

HOW DO WE HELP THE FRUIT GROW?

Jesus summarized the answer to this question in John 15:4–5: “Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

Bearing fruit in the Christian life requires *abiding in Jesus*. The Christian life is like a rechargeable battery – it is not meant to run on its own forever; it has to be re-charged regularly because it uses up the energy it has stored. For us, this broken world drains our energy and brings us down, so we have to be re-charged spiritually. The best way to abide in Jesus is to spend time with Him, His message, and His people through prayer, Bible reading, and participation in a faith community. There are also many “spiritual disciplines” that can build us up, like meditation, fasting, solitude, service, and others. Pray and search the scriptures daily, and see what God has in store for those who love Him!

What does a Disciple do?: The Wheel Illustration

- The Hub: Christ the Center (2 Corinthians 5:17)
- The Vertical Spokes: The Word & Prayer (John 8:31, John 16:24)
- The Horizontal Spokes: Fellowship & Evangelism (John 13:34-35, Matthew 4:19)
- The Rim: Obedience to Christ (John 14:21)

What would happen to a wheel if it were missing a spoke? What if the spokes were uneven? Which of these areas do you need to work on most? Which comes most naturally?

DISCIPLESHIP CHALLENGE: Set up our next meeting times to go through the other discipleship lessons.

BAPTISM

WHAT CHRISTIAN BAPTISM IS

- Christian baptism is immersion in water in submission to the authority of Jesus Christ. It is an act of obedience that commits one to a life of obedience. (**Matthew 3:16, John 3:23, Acts 8:26–39**)
- It is a command to be obeyed. (**Matthew 28:18–20**)
- Christian baptism symbolizes the cleansing from sin; a washing away of the old. (**Acts 22:16**)
- It reflects the death, burial, and resurrection of Jesus and the one being baptized. (**Romans 6:3–4, Colossians 2:12**)
- Christian baptism symbolizes the new birth by which one becomes a new creature in Christ. It is the beginning of the new life. (**John 3:1–8, 1 Peter 3:21, 2 Corinthians 5:17**)
- Christian baptism is that act which initiates the Christian into fellowship. (**Acts 2:36–41, 1 Corinthians 12:13**)

WHAT CHRISTIAN BAPTISM IS NOT

- It is not a guarantee of salvation. Apart from faith and repentance, baptism is ineffective. (**Ephesians 2:8–9, 1 Peter 3:21**)
- Baptism is not the end. Just like a marriage is not the end of a relationship, but the beginning of a new union, baptism is the beginning of one's new life, united with God through Christ by the power of the Spirit. It is the start one's life under the lordship of Jesus and living for God. This does not mean that all problems will go away, it just means you and God will be working on things *together*. (**Galatians 3:27, 2 Corinthians 5:17, Romans 6:3–4**)

WHY SHOULD A PERSON BE BAPTIZED?

- Jesus was baptized. (**Matthew 3:13**)
- Jesus said, "Whoever believes and is baptized will be saved." (**Mark 16:16**)
- We are commanded by our Savior and Lord, Jesus Christ, to make disciples, which includes baptizing people and teaching them to obey Christ. (**Matthew 28:18–20**)
- The apostle Peter told believers to "Repent and be baptized... for the forgiveness of your sins." (**Acts 2:38**)
- Baptism is an appeal to God for a clean conscience and a new beginning. (**1 Peter 3:21**)
- Baptism demonstrates our obedience and willingness to come under the Lordship of Christ. (**Matthew 3:15, 1 John 2:4**)
- In baptism, you receive the gift of the Holy Spirit. (**Acts 2:38**)

WHY BE BAPTIZED BY IMMERSION?

- Because Jesus was baptized that way. (**Matthew 3:16**)
- Baptism in the Bible was by immersion. (**Ex: Acts 8:38–39**)
- It best symbolizes a death, burial and resurrection. (**Romans 6:3–4**)
- The word "Baptize" means "to dip under water." The Greek word βαπτίζω (baptizo) means "to immerse or dip under water."

WHO IS A PROPER CANDIDATE FOR BAPTISM?

- Those who have **heard** the gospel. (**Acts 18:8**)
- Those who **believe** in Christ. (**Mark 16:16**)
- Those who want to **repent** of sin. (**Acts 2:38**)
- Those who will **confess** Christ to others. (**Acts 2:37**)

SOME QUESTIONS AND ANSWERS ABOUT BAPTISM

Q. Can a person be a Christian and not be baptized?

A. To say *yes* is to say more than the Bible says (**Mark 16:16**). To say *no* is to presume to be God. Once a person has said yes to Jesus as their Lord, they forfeit all rights to say no to any of Christ's commands. Baptism is one of those commands.

Q. The Bible says we are not saved by works (**Ephesians 2:9**). Isn't baptism a work that can't save us?

A. Ephesians 2 does remind us that we are saved by faith, not works, but there are two things to remember: First, baptism is not a work we can do; it is something that must be done to us (**Acts 8:35-39**). Second, faith is more than a mere mental belief that Jesus is real – faith begets obedience, and baptism is an act of obedience. Baptism is submission to Christ as Lord and Master; when we are baptized into Christ, we “put on Christ” and trust Him to represent us before God. (**Galatians 3:27**)

Q. When should a person get baptized?

A. In the book of Acts, the pattern was to be baptized the moment you confess Jesus as Lord and choose to repent and reject sin. (**Acts 8:36-37, Acts 16:31-33**)

Q. Am I ready to be baptized?

A. When you are baptized, you are saying yes to two questions in front of whomever witnesses your baptism: 1) Do you believe Jesus is the Son of God, He died on the cross for your sins, and He rose again to defeat sin and death? 2) Are you prepared to devote yourself to Christ and make Him Lord over every area of your life with no excuses? If you can sincerely say yes to both of those questions, you are ready to be baptized!

IF YOU WOULD LIKE TO BE BAPTIZED...

You do not need any special clothing or a special appointment to be baptized; just come.

During a worship service, at the end of the sermon you may come forward at the close of the sermon, as we sing during our invitation time, and one of our ministers or elders can help you. You can also speak with a church leader at any time and express your desire to give your life to Christ in baptism.

If you believe that Jesus is the Son of God, and you are ready to die to sin and give your life to Christ, we encourage you to obey the Lord today. There is no reason to delay. If you wait until you are “perfect,” you’ll never feel “good enough!”

BE A DISCIPLE, PART 2: THE WORD OF GOD

VERSE OF THE WEEK: Joshua 1:8 – *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*

THROUGH GOD’S WORD, WE CAN KNOW HIM PERSONALLY!

What do you spend time thinking about?

According to this week’s verse, what is the benefit of reading, thinking about, and obeying God’s Word?

How could God’s Word help improve your life?

HOW TO INTAKE THE BIBLE: THE HAND ILLUSTRATION

1. Hear God’s Word from leaders, sermons, and books.
“So faith comes from hearing, that is, hearing the Good News about Christ.” - Romans 10:17
2. Read God’s Word with a plan during your quiet time.
“Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.” - Revelation 1:3
3. Study God’s Word and go deeper to discover meaning.
“Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.” - Acts 17:11
4. Memorize God’s Word to get it into your heart.
“I have hidden your word in my heart that I might not sin against you.” - Psalm 119:11
5. Meditate on God’s Word thinking deeply about the meaning of the verses.
“but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.” - Psalm 1:1-3
6. Apply God’s Word making practical applications to do what you learn.
“Do not merely listen to the word, and so deceive yourselves. Do what it says.”- James 1:22

GETTING STARTED: QUIET TIMES

A “Quiet Time” is any time spent between you and God. It can be intimidating to try and study the Bible to many, so here’s a great and easy way to get started:

1. Get a Bible, a journal and a pen (Always keep them where you can find them)
2. Find a place without distractions (not in your bed—it may become a really quiet time!)
3. Pick a time. Mornings are a great way to start your day with God (Tune-up Illustration), but do what works best for you! *What time might work best for you?*

4. Start out with H.E.A.R. This method is easy to remember, and helps you get started in studying the Bible.

(H) Highlight: Choose a book of the Bible to read. Then, try and read one or two chapters a day. Look for a verse that particularly impressed you that day, and write it in your journal.

(E) Explain: Describe how the highlighted verse fits into the context of the chapter and the larger context of scripture. What did the author want his readers to know?

(A) Apply: What does this mean for our world? Apply the text to today. Why did the verse(s) stick out to you and what do you think God is saying through this scripture?

(R) Respond: Answer the question, “If this is God’s word for me, how should I live differently?” Make S.M.A.R.T applications! Make them Specific, Measurable, Achievable, Relevant, and Timely. Your response might also be a prayer. Spend some time praying about what you learned and surrendering your life to God.

DISCIPLESHIP CHALLENGE: Try H.E.A.R. Journaling on your own this week. *What will you read?*

BE A DISCIPLE, PART 3: SCRIPTURE MEMORY

VERSE OF THE WEEK: Psalm 119:11 *“I have hidden your word in my heart that I might not sin against you.”*

BY MEMORIZING GOD’S WORD, WE CAN LEARN TO HONOR GOD

According to this week’s verse, why is it important to “hide God’s word in your heart”?

What do you think it means to hide God’s word in your heart?

How would memorizing verses help us think about God’s Word all the time?

WHY MEMORIZE SCRIPTURE?

1. It helps give victory over sin.

Look up and read Matthew 4:1–11.

What did Jesus do when He was tempted by Satan, according to this passage?

2. It will grow your faith and help renew your mind.

Look up and read Romans 10:17 and Romans 12:2.

How could memorizing God’s Word help renew your mind?

3. It equips you for any opportunity to minister to others.

Look up and read 2 Timothy 3:16–17 and 1 Peter 3:15

How could memorizing the Word prepare you for ministering to others? (Dumb Doctor Illustration)

4. God uses it to speak to you and lead you.

Look up and read Proverbs 6:20–24 and Psalm 119:105.

Is there a time God has spoken to you through the Bible? What was it?

GETTING STARTED: THE VERSE PACK

1. Make a specific goal for how many you want to memorize each week. For example: 1 verse/week x 52 weeks = 52 verses per year. 52 verses/year x 20 years = 1,040 verses!
2. Find a verse that you want to memorize. It could be from a sermon, your quiet time, or maybe a friend referenced it or you saw it online.
3. Write the verse on a card. Index cards work great for this. Write the verse on one side and the reference on the other side.
4. Review the verse daily for 30 days until you can quote the verse and reference from memory.
5. Be encouraged! You can do it one verse at a time!

Quick-tip: If you struggle to memorize a verse or passage, try writing the first letter of each word and using that as a reference instead of the full verse. This can help you think about it differently and provide a stepping stone to memorization.

Example: For this week's verse, you could write out - *i h h y w i m h t i m n s a y*

See if this helps you to commit scripture to memory.

NOT JUST MEMORIZING, BUT MEDITATING

Scripture memory is not just about raw memorization and being able to recite back words from the Bible, it is really about meditating on God's Word and being deeply filled with the truths of scripture. Psalm 1:1-3 says, "Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and *who meditates on his law day and night*. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers."

What is the difference between memorization and meditation?

What might we miss out on if we just memorize?

How can you help make sure you are memorizing and meditating on the Word?

DISCIPLESHIP CHALLENGE: Continue to spend daily quiet time with God and practice H.E.A.R. Journaling. Memorize and meditate on Psalm 119:11.

BE A DISCIPLE, PART 4: PRAYER

Memory verse checklist: ☐ Psalm 119:11

VERSE OF THE WEEK: Philippians 4:6 - *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

THROUGH PRAYER, WE CAN COMMUNICATE TO GOD DIRECTLY!

What causes stress in your life?

According to this verse, what should we do instead of worrying about things?

What kinds of things do you want to talk to God about?

WHY DO WE PRAY?

1. **Connection:** It connects us with God
“The LORD is near to all who call on him, to all who call on him in truth.” - Psalm 145:18
2. **Blessings:** He answers our prayers and takes care of us
“You do not have, because you do not ask God. When you ask, you do not receive; because you ask with wrong motives, that you may spend what you get on your pleasures.” - James 4:2-3
3. **Joy:** We experience fulfillment and happiness regardless of our circumstances
“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” - John 16:24
4. **Discernment:** We seek wisdom from God about which direction to go in life
“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” – Proverbs 3:5-6
5. **Peace:** God takes care of us, and we don’t have to live in anxiety and worry.
“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” - Philippians 4:6-7
6. **God’s Glory:** We bring God glory when He blesses us and we praise Him for it.
“And I will do whatever you ask in my name, so that the Son may bring glory to the Father.” - John 14:13

Which of these reasons to pray motivate you most?

HOW DO WE PRAY?

Matthew 6:9-13 – “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

This is a prayer of Jesus that serves as a model for his followers. *What are some elements you see in this prayer?*

GETTING STARTED: A PLAN FOR PRAYER

1. Set time aside to pray. Start with five or ten minutes a day.
2. Write out a list of prayer requests and log them in a journal or on your phone. Keep track of when God answers those prayers. The ECHO Prayer app is a great keep this list and track answered prayers.
3. **Follow the P.R.A.Y. acrostic** – Praise, Repent, Ask, Yield. This simple four-part tool is easy to remember and helps guide you through prayer.

Let's try starting a prayer list!

PRAYER ASKED & DATE

PRAYER ANSWERED DATE

DISCIPLESHIP CHALLENGE: Start praying over your prayer list every day. Continue doing your H.E.A.R. Journal. Memorize Philippians 4:6.

BE A DISCIPLE, PART 5: FELLOWSHIP

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6

VERSE OF THE WEEK: Hebrews 10:24-25 - *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

CHRISTIAN FELLOWSHIP HELPS YOU KEEP GROWING!

In the past, what’s been your experience with being part of a church or faith community?

Why do you think God cares so much about us being involved with other Christians?

According to this week’s verse, what kinds of things should we do with other Christians?

HOW CAN WE EXPRESS GODLY FELLOWSHIP? THE HEART ATTITUDES

The Heart Attitudes, created by Harold Bullock and the 17:6 Network, have helped guide how members of the church relate to each other in a way that brings glory to God.

1. Put the goals and interests of others above your own

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

Each of you should look not only to your own interests, but also to the interests of others.” - Philippians 2:3-4

2. Live an honest, open life before others

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” - Ephesians 4:25

3. Give and receive Scriptural correction

“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.” - Hebrews 10:24-25

4. Clear up relationships

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” - Matthew 5:23-24

5. Participate in the ministry

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms.” - 1 Peter 4:10

6. Support the work financially

“On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made.” - 1 Corinthians 16:2

7. Follow spiritual leadership within Scriptural limits

“Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.” - Hebrews 13:17

Which of these heart attitudes comes most naturally to you? Which one is the most difficult?

WHERE TO START: 5 MEANS OF CONNECTION

Ministry Involvement

Read Hebrews 10:24-25

According to this verse, what are we commanded to do as Christians? Are you involved in a ministry area?

Baptism

Read Acts 2:38-41

What role does baptism play in connecting us? Have you ever been baptized? What would keep you from getting baptized?

Serving

Read 1 Peter 4:8–11

What are we commanded to do according to this verse? How can you help serve the body of Christ?

Confessing Sin

Read James 5:16

What does it say that we are commanded to do? What is the benefit to confessing sin to each other according to this verse? How can you grow in your ability to do this?

Inviting Accountability

Read 1 John 1:8-9

Why is it hard to be honest about the things we struggle with? What can be gained by transparency and openness? Do you have an accountability partner who you can share with who will help you grow?

DISCIPLESHIP CHALLENGE: Pick one of the five above applications and practice it this week. Continue doing daily quiet times in scripture and prayer. Memorize Hebrews 10:24-25

BE A DISCIPLE, PART 6: EVANGELISM

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25

VERSE OF THE WEEK: Matthew 28:19-20 - *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

SHARING THE GOSPEL LETS YOU IMPACT OTHER PEOPLE FOR ETERNITY!

This week’s verse contains Jesus’s last words before He went up to heaven. *According to this verse, what does Jesus command his disciples to do? What is He telling His disciples to train their disciples to do?*

What do you think about sharing the gospel with your friends? What do you think would be the most challenging aspect of that? According to this verse, what gives us the strength to do this?

WHY DO WE SHARE? THE “CURE FOR CANCER” ILLUSTRATION

Why do you think many Christians don’t have a bigger sense of urgency to share the gospel?

“I’m convinced that the main reason many of us don’t witness for Christ in ways that would be effective and relatively fear free is simply because we don’t discipline ourselves to do it.” Donald Whitney
How can we grow in our readiness to share Christ?

HOW CAN WE SHARE? PRAY, CONNECT, RESPOND

Read Colossians 4:2-6. *What principles from this passage can we apply to our efforts in everyday evangelism?*

PRAY | Pray Daily for B.O.B.

Prayer is the foundation of everything we do. If you want to evangelize, but you don’t start with prayer, you are wasting your time. So pray daily for God to provide these things:

- Burden for the lost
- Opportunities and Open doors
- Boldness to share your faith

Knowing God through prayer and scripture is a key piece (maybe *the* key piece) in sharing your faith. If you don’t know God well, how can you introduce someone else to Him?

CONNECT | Spend intentional time around your non-Christian friends

What is the difference between investing in someone and just hanging out?

Text your friend “Hey friend! I have been learning a lot about Jesus lately and it has made me really want to share with my friends about what’s going on in my life. You have been a good friend of mine, so I was wondering would you be down to get together so I can share that with you?”

RESPOND | Act on opportunities for spiritual conversation

If you are praying for opportunities, and you are spending time connecting with non-Christian friends, the Holy Spirit will create opportunities to talk about spiritual things and prompt you to speak up. Respond to the Spirit!

When was a time you realized after the fact that there was an opportunity for spiritual conversation?

PERSONAL TESTIMONY | What does the gospel mean to you?

Your own experience of being transformed by God is the most powerful tool you have for evangelism. A changed life is greater evidence than any type of gospel presentation. Share with your friend about characteristics that held you back in the past, and how Jesus gives you freedom!

What was your life like before you were a Christian? How has Jesus impacted your life since becoming a Christian?

WHO CAN WE SHARE WITH?

List some people in your life who need to know about Jesus or might be interested in learning:

Pray for them, plan to spend time with them, and respond to opportunities to talk about spiritual things. Share with them about how God has worked in your life!

The 2x4 Method

Prayerfully select 2 people that you’re pretty sure don’t know Jesus, then do 4 things:

Identify – Focus on them. You’ve already done this by starting the 2x4 process.

Intercede – Pray for them. Begin to pray often for these 2 people.

Invest – Spend time with them. Eat a meal, get coffee, play games, talk after class, etc.

Invite – This might look like having a spiritual conversation, inviting them to an event, sharing the gospel with them. Whatever form it takes, clearly invite them into your faith.

DISCIPLESHIP CHALLENGE: Begin praying for B.O.B. every day, and do something to spend time with a non-Christian friend this week. Begin preparing for the “Time Management” lesson by writing down what you do over the next week in 30-minute chunks. Follow @yesheis on Instagram for more inspiration. Memorize Matthew 28:19-20 and continue your daily quiet times in scripture and prayer.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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BE A DISCIPLE, PART 7: TIME MANAGEMENT

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20

VERSE OF THE WEEK: Ephesians 5:15-17 *“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.”*

MANAGING OUR TIME ALLOWS US TO BE MOST EFFECTIVE FOR GOD!

Are you a big planning person? Why or why not?

If you had an extra hour in your day, what would you do with it?

According to this week’s verse, why should we care about how we manage our time?

GETTING STARTED: REVIEW OF HOMEWORK

Last week you were assigned to track your week in half-hour increments. Now we are going to take that apart.

1. Organize your week of time tracking into these categories.

CATEGORY	TIME SPENT
Classes	
Homework	
Ministry	
Spiritual Development (church, quiet times, scripture memory, etc.)	
Leisure (social media, YouTube, time with friends, etc.)	
Sleeping	
Eating	
Work	
Transportation	
Transition Time	
Other	

2. *If somebody looked at your schedule, what would they say are your top five priorities?*
3. *What is something you need to spend less time doing? What do you need to spend more time on?*
4. *Re-rank your top five priorities based on how you want them to look.*
5. *What changes do you need to make to have a schedule that reflects these priorities?*

HOW TO MANAGE YOUR TIME

1. **Put God first in your life.**

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” - Matthew 6:33
How could putting God first help you manage your time?

2. **Work smarter, not harder.**

“If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success.” - Ecclesiastes 10:10
What are some practical changes you can make to help you manage your time better?

3. **Make S.M.A.R.T. goals.**

“Commit to the LORD whatever you do, and he will establish your plans.” - Proverbs 16:3
S.M.A.R.T. stands for Specific, Measurable, Action-oriented, Realistic, and Timely. *How would setting S.M.A.R.T. goals help improve your life?*

4. **Create a master to-do list.**

When somebody is flooded with due dates, work projects, homework, and a host of other things, it’s easy to let things slip simply because they forgot about it. Keeping a master to-do list in a phone app or a planning notebook where you keep all your due dates can be extremely helpful for keeping track of these things. When you wake up, scan the list and prioritize it by what needs to get done that day.

5. **Keep a detailed calendar.**

There are so many great calendar tools and apps nowadays for keeping track of what’s due or where you need to be, and keeping it up to date will save you time and money. Brian Tracy, author of many popular time-management books, says, “Every minute you spend in planning saves 10 minutes in execution.”

6. **Do a weekly “sync”**

A weekly sync ties together the to-do list and the calendar. At the beginning of your week, take the things in your to-do list, and put them into your calendar. Decide at the beginning of the week when you’ll get those things done, and commit to doing them then. This can alleviate anxiety about getting lots of work done, and it frees up time that you can devote to things you care about.

DISCIPLESHIP CHALLENGE: Create a master to-do list of everything that needs to get done in your life. Keep track of them through a calendar, then do a weekly sync at the beginning of the week. Report back next week with how that went. Memorize Ephesians 5:15-17

BE A DISCIPLE, PART 8: THE HOLY SPIRIT

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17

VERSE OF THE WEEK: John 14:26 *“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”*

What are some things that you’ve learned in our discipleship relationship that stand out to you?

According to this week’s verse, what is the purpose of the Holy Spirit?

In the New Testament, many people who are helped by God are described as being “Filled with the Holy Spirit.” What do you think that means? (No Room For Dessert Illustration)

WHAT DOES IT MEAN TO BE “FILLED WITH THE SPIRIT?”: THE CHAIR ILLUSTRATION

Natural Person (One who has not received Christ)

Self-Directed Person (Has received Christ, but lives in defeat because they are trying to live the Christian life by their own strength)

Spirit-Filled Person (One who is directed and empowered by the Holy Spirit)

We cannot experience intimacy with God and enjoy all he has for us if we fail to depend on His Spirit. We cannot live the Christian life in our own strength. We also cannot enjoy all God desires for us if we live guided by our self-centered desires.

“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want” - Galatians 5:16-17

HOW TO BE FILLED WITH THE SPIRIT: SPIRITUAL BREATHING

“Spiritual Breathing” is a tool meant to help us understand how to stay connected to God. Like our physical breathing, it’s something that should be done daily, helping us maintain a clear connection with God. Before going through this exercise, you should ask yourself these questions:

1. Am I ready to surrender control of my life to our Lord Jesus Christ?
2. Am I ready now to confess my sins?
3. Do I sincerely desire to be directed and empowered by the Holy Spirit?

Exhale: Confess your sin the moment you become aware of it. Agree with God concerning it and thank Him for His forgiveness, according to 1 John 1:9 and Hebrews 10:1-25. Confession requires repentance - a change in attitude and action.

Inhale: Surrender control of your life to Christ and rely upon the Holy Spirit to fill you with His presence and power by faith, according to His command (Ephesians 5:18) and promise (1 John 5:14-15).

“Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!” - Luke 11:11-13

DISCIPLESHIP CHALLENGE: Go through the process of “spiritual breathing” and ask God to fill you with his Spirit each day this week. Memorize John 14:26 and continue with your other disciplines.

BE A DISCIPLE, PART 9A: LOVE

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26

VERSE OF THE WEEK: Romans 5:8 - *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*

GOD LOVES US MORE THAN WE CAN IMAGINE!

Think of somebody you know that loves you: how do you know they do?

According to this week’s verse, when did God demonstrate his love towards us? What happened?

What is significant about what this verse tells us about God’s love?

EXAMINING GOD’S LOVE AND HOW TO EMULATE IT.

1. It is sacrificial

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” - John 3:16

The Greek language has multiple words for “love” (ex: eros, phileo, storge). The one used most often to describe God’s love for us is ἀγάπη (agape). It is defined by being totally focused on the greater good of others, to the point of sacrifice. It is active, and it is fully expressed in Jesus’ death on the cross.

2. It is towards friends and enemies alike

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that?”
Matthew 5:43-47

God doesn’t just love those who love Him back. He loves everyone, even the people who ignore Him or reject Him. That’s what makes Romans 5:8 so powerful! Christ died for us before we loved Him.

3. It is totally dependent on God's strength

“I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard? Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh? Have you experienced so much in vain—if it really was in vain?”
- Galatians 3:2-4

Loving the way God loves requires incredible strength: God's strength! You'll only be able to love like Christ for a lifetime by regularly leaning on God and trusting in the Holy Spirit

What is different about God's love and the way we define love?

How can we focus on the greater good of others if they disagree about what is best?

HOW CAN WE EXPRESS GOD'S LOVE? 1 CORINTHIANS 13

Often described as the “Love Chapter”, 1 Corinthians 13 does a great job of describing what a loving Christian does. Read it together below:

“If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.”

There are quite a few “Love is...” statements. *Which one do you think is the easiest for you? Which is the most difficult? How could you work on the ones you struggle with?*

DISCIPLESHIP CHALLENGE: Pick one of the “Love is...” statements and form an application to do this week. Continue your quiet times and prayer for your impact list. Memorize Romans 5:8.

BE A DISCIPLE, PART 9B: ASSURANCES

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26 ☐ Romans 5:8

VERSE OF THE WEEK: 1 John 5:11-13 *“And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.”*

What does it mean to have confidence in something?

According to this verse, why did John write this letter?

Why do you think it was important to John that his audience understands this?

Keep in mind: According to 1 John 2:3-4 & 5:1-5, obedience is a sign of assurance for us. John does not offer assurance in a vacuum, but he tells us that we can be sure of our salvation when we see change in our lives.

THE FOUNDATION OF BELIEF: THE 5 ASSURANCES

Assurance #1: Assurance of Salvation

“And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.” - 1 John 5:11-13

There will be times where you may not “feel” like you are saved. Maybe you gave in to sin, or you feel so overwhelmed with your brokenness that you wonder if you really are saved. But because of what Jesus Christ did on the cross, we can rest in the knowledge that if we have given our hearts to God, received Christ as our Savior and Lord, and faithfully aim to follow Him, we have eternal life in Him (See the letter of 1 John).

Assurance #2: Assurance of Answered Prayer

“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” - John 16:24

You may feel doubts about whether or not God is answering your prayers. But according to the Bible, if Jesus Christ is your Lord and Savior, you have a privilege of getting to speak directly to God. *How does that make you feel?*

Asking in Jesus’ name means asking in His authority based on His merit, not your own. This also means that the prayer God answers are those that fall in line with Jesus’ character, since it’s on His authority we ask them.

Assurance #3: Assurance of Victory over Sin

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” - 1 Corinthians 10:13

What is a temptation that you struggle with regularly? What is the “way of escape” that God wants you to use to get out of it?

Keep in mind: 1 Corinthians 10:13 does not tell us that God will never give us more than we can handle. We will deal with more than we can handle – that is how we learn to rely on God and our faith community!

Assurance #4: Assurance of Forgiveness

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” - 1 John 1:9

Although God promises us victory over sin, there will be times where we still fail, and fall into sin. *What does this passage say God will do if we confess our sins to Him?*

Assurance #5: Assurance of Guidance

“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.” - Proverbs 3:5-6

God promises to lead us in our lives as we follow Him. *What three things are we supposed to do? What does God promise to do in return? How would that help you in your life?*

WORKING THROUGH DOUBT: THE TRAIN ILLUSTRATION

Many Christians have struggled with doubts in their minds, and from that can develop a wrong idea that God isn't who He says He is in the Bible. This illustration helps guide us through those feelings.

DISCIPLESHIP CHALLENGE: Pick one of the assurances above and do some study on it. Memorize 1 John 5:11-13

BE A DISCIPLE, PART 10: THE GOAL

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26 ☐ Romans 5:8 ☐ 1 John 5:11-13

VERSE OF THE WEEK: 2 Timothy 2:2 *“and what you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.”*

How many levels of discipleship do you see in this week’s verse?

According to this verse, what are we supposed to teach our disciples?

Second Timothy is widely considered the last letter Paul sent before he was executed, and he sent it to his closest disciple. Why do you think it was so important for him to mention this to Timothy?

God wants to use your life to help others

"Let each of you look not only to his own interests, but also to the interests of others." - Philippians 2:4

"I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." - John 12:24

"And do not forget to do good and to share with others, for with such sacrifices God is pleased." - Hebrews 13:16

"For there will never cease to be poor in the land. Therefore I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in your land.'" - Deuteronomy 15:11

"'What should we do then?' the crowd asked. John answered, 'Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.'" - Luke 3:10-11

"Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead." - James 2:14-17

"Do not withhold good from those to whom it is due, when it is in your power to act." - Proverbs 3:27

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." - 1 Corinthians 1:3-4

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." - Matthew 22:36-40

God wants to grow you into a person of F.A.I.T.H.

F _____

A _____

I _____

T _____

H _____

WHAT HE CALLS US TO: THE MISSION

Jesus commissioned us to make disciples

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Matt 28:19-20

Jesus’ commission is urgent

“How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: ‘How beautiful are the feet of those who bring good news!’” - Romans 10:14-15

Jesus’ Commission needs workers

“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’” - Matthew 9:36-38

WHY GOD CALLS US: THE VISION

God wants to multiply your life

“And what you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.” - 2 Timothy 2:2

(Addition vs. Multiplication Illustration) You can multiply the kingdom of God! Having completed this study series, you are fully equipped to walk someone else through it. *Who can you lead in discipleship?*

DISCIPLESHIP CHALLENGE: Continue learning with the “Make Disciples” series. Memorize 2 Timothy 2:2. Keep growing habits of daily scripture, prayer, spiritual breathing, and more. **Choose who you can disciple and lead through this study series now that you have completed it!** Grab a copy of *The Disciple Maker’s Handbook* by Bobby Harrington and Josh Patrick to learn more.