

# 1<sup>st</sup> Century Discipleship Today



## Book 1b

### Developing Spiritual Posture

Lessons 9-16

## SESSION FORMAT &amp; KEY TERMS

## SESSION FORMAT

**How's Life?** This portion of the meeting is part of the opening introduction. It's a brief, two-minute max update per person. The focus of our meeting is on making disciples, so if more time is needed to talk through things happening in your life, it's best to plan another time to do so.

**Loving Accountability:** Review Mark 6:7-13, 30. Jesus gave the disciples a task and then they reported back regarding what had been done and taught. Growth comes with accountability.

**Praise and Prayer:** We invite each person to share one praise and one prayer request. If God could answer one prayer in your life right now, what would it be? This is also a great time to ask for prayer for people in your circle who are far from God, whom you plan to engage in spiritual conversation.

**Jesus Story:** What did Jesus do in your life this week?

**Bible Reading/ Discussion:** The lessons include important scriptural passages. However, if you find additional insights in your study and research, share what you learned with your group.

**Reflection and Application:** As you read the passages and answer the questions, reflect on what the Lord wants to teach YOU about who He is and about His call on your life to make disciples.

**Hear and Obey:** What did you learn from this lesson? What action do you need to take? The Obey Statement should begin with an "I will..." and should always be a measurable goal. A good example: "I will fast during my normal lunchtime on Friday." *This is measurable.* A bad example, "I will do better at fasting." *This is not measurable.*

**Memory Verses:** We believe it's important that we hide His Word in our hearts, so we encourage group members to memorize the weekly Bible verse.

## KEY TERMS

**Disciple:** The Greek term for "disciple" in the New Testament is *mathetes*, which basically means "student" or "learner."

But a disciple is also a "follower," someone who adheres completely to the teachings of another, making them their rule of life and conduct.

Merriam-Webster defines disciple as: *one who accepts and assists in spreading the doctrines of another.*

Being a disciple is becoming like the one you are a disciple of, learning about them, and then doing what they do/did.

**Disciple-Making Movement:** A disciple-making movement is a rapid and exponential increase of disciples who are actively engaged in making disciples. This type of movement spreads wide and deep to at least four generations of disciples.

**Posture:** The term "*posture*" represents the spiritual disciplines of a person who is preparing themselves for God to move in and through them.

**Process:** The term "*process*" represents the strategy of a person or group pursuing a disciple-making movement. At CBC, the process is called our 3D Mission:

- ❖ Demonstrate God's Love
- ❖ Declare The Good News
- ❖ Make Disciples Near & Far

**Path:** The term "*path*" represents the tools we will utilize to accomplish the work of a disciple-making movement.

*We aren't called to sit in church; we are called to fill the world with disciples.*

LESSON 9: SIMPLE INDUCTIVE BIBLE STUDY

<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p> <p> Did you spend daily time in prayer?</p> <p>702 Did you pray for people who are far from God?</p> <p> Did you spend daily time in the Word?</p> <p> What area of your life needs to be surrendered to God's will and way?</p> <p> Memory verse: <b>John 13:35</b></p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	

The ability to discern scripture is of vital importance. While it's great to rely on the teaching of trained experts, each Believer should be able to feed themselves at some level. The ability to utilize proven study methods and godly guidance in small groups and personal Bible study is a great tool to have.

Trust God's Spirit in you – He will guide you.

**4 Inductive Bible Study**

As we study the Word for our growth and to help others, we should implement proven – yes, proven – methods to maximize our time and effort.

Definition of *Inductive*: using a particular set of facts or ideas to form a general principle. (Cambridge Dictionary)

We present three proven Inductive Bible Study methods:

- 1) 2 Timothy 3:16.
- 2) The Sword.
- 3) The Three Crosses.

**1) 2 Timothy 3:16**

*All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness.*

There are four things *all scripture is profitable for*. So, no matter what book, chapter, or verses we are studying, we can ask specific corresponding questions for each:

- a) Teaching. When you teach something is it typically something good or something bad? Something right or something wrong?

So, we can ask, "In the passage, what is good, what is right?"



- b) Rebuking. When you rebuke something or someone, is it typically for something good or something bad? For something right or something wrong?

So, we can ask, "In the passage, what is not good, what is not right?"



- c) Correcting: Knowing what is right and knowing what is not right, analyze yourself or your situation. What needs correcting? How can you turn that thumbs down to a thumbs up?

So, we can ask, "Based upon what scripture says, what needs to change, what do I need to stop or start doing?"

We must also understand that the root of all change is a change of heart.



- d) Training: Once we accept that change needs to happen, the question becomes, how will we implement that change? Training is not studying change; training is implementing change, out in the field of life.

So, we can ask, "Based upon what scripture says and the decision I've made, how will I follow through, what will I now go do?"



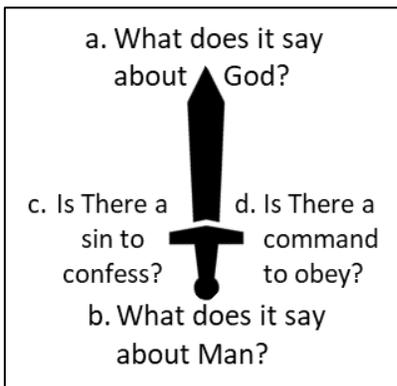
"I will..."

## LESSON 9: SIMPLE INDUCTIVE BIBLE STUDY

### 2) The Sword

Ask these four simple questions to help discern scripture.

Then follow through on what you learn: "I will..."



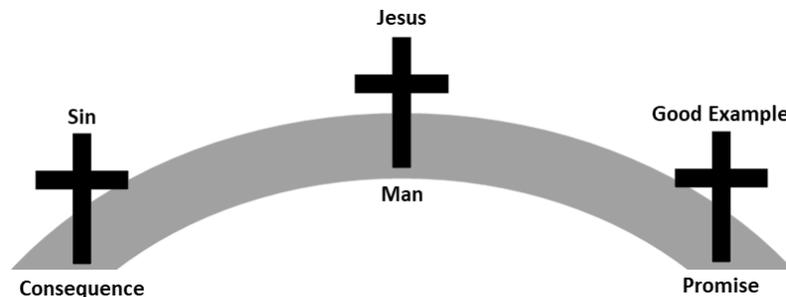
### 3) The Three Crosses

The Three Crosses Inductive Bible Study Method originates from the crucifixion of Jesus Christ in Luke 23:32-43.

#### Steps to using the Three Crosses Bible Study:

1. Read the account in Luke 23:32-43.
2. Ask: What do we learn about Jesus from this account? What does Jesus do and what does He say? What are His character traits? Write the response above the center Cross (around the word "Jesus" on the next page).
3. Ask: What do we learn about people from this account? What does the person/people do and what do they say? What are the character traits of the person/people in the account? Write the response below the center Cross (around the word "Man" on the next page).
4. Is there a sin in the story? Write the response above the cross on the left (around the word "Sin" on the next page).
5. Is there a consequence to the sin mentioned in the account? Write the response below the cross on the left (around the word "Consequence" on the next page).
6. Is there a good example portrayed (by the man/woman) in the account? Write the response above the cross on the right (around the words "Good Example" on the next page).

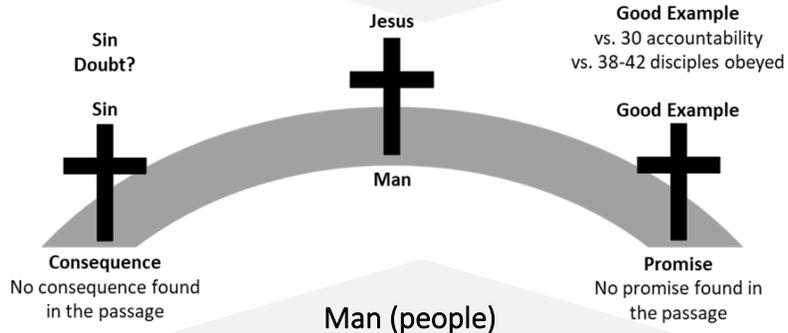
7. Is there a promise in the account? Write the response below the cross on the left (around the word "Promise").
8. What is the Holy Spirit saying to me through this account?
9. What action do I need to take so that I am obedient to Jesus?



Three Crosses Sample Bible Study: Mark 6:30-43

**Jesus**

- vs. 30 Jesus requires accountability.
- vs. 31 Jesus offers the disciples an opportunity to spend time with Him for the purpose of rest.
- vs. 34 Jesus was tired but compassionate.
- vs. 34 Jesus changed His plans to bring the Kingdom to sheep without a shepherd.
- vs. 37 Jesus asked the disciples to do the impossible... He knew they couldn't do it without Him.
- vs. 38 Jesus asked a question and gave a command.
- vs. 39 Jesus gave instructions.
- vs. 41 Jesus prayed over the bread and fish and then gave it to the disciples.



**Man (people)**

- vs. 30 Disciples reported to their leader what they had done and taught.
- vs. 31 The disciples' physical needs were secondary to the spiritual needs of the people.
- vs. 32 It's ok to rest.
- vs. 33 When Jesus is present, He can't be hidden by those seeking Him.
- vs. 34 People are sheep without a shepherd.
- vs. 35 Sometimes discipleship means long hours.
- vs. 36 Disciples looked for an easy way to fix the situation.
- vs. 38 Disciples made excuses because they forgot about the power of Jesus.

**5 HEAR & OBEY OPPORTUNITY**



Mark 6:30-43 review: Is there anything in the passage that was an Ah-ha! moment... or something you didn't notice in a prior reading of the passage?

- *Jesus invites His disciples to rest.*
- *Sometimes good plans are interrupted by great opportunities.*
- *2000 years ago, Jesus asked His disciples to do the impossible. Today, He still asks His disciples to do the impossible.*



From the Bible passages, what is the Holy Spirit saying to me?

- *Do I need to rest in the midst of making disciples?*
- *Am I so concerned about my own physical needs that I often miss the needs of people suffering around me?*



Based on what the Holy Spirit is saying to me, what action(s) do I need to take?

- *I will take time to rest (specify).*
- *I will slow down, and in doing, I will commit to engaging just one person daily with the Big Question: "If God could answer one prayer in your life right now, what would it be?"*



In your journal, use this new Bible Study tool to examine Mark 6:45-56. Come prepared to share your work at the next Group meeting.

LESSON 10: PERSONAL PRAYER STRATEGY

<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	<p>Did you spend daily time in prayer?</p> <p>702 Did you pray for people who are far from God?</p> <p>Did you spend daily time in the Word?</p> <p>What area of your life needs to be surrendered to God's will and way?</p> <p>Memory verse: <b>1 THESSALONIANS 5:16-18</b></p>

**Praying the Word Example - 1 John 1:1-10**

*Jesus, I know that you are from the beginning. You were with the Father at creation and you heard Him speak all of creation into existence. You also walked among the disciples 2000 years ago and displayed His glory and power in those days. I'm so grateful you remain with us today. I too, have experienced your touch in my life. I have experienced your forgiveness, your mercy and your love. Thank you, Jesus. Jesus, I pray that there would be unity and fellowship within the body of Christ. I pray for unity within us at CBC. I pray that I would always pursue a close relationship with you. Jesus, I want my joy to come completely through you. Thank you, Jesus, for your love for me. Thank you for your Word.*

Amen.

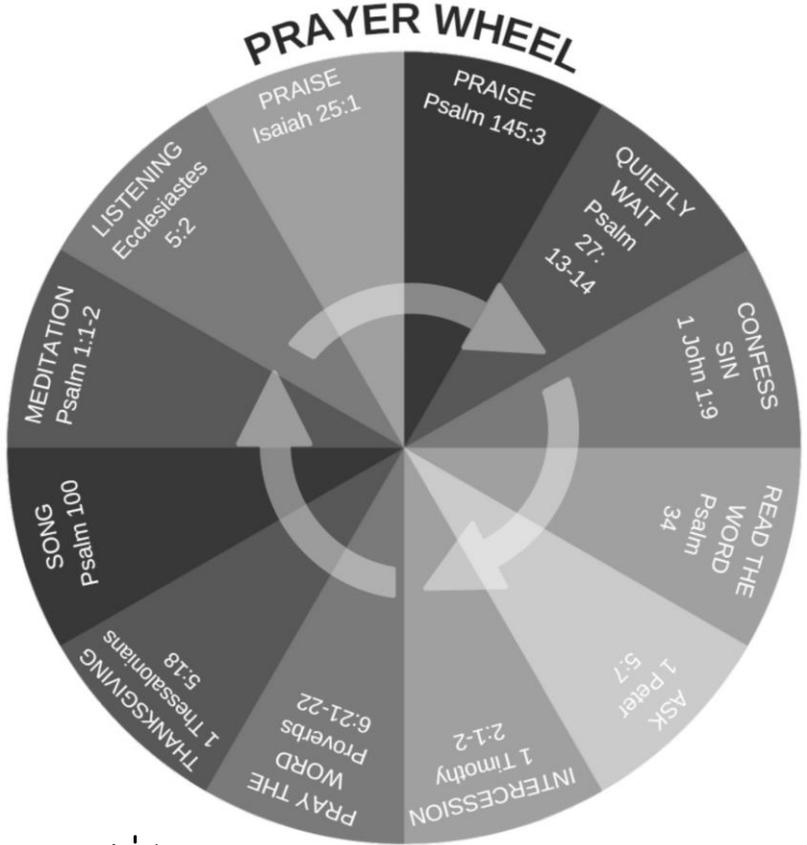
**4 BIBLE READING – The Prayer Wheel**



The prayer wheel is a tool, and just a tool, that provides us with a multi-faceted approach to hearing from God and speaking to Him. The best way to use this tool is to start with PRAISE (Psalm 145:3) and then work around the wheel.

The amount of time you spend in each area may be different.

There are several ways to use Bible verses and Bible verse sets for prayer. You can use actual prayers from the Bible (Ex: The Lord's Prayer). Or turn a Bible verse set into a prayer. We will use 1 John 1:1-10 as an example of this.



**Great Idea: Group Prayer!**

In your next Group meeting, work through the prayer wheel as a group. Take turns and spend 2-5 minutes in each section.



## LESSON 11: WAIT

### LESSON 11: WAIT

<b>1</b> WELCOME	<b>3</b> HOW WAS YOUR WEEK? <b>Accountability</b>
<b>2</b> JESUS STORY, A PRAISE & A PRAYER	 Did you spend daily time in prayer?  Did you attempt the prayer wheel this week? 702 Did you pray for people who are far from God?
 Memory verse: <b>Isaiah 64:4</b>	 Did you spend daily time in the Word?  What area of your life needs to be surrendered to God's will and way?

#### Waiting

God loves to work for those who wait for Him. So, how do we wait for God, and does waiting for God mean that we don't act? When do we stop waiting and start acting? Such important questions!

Let's start with Isaiah 64:1-4.

<sup>1</sup> *If only you would tear the heavens open and come down, so that mountains would quake at your presence—* <sup>2</sup> *just as fire kindles brushwood, and fire boils water— to make your name known to your enemies, so that nations would tremble at your presence!*

<sup>3</sup> *When you did awesome works that we did not expect, you came down, and the mountains quaked at your presence.* <sup>4</sup> *From ancient times no one has heard, no one has listened to, no eye has seen any God except you who acts on behalf of the one who waits for him.*

#### Wait and Pray

The people whom Isaiah is referencing are troubled. They are facing grave danger from their enemies, the Assyrians and Babylonians. But the danger God sees is not so much the threat of the Assyrians and Babylonians, but rather the temptation written earlier to turn to Egypt for help instead of turning to God.

*Woe to those who go down to Egypt for help and who depend on horses! They trust in the abundance of chariots and in the large number of horsemen. They do not look to the Holy One of Israel, and they do not seek the Lord. (Isaiah 31:1)*

#### LESSON APPLICATION:

Waiting on God requires you to first seek the counsel of God before acting. Pray first to seek His counsel. Pray before you do anything. In every situation, pray!

#### Wait and Rest

*For the Lord God, the Holy One of Israel, has said: "You will be delivered by returning and resting; your strength will lie in quiet confidence. But you are not willing." You say, "No! We will escape on horses" — therefore you will escape! — and, "We will ride on fast horses" — but those who pursue you will be faster. (Isaiah 30:15–16)*

In essence, God was saying, "Stop trying to fix this yourself; I'll be your strength." But they wouldn't listen. They wanted to pursue their own victory for their own glory, on horses and chariots.

Recall the words of Moses to the people as they were about to cross the Red Sea:

*But Moses said to the people, "Don't be afraid. Stand firm and see the Lord's salvation that he will accomplish for you today; for the Egyptians you see today, you will never see again. The Lord will fight for you, and you must be quiet." (Exodus 14:13–14)*

*I will both lie down and sleep in peace, for you alone, Lord, make me live in safety.*  
(Psalm 4:8)



### Wait and Act

In 2 Samuel 5:19, David has just taken over as king after Saul's death. The Philistines are threatening an attack. What strategy does David deploy?

He prayed and inquired of the Lord. He waited.

*Then David inquired of the Lord: "Should I attack the Philistines? Will you hand them over to me?"*

*The Lord replied to David, "Attack, for I will certainly hand the Philistines over to you."*

So, the Word to David was not to lie still, but to fight.

David did not take matters into his own hands; he waited, he prayed and then acted in obedience to the Lord's answer.

### LESSON APPLICATION:

We are so prone to think that waiting means stillness, that the minute we start acting — going to work, preparing a report, staying up late to work, work, work — we lose the opportunity to wait for anything or anyone. In some situations, there is a spirit of waiting right amid the work.

*A horse is prepared for the day of battle, but victory comes from the Lord.* (Proverbs 21:31)

Do you see the implication for the warrior?

It means that we must be fully prepared, but we don't "call the shots." When we fully realize who does, we work in tandem with His will and His purposes. We will be fully a part of the team and fully able, through our preparedness and patience, to fulfill our roles in kingdom battles — battles that have been promised victory.

## LESSON 11: WAIT

4

### REFLECTION:

1. Is it easy or difficult for you to wait on God? Explain.  
\_\_\_\_\_  
\_\_\_\_\_
2. Is there a time that you waited on God and He provided a speedy reply? When? How?  
\_\_\_\_\_  
\_\_\_\_\_
3. Is there a time that you waited on God but felt that He wasn't listening?  
\_\_\_\_\_  
\_\_\_\_\_
4. Is there something that you have prayed to God about and you continue to wait for a reply?  
\_\_\_\_\_  
\_\_\_\_\_

*"Sometimes, believers use 'I'm waiting for God to reveal His calling on my life' as a means of avoiding action. Did you hear God calling you to sit in front of the television yesterday? Or to go on your last vacation? Or exercise this morning? Probably not, but you still did it. The point isn't that vacations or exercise are wrong, but that we are quick to rationalize our entertainment and priorities yet are slow to commit to serving God."*

Francis Chan

5

### HEAR & OBEY OPPORTUNITY



What is the Holy Spirit saying to me about waiting?

\_\_\_\_\_



Based on what the Holy Spirit is saying to me, what action(s) do I need to take? **"I will..."**

\_\_\_\_\_

\_\_\_\_\_

LESSON 12: FAST

<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	<p> Did you spend daily time in prayer?</p> <p> Did you attempt the prayer wheel this week?</p> <p>702 Did you pray for people who are far from God?</p>
<p> Memory verse: <b>Matthew 6:17-18</b></p>	<p> Did you spend daily time in the Word?</p> <p> What area of your life needs to be surrendered to God's will and way?</p> <p> Were you able to wait quietly for the Lord during your time of prayer?</p>

 Take time now to review the postures you have learned and have put into practice.

This study guide provides information needed to improve your spiritual posture. However, it's up to you to take full responsibility and ownership for your spiritual growth.

If you are practicing the postures, what changes have you experienced?

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If you are not practicing the postures...why not? (Remember the commitments you made in Lesson 1?)

**4**

**BIBLE READING – Four Types of Fasting**

Typically, fasting refers to the abstinence from food over a designated period, but there are different types of Biblical fasting and not all involve food. In the Old Testament, there are examples of fasting practiced by Moses, David, Esther, and Daniel. In the New Testament, Jesus, Paul, Anna (Luke 2:37), and the Church in Antioch (Acts 13:3) all fasted. Many important figures in Christian history including, up through today, have attested to the value of fasting.

No matter the type or duration, the purpose of biblical fasting is the seeking after God's heart. Any other blessings and benefits are secondary to God Himself. This is what sets biblical fasting apart from other religious and cultural practices around the world. Biblical fasting is often closely linked to repentance, as in the examples of David, the nation of Israel, and the city of Nineveh. It is also related to passionate prayer as found in the examples of King Jehoshaphat and Queen Esther. Biblical fasting originates from a humble heart seeking God. (Isaiah 58:3–7)

**FOUR TYPES OF BIBLICAL FASTING**

1. **Regular Fast:**

The abstinence of all food, both solid and liquid, except for water. This is the type of fasting Judah's King Jehoshaphat mandated when his country was confronted by invaders (2 Chronicles 20:3). The Lord defeated their enemies, and the men of Judah blessed the Lord (2 Chronicles 20:24–27). After the Babylonian Captivity, the people returning to Jerusalem prayed and fasted, asking God for His protection on their journey (Ezra 8:21). The Lord Jesus fasted during His 40 days in the wilderness including when He was tempted by Satan (Luke 4:2). When Jesus was hungry, Satan tempted Him to turn the stones into bread, to which Jesus replied, "Man must not live on bread alone." (Luke 4:4)

## LESSON 12: FAST

### 2. Partial Fast:

The prophet Daniel spent three weeks fasting from certain foods. In Daniel 10, the prophet says, *“In those days I, Daniel, was mourning for three full weeks. I didn’t eat any rich food, no meat or wine entered my mouth, and I didn’t put any oil on my body until the three weeks were over.”* (Daniel 10:2–3)

Note that Daniel’s fast was to express his grief on this occasion and only omitted “choice” food. It also involved relinquishing the use of oils and lotions. Today, many Christians follow this example and abstain from certain foods or activities for a short time, looking to the Lord for their comfort and strength.

### 3. Absolute Fast:

Also known as the full fast. Here no food or water is consumed. When Esther discovered the plan for all Jews to be killed in Persia, she and her fellow Jews fasted from food and water for three days before entering the king’s courts to ask for his mercy (Esther 4:16). Another example involves Saul’s conversion. The murderous Saul encountered Jesus in His glory on the road to Damascus. *“For three days he was blind and did not eat or drink anything.”* (Acts 9:9) Immediately following that time of blindness and fasting, Saul dedicated his life to Jesus Christ. In the cases of both Esther and Saul, the absolute fast only lasted three days. However, Moses and Elijah took part in miraculous, 40-day absolute fasts. When Moses met God on the mountaintop to receive the tablets of stone, he ate no bread and drank no water (Deuteronomy 9:9). And, after Elijah defeated the prophets of Baal on Mt. Carmel, infuriating Queen Jezebel, Elijah fled for his life and spent 40 days fasting in the wilderness. (1 Kings 19)

### 4. Sexual Fast:

In Exodus 19:15, the people of Israel were to prepare for their encounter with the Lord at Mt. Sinai. Part of their preparation was to abstain from sexual relations for three days. Also, in 1 Corinthians 7:5 Paul says that a married couple can mutually agree to abstain from sex for a short period of time to devote themselves to prayer but are then to *“come together again; otherwise, Satan may tempt you because of your lack of self-control.”*

## 5

### APPLICATION- FASTING FOR BEGINNERS

Fasting involves voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of a higher spiritual purpose. The act of the fast is markedly counter-cultural in our consumerist society, like abstaining from sex until marriage. If we are to learn the lost art of fasting and enjoy its fruit, we must understand and embrace its purposes, according to the Word. Of special note, Jesus assumes his followers will fast; read Matthew 6:16 and 9:15.

<sup>16</sup> *“Whenever you fast, don’t be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward.”*

<sup>15</sup> *Jesus said to them, “Can the wedding guests be sad while the groom is with them? The time will come when the groom will be taken away from them, and then they will fast.”*

**NOTE:** Before you consider fasting, make sure there are no medical conditions that should preclude your participation. If you have any concerns, please check with your physician or nutritionist prior to starting.

**HOW TO FAST****1. Start Small.**

Don't immediately go from no fasting to attempting a week-long fast. Start fasting one meal a week for several weeks. Then try two meals until you are ready to work your way up to a day-long fast. You might want to eventually try a two-day juice fast which includes abstaining from all food and beverage except juice and water.

**NOTE:** It's not recommended to abstain from water during a fast of any length.

**2. Have a Purpose and a Plan.**

Fasting isn't merely an act of self-deprivation, it is a dedicated, spiritual discipline for seeking more of God's fullness. Each fast should have a specific spiritual purpose. Make sure you define this purpose prior to starting.

In addition, prepare a plan for positive pursuits you will undertake during the time normally spent at meals. This might include time for prayer and meditation on God's Word, or some act of service for others. Take notes, journaling is greatly beneficial – record what God is telling you. Without a purpose and plan, it's not fasting; it's just going hungry.

**3. Consider Others.**

Fasting offers no license to be unloving or uncaring for those around us, as love for God and neighbor go together. As you heighten your spirituality through fasting, be sure to consider in advance how your activity may impact others.

For example, if you are responsible for meals at your home, consider how your abstinence will affect your family members and make appropriate provisions. If you have regular lunches with colleagues or dinners with family or roommates, assess how your abstinence may affect them. As a courtesy, always advise those in your circles ahead of time if you will be unable to join in meals versus being a no-show, or

springing news in the moment. As you plan your timing, consider opportunities when family members, friends, or colleagues may be out of town or traveling so fasting may be easier and more convenient for you.

**4. Try Different Kinds of Fasting.**

Fasting is often personal, private, and partial, but we find a variety of forms in the Bible: personal and communal; private and public; congregational and national; regular and occasional; absolute and partial. You might consider fasting together with your family, small group, or church. This can be especially beneficial when you share together in some special need for God's wisdom and guidance or when there is an unusual difficulty in the church or society for which you need and desire God's intervention?

**5. Fast from Other Activities or Distractions.**

Fasting from food is not necessarily for everyone as some health conditions can prevent participation. The good news is that fasting is not just limited to food. As Martyn Lloyd-Jones said, "Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose." Consider fasting from a distraction like television, computers, social media, or some other regular enjoyment or entertainment.

**6. Don't think of white elephants.**

When your empty stomach starts to growl and begins sending your brain "feed me" signals, don't be content to let your mind dwell on the fact that you haven't eaten. Turn your attention to Jesus and His kingdom. Christian fasting seeks to take the pains of hunger and transpose them into the key to some eternal anthem, whether it's fighting against some sin, pleading for someone's salvation, for the cause of the unborn, or longing for a greater taste of Jesus.

Discussion: What does fasting look like in your life?



OR



Horizontal lines for writing a discussion response.

**6 HEAR & OBEY OPPORTUNITY**



What is the Holy Spirit saying to me about Fasting?

Horizontal lines for writing a response to the Holy Spirit's prompting.



Based on what the Holy Spirit is saying to me, what action(s) do I need to take? "I will..."

Horizontal lines for writing an action plan based on the Holy Spirit's prompting.

**7 PRAYER AND FASTING WORKSHEET**

Step 1 – Determine Your Focus.

- What will be your focus during the fast?
- What is important to God?
- What is important to me?
- Get your game plan together.

Horizontal lines for writing the focus and game plan for the fast.

Step 2 – Set Your Objective.

*I am fasting and praying towards:* \_\_\_\_\_

(Spiritual renewal, guidance, healing, revival, resolution of problems, special grace to handle a situation, finances, ministry, family, salvation of others, etc.)

*So, I am fasting from:* \_\_\_\_\_

(Food, meals, media, etc.)

Write them down as the Holy Spirit prompts. This will help you pray with more focus and strategy.

Step 3 – Make Your

**Commitment.**

**LESSON 12: FAST**

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**Step 4 – How Much Time Will You Devote Each Day to Prayer and God’s Word?**

- Increase time for prayer.
- Increase time in the Word.
- Schedule a specific block of time to sit in a solitary place to pray.

When: \_\_\_\_\_

\_\_\_\_\_

How Long: \_\_\_\_\_

\_\_\_\_\_

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**Step 5- Prepare Yourself Spiritually.**

Ask the Lord to help you. He is waiting and loves the fact that He will get more time with you.

- Have your Bible with you.
- Have a journal and pen ready (or laptop if that is your preference).

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**Step 6- Expect**

**RESULTS!**

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**QUESTION:**

**IS REFRAINING FROM SOCIAL MEDIA CONSIDERED A FAST?**

Fasting is meant to give us focused time to pray and invest time in the Word. When we are using social media, we usually tap the app throughout the day and look for the latest updates from friends or groups, etc. That quick check-in might take a couple of seconds, or it might be a few minutes. Fasting isn't carving out a minute here and there throughout the day.

If you are "fasting" from social media, what are you doing with the time that would normally be spent looking at your phone? Do you read Scripture, pray, or memorize a verse? Or do you switch to a non-social media app to fill the time? Maybe you focus more on your work, your children, and other hobbies. You see, fasting isn't replacing one app for another app or activity unless that activity is prayer and Scripture.

Why do people take breaks from social media?

1. They find themselves annoyed by the bickering or the presence of bullies.
2. They realize that it is becoming an addiction because they are spending time looking at their screen and not doing their job, or a family member says, "Put your phone down and spend time with me."
3. You don't really care about what another person ate for dinner last night.
4. A lot of what you see doesn't depict the true reality of a person's life.
5. The Holy Spirit convicts us of how we spend our time, and we recognize that we can be more kingdom-minded when our priorities are in the right order.

Maybe, just maybe, we should call our time away from social media a detox rather than a fast.

LESSON 13: WORSHIP

<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	<p> Did you spend daily time in prayer?   Did you attempt the prayer wheel this week?                  702 Did you pray for people who are far from God?   Did you spend daily time in the Word?</p>
<p> Memory verse: <b>John 4:24</b></p>	<p> What area of your life needs to be surrendered to God's will and way?   Were you able to wait quietly for the Lord during your prayer time?</p>

**4 BIBLE READING AND REFLECTION: WORSHIP**

Read the following verses and write a key phrase for each that summarizes it.

Psalm 29 \_\_\_\_\_  
\_\_\_\_\_

Psalm 63:3-4 \_\_\_\_\_  
\_\_\_\_\_

Psalm 86:9-10 \_\_\_\_\_  
\_\_\_\_\_

Psalm 95:6 \_\_\_\_\_  
\_\_\_\_\_

Psalm 100 \_\_\_\_\_  
\_\_\_\_\_

Isaiah 25:1 \_\_\_\_\_  
\_\_\_\_\_

John 4:24 \_\_\_\_\_  
\_\_\_\_\_

Romans 12:1-2 \_\_\_\_\_  
\_\_\_\_\_

Philippians 2:9-10 \_\_\_\_\_  
\_\_\_\_\_

Hebrews 12:28-29 \_\_\_\_\_  
\_\_\_\_\_

*“Worship has been misunderstood as something that arises from a feeling which ‘comes upon you,’ but it is vital that we understand that it is rooted in a conscious act of the will, to serve and obey the Lord Jesus Christ.”*

Graham Kendrick

## 5 FIVE PRACTICAL WAYS WE CAN WORSHIP THE LORD

### 1. Worship through Music.

So often we equate worship with music, but it isn't the same thing. Music is an avenue of worship that can direct our hearts to the Lord. Job 38:7 states that the "*morning stars (the angelic host) sang together*" at creation. Before God created the Earth and all that is in it-- including humanity-- He created the angels to worship with song. The Psalms include more than 100 references to singing and music. Obviously, music is important to the Lord and is one of the great ways we can worship Him.

### 2. Worship through Praise and Thanksgiving.

There are more than 250 verses in Scripture that speak of praise, almost 150 in Psalms alone! If you don't think praise is important, study Psalm 146 – 150. Praise means simply telling God how great He is. Praise Him for His love, His forgiveness, His patience, His creation, His gifts...for anything and everything. Thanksgiving is similar but instead of praising Him for who He is, we praise Him for what He has done. Got two eyes to see? Got a roof over your head? Got food on the table? Thank Him!

*Give thanks in everything; for this is God's will for you in Christ Jesus.* 1 Thessalonians 5:18

### 3. Worship through Giving.

When you worship through giving, you are saying to God, "All I have is Yours." God does not need your money; what He wants and desires is your heart. He does not need your time or talent, but He invites you to partner with Him in sharing the gospel. Giving is worship because when you give, you follow the perfect example of Jesus who gave His life as a ransom for many.

*For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.* Mark 10:45

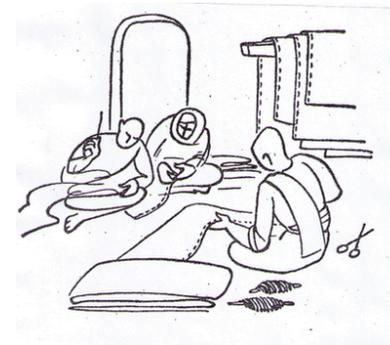
### 4. Worship through Serving.

Serve others, serve at the church, serve your family. Serve because Jesus came as a servant (Matthew 20:28, John 12:26) and set the example for us to follow. One way to serve others begins by asking a simple question: "How may I help you?" Other ways to serve are found in the "one another" passages – read them and then live them out. (John 13:34, Romans 14:19, Galatians 6:1-2, James 5:16 – and more)

### 5. Worship in the Small, Daily-ness of Life.

God does not despise the small offerings we give Him (Mark 8:7; 12:42), so be faithful in the seemingly insignificant jobs and the daily-ness of life. Faithfulness in small things helps prepare us to be faithful in larger things (Luke 16:10, 1 Corinthians 4:2). Thank Him for the children whose dirty clothes you clean and for a healthy family when you're preparing meals. Listen for God's voice in the quiet of your commute. Sing songs of praise while driving. Be intentional!

- As you consider the five ways to worship, what do you consider your strengths...and the areas of opportunity where you can improve?
- Are there other ways you worship God?
- Do you believe God is pleased with your worship?



6

**HEAR & OBEY OPPORTUNITY**



What is the Holy Spirit saying to me about worship?

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Based on what the Holy Spirit is saying to me, what action(s) do I need to take? "I will..."

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<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	<p> Did you spend daily time in prayer?</p> <p> Did you attempt the prayer wheel this week?</p> <p>702 Did you pray for people who are far from God?</p> <p> Did you spend daily time in the Word?</p>
<p> Memory verse: <b>James 4:10</b></p>	<p> What area of your life needs to be surrendered to God's will and way?</p> <p> Have you waited on the Lord?</p> <p> How is your worship?</p>

**Paul's Example**

Paul wrote in Philippians 2:3-4, *“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”* Paul was a successful young man fulfilling his mission of rooting out the Christ believers when he met Jesus on the Damascus Road. Following his remarkable life changing conversion, he wrote, *“I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.”* (Philippians 3:8) Paul’s profound humility is further evidenced when he publicly considers himself as *“the least of the apostles”* (1 Corinthians 15:9), and the *“chief of all sinners.”* (1 Timothy 1:15)

**Epaphroditus's Example**

We don't know too much about Epaphroditus, but we read Paul’s letter to the church at Philippi where he advises he is sending Epaphroditus their way. In Philippians 2:25-30, Paul wrote:

*25 But I considered it necessary to send you Epaphroditus—my brother, coworker, and fellow soldier, as well as your messenger and minister to my need— 26 since he has been longing for all of you and was distressed because you heard that he was sick. 27 Indeed, he was so sick that he nearly died. However, God had mercy on him, and not only on him but also on me, so that I would not have sorrow upon sorrow. 28 For this reason, I am very eager to send him so that you may rejoice again when you see him and I may be less anxious. 29 Therefore, welcome him in the Lord with great joy and hold people like him in honor, 30 because he came close to death for the work of Christ, risking his life to make up what was lacking in your ministry to me.*

We don’t know the details, but we do know that Epaphroditus poured his life into helping Paul and the church so much that it nearly cost him his life. Only the true spirit of humility allowed him to esteem Paul’s life more than his own and to offer his life for the gospel’s sake.

**4 BIBLE READING AND REFLECTION: HUMILITY**

Humility is defined as “a modest view of one’s own importance” and “a lack of false pride.”

In the Bible, the Greek word translated *humility* means “lowliness of mind.” (Colossians 3:12)

**Christ’s Example**

There is no greater example of humility in the entire Bible than you will find in the life of Jesus Christ.

*[Jesus] being found in human form, humbled himself by becoming obedient to the point of death, even death on a cross.* Philippians 2:8

Jesus gave up the glory He had in heaven. He gave up His place on the throne where God rules the universe. He gave up defending Himself, willingly giving His life as a ransom for many (Mark 10:45). He loved us so much that He died for us.

## LESSON 14: HUMILITY VS. PRIDE

What do you learn from Epaphroditus' example of humility?

Take time to search and reflect on the following passages:	Proverbs 8:13	1 Corinthians 1:28-29
	Proverbs 11:2	2 Corinthians 10:17-18
	Proverbs 16:8	1 Timothy 6:17
	Proverbs 29:23	James 4:6
	Romans 15:17	1 John 2:16

### 5 THREE TYPES OF PRIDE

1. **PRIDE OF KNOWLEDGE:** This person tries very hard to confirm the fact that they're smart.

- Get irritated if someone tries to teach them something.
- "Know it all."
- Answers, "I know, I know," or "Yeah, I already knew that."
- Too smart for a formal education or training. Thinks: "What could I learn?"
- Often interrupts people mid-sentence: "I don't mean to interrupt, but..."
- Finish other people's sentences: "I know what you're going to say..."
- Often try to prove people wrong.
- If questioned: "Don't you think I know what I'm doing?"
- Refuse to listen to the ideas or wisdom of others including those they may lead.
- Use big words and then explain them to you.
- Get defensive when corrected or criticized.
- Argumentative – They have to be right.
- Critical – They highlight the flaws of others to make themselves feel superior.

2. **PRIDE OF SPIRITUALITY:** *This person tries very hard to confirm the fact that they're spiritual.*

- Brag about NOT being materialistic.
- Tell everyone, "I gave up a high paying career to do this ministry."
- Make excuses for the physical blessings in their life.
- Look down at the wealthy or successful.
- Think they're more spiritual or righteous than others.
- Feel morally superior.
- Despise and detest sinners; judgmental.
- Insist on having certain roles in the church to prove to people that they're spiritual.
- Talk about how much they pray.
- Spiritualize every conversation.
- Talk about fasting so people know they're fasting.

3. **PRIDE OF POWER:** This person tries very hard to confirm the fact that they're capable.

- Controlling – Being obeyed gives them a nice feeling and sense of power.
- Legalistic- Control through excessive rules- their SELF is pumped up when they are obeyed.
- Won't submit to authority.
- Excessively taking care of and shielding their older children.
- Pay the consequences for their kids' actions.
- Excessive need for credit, praise or admiration.
- Manipulate to keep their adult children close.
- Try to control or sway their adult children's marriages.
- Use women and keep them hanging on.
- Want the autonomy to decide how to live their life, so won't submit or surrender to God.
- Self-Reliant – Don't believe they need guidance, help, or wisdom from God or man.
- Importance – Believe their value of SELF grows with accomplishments, status, wealth, or success.

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SELF ASSESSMENT

Look over the bulleted items on pages 10 & 11. Circle those that describe you based upon what you've done, said, or felt.

Summarize what you think this says about your level of pride:

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7

HEAR & OBEY OPPORTUNITY



What is the Holy Spirit saying to me about humility vs. pride?

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Based on what the Holy Spirit is saying to me, what action(s) do I need to take? "I will..."

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LESSON 15: SERVICE

<p><b>1</b> WELCOME</p>	<p><b>3</b> HOW WAS YOUR WEEK? Accountability</p> <p> Did you spend daily time in prayer?</p> <p> Did you attempt the prayer wheel this week?</p> <p>702 Did you pray for people who are far from God?</p> <p> Did you spend daily time in the Word?</p> <p> What area of your life needs to be surrendered to God's will and way?</p> <p> Have you waited on the Lord?</p> <p> How is your worship?</p> <p> Humility?</p>
<p><b>2</b> JESUS STORY, A PRAISE &amp; A PRAYER</p>	
<p> Memory verse: <b>Romans 12:1</b></p>	

**4 BIBLE READING AND REFLECTION:**

**SERVE ONE ANOTHER – Write out these verses.**

1 Thessalonians 5:11 Therefore encourage one another and build one another up, just as you are doing.

Romans 12:10 \_\_\_\_\_

Hebrews 10:24 \_\_\_\_\_

Ephesians 5:21 \_\_\_\_\_

Galatians 6:2 \_\_\_\_\_

1 John 4:7 \_\_\_\_\_

Ephesians 4:32 \_\_\_\_\_

Philippians 2:3 Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.

Galatians 6:10 \_\_\_\_\_

John 13:14 \_\_\_\_\_

1 Peter 5:5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble.

Colossians 3:13 \_\_\_\_\_

Romans 12:16 \_\_\_\_\_

Luke 22:26-27 \_\_\_\_\_

Mark 10:45 \_\_\_\_\_

**5 REFLECT:**

How are you serving your brothers and sisters in Christ?

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How are you serving the lost?

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**6 HEAR & OBEY OPPORTUNITY**



What is the Holy Spirit saying to me about service?

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Based on what the Holy Spirit is saying to me, what action(s) do I need to take? "I will..."

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LESSON 16: REFLECTION

<b>Eat, Drink, and Reflect Together! :)</b>	
<b>Rest and Review</b>	
<p>This week, we will not look at new material. Instead, we will spend time looking back over the last several weeks to review the lessons and reflect on what God has done in our lives. Be prepared to share the following information at the next group meeting.</p>	
	<p><b>LOOKING BACK</b></p> <ul style="list-style-type: none"> <li>• Individually, reflect on each lesson in the book and highlight what resonated or challenged you.</li> <li>• How did you grow? Was there a favorite lesson?</li> <li>• What posture is a strength or a struggle?</li> <li>• What answered prayers have you experienced since this study began?</li> </ul>
	<p><b>LOOK UP</b></p> <ul style="list-style-type: none"> <li>• Is there a Jesus Story that stands out to you?</li> <li>• How is God working in your life right now?</li> </ul>
	<p><b>LOOK AHEAD</b></p> <ul style="list-style-type: none"> <li>• What do I want the Lord to do in my life?</li> <li>• What do I want the Lord to do within our Group?</li> <li>• Am I willing to obey Matthew 28:19-20? When?</li> </ul>

At this point, the group has completed 16 sessions that are foundational for us to pursue a healthy spiritual posture. Each group member needs to make a choice about their future participation in the Group.

**Option #1:** Continue meeting as a Group with the understanding that as the group moves forward, the plan is to continue with a healthy posture AND to learn tools that will help each member engage in Kingdom activity. The tools and training towards this end will be provided in Book 2. At the conclusion of Book 2, each member should be prepared to start a new discipleship group. (This option means that you are only committed to one group at a time).

**Option #2:** Continue meeting with the same goal as Option 1, continuing on through Book 2, but at the same time starting a new discipleship group and taking them through this booklet (Book 1). (This option means that you are committed to two groups at the same time).

**Option #3:** Pray, shake hands or hug, smile and agree to conclude meeting as a Group. However, each member commits to start a new discipleship group for the purpose of teaching the disciple-making movement and posture material in this booklet (Book 1).

**Option #4:** Pray, shake hands or hug, smile, and conclude your Group study.

*Ultimately, our hope is that you will choose to continue the process of becoming better equipped to make disciples who will go on to make more disciples.*

*If this is your stopping point, we thank you for your active engagement and participation and we hope and pray that you will continue to apply the spiritual postures to your life for your good and His glory.*

*Where there are no oxen, the manger is clean, but abundant crops come by the strength of the ox.*

Proverbs 14:4