

# Discipleship Meditation System (DMS)

## A Handbook for Mentors

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### One-on-One Discipleship:

The Lord Jesus Christ invested a significant amount of His ministry discipling the twelve. As He departed to heaven, His command was "Go therefore and *disciple* all nations". Discipleship must be embraced as one of the highest priorities for all who are dedicated to serving and following Him. The model given to us by the Lord Jesus Christ and the Apostle Paul was one-on-one discipleship.

Four general tools are provided in the modules: 1) A set of objectives that can be used as goals and for evaluating progress. 2) A series of verses to memorize, meditate on, review, and apply. 3) Truths to help Believers embrace important Biblical truths. 4) Challenges to guide Believers to know God, fear the Lord, and gain wisdom.

### Module Goals:

Developing Christ-like character is a lifelong journey. Ultimately, God must transform lives, but given the command to make Disciples, this Handbook has been developed as a resource for mentors to accelerate the spiritual growth of Believers.

[All Honor to the King- Discipleship](#) presents the goals and philosophy of this Handbook. The design of each of the modules is as follows:

**Module A** is designed *to prepare the hearts of Believers to be gripped by God's unconditional love* by integrating the truths of the Gospel into their lives. This module also prepares Believers to effectively share God's love.

**Module B** includes verses to help guide Believers to grasp that *they are new, covered with the righteousness of the Lord Jesus Christ, and to begin to be gripped by their new identity*. The identity of Believers is foundational for them to begin *building* personal relationships with the Lord Jesus Christ.

**Module C** encourages Believers to develop an *abiding relationship with the Lord Jesus Christ with the goal of maintaining a constant awareness of His presence*. Abiding relationships with the Lord Jesus Christ yield tremendous power for Believers to maintain personal purity and to live sacrificial lives.

**Module D** is designed to help Believers know the all-powerful, creator God. Key scriptures are presented to build a deeper understanding of the Majesty and Glory of the Lord Jesus Christ. *As Believers know God, they develop appropriate fear of Him, leading to wisdom.*

**Module E** is designed to promote *close personal friendships with the Lord Jesus Christ.*

**Module F** is designed to guide Believers *to reflect the image of the Lord Jesus Christ.*

The goals of previous modules build the foundations of Sincere Faith, a Pure Heart, and a Clear Conscience, which generate the power and desire for Believers to die-to-self, become living sacrifices, walk in the light, and reflect the love of the Lord Jesus Christ.

Note: Prayer, reading, memorizing, meditating, and reviewing God's Word are effective discipleship "tools", however, considerably less value will result if the Believer only goes through the motions, approaching Scripture academically and prayers mechanically. As the Disciple talks with God, He will respond with ideas, thoughts, and insights. Having God's Word hidden in the heart and meditating on it is vital. The ultimate measure of success is when Believers develop a close personal relationship with the Lord Jesus Christ and reflect His love to others.

### **The Critical Need for Scripture Memory:**

A significant element of discipleship is developing self-discipline. The focus of this handbook is for Believers to embrace the disciplines of memorizing, reviewing, and meditating on the Scriptures.

[2 Timothy 3:16-17 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.](#)

1. *Teaching/ Doctrine:* To intentionally consider and embrace how spiritual truths apply to our lives. *"What truths are presented?" "What does this mean to me?"*
2. *Reproof:* To speak the truth in our hearts, identifying and repenting of our selfish wants and desires, learning to die to ourselves. *"What do I need to sacrifice on the altar of my heart to the Lord Jesus Christ (true worship Romans 12:1-2)?"*
3. *Correction:* To transform our hearts and minds as we integrate Biblical truths into every area of our lives, *"How do these truths guide me to demonstrate His love toward others?"*
4. *Instruction in righteousness:* To develop wisdom and Biblically-based discernment. *"How is God calling me to demonstrate His love and be salt and light?"*

It is highly recommended that every passage be reviewed and "considered" daily. The greatest benefit will result if consistent review and meditation are accomplished for a minimum of 6 weeks. If sincerely pursued, the results will be enhanced personal relationships with the Lord Jesus Christ, resulting in a transformed life.

Note: Scripture memory, review, Bible studies, written papers, and discussions will be valuable for developing Disciples, but mentors may need to customize them, depending on the needs, strengths, and weaknesses of each Believer.

Note: Believers should be encouraged to expend the effort and discipline to learn the scriptures word-for-word. There is value in reciting references before and after verses.

### **Module A, Understanding and embracing God's unconditional love.**

The first step towards building a relationship with God must be salvation through embracing God's love and faith in the Lord Jesus Christ. Salvation occurs when God gives us the power and the desire to humbly submit to confess our sins and embrace the Lord Jesus Christ as the ultimate authority in our lives. God's Spirit enters into our spirit, and we are regenerated (born again). Without being born again, there can be no deep relationship or friendship with God.

The pride of man tempts them to achieve God's acceptance and recognition by their own efforts and works, but pride and accomplishments produce the worship of idols, usually ourselves. *Therefore, it is vital for Believers to grasp the gap between how far we fail to achieve God's holiness and how much He loves and forgives us.*

Furthermore, for Believers to embrace God's love by carefully considering the tremendous humility He demonstrated when He paid the penalty of our sins. (Refer to Luke 7:36-50). When Believers are gripped by God's unconditional love, they will receive tremendous power to transform their hearts, their minds, and their lives.

Note: The verses in this module focus on the Gospel. These basic truths must be integrated into our lives by memorization, and they are a powerful tool for sharing God's love with others.

#### **Key truths that must be embraced by sincere faith:**

1. We are naturally self-centered and can never obtain God's holiness or righteousness on our own efforts.
2. The depth of our debt of sin is staggering. We must understand that it is impossible for us to pay for our debts through our efforts. It is important to conquer pride.

3. God is Holy, and while He is a loving God, we need to embrace attitudes of sincere respect towards Him (the Fear of the Lord).
4. The payment that the Lord Jesus Christ made for us was significant and demonstrated God's tremendous love for us.
5. Because of God's love for us, we now have the power to love Him and others. We then must come to embrace and ultimately be gripped by God's unconditional love for us. (Refer to 1 John 4:19).

## Sin:

**A1 Jeremiah 17:9** "The heart is more deceitful than all else And is desperately sick; Who can understand it?"

1. To begin to identify the deceitfulness of our hearts.
2. To take up the challenge to always speak truth in our hearts.

**A2 Romans 3:23** for all have sinned and fall short of the glory of God,

1. A foundation for understanding God's righteousness.
2. To embrace the truth that we cannot gain God's approval through our efforts.

**A3 Psalms 14:1** The fool has said in his heart, "There is no God." They are corrupt, they have committed abominable deeds; There is no one who does good.

1. A foundation for discerning good and evil.
2. To be able to identify fools and to use caution.
3. To embrace the challenge to "know God" and to strive to learn wisdom.

**A4 John 8:34** Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is the slave of sin.

1. A foundation to strive to avoid sin and temptation in our lives (an ounce of prevention is worth a pound of cure).
2. To understand that sin is a cruel taskmaster.
3. As a motivation to share God's love with believers and non-believers.

## Death:

**A5 Proverbs 14:12** *There is a way which seems right to a man, But its end is the way of death.*

1. To challenge us to number our days.
2. To see life from God's perspective.
3. To understand that Believers will never die.
4. To strive to speak truth in our hearts.
5. To understand the importance of identifying and avoiding temptation.

**A6 Romans 6:23** *For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.*

1. To learn how to confess our sins and to be thankful for God's forgiveness.
2. To begin to understand the extent of God's love.

**A7 Hebrew 9:27** *And inasmuch as it is appointed for men to die once and after this comes judgment,*

1. To begin to grasp the Holiness of God and to have sincere respect for Him (to fear the Lord).
2. To begin to understand what God holds sacred. Compare Exodus 20:1-17 (the Ten Commandments) and refer them to Jesus' Sermon on the Mount (Matthew 5-7).
3. To begin to develop Biblical (eternal) values.

**A8 Hebrew 10:31** *It is a terrifying thing to fall into the hands of the living God.*

1. To understand God's character of love, but also that He is holy.
2. To begin to understand that "darkness" (sin) cannot remain in the presence of "light" (holiness).

## God's Perfect Love:

**A9 John 3:16** *For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.*

1. To be challenged to grasp the extent of God's love.
2. To understand that out of all of the religions, Jesus Christ is the only God who demonstrated sincere love for man.

3. To strive to reflect love back to God.

Note: It is recommended to consider the truths in John 3:17-18.

**A10 Romans 5:8** But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

1. To understand that God's act of love was even for His enemies.
2. To understand the consequences and the tremendous cost of Jesus Christ's death on the cross.
3. To understand that the Lord Jesus Christ's love for us is not theoretical but demonstrated and historically recorded.

**A11 John 15:13** "Greater love has no one than this, that one lay down his life for his friends.

1. To recognize the value of true love and friendship.
2. To understand the love that God has for us.
3. To seriously embrace the importance of building a personal friendship with God.

**A12 I Peter 3:18** For Christ also died for sins once for all, *the just for the unjust*, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit;

1. To develop an understanding of the truths involved in the Gospel.
2. To begin to understand the tremendous love and the cost that the Lord Jesus Christ paid for our sins.
3. To understand the foundation of the identity of Believers.

### **Salvation through the Lord Jesus Christ:**

**A13 John 3:6,7** "That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. "Do not be amazed that I said to you, 'You must be born again.'

1. To embrace what it means to be born again.
2. To further build an understanding of the identity of Believers in the Lord Jesus Christ.
3. To understand what it means to be a member of God's family.
4. To grasp the differences between religion and genuine faith in the Lord Jesus Christ.

**A14 John 5:24** "Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.

1. To consider what it means to have eternal life.
2. To learn to not fear death.
3. To come to grips that Believers are covered by the righteousness of the Lord Jesus Christ.

**A15 John 1:12-13** But as many as received Him, to them He gave the right to become children of God, *even* to those who believe in His name, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

1. What it means to be chosen to be Prince or Princess of the Most High God.
2. To understand that only God can choose to regenerate an individual's spirit.
3. To be thankful that God chose each Believer and that He has a special purpose for their life.

**A16 Romans 10:9,10** that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.

1. To understand the accurate meanings of the terms "confess" and "believe".
2. To receive Jesus Christ not only as Savior but as Lord.
3. To develop a personal testimony and to share it with others (See Appendix B and C).
4. To learn an evangelism diagram and share it with others (see Appendix A).
5. To consider and begin to submit every area of our lives to the Lord Jesus Christ (to make Him Lord of our lives).
6. To begin to share God's love and your testimony with others.

### **Salvation Not by works:**

**A17 Ephesians 2:8-9** For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; not as a result of works, so that no one may boast.

1. To understand how prideful and offensive it is to God to attempt to work towards earning salvation or God's acceptance.
2. To recognize the destructive nature of pride.

**A18 Titus 3:5-7** He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to *the* hope of eternal life.

1. To embrace that God loves us unconditionally.
2. To understand that the Spirit of God dwells within us, and to consider what it means to be the temple of God.
3. To identify and make commitments to stop all activities that are harmful to God's temple.
4. To begin to understand what it means to be an heir of the Most High God.
5. To understand the difference between being a Believer and being religious.
6. To begin to consider the identity of Believers.

### **Module B: The Position of the Believer (Our Identity):**

When we are truly born again, we become new persons before God, being indwelt with the Holy Spirit. An illustration of our new relationship is the tearing of the veil that occurred in the Temple. Before, there was a separation between us (mankind) and God. But when God tore the veil, it signified that believers are free to enter directly into His presence. As Prince and Princesses of the King of kings, Believers have an incorruptible inheritance and everlasting life. God views us as we are "in the Lord Jesus Christ", perfect, holy, and righteous.

As we grasp God's Holiness, our inadequacies, and yet His unconditional love, our relationship with Him brings us closer together. However, when Believers are not embraced by the truth that God loves them unconditionally, they are often driven to attempt to earn His acceptance. Striving to accomplish great things for His Kingdom, some present the appearance of loving God, but their true motives are for personal accomplishments and spiritual gains. Instead of confidence, fear of failure often impels them to sacrifice their marriages and their children to accomplish their "success". Their children often become very bitter and reject all that their fathers strive for, including their faith. Ironically, with so much emphasis on failure, they often yield to temptations.

When we come to embrace that God already sees us as perfect through the Lord Jesus Christ, our motives only need to be reflections of God's love, and there is freedom to love and serve others without selfish motives. Therefore, understanding the identities that we have through the Lord Jesus Christ has a tremendous impact on our relationship with God, prayer, worship, purpose, goals, and how we interact with others.

Several truths are presented in this module, but an important goal for Disciples is to embrace their identities as Prince and Princesses of the Lord Jesus Christ.

### **Key truths to embrace:**

1. God views Believers the same as He views the Lord Jesus Christ, holy, perfect, and righteous.
2. The Holy Spirit, the glory of the living God, dwells within Believers.
3. Believers can enter directly into God's presence, and prayer is a one-on-one conversation with Him.
4. God's love and forgiveness towards Believers is unconditional and perfect. There is nothing that Believers can do to earn or lose God's perfect love for us.
5. Believers have an incomprehensible and incorruptible inheritance.
6. Believers already possess all the promises of God.
7. Life on earth is temporal, but Believers have tremendous hope for eternity.

### **The Position of True Believers:**

**B1 2 Corinthians 5:17** Therefore if anyone is in Christ, *he is a new creature; the old things passed away; behold, new things have come.*

1. To understand the paradox between Believers' new and lower natures.
2. To truly understand the positions Believers have in Christ and how God views them.
3. To strive to put away the old nature.

**B2 Galatians 2:20** "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

1. To understand what it means and the importance of crucifying selfish wants and desires.
2. To continually practice submitting wants and desires to the Lord Jesus Christ.

**B3 Acts 1:8** but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."

1. A deep desire to strive to bring honor to the Lord Jesus Christ in every area of life.
2. To perfect sharing the Gospel and personal testimonies.

**B4 I Corinthians 3:16** Do you not know that you are a temple of God and *that the Spirit of God dwells in you?*

1. Understanding the importance of stewardship and respecting our bodies.
2. To be a pure vessel.
3. To understand the foundation of being Representatives of the Lord Jesus Christ.

**B5 I John 1:9** If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

1. To keep short accounts with God when there is sin.
2. To be truthful within our hearts concerning our inner motives.
3. To understand that when we are successful and even when we fail and ultimately repent, our struggles are direct expressions of love to God.

**B6 Psalms 103:12,13** As far as the east is from the west, So far has He removed our transgressions from us. Just as a father has compassion on *his* children, So the LORD has compassion on those who fear Him.

1. To embrace that God loves us unconditionally and that we do not need to earn His love.
2. To understand that forgiven sin is gone and to learn to forgive ourselves.
3. To be motivated to forgive others.
4. To view others as God views them.

**B7 I John 5:13** These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.

1. To embrace that Believers, those who have been born again, have an assurance of salvation.
2. To be gripped by God's unconditional love.
3. *To be motivated to serve and honor God without any motivation of earning favor.*

**B8 Romans 8:37-39** But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor

principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

1. To view life from a position of victory, to be prepared for and victorious over trials.
2. To begin to view this present life as temporary, and that death is the beginning of being in God's presence for eternity.
3. To begin to be thankful for trials.

**B9 John 11:25,26** Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies, and everyone who lives and believes in Me will never die. Do you believe this?"

1. To understand that Believers have eternal life because of God's demonstrated love.
2. To embrace and be thankful that salvation can only be found in the Lord Jesus Christ.

**B10 I Peter 1:3,4** Blessed be the God and Father of our Lord Jesus Christ, who, according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you,

1. To develop an attitude of continually being in God's presence. To pray unceasingly in our hearts and develop a constant awareness of the Lord Jesus Christ.
2. To begin to understand that God has designed us and appointed Believers to be His living Representatives.
3. Again, to begin to grasp the tremendous inheritance that Believers have in the Lord Jesus Christ.

**B11 1 Peter 2:9** But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light;

1. To understand that Believers can enter directly into God's presence.
2. To embrace that Disciples are Representative of The Prophet (A Chosen Race).
3. To embrace that Disciples are Representatives of The Priest (A Royal Priesthood).

4. To embrace that Disciples are Representatives of The King (A Holy Nation).

### **Module C: Lordship- Purity and Living Sacrifices:**

The first goal of this module is to help Believers humbly submit every area, want, and desire under the authority of the Lordship of Jesus Christ.

Pride tempts us to justify our selfishness. Therefore, the true test of Lordship is when Believers die to their selfish wants and desires. A major aspect of bowing to God's authority (Lordship) is to bow to the authority of God's Word, regardless of how inconvenient it may be.

Given the selfish nature of our hearts and the Holiness of God, when we spend personal time with Him, in His Word, and in prayer, God will confront us with shortcomings (sins) in our lives. Out of pride and wanting to serve our selfish desires, we may refuse to repent, and when we do, guilt often results in more failure. However, when we confess our sins and agree with God that our actions and motivations are wrong, God is faithful to forgive us of our sins (1 John 1:9).

The next step is to repent. Repentance is symbolic of laying our selfish motives and desires on the altar of our hearts, sacrificing them to the Lord Jesus Christ. As our selfish motives and desires are placed under the authority of the Lord Jesus Christ, it becomes easier to submit to other areas. As Believers are faithful to bow to Jesus Christ as Lord, a foundation is formed to build a constant awareness of Him.

Another goal is to help Believers develop a continual "conversation" and an awareness of God. As these qualities mature, an abiding relationship with the Lord Jesus Christ is maintained.

There is also the goal for Believers to embrace the joy of obedience, which results in purity and spiritual maturity. As Believers consistently bow to the Lordship of Jesus Christ, their lives become living sacrifices which God accepts as true worship (Romans 12:1-2).

Note: A challenge of living sacrifices is that they keep crawling off the altar. It is important for Believers to continue to wrestle their sacrifices back onto the altar of our hearts until the sacrifice is complete and our lives are transformed. See Appendix F for stubborn sacrifices.

#### **Key truths to embrace:**

1. To embrace God's Word to be truth and to honor and respect it regardless of circumstances or attacks of the forces of darkness.

2. To build an increasing knowledge of God's Word and a commitment to accurately interpret and apply it.
3. To submit our selfish wants and desires to the Lord Jesus Christ, resulting in:
  - a. A Pure Heart.
  - b. A Clear Conscience.
4. To strive to bring all areas under the authority of Jesus Christ.
5. To always speak truth within our hearts.
6. To recognize and overcome temptations. To maintain a clear conscience.
7. To die to self and become living sacrifices.

### **Know and Apply God's Word:**

**C1 2 Timothy 3:16-17** All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

1. To bring God's word into focus for meditation and application, ultimately bringing all areas of our lives under the Lordship of Jesus Christ.
2. To build convictions that God is capable and has preserved and protected His Word.
3. To stand by Biblical truths regardless of consequences.
4. To honor and respect God's Word.

**C2 2 Timothy 2:15** Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

1. To be prepared to help others understand the hope that is within us.
2. To know God's word to be able to accurately handle Biblical truths.
3. To be trained to discern good from evil.

**C3 Josh 1:8** "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

1. To learn to challenge and change our minds to Biblical thinking.
2. To be committed to obeying God's Word.

### **True Worship:**

**C4 Romans 12:1-2** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is your*

spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

1. To identify the difference between "application" and genuine transformation.
2. To learn how to transform our lives through obedience to God.
3. To learn how to view life and the World through Biblical Principles.
4. To understand that music is "praise" and that true worship is the demonstration of being living sacrifices.

**C5 John 14:21** "He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him."

1. To accept the important truth that God is Holy and He should be feared (sincere respect).
2. To appreciate the discipline that God allows into our lives.
3. To understand that loving God provides the power to keep His commands.

**C6 Luke 9:23** And He was saying to *them* all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.

1. To understand the importance and be willing to be humble and die to self.
2. To embrace that dying to self is an expression of love for God.

### **Dying to self:**

**C7 John 12:24** Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself alone; but if it dies, it bears much fruit.

1. To learn to be thankful when God allows trials into our lives. (This is not an easy lesson.)
2. To be thankful for the success of others.
3. To die to self by sacrificing our selfish wants and desires, embracing goals to bring all honor to the Lord Jesus Christ.

**C8 John 15:5** "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.

1. To be humble and understand that our accomplishments must flow from God through us.
2. ***To develop a constant awareness of being in God's presence.***

## Overcome Temptation:

**C9 Hebrew 2:18** For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.

1. To understand that all are tempted and to learn how to quickly sacrifice temptations to the Lord Jesus Christ. See Appendix F for difficult temptations.

**C10 Psalms 119:9-11** How can a young man keep his way pure? By keeping *it* according to Your word. With all my heart I have sought You; Do not let me wander from Your commandments. Your word I have treasured in my heart, That I may not sin against You.

1. To learn how to use Biblical truths to overcome temptations and resist evil.
2. To embrace the importance of knowing, meditating, and applying God's Word.

**C11 I John 2:15-16** Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.

1. To maintain purity of mind and body.
2. To learn to discern and avoid loving things of the World.
3. To identify, love, and value Biblical truths.

**C12 James 4:7** Submit therefore to God. Resist the devil and he will flee from you.

1. To learn to identify and defend ourselves against the attacks of the evil one.
2. To learn how to use scripture to defend ourselves.

**C13 Philippians 4:13** I can do all things through Him who strengthens me.

1. To learn to depend on God for strength and guidance.
2. To learn how to consistently have victory over sin and temptations.

**C14 Job 31:1** "I have made a covenant with my eyes; How then could I gaze at a virgin?"

1. To strive for purity.

2. To allow no room for pornography, lust, and to avoid admiration of outward beauty.

**C15 1 Peter 1:24,25a** For, "ALL FLESH IS LIKE GRASS, AND ALL ITS GLORY LIKE THE FLOWER OF GRASS. THE GRASS WITHERS, AND THE FLOWER FALLS OFF, BUT THE WORD OF THE LORD ENDURES FOREVER."

1. To worship and praise God when tempted.
2. To value what is honorable above beauty.
3. To develop eternal perspectives.

**C16 1 Corinthians 7:1b** it is good for a man not to touch a woman.

1. For men to learn to respect women, especially not to touch them.
2. For women to respect men, especially by dressing modestly.

**C17 2 Timothy 2:22** Now flee from youthful lusts and pursue righteousness, faith, love *and* peace, with those who call on the Lord from a pure heart.

1. To learn to be alert to and flee lusts and temptations.
2. To strive to pursue what is noble.
3. To pursue righteousness, faith, love, and peace.

**C18 Galatians 5:16** But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

1. To put to death the desires of the flesh.
2. Again, to develop a constant awareness of being in God's presence.

### **Module D: The Lord Jesus Christ:**

After salvation, it is very important to understand and embrace the deity and majesty of the Lord Jesus Christ. As Believers grasp His deity and magnificence, our appreciation and honor for God are strengthened.

Countless men have propagated religions down through the ages. However, Jesus Christ is the only true God who has demonstrated His love to the World.

#### **Key truths:**

1. To understand who the Lord Jesus Christ is.
2. To begin to understand what a tremendous sacrifice God made and the significance of His love towards us.

3. To humbly bow, with thankfulness to the Lord Jesus Christ.

**Creator:**

**D1 Genesis 1:1-3** In the beginning God created the heavens and the earth. The earth was formless and void, and darkness was over the surface of the deep, and the Spirit of God was moving over the surface of the waters. Then God said, "Let there be light"; and there was light.

1. God is all-powerful.
2. God is sovereign.
3. The importance of embracing the authority of God's Word. An important issue is to accept God's ability and purpose of describing creation as 6 literal days.
4. To understand some of the issues of creationism and evolution.

Note: This passage is an "anchor" verse for the 7 days of creation (Genesis 1:4-31 should be reviewed and meditated on). An understanding of how the account of creation in Genesis 2 harmonizes with Genesis 1.

**D2 Colossians 1:16,17** For by Him (*the Lord Jesus Christ*) all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities -- all things have been created through Him and for Him. He is before all things, and in Him all things hold together.

1. To grasp that the Lord Jesus Christ created the universe.
2. To realize the authority of the Lord Jesus Christ.
3. It is recommended to compare the truths of this passage with John 1:1.

**D3 Hebrews 1:2-3** in these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world. And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power. When He had made purification of sins, He sat down at the right hand of the Majesty on high,

1. To understand that the Lord Jesus Christ is the perfect representation of God and is the radiance of His Glory.
2. To work to understand the Trinity.
3. To understand that the Lord Jesus Christ is fully man and fully God.
4. To understand and develop the conviction of the power and authority of the Lord Jesus Christ.

## His Claims:

**D4 John 11:25** "Jesus said to her, 'I am the resurrection and the life; he who believes in Me shall live even if he dies'"

1. To begin to understand what it means that the Lord Jesus Christ conquered sin and death.

**D5 John 10:30** "I and the Father are one."

1. To develop the conviction that Jesus Christ is God.
2. To be able to defend Scripturally that Jesus Christ is God.

**D6 John 14:6** "Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father, but through Me.'"

1. To consider the implications that Jesus Christ is the "way".
2. To consider the implications that Jesus Christ is the "truth".
3. To consider the implications that Jesus Christ is the "life".

## His Accomplishments:

**D7 Isaiah 25:8** "He will swallow up death for all time, And the Lord God will wipe tears away from all faces, And he will remove the reproach of His people from all the earth; For the Lord has spoken."

1. To learn to conquer fear.
2. To embrace that God is in control of life.
3. To understand that God planned to demonstrate His love from the beginning, making many prophecies, fulfilled in the Lord Jesus Christ.

## His Authority:

**D8 Matthew 28:18-20** And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

1. *To understand that Jesus Christ **has** all authority in heaven and on earth.*
2. To understand God's purpose for the Church.
3. To define in Biblical terms what it means to "disciple all the nations".

4. To define what it means to be a "disciple".
5. To use Biblical "tools" to help transform our hearts and the hearts of others.
6. To work towards the lifelong challenge of discipling others, and to make disciple-makers.
7. To begin to embrace that God has specifically appointed Disciples to be His Representatives in the World.

**D9 Philippians 2:10,11** so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

1. To understand that ultimately the glory of the Lord Jesus Christ will be revealed and worshiped by all.

### His Character:

**D10 Numbers 23:19** "God is not a man, that He should lie, Nor a son of man, that He should repent; Has He said, and will He not do it? Or has He spoken, and will He not make it good?"

1. To develop a conviction of truthfulness.
2. To develop a conviction that God's Word is true and accurate.
3. To make commitments to study and understand God's Word.
4. To understand that God is 100% faithful.
5. To understand the value of wisdom and to begin to search for wisdom as we would for any valuable treasure.

**D11 Romans 8:31,32** What then shall we say to these things? If God *is* for us, who *is* against us? He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

1. To consistently communicate with God (prayer) and to work towards developing a constant awareness of His presence.
2. To learn to pray first.
3. To develop faith in daily situations.
4. To be thankful for trials, knowing that God has designed them to accomplish good in our lives.

## He is Sovereign:

**D12 Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.

1. To develop a conviction that God is sovereign in all things.
2. To embrace the hope that we have through the Lord Jesus Christ.
3. To be thankful for trials.

**D13 Romans 9:15,17** For He says to Moses, "I WILL HAVE MERCY ON WHOM I HAVE MERCY, AND I WILL HAVE COMPASSION ON WHOM I HAVE COMPASSION." For the Scripture says to Pharaoh, "FOR THIS VERY PURPOSE I RAISED YOU UP, TO DEMONSTRATE MY POWER IN YOU, AND THAT MY NAME MIGHT BE PROCLAIMED THROUGHOUT THE WHOLE EARTH."

1. To understand that God has a purpose for the wicked and that we should never be tempted to admire the successes/ failures of others.
2. To begin to consider the value of trials that God allows into our lives.
3. To develop a conviction that God is Sovereign overall.

**D14 Proverbs 21:31** The horse is prepared for the day of battle, But the victory belongs to the LORD.

1. To understand the importance of being prepared, but also understanding that successes are gifts from God.

## Module E: Developing friendship with God:

This module includes elements of friendship with the Lord Jesus Christ.

### Key truths to embrace:

1. To embrace that God is Sovereign.
2. To learn to be sensitive to God's Holy Spirit through prayer and God's word.
3. To strive to learn wisdom and discernment.
4. To depend on God for guidance for His purpose in our lives.
5. To learn to be content and thankful for all situations.
6. Challenges and areas to develop Christ-like character.

## Dependence on God, (Prayer):

**E1 John 15:7** "If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

1. To understand that when we are "in tune" with God, our desires will be consistent with His purposes.
2. To strive to abide in the Lord Jesus Christ.
3. To have confidence that if we are striving to be His Representatives, God will provide all that is needed.

**E2 Philippians 4:6-7** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

1. When faced with challenges or anxieties, to seek God first.
2. *When tempted to be anxious, commit the issue to God, and by faith put away anxiety.*
3. To look for and be thankful for what God is going to accomplish through all situations.
4. To learn to use anxiety as a motivation to pray for others.

**E3 Psalms 37:4,5** Delight yourself in the LORD; And He will give you the desires of your heart. Commit your way to the LORD, Trust also in Him, and He will do it.

1. To strive to be in tune with God and His purposes.
2. To learn to be delighted with a friendship with God.

**E4 1 Thessalonians 5:16-18** Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.

1. To be thankful in all things requires us to believe that God is in control and is a demonstration of true worship.
2. To develop a constant conversation with God.
3. To develop a constant awareness of the Lord Jesus Christ's presence.

## Friendship with God:

**E5 James 1:5** But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.

1. To strive to accumulate wisdom.
2. To build confidence in applying God's word to everyday situations and to be able to counsel others effectively.

**E6 Psalms 73:25,26** *Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, But God is the strength of my heart and my portion forever.*

1. To put all trust and confidence in God alone.
2. To learn to fulfill our emotional needs through a friendship with the Lord Jesus Christ.

**E7 Proverbs 3:5,6** *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.*

1. To seek God's will first.
2. To commit all plans to God.
3. To be aware, flexible, and thankful when God changes our plans.

**E8 Lamentations 3:22,23** *The LORD'S lovingkindnesses indeed never cease, For His compassions never fail. They are new every morning; Great is Your faithfulness.*

1. To consider and marvel at God's unceasing love.
2. To strive to grasp God's faithfulness towards us.
3. To reflect God's love to us through our lives.
4. Again, to embrace that God is Sovereign.

**E9 Jeremiah 29:11,12** *'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope. 'Then you will call upon Me and come and pray to Me, and I will listen to you.*

1. To not despair in circumstances but to place our hope in God.
2. To understand the importance of continually communicating with God.
3. To embrace that God is for us.

**E10 1 Peter 5:6,7** *Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.*

1. To be humble, relying on God, not on our abilities.
2. Again, to embrace that God is Sovereign.

**E11 Romans 8:32** He who did not spare His own Son but gave Him up for us all, will he not also give us all things with him?

1. To strive to view ourselves as God sees us.
2. To learn to rely on God's provision, direction, and success.

### **Module F: Develop Christlike Character- Demonstrating Love:**

With sincere faith (Modules A and B), a pure heart (Modules C), and a clear conscience (Modules D), God's greatest desire for Disciples is to reflect His love. These scriptures are designed to demonstrate genuine love by further challenging Disciples to die-to-self, become living sacrifices, and build Christlike Character.

As Believers emulate God's Holiness, they will begin to demonstrate God's pure love towards others. The love that emanates through our lives allows us to be effective Representatives of the Lord Jesus Christ, fulfilling the Royal Law.

**F1 Matthew 22:36-40** "Teacher, which is the great commandment in the Law?" And He said to him, "'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' "This is the great and foremost commandment. "The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' "On these two commandments depend the whole Law and the Prophets."

#### **Key truths to embrace:**

1. To love God with our whole hearts.
2. To be faithful Representatives of the Lord Jesus Christ by loving others and overcoming evil with good.
3. To further work towards developing Godly character qualities.
4. To respect God's Word and His Law.

#### **Love:**

**F2 John 13:34,35** "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. "By this all men will know that you are My disciples, if you have love for one another."

1. To learn to serve and put others first.
2. To develop an understanding of what love is (also refer to I Corinthians 13).

**F3 John 3:18** Little children, let us not love with word or with tongue, but in deed and truth.

1. To understand that "talk is cheap" and that actions speak louder than words.
2. To hold and maintain the importance of integrity.
3. To be faithful to what we promise others.

**F4 1 John 3:16** We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.

1. To strive to develop true friendships.
2. To understand that we are joint heirs with fellow Believers.
3. To build common bonds within families and with fellow Believers.
4. To strive to build and support communities of Believers.
5. To understand and promote the qualities of communities.

## Humility:

**F5 Philippians 2:3-5** Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not *merely* look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus,

1. To be humble.
2. To be a servant.
3. To learn to recognize pride in ourselves.
4. To be careful not to be judgmental of others.
5. To be observant and proactive to help and serve others.

**F6 Philippians 2:5-8** Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, *and* being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

1. To hold that "the greatest among you is a servant of all".

## Honest motives:

**F7 Acts 24:16** "In view of this, I also do my best to maintain always a blameless conscience *both* before God and before men.

1. To be alert and ask appropriate forgiveness from others.
2. To learn how and to be a peacemaker.
3. To strive to always be blameless.

**F8 Mark 8:36** "For what does it profit a man to gain the whole world, and forfeit his soul?"

1. To embrace values that will last for eternity.
2. To identify temporal values and to consistently not seek them.

## Proper Thinking:

**F9 Philippians 4:8** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

1. To strive to acquire and understand Biblical truths.
2. To discipline our thinking.
3. To be positive, relying on God being in control.
4. To resist dwelling on temptations.
5. To consistently destroy wrong pictures, desires, temptations, and thoughts in our minds.
6. To discipline our minds to be thankful and dwell on what is true, honorable, right, pure, lovely, of good repute, excellence, and worthy of praise.

## Purity:

**F10 Ephesians 5:3** But immorality or any impurity or greed must not even be named among you, as is proper among saints;

1. To identify, avoid, and repent from greed.
2. To identify, avoid, and repent from immorality.
3. To develop convictions and to strive for purity.
4. To encourage purity in the lives of others.
5. To be alert and proactive to protect others from temptations.

**F11 | Peter 2:11** Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul.

1. To avoid all appearances of evil.

**F12 | Timothy 2:9,10** Likewise, I want women to adorn themselves with proper clothing, modestly and discreetly, not with braided hair and gold or pearls or costly garments, but rather by means of good works, as is proper for women making a claim to godliness.

1. To not focus on outward beauty but on Godly inward character.
2. To avoid or encourage others to admire outward beauty.
3. To have a conviction to love others with modest and appropriate clothing.

**F13 | Thessalonians 4:3-5** For this is the will of God, your sanctification; *that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God;*

1. To understand the dangers and develop convictions against pornography.
2. To develop and practice conviction of moral purity.

**F14 | Galatians 6:8** For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

1. To understand that God will cause all to "reap what we sow".
2. To understand the principles of cause and effect, in the physical, social, and spiritual worlds.

#### **Discretion:**

**F15 | Ephesians 4:29** Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.

1. To learn to control our tongues.
2. To learn how to speak the truth in love.
3. To not be critical of others
4. To not complain.
5. To express thankfulness.

## Servanthood:

**F16 Mark 10:45** "For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

1. To not be selfish.
2. To strive to serve others.

**F17 Matthew 5:16** "Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

1. To embrace the challenge to honor the Lord Jesus Christ through our lives.

## Friends:

**F18 Proverbs 4:23** Watch over your heart with all diligence, For from it flow the springs of life.

1. It is good to be friendly, but to be committed to developing "friendships" with those who strive to honor the Lord Jesus Christ.
2. Because the heart is so deceitful, it is very important to guard it. Genuine love for others will also require that we guard the hearts of others so that we don't defraud them (to make promises that cannot be rightfully fulfilled).

**F19 Proverbs 13:20** He who walks with wise men will be wise, But the companion of fools will suffer harm.

1. To purpose to search for wise and Godly individuals.
2. To learn to discern and identify good and bad advice.

**F20 Proverbs 31:30** Charm is deceitful and beauty is vain, But a woman who fears the LORD, she shall be praised.

1. To identify and value Godly character over charm and beauty.

## Relationships:

**F21 1 Timothy 5:1** Do not sharply rebuke an older man, but rather appeal to him as a father, to the younger men as brothers, the older women as mothers, and the younger women as sisters, in all purity.

1. To have appropriate attitudes towards older men and women.
2. To have appropriate attitudes and actions of younger men and women. It is not appropriate to "flirt" with one's brother or sister. It is normal to be appropriate "friends" with them.

### **Dealing with Trials:**

**F22 Philippians 4:19** *And my God will supply all your need according to His riches in glory by Christ Jesus*

1. To develop a conviction to give back to God as a demonstration of appreciation and showing deference to Him out of sincere respect.
2. To develop the attitude that God is in control, and when marriage is appropriate, the first priority is to seek God's will. Refer to Proverbs 3:24.
3. To understand that money is a valuable servant but a cruel taskmaster.
4. To not seek worldly riches.

**F23 Hebrews 11:6** *And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.*

1. To develop convictions that God "is" and that He honors those who diligently seek Him. Not out of a motive of personal gain but to recognize God's love for us.
2. To appropriately live by faith.

**F24 Romans 4:20,21** *yet, with respect to the promise of God, he did not waver in unbelief but grew strong in faith, giving glory to God, and being fully assured that what God had promised, He was able also to perform.*

1. To develop a conviction that God is in control of our lives and that all trials are designed by God to transform us into the image of the Lord Jesus Christ.
2. To be prepared and not waver in the light of persecution.

### **Overcome Evil:**

**F25 Hebrew 12:3** *For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.*

1. To understand that there is an eternal struggle between good and evil, between the forces of darkness and God. If we desire to worship God, it is important to strive for truth, righteousness, and love.
2. When we are convinced of God's will, to not lose heart in the face of overwhelming opposition.

**F26 Romans 12:21** Do not be overcome by evil, but overcome evil with good.

1. To strive to always do good.
2. To strive to be salt and light as God reveals opportunities for us.

### Patience:

**F27 Matthew 5:44** "But I say to you, love your enemies and pray for those who persecute you,

1. To maintain a perspective that God is in control.
2. To understand that ungodly men are mired down in sin and death.
3. To love our enemies.
4. To learn to recognize conflicts as opportunities, especially to pray.

**F28 1 Timothy 6:6** But godliness *actually* is a means of great gain when accompanied by contentment.

1. To be content.
2. To develop a conviction to not grumble and complain.

### Endurance:

**F29 Isaiah 40:31** Yet those who wait for the LORD Will gain new strength; They will mount up *with* wings like eagles, They will run and not get tired, They will walk and not become weary.

1. To learn to have confident assurance that God is in control and to know that when we are where God wants us, we will be victorious.

**F30 Matthew 6:33** "But seek first His kingdom and His righteousness, and all these things will be added to you.

1. To be patient.
2. To always seek what is right.

**F31 I Corinthians 15:58** Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not *in vain* in the Lord.

1. To be determined to do what is right.
2. To be salt and light.

**F32 James 1:2-4** Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

1. To be prepared to face challenges, including various temptations.
2. To understand that God allows challenges to perfect our character.

### **Thankfulness:**

**F33 Colossians 3:17** Whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks through Him to God the Father.

1. To be thankful in all circumstances.
2. To honor the Lord Jesus Christ in all areas of life.

**F34 Philippians 2:14,15** Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world,

1. The challenge of transforming the heart and building Godly character, oftentimes requires what is learned through failures. The Lord Jesus Christ allowed the apostles to fail and then used those situations to reinforce qualities in their lives. When children are younger, there are issues of safety, but as they mature, it is important for parents to allow their children to make reasonable mistakes. Then, when there are failures, the family becomes a safety net. All discipleship requires wisdom, discernment, and prayer, and it is sometimes good to allow appropriate potential failures.

### **Module A-F Conclusions:**

Module A helps Believers to build sincere faith and to embrace that God loves them unconditionally.

Module B added to the foundation of faith by helping Believers understand their Identities in the Lord Jesus Christ. If completed, Believers will have sincere faith.

Module C challenged Believers to submit every area of their lives to God and to develop a constant awareness with Him. The very nature of acknowledging Jesus Christ as "Lord" implies a relationship that is built upon sincere respect for God, which is "the fear of the Lord".

Module D presented truths of the majesty and the Glory of the Lord Jesus Christ. As our understanding of His perfect love, His unfathomable power, and His infinite magnificence grows, Disciples will develop a deep respect for God and His Word (The fear of the Lord is the beginning of wisdom).

Module E is designed to promote closer personal and abiding relationships with the Lord Jesus Christ.

With sincere faith, a pure heart, and a clear conscience, God's greatest purpose for Disciples is to reflect His love. Module F presents practical areas to demonstrate God's love.

### **Comments on Recommended Activities.**

Several activities are recommended to help Believers build friendships with God and to mature spiritually.

#### **Bible Reading:**

Consistent Bible reading programs are important. Recording insights that God gives through reading can be very valuable.

A good use of time is to read the Bible while traveling. When appropriate, parents and mentors should pause the reading to ask questions or explain doctrines, truths, and wisdom.

Note: It is important to be aware of any issues that some children and individuals may have with motion sickness.

## **Bible Study:**

Several types of Bible studies are helpful.

**Word studies:** One perspective of looking at the Bible is that it is fundamentally a different language. Therefore, as with any new language, it is important to develop a new vocabulary. Words like grace, mercy, and love may all have different meanings than what we intuitively understand them to mean. Disciples need to develop a good understanding of key Biblical words and terms.

One aspect of a word study is to read through the context of every place where the word is found in the Bible. Many insightful Greek and Hebrew language resources can be found free online.

**Verse studies:** There are four basic elements of verse studies. The first is to read and summarize the context before and after the verse. Sometimes, it may be necessary to understand the context in light of the entire chapter or book.

A second activity is to summarize or rephrase the verse. Word studies may be necessary for key elements of verses.

The third activity is to identify the key truths within verses.

The most valuable activity is to meditate on what God is saying to us and how we should apply it to our lives. Many times, it will be appropriate to visualize ourselves as the object of the verse. As an example, the Biblical statement, "you are a Royal Priest", could be rephrased as "*I am* a Royal Priest".

It is highly recommended that a verse study be completed for every verse that is memorized. The study will not only help with the memorization, review process but will also be of great assistance for meditating on the truths of verses.

**Chapter Studies:** Chapter studies can follow the pattern of verse studies.

A good first step is to develop a good outline for the key truths and teachings of the chapter.

The key verse should be identified. If available, a verse that encapsulates the central truth of the chapter. The primary truth should be stated with a description of how the

chapter supported the teaching of the key verse. The key idea should be related to the overall teaching of the book.

It should be remembered that the divisions of verses and chapters in modern Bibles were added well after God inspired the scriptures to be written. Some verses and chapters "bridge" two or more verses or chapters.

When a book is completed, a summary of the book can be memorized, along with the key ideas and verses. As an example, a key verse for the Book of Romans may be Romans 12:1,2.

Of course, we should identify how these truths are important and visualize how they apply to our own lives.

Chapter studies should probably be completed for a major portion of the New Testament. These studies lend themselves very nicely to small group discussions.

**Topical Studies and papers:** Topical studies and papers can be extremely valuable. Essentially, a topic, a question, a doctrine, or a truth is identified along with the implications of what they mean for life. The result should be a paper on the topic that could be used as a resource.

Conclusions should be logically supported with Biblical truths and references. It is extremely important to speak truth within our hearts and to verify if every statement can be honestly supported scripturally.

Applications may cover wide areas of our lives. As Disciples mature, a Systematic Theology study should be considered.

### **Review Of Memorized Scriptures:**

There is evidence that if a memorized verse is reviewed daily for at least 6 weeks, there will be long-term retention. What may be more important than retention is the opportunity for meditation, application, and the transformation of hearts and minds.

As more verses are memorized, the time required for long-term review can become challenging. Instead of opportunities for God to speak to us, review can become a mechanical activity. Therefore, a system of categorizing verses for review is proposed.

*Category 1, Key Verses:* These verses support important truths that should be kept fresh in our minds and hearts. After the initial review of at least 6 weeks, these verses should be reviewed on a reasonable yearly schedule. The verses in the Modules above are recommended as Critical Verses.

*Category 2, Important Verses:* These verses embody truths that may become important throughout life. It is recommended that they are reviewed and meditated on for at least 6 weeks. After that time, as various needs arise, God will bring them back into our lives to be reconsidered.

*Category 3, General Verses:* A good example of "General" verses would be chapters. As God leads, whole chapters and even books may be memorized. During these memorization projects, God will usually provide tremendous insights. Review should be for as long as God directs, but not necessarily as often as Category 1 and 2. A few recommended chapters to meditate on are in Appendix D.

#### **Family devotions (if applicable):**

Consistent family devotions are valuable opportunities for parents to interact with and instruct their children. Worthwhile events or family issues can be discussed. Dinner or some other daily event may be used to schedule family devotions. Having consistent times is important. Given time constraints, some variation of devotion time can be instituted between mentor and discipleship relationships.

One father spent half an hour every day teaching his children before he went to work. He presented a daily Bible time and prayed with them before they went off to school, work, etc. His children learned a tremendous amount from those times, but mostly they learned by their father's example.

Mealtimes and while traveling are two great opportunities to help children learn verses and to encourage them to understand and apply Biblical truths.

#### **Daily personal devotions:**

Daily personal devotions and quiet times should be encouraged and hopefully become a daily practice.

### **One-on-one time:**

One-on-one time is where mentors can share, correct, and provide counsel. These times are very important for children and Disciples-in-training. One-on-one times should not all be serious, but should be used as opportunities to listen and to build closer friendships. Disciples should be aware that there may be accountability during these times.

### **Involvement in special ministries:**

Jesus commissioned the Apostles into various ministries. Following His example, families will receive tremendous opportunities and values when they minister together.

One fairly good opportunity is an AWANA or similar ministry. This is especially valuable when parents are involved.

Taking short-term mission trips together can provide new perspectives of the world, a greater understanding of both physical and spiritual needs, and can be extremely valuable for families and individuals to learn to work together as a team.

Regardless of the type of ministry involvement, the example of putting others first and the joy of serving the Lord Jesus Christ are important goals. Having fun, even in challenging situations, often provides valuable life lessons and opportunities for development.

### **The importance of sharing our faith:**

It is important to demonstrate love to the World, especially to share the Gospel and an individual's testimony.

"They overcame them by the blood of the lamb and by the word of their testimony". Explaining how God has transformed lives is powerful. Therefore, every Disciple should develop a testimony and share it as God provides opportunities.

It is recommended that a short (1 to 2 minutes) and a longer (5 to 15 minutes) testimony be developed. Mentors and parents should identify or create opportunities to share the Gospel.

How God works in everyone's lives is different, so personal testimonies need not follow a specific formula. There are a few general principles for developing personal

testimonies in Appendix B. There is also an example of a short testimony in Appendix C.

Module 1 verses, the diagram in Appendix A, and an effective testimony will equip Disciples to effectively present the Gospel.

### **Miscellaneous Comments:**

If you became a believer as an adult, it is highly recommended that you find an appropriate mentor. Men and women who have raised Godly adult children have significant experience in mentoring. If qualified mentors cannot be found, these materials should still be very helpful. What is most important is to keep building a personal relationship with the Lord Jesus Christ.

As you spend consistent time with God, if you speak truth in your heart, God will reveal Himself to you. It is not being suggested that you will see visions or hear audible voices, but as your relationship with the Lord Jesus Christ grows, He will give you promptings, thoughts, and ideas. Writing God's Word on our hearts is critical.

"Teachers usually learn more than the students". This truth definitely applies to those who mentor others, and is especially true for fathers because they are challenged to lead by example.

### **Tests of True Discipleship:**

Some important tests indicate the effectiveness of discipleship:

#### **The Fear of the Lord:**

When Disciples die to themselves, become living sacrifices, they have a foundation to allow them to give sincere honor and respect to God and His Word. Appropriate "fear of the Lord", is the beginning of wisdom. Wisdom and Biblical discernment are evidence of abiding with the Lord Jesus Christ.

**1 John 5:3 For this is the love of God, that we keep His commandments; and His commandments are not burdensome.**

Love relationships with God allow His commandments to not be burdensome but a delight.

Psalms 19:7-10 **The law of the LORD is perfect, restoring the soul;** The testimony of the LORD is sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; **The commandment of the LORD is pure, enlightening the eyes.** The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb.

Disciples should develop a delight in God's Word.

### **Walking in the Light:**

Disciples who embrace God's love and delight in His commands will not be perfect, but as they develop Christ-like character, they will "walk in the light".

1 John 1:7 **but if we walk in the Light as He Himself is in the Light, we have fellowship with one another,** and the blood of Jesus His Son cleanses us from all sin.

There are friendships, camaraderie (through working together on projects), and fellowship. Genuine fellowship is a natural bond that is formed when Disciples walk in the light together.

### **Loving Others:**

The Apostle John made the statement, "the disciple whom he loved" (John 19:25-27). This statement provides insight into the close personal relationship that the Lord Jesus Christ developed with the Apostles.

Paul's statement, "I have you in my heart," describes how great a love he had for the Believers and the Disciples. Similar sentiments are woven throughout his writings. Paul's relationship with Timothy was so close that he referred to him as his son. Sadly, such deep levels of friendship are seldom achieved in today's mentor-disciple relationships. Such fellowship should be the hallmark of Discipleship.

John 13:34,35 **"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. "By this all men will know that you are My disciples, if you have love for one another."**

A major element of communities and an expression of love is hospitality.

A challenge for many small home groups is the potential for them to become cliques. Communities are extremely important, but their power and effectiveness are multiplied

when there is fellowship. Therefore, discipleship and fellowship need to be the cornerstone for small groups and house-Churches.

### **The Test of Developing Disciple Makers:**

God desires the relationship that results from Discipleship. Therefore, He commands that all nations are to be discipled (Matthew 28:18-20). Thus, the important goal of Discipleship is for them to go on to disciple others.

2 Timothy 2:2 The things which you have heard from me in the presence of many witnesses, **entrust these to faithful men who will be able to teach others also.**

As mentors work through the Handbook to disciple Believers, it is important to prepare them to become disciple-makers. A great test of effective discipleship is when Disciples are able to effectively disciple Believers.

### **Close:**

The final challenge of this Handbook is to mentor Disciples who will grow in wisdom and Biblical discernment, to walk in the light, to love others, and to disciple Disciple-Makers.

May God grant grace, mercy, and wisdom to all who seek to be closer to Him and who accept the challenge of discipling their families and others.

## Appendix A, An illustration of the Gospel:

The intent of the illustration below is to provide a simple tool to share the love that God demonstrated to man through the Lord Jesus Christ, paying for the penalty of our sins. By using the verses that have been memorized from Modula A, it is easy to present the Gospel while drawing the diagram and explaining the related truths.

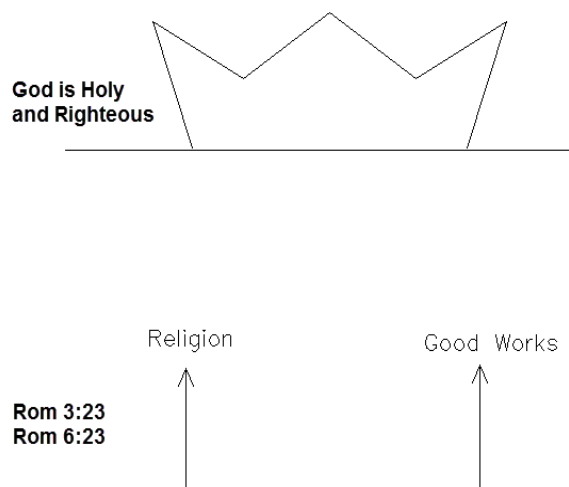
Three basic stages:

The first stage is to draw the diagram below and to share applicable verses. Depending on the conversation, a variety of verses may be presented, but the general points should be as follows:

- 1) God made man perfect in His likeness to have a close personal relationship with Him (example verses may be: Jeremiah 17:9, Rom 3:23, John 8:34).
- 2) When given the choice, man chose to reject God's authority. Since that time, there has been an insurmountable obstacle between God and man (example verses may be: Proverbs 14:12, Heb 9:27, Heb 10:31). A main point is to illustrate that there is an unbridgeable gap between God's Holiness and man's selfish heart.

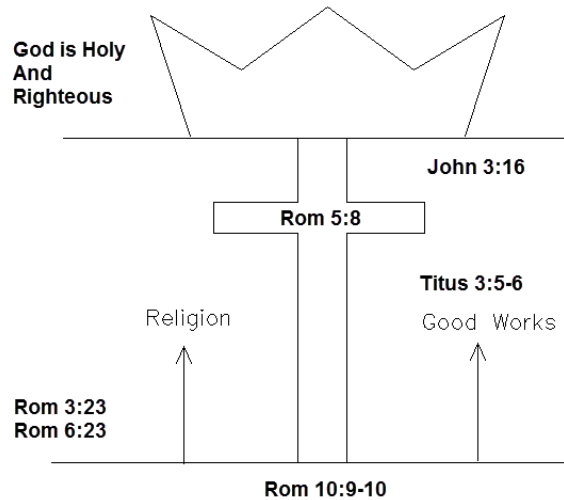
The second stage:

- 3) Out of pride, man's first choice is to attempt to obtain God's acceptance through good works and religion. However, the Holiness of God is impossible for man to achieve (example verses may be: Eph 2:8-9, Titus 3:5-7).



The third stage:

- 4) Because God loved man, He sent His Son, Jesus Christ, to pay for the penalty of our sins (example verses may be: John 3:16, Rom 5:8, I Peter 3:18).



- 5) We can do nothing to buy or earn this gift, but we must be willing to humble ourselves and to submit to the authority of the Lord Jesus Christ (example verses may be: John 1:12-13, Rom 10:9-10).

Depending on how the listener responds, any number of other verses may be helpful. It is common for the listener to try to move the conversation to unproductive topics, so it is important to keep the conversation close to the key points.

When the presentation and discussion are completed, it is usually appropriate to ask the listener questions if they are ready to accept God's gift of salvation.

If they respond positively, a discussion concerning what it means to submit to the authority of the Lord Jesus Christ is usually appropriate. If God has given them the faith to believe and a willingness to make Jesus Christ Lord of their lives, they should be guided to ask Jesus Christ into their life and heart.

(As far as I am aware, this diagram is being offered into the public domain and can be freely used to present the Gospel without obligation.)

## **Appendix B, Guidelines for writing a personal testimony:**

Our testimony must be the result of what God has done in our lives, an eyewitness report, and should include at least the following elements:

1. A brief story of what your life was like before you accepted the Lord Jesus Christ.
2. Some of the challenges that brought you to consider receiving Christ.
3. The truth of a verse or two that impacted you.
4. How your life has changed since receiving Christ.

In cases where someone grew up in a Christian home and never really felt separated from God, alternative steps can be presented:

1. How God has always been close to you.
2. Commitments you have made to follow, love, and obey God.
3. The truth of a verse or two that has challenged and encouraged you.
4. Present examples of how having a personal relationship with the Lord Jesus Christ has given you love, joy, and peace. Especially how God has brought you through trials and challenges.

Testimonies should be developed and practiced. As God provides opportunities, they should be shared with others.

## **Appendix C, Example of Short Testimony:**

When I was 4 years old, my parents were divorced. Before I was 5 years old, I found myself living in an apartment where the landlady was paid to take care of me. My mom worked nights and weekends, and there were long periods when I didn't see her. My caregiver was very poor. I lived in the apartment by myself, and the loneliness was devastating.

My birthday is close to the starting day of most public schools, so a day or two after turning 5 years old, I started the first grade.

Left to my own devices, I didn't do any schoolwork, was very disruptive in class, and got into a lot of fights. It is safe to say that I was not the teacher's pet, so there was very little support at home or at school.

When I was 6 years old, while in the park, the Gospel was presented to me. Even at that young age, I had no argument that I was a sinner and needed God's gift of salvation.

**John 3:16** For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

I asked Jesus into my heart, but there was little adult interaction, and I didn't know much about anything. But God's Spirit was in my heart, and over time God prompted me to pray. I didn't know anything about prayer, so I finally told God that I was just going to have to talk to Him directly. In addition to talking to God, I invited Him to listen to my every thought.

In the early years, there were many long periods when I would forget to talk to God. Then one day, it was like He was tapping me on the shoulder, "Do you remember Me?" I would tell Him that I was sorry and was determined not to forget Him.

I didn't hear audible voices, but as I would share my thoughts with Him, it was very common for ideas, questions, and later on for verses to come into my mind. I wasn't aware of the depth of the friendship that God built with me, but one day I was startled when I realized that my tremendous loneliness was gone.

Despite having a relationship with God, over the next few years, several sins crept into my life. When I was 13 years old, God confronted me. I don't know if it was a vision or not, but I was in the presence of the Lord Jesus Christ. My overwhelming feeling was the joy of God's unconditional love for me. It was like being surrounded by a warm blanket. However, I was also aware of God's Holiness, and as my sins flooded into my mind, I confessed and repented of each of them. I made Jesus Christ the Lord of my life.

Before that time, I had a friendship with the Lord Jesus Christ, but afterward, I began an abiding relationship with Him. I still didn't know much about the Bible until my high school years, and was very happy to find that my experiences were in harmony with Biblical truths.

During my college years, God led me to devote a tremendous amount of time to memorize, meditate, and study the Bible. (Most of which are included in the modules above).

With God's word in my heart, our friendship grew stronger.

As I look back over the years, it is like the truth of God's love entered into a very dark and lonely soul, and God made me a Christian from the inside out.

My relationship with God is very personal, so my understanding of some verses may appear to be different than what others often say. One such verse is 1 Thessalonians

5:17 "Pray without ceasing". Some seem to indicate that we should spend hours hidden away, praying like monks. My experience is that Believers should have a constant awareness of God and communicate with Him without ceasing.

Another verse is John 15:5 "I am the vine, you are the branches; **he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.**" I'm not sure how others interpret this verse, but for me, abiding in Christ is having a moment-by-moment relationship with Him.

It is impossible to explain the love, joy, and peace that have been the result of having a close personal friendship with the living God. I do believe that such a friendship with Him should be the highest goal for every born-again Believer in the Lord Jesus Christ.

#### **Appendix D, Recommended Chapters for Meditation:**

**Psalms 1:1** How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

2 But his delight is in the law of the LORD, And in His law he meditates day and night.

3 He will be like a tree *firmly* planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

4 The wicked are not so, But they are like chaff which the wind drives away.

5 Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.

6 For the LORD knows the way of the righteous, But the way of the wicked will perish.

**Psalms 15:1** (A Psalm of David) O Lord, who may abide in Your tent? Who may dwell on Your holy hill?

2 He who walks with integrity, and works righteousness, And speaks truth in his heart.

3 He does not slander with his tongue, Nor does evil to his neighbor, Nor takes up a reproach against his friend;

4 In whose eyes a reprobate is despised, But who honors those who fear the LORD; He swears to his own hurt and does not change;

5 He does not put out his money at interest, Nor does he take a bribe against the innocent. He who does these things will never be shaken. Death.

Psalms 15 describes those who have a personal relationship with God. Our hearts are naturally deceitful, as is presented in Psalms 15, we must be disciplined to "speak truth in our hearts".

**Psalms 23:1** (A Psalm of David) **The LORD is my shepherd, I shall not want.**

2 He makes me lie down in green pastures; He leads me beside quiet waters.

3 He restores my soul; He guides me in the paths of righteousness For His name's sake.

4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.

6 Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.

## **Appendix E, the responsibility of fathers to disciple their children:**

### **Children belong to God:**

**Psalms 127:3** "Behold, **children are a gift of the LORD**; The fruit of the womb is a reward."

**Psalms 24:1** A Psalm of David. The earth *is* the LORD's, and all its fullness, the world **and those who dwell therein**.

**Isaiah. 8:18** Here am I and the **children whom the LORD has given me!**

**Genesis 33:5** And he lifted his eyes and saw the women and children, and said, "Who *are* these with you?" So he said, "**The children whom God has graciously given your servant.**"

**Ezekiel. 16:20-21** "Moreover you took your sons and your daughters, whom you bore to Me, and these you sacrificed to them to be devoured. *Were* your *acts* of harlotry a small matter, "**that you have slain My children** and offered them up to them by causing them to pass through *the fire*?"

### **Parents are responsible for Children:**

**Ephesians 6:4** And you, **fathers**, do not provoke your children to wrath, but **bring them up in the training and admonition of the Lord**.

**Deuteronomy 11:18-21** "Therefore you shall lay up these words of mine in your heart and in your soul, and bind them as a sign on your hand, and they shall be as frontlets between your eyes. "**You shall teach them to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.**" And you shall write them on the doorposts of your house and on your gates, "that your days and the days of your children may be multiplied in the land

of which the LORD swore to your fathers to give them, like the days of the heavens above the earth.

**Proverbs 1:8** My son, hear the **instruction of your father**, And do not forsake the **law of your mother**;

**Proverbs 22:6** **Train up a child** in the way he should go, And when he is old he will not depart from it. (This verse strongly implies that parents are to be the primary teachers.)

**Parents are responsible to train and discipline their children:**

**Proverbs 22:12-14** Apply your heart to instruction, And your ears to words of knowledge. **Do not withhold correction from a child**, For **if you beat him with a rod, he will not die. You shall beat him with a rod**, And deliver his soul from hell.

**Proverbs 13:24** **He who spares his rod hates his son**, But **he who loves him disciplines him promptly**.

**God will judge parents for not properly training their children:**

**Samuel 3:11-14** Then the LORD said to Samuel: "Behold, I will do something in Israel at which both ears of everyone who hears it will tingle. "In that day I will perform against Eli all that I have spoken concerning his house, from beginning to end. "For I have told him that I will judge his house forever for the iniquity which he knows, **because his sons made themselves vile, and he did not restrain them**. "And therefore I have sworn to the house of Eli that the iniquity of Eli's house shall not be atoned for by sacrifice or offering forever."

Some may argue this application of God's Word, however, there are no Biblical exceptions for the responsibility that fathers have towards properly raising their children.

**God has appointed the fathers/ parents to instruct their children:**

**Genesis 18:19** "For I have known him, in order that he may **command his children and his household after him**, that they keep the way of the LORD, to do righteousness and justice, that the LORD may bring to Abraham what He has spoken to him."

**Deuteronomy 4:9** "Only take heed to yourself, and diligently keep yourself, lest you forget the things your eyes have seen, and lest they depart from your heart all the days of your life. **And teach them to your children and your grandchildren**,

**Exodus 10:2** "and that **you may tell in the hearing of your son and your son's son** the mighty things I have done in Egypt, and My signs which I have done among them, that you may know that I *am* the LORD."

**Joel 1:3** Tell your children about it, *Let* your children **tell their children**, And **their children another generation**.

**We are not to allow the ungodly to be peers or teachers of our children:**

**Proverbs 13:20** He who walks with wise *men* will be wise, But the **companion of fools will be destroyed**.

**Psalms 1:1-2** Blessed *is* the man **Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful**; But his delight *is* in the law of the LORD, And in His law he meditates day and night.

**Jeremiah 10:2** Thus says the LORD: "**Do not learn the way of the Gentiles**; Do not be dismayed at the signs of heaven, For the Gentiles are dismayed at them.

**Luke 6:40** "A disciple is not above his teacher, but everyone who is perfectly trained **will be like his teacher**.

**Collations 2:8** **Beware lest anyone cheat you** through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.

**True knowledge and wisdom only come through God's word:**

**Proverbs 1:7** **The fear of the LORD is the beginning of knowledge**, *But* fools despise wisdom and instruction.

**Psalms 111:10** **The fear of the LORD is the beginning of wisdom**; A good understanding have all those who do *His commandments*. His praise endures forever.

**Deuteronomy 7:12** "Then it shall come to pass, because **you listen to these judgments, and keep and do them**, that the LORD your God will keep with you the covenant and the mercy which He swore to your fathers.

**Matthew 4:4** But He answered and said, "It is written, 'Man shall not live by bread alone, **but by every word that proceeds from the mouth of God.**' "

**2 Timothy 3:16-17** **All Scripture is** given by inspiration of God, and **is profitable for doctrine, for reproof, for correction, for instruction in righteousness**, that the man of God may be complete, thoroughly equipped for every good work.

### **Conclusion:**

Since children belong to God, parents have been given the responsibility to train and disciple them. And, since there are no Biblical exceptions of anyone other than the parents to raise their children. And, there is at least one case where God harshly

judged a father for not properly training and disciplining his children (Samual). And, children should not have ungodly influences through “companions” or teachers. And, since true knowledge and wisdom only come through God’s Word. Therefore, God has given the responsibility of raising, disciplining, and training children to only the parents, primarily to fathers.

No doubt, many will look for loopholes in this conclusion. Two possible examples are Moses and Samuel. Both were raised by families other than their natural-born parents (after they were three years old). Both of these cases were extremely unique situations. However, these examples do not diminish the responsibilities that fathers have towards their children.

### **Appendix F, Dealing with Temptations:**

As a result of abiding in Christ, I sometimes visualize my soul (mind, will, and emotions) as a city. In the center is God's throne, and His radiance illuminates my being. Of course, there are shadows in my life, but when God reveals them, I purpose to remove them as quickly as possible by confessing and forsaking them.

As with all living sacrifices, they often crawl off the altar of my heart. When they do, I visualize throwing them into a furnace, similar to the one Shadrack, Meshack, and Abednego were thrown into. When I was younger, looking into the furnace, there were smoldering piles of ashes for as far as I could imagine. Thankfully, the number of piles is less as I have continued to spend time with the Lord Jesus Christ.

When temptations, wrong thoughts, and attitudes crawl back out, I immediately keep throwing them back in and turning up the flames until they are incinerated.