

# Getting to Know . . .



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## How to Fill Out These “10 Practical Lessons in Discipleship” Studies:

Each study takes five days to complete. For every day there are clear instructions on what to do and then a prayer thought that will help to make the study a part of your life. This daily discipline is the one and only way to really grow spiritually. At the end of ten short weeks you will not only gain spiritual knowledge but will better understand what it means to be a faithful disciple. Additional texts on the last page provide material for further study on each lesson.

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# MonkWorks

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## 1. The God Who Can Change Your Life



God has revealed His truth to us for practical reasons. In this first lesson we will get to know the God who can change us by studying the first miracle Jesus performed at the wedding feast at Cana. We'll learn that just as Jesus changed the water into wine, He has the wisdom and power to change our lives if we put our entire trust in Him. You can build a strong foundation to change your life by committing at least fifteen minutes every day to answer the questions and pray.

### 1. Jesus Changes the Water Into Wine

**John 2:1-11** On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, 2 and Jesus and his disciples had also been invited to the wedding. 3 When the wine was gone, Jesus' mother said to him, "They have no more wine."

4 "Dear woman, why do you involve me?" Jesus replied. "My time has not yet come." 5 His mother said to the servants, "Do whatever he tells you."

6 Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. 7 Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. 8 Then he told them, "Now draw some out and take it to the master of the banquet." They did so,

9 and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside 10 and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

11 This, the first of his miraculous signs, Jesus performed at Cana in Galilee. He thus revealed his glory, and his disciples put their faith in him.

### 1. Running On Empty

Day 1

**Read John 2:1-11 at least twice and then do the exercise which follows:**

Fill in the boxes with what they ran out of back then and what we run out of today.

|   |   |
|---|---|
| Back then they ran out of<br>_____<br>_____ | Today I tend to run out of . . .<br>Example: Patience, money _____<br>_____ |
|---|---|

**Prayer Thought . . .** O Lord, I always seem to be running out of \_\_\_\_\_. Please perform a miracle now, like you did back then and supply my need according to your power and wisdom.

## 2. “Do whatever He tells you.”

Day 2 **Read the whole story two times again and then do the exercise:**

Fill in the boxes which shows the importance of obeying the Lord.

|   |  |
|---|--|
| What did Mary ask the servants to do?<br>_____<br>_____ | What did Jesus ask the servants to do?<br>1. _____<br>2. _____ |
|---|--|

*Prayer Thought* . . . O Lord, help me to follow You in the steps of obedience so You can perform that wonderful, miraculous change I need in my life.

## 3. Exercising Faith

Day 3 **Meditate on the story again and answer this question:**

If the feast was out of wine, then what sense did it make for the servants to fill up the jars with water and give them to the master of the feast? \_\_\_\_\_

\_\_\_\_\_

Important Note: The Bible tells us that: “Now faith is being sure of what we hope for and certain of what we do not see” (Hebrews 11:1).

*Prayer Thought* . . . Dear Lord, help me to exercise faith by obeying You, even I don’t always completely understand Your ways.

## 4. The Wonderful Miracle

Day 4 **Look at the story again with this thought in mind:**

When do you think the water was changed into wine?

|  |  |
|--|--|
| The water turned into wine as soon as they filled up the water jars.<br>_____<br>_____ | The water turned into wine as they did everything Jesus told them to do.<br>_____<br>_____ |
|--|--|

*Prayer Thought* . . . O Lord, help me to keep trusting in You, even if I don’t immediately see the results that I am looking for.

## 5. Faith: The Most Important Thing on the Planet

Day 5 **Read the story again and see what was the ultimate purpose of this miracle:**

According to John 2:11, what was the result of this miracle on the disciples? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Prayer Thought* . . . Dear Lord, I need You now as they needed You back then. May my faith grow as I see the wonderful changes You are bringing about in my life.

## 2. The God Who Created the Universe



In this second lesson we will take a short survey of the Bible by looking at what the Word of God reveals about both the beginning and ending of our world and how Jesus can restore our hope for the future. By carefully studying each lesson for fifteen minutes every day, you will be laying the foundation for a strong and mature faith.

### 1. How Did the World Begin?

**Genesis 1:1,31; 2:1-2** In the beginning God created the heavens and the earth. . . . 31 God saw all that he had made, and it was very good. And there was evening, and there was morning —the sixth day. 2:1 Thus the heavens and the earth were completed. . . . 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

**Day 1** Read this important text at least three times and then do the exercise:  
One good way to study any text is to use a pen or pencil. Underline all the important terms in the text above. Then go to the diagram on the next page and use a crayon to color the upper left-hand circle to show how God created “A Perfect World.”

**Prayer Thought** . . . O Lord, You who created all things, may I have confidence that the One who made the glorious universe has taken an active and loving interest in everything that concerns me.

### 2. How Will the World End?

**Revelation 21:1,4** Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. . . . 4 He [God] will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

**Day 2** Read this text at least three times and then follow the instructions:  
The Bible both begins and ends with a perfect world. Fill in the box below and then go to the diagram on the next page and use an appropriate crayon to color the upper right-hand circle to show how God created “A Perfect World.”

List below some of the negative things that won't be in heaven

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**Prayer Thought** . . . Dear Lord, thank-You for being a sensitive, tender-hearted God, who not only will wipe away our tears in the future but desires to comfort us in the world of sorrow now.

### 3. Who Corrupted Our World?

**Genesis 6:11-12** Now the earth was corrupt in God's sight and was full of violence. 12 God saw how corrupt the earth had become, for all the people on earth had corrupted their ways.

**Day 3** Read these verses four times and then do the following exercise:  
Underline how the earth appeared to God in Genesis 6:11.  
Who does the Bible say corrupted the earth in Genesis 6:12? \_\_\_\_\_

*Prayer Thought* . . . O Lord, thank-You for not turning Your back on our corrupt ways.

### 4. How Do We Get to Heaven?

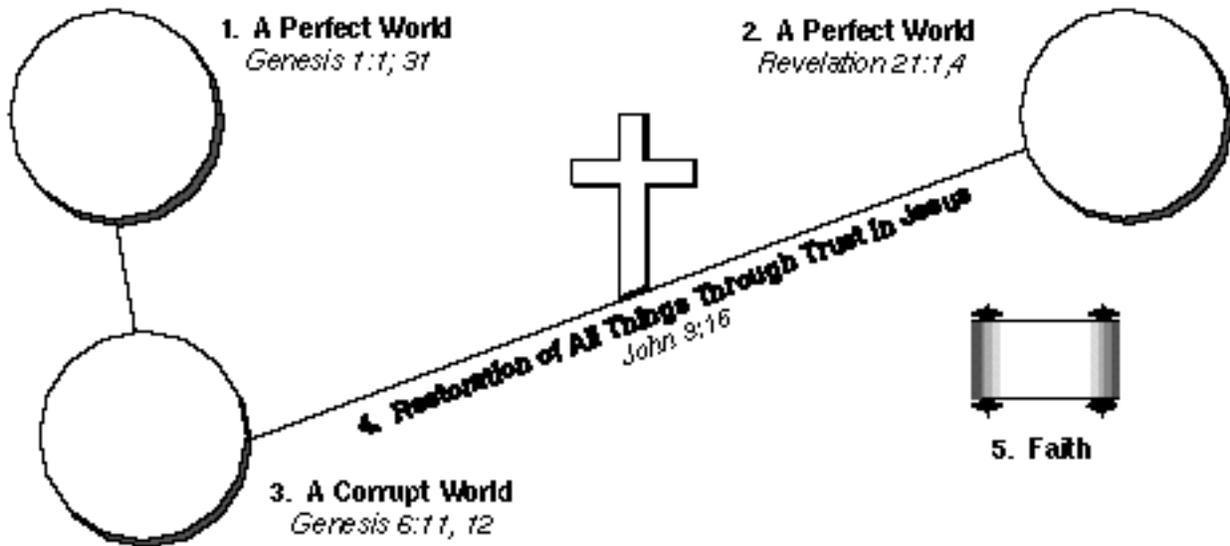
**John 3:16** For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life.

**Day 4** Read this very important text and answer the following questions based on John 3:16:  
Which world did God love . . . the perfect or corrupt world? \_\_\_\_\_  
What did God give in order to save us? \_\_\_\_\_  
According to this verse, how do we get to heaven? \_\_\_\_\_  
Is everyone going to make it to heaven according to John 3:16? \_\_\_\_\_

*Prayer Thought* . . . O Lord, help me to learn how to believe and trust in You so that I might not perish on this present corrupt world but live with You forever on the future perfect world.

### 5. Faith: The Most Important Thing on the Planet

**Day 5** Read the following definition of faith five times and underline the important terms:  
"Faith is trusting God--believing that He loves us and knows best what is for our good. Thus, instead of our own, it leads us to choose His way. In place of our ignorance, it accepts His wisdom; in place of our weakness, His strength; in place of our sinfulness, His righteousness. Our lives, ourselves, are already His; faith acknowledges His ownership and accepts its blessing. Truth, uprightness, purity, have been pointed out as secrets of life's success. It is faith that puts us in possession of these principles."  
Taken from the book Education, page 253 by Ellen G. White



## 3. The God Who Waters the Thirsty



Have you ever noticed in the grocery store that there is a direct relationship between what people have in their shopping carts and how they look? “We are what we eat” not only applies to our physical but our spiritual beings as well. The last two lessons have encouraged a daily reading of God’s Word. This discipline is one of the most important elements to spiritual growth. If we truly desire the Lord to prosper our way, then we must learn how to be planted by the water of His Word. Again, it is important to take at least fifteen minutes per day to read and pray about each lesson.

### *Psalm 1*

**Psalm 1:1-6** Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

2 But his delight is in the law of the LORD, and on his law he meditates day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

4 Not so the wicked! They are like chaff that the wind blows away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

6 For the LORD watches over the way of the righteous, but the way of the wicked will perish.

### 1. The Way of the World

**Day 1** Read the whole Psalm at least twice and then do the exercise:

List below the three groups of people and activities a blessed person does not get involved with as mentioned in Psalm 1.

**Complete the following phrases found in Psalm 1:**

Does not walk \_\_\_\_\_

Stand in the way \_\_\_\_\_

Sit in the seat \_\_\_\_\_

**Prayer Thought . . .** O Lord, there are so many negative people and influences in the world today. Protect my steps as I attempt to walk close by Your side.

## 2. The Way of the Lord

Day 2 **Read the whole Psalm at least twice and then do the following:**

Think about how you could practice the spiritual discipline clearly outlined in Psalm 1:2.

**I could meditate on God's Word day and night by . . .**

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*Prayer Thought* . . . O Lord, thank-You for making your great thoughts available to me day and night. Help me to learn to meditate on Thy word so I can be more fruitful in my life.

## 3. Planted By the Streams of Water

Day 3 **Read Psalm 1:2-3 three times and then answer these two questions:**

Why does the tree bear fruit in Psalm 1:3? \_\_\_\_\_

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What do you think is represented by the stream in Psalm 1:3? (The answer is in Psalm 1:2)\_\_\_\_\_

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*Prayer Thought* . . . Dear Lord, help me to stay planted by the streams of living water which flows from Your Word.

## 4. The Fate of the Wicked

Day 4 **Read Psalm 1:4-5 three times and then answer the following questions:**

Why are the wicked pictured as dry and unfruitful in Psalm 1:4? \_\_\_\_\_

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According to Psalm 1:5, what is the fate of the wicked? \_\_\_\_\_

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*Prayer Thought* . . . Dear Lord, help my faith to remain alive through the water of Your Word.

## 5. The Way of the Righteous

Day 5 **Read Psalm 1:6 three times and then answer the following question:**

What will happen to the way of the righteous and wicked according to Psalm 1:6? \_\_\_\_\_

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*Prayer Thought* . . . Dear Lord, thank-You for watching over my ways. May I always walk in the path of Your choosing.

## 4. The God Who Feeds the Hungry



One of the real joys of any disciple or learner is to share with others the things they have learned or experienced. Often people feel that they have to wait a long time before they can start to bless others with the knowledge they have received. But in order to properly keep our spiritual experience fresh, we must be encouraged early to give to others that which we have been given. In this wonderful story of Jesus feeding the 5000 we will learn some very important lessons about the discipline of sharing.

### Jesus Feeding the 5000

**Matthew 14:14-21** When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. 15 As evening approached, the disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.”

16 Jesus replied, “They do not need to go away. You give them something to eat.” 17 “We have here only five loaves of bread and two fish,” they answered.

18 “Bring them here to me,” he said. 19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people.

20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. 21 The number of those who ate was about five thousand men, besides women and children.

### 1. The Big Challenge

Day 1 **Read the story of the feeding of the 5000 twice.**

This story begins with the disciples of Jesus surrounded by a crowd of hungry, needy people at the end of the day. In the space below list some of the ways you have recently experienced the challenge of ministering to others.

These are some of the needs of the people which surround me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Prayer Thought . . .** O Lord, I always seem to be running out of time and resources to help the needy people around me. Please teach me as your disciple to minister to the needs of others.

## 2. The Impossible Request

Day 2 **Meditate on the story again two times.**

According to Matthew 14:16-17, the disciples had only five loaves and two fishes in order to feed the 5000. Like the disciples, we too often feel empty-handed when ministering to the needs of others. In the space below write down a recent time you felt inadequate to help someone who was in need.

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*Prayer Thought* . . . O Lord, so often I look at what is in my hands instead of trusting to the power of Your miracle working hands. Help my faith to look beyond the challenges of ministering to the people around me to Your all-sufficient love and wisdom.

## 3. “Bring Them Here to Me”

Day 3 **Read the story again and answer this question:**

The disciples brought what they had to Jesus. What do you think Jesus wants you to bring to Him before serving others? \_\_\_\_\_

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*Prayer Thought* . . . Dear Lord, help me to bring the little that I do have to You before I go out and serve others.

## 4. The Divine Increase of Resources

Day 4 **Read the story again and focus on what Jesus did in Matthew 14:18-19:**

Jesus wants to perform the same miracle in our lives as He did with the loaves and the fishes. Now meditate on the four things Jesus did to the loaves, and by extension what He wants to do for us, before we minister to others.

He took the loaves (He wants to take me) \_\_\_\_\_

He broke the loaves (He wants to break me) \_\_\_\_\_

He gave thanks for the loaves (He wants to thank God for me) \_\_\_\_\_

He distributed the loaves (He wants to give me to others) \_\_\_\_\_

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*Prayer Thought* . . . O Lord, thank-you for being willing to use me in being a blessing for others.

## 5. Bring Your Barley Loaves to Jesus

Day 5 **Read the poem below and prayerfully consider giving your life for service to others:**

Bring your barley loaves to Jesus.  
Cold and stale they now may be,  
But His nail-pierced hands will make them,  
Warm, fresh loaves for those in need.

*Prayer Thought* . . . Dear Lord, help me bring all that I have to Thee in service for others, trusting that You will increase the blessing as it is given to others.

## 5. The God Who Conquered Death



In the next two lessons we will focus on the hope all those who are faithful to the Lord can have no matter what happens in this life. Even the apparent finality of death is lighted up by the glorious promise of the resurrection. For just as Jesus died and rose from the dead, all those who believe in Jesus will share in His glorious inheritance of eternal life. This study focuses on getting to know the God who will raise us up. Remember to take fifteen minutes every day to study the lesson and pray.

### 1. What Did the Sisters of Lazarus Ask Jesus?

**John 11:1-6** Now a man named Lazarus was sick. He was from Bethany, the village of Mary and her sister Martha. 2 This Mary, whose brother Lazarus now lay sick, was the same one who poured perfume on the Lord and wiped his feet with her hair. 3 So the sisters sent word to Jesus, "Lord, the one you love is sick." . . . 5 Jesus loved Martha and her sister and Lazarus. 6 Yet when he heard that Lazarus was sick, he stayed . . . two more days.

- Day 1** Read the beginning of the story of Lazarus in John 11:1-6 and then do the exercise:  
Since Jesus loved Mary, Martha and Lazarus, what do you think the sisters expected Jesus to do when they sent Him a message that their brother was sick? \_\_\_\_\_  
\_\_\_\_\_  
Does Jesus sometime delay the answer to our prayers and why? \_\_\_\_\_  
\_\_\_\_\_

**Prayer Thought** . . . O Lord, You know all things. The times and the seasons are in Your Almighty and All-Loving hands. Please help me to have faith and patience as I enter into Your perfect will.

### 2. What Happened to Lazarus?

**John 11:11-15** After he had said this, he went on to tell them, "Our friend Lazarus has fallen asleep; but I am going there to wake him up." 12 His disciples replied, "Lord, if he sleeps, he will get better." 13 Jesus had been speaking of his death, but his disciples thought he meant natural sleep. 14 So then he told them plainly, "Lazarus is dead, 15 and for your sake I am glad I was not there, so that you may believe. But let us go to him."

- Day 2** Carefully read about the death of Lazarus in John 11:11-15 and then do the following:  
What two words did Jesus use to describe a person dying? \_\_\_\_\_  
Why does the word sleep convey more hope than death? \_\_\_\_\_

**Prayer Thought** . . . Dear Lord, only You as the Giver of Life know about the End of Life. May we be open to the revelation of Your love for us as we learn more about the truth about death.

### 3. What Happened to Jesus When He Died?

**John 20:10-17** Then the disciples went back to their homes, 11 but Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb 12 and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

13 They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put him." 14 At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

15 "Woman," he said, "why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." 16 Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means Teacher).

17 Jesus said, "Do not hold on to me, for I have not yet returned to the Father. Go instead to my brothers and tell them, 'I am returning to my Father and your Father, to my God and your God.'

**Day 3** Read this story of the resurrection of Jesus on Easter Sunday found in John 20:10-17.

Who was in the garden looking for Jesus? \_\_\_\_\_  
(Note: This Mary was the sister of Lazarus we learned about above).

If Mary had a habit of clinging to the feet of Jesus to show her devotion, then what did Jesus mean in John 20:17: "Do not hold on to me . . ." \_\_\_\_\_

Based on what Jesus said on the first Easter Sunday: "I have not yet returned to the Father" did Jesus go to heaven when He died? \_\_\_\_\_

*Prayer Thought* . . . O Lord, You who conquered death itself, lead us into the hope of eternal life.

### 4. When Will We Be Changed?

**1 Corinthians 15:51-52** Listen, I tell you a mystery: We will not all sleep, but we will all be changed-- 52 in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

**Day 4** Answer the following questions based on 1 Corinthians 15:51-52:

According to these verses, when shall we inherit eternal life? \_\_\_\_\_

### 5. Who Holds the Keys of Death and the Grave?

**Revelation 1:18** I am the Living One; I was dead, and behold I am alive for ever and ever! And I hold the keys of death and the grave.

**Day 5** Answer the following question based on Revelation 1:18:

Who has the keys of death and the grave? \_\_\_\_\_

*Prayer Thought* . . . O Lord, thank-you for holding the keys to the grave. Please help me through the aid of Your Holy Spirit, to lead a faithful life, even unto death.

## 6. The God Who Will Take Us Home



In the last chapter we learned that the Bible reveals that people go to “sleep” in the grave until Jesus comes. This lesson looks at the Bible teaching about the Second Coming of Jesus which is also called “The Blessed Hope.”

### 1. Is Jesus Coming Again?

**John 14:1-3** Do not let your hearts be troubled. Trust in God; trust also in me. 2 In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. 3 And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

**Day 1** After reading John 14:1-3 three times answer the following question:

What words did Jesus comfort his troubled disciples with just before He was crucified on the cross and went back to heaven? \_\_\_\_\_

How sure are you that Jesus is coming back again? \_\_\_\_\_

**Prayer Thought . . .** O Lord, this world is filled with such uncertainty and sadness. May the promise of Your soon coming light up my life with hope and motivate me to live more fully for Thee.

### 2. Will We See Jesus Come?

**Acts 1:9-11** After he said this, he was taken up before their very eyes, and a cloud hid him from their sight. 10 They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. 11 "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

**Day 2** Carefully read Acts 1:9-11 at least three times and then do the exercise:

First of all, go through Acts 1:9-11 and underline all the words that have to do with sight such as “eyes,” “looking,” and “seen.”

Complete the following sentence which is based on the above verses: Jesus will come back in the same way . . . \_\_\_\_\_

**Prayer Thought . . .** Oh Lord, thank-you for personally wanting to come back for me. Just as the disciples saw You go into heaven, I am looking forward to seeing You come back to take me home with You to heaven.

### 3. What Will Happen to the Righteous When Jesus Comes?

**1 Thessalonians 4:13-18** Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. 14 We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. 15 According to the Lord's own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep.

16 For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. 17 After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 18 Therefore comfort each other with these words.

**Day 3** Read this most comprehensive verse on the Second Coming carefully three times.

What is the verse talking about when it mentions those who fall asleep? \_\_\_\_\_

According to 1 Thessalonians 4:16, how shall the second coming sound? \_\_\_\_\_

Who rises first at the Second Coming? \_\_\_\_\_

Where shall the living and righteous dead meet the Lord? \_\_\_\_\_

**Prayer Thought . . .** O Lord, thank-you that the Second Coming will be such a wonderful reunion of family and friends who have been faithful unto You.

### 4. What Will Happen to the Wicked When Jesus Comes?

**Luke 17:26-30** "Just as it was in the days of Noah, so also will it be in the days of the Son of Man. 27 People were eating, drinking, marrying and being given in marriage up to the day Noah entered the ark. Then the flood came and destroyed them all. 28 "It was the same in the days of Lot. People were eating and drinking, buying and selling, planting and building. 29 But the day Lot left Sodom, fire and sulfur rained down from heaven and destroyed them all. 30 "It will be just like this on the day the Son of Man is revealed."

**Day 4** Answer the following questions based on Luke 17:26-30:

What happened to the wicked in the time of Noah? \_\_\_\_\_

What happened to the wicked in the time of Lot? \_\_\_\_\_

What will happen to the wicked when Jesus comes? \_\_\_\_\_

### 5. How Soon Will Jesus Come?

**Revelation 22:20** He who testifies things says, "Yes, I am coming soon." Amen. Come, Lord Jesus.

**Day 5** **Prayer Thought . . .** O Lord, You are coming soon. May my heart be like the heart of John the Revelator who prayed, "Amen. Come, Lord Jesus."



## 7. The God Who Gives Us Rest

Many people today are seeking a release from the pressure of time and the strain of human relationships. Often the recreations people use to deal with the stress are destructive in themselves and don't provide real relief. Yet even before sin entered the world, God provided a remedy for the stress and the alienation we often feel today. He knew people would need divine rest for human restlessness. In this lesson study for fifteen minutes daily to learn how God made the Sabbath, "for man's sake" Mark 2:27.

### 1. Why Did God Rest on the Seventh Day?

**Genesis 2:1-3** Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

#### Day 1 Read Genesis 2:1-3 and then do the following exercise:

According to Genesis 2:1-2, what did God do on the seventh day of creation? \_\_\_\_\_

Did God rest from His work because He was tired or did He want to spend time with Adam and Eve? \_\_\_\_\_

With the increased pressure of work, how relevant is the setting aside of a whole day for being with God, friends and family? \_\_\_\_\_

**Prayer Thought . . .** O Lord, You know that life is getting more stressed. Thank-you for providing a time where I can focus on the really important things in life.

### 2. Why Should We Rest on the Seventh Day?

**Exodus 31:16-17** Therefore the Israelites shall keep the sabbath, observing the sabbath through-out their generations, as a perpetual covenant. 17 It is a sign forever between me and the people of Israel that in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed." (NRSV)

#### Day 2 Carefully read Exodus 31:16-17 and then do the following:

Underline the last word in Exodus 31:16-17 which describes how God felt after resting.

Write some words that mean the same as "refreshed." \_\_\_\_\_

How does the fact that the same God who created the Universe, wants to take care of us make you feel? \_\_\_\_\_

**Prayer Thought . . .** Dear Lord, may I learn to rest by faith in your power as shown by Your creation.

### 3. What is the Sabbath Commandment?

**Exodus 20:8-11** "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

#### Day 3 Read the fourth commandment above and then do this exercise:

Why do they think this commandment begins with the word "remember?" \_\_\_\_\_

According to Exodus 20:9, how many days were given to do "all" our work? \_\_\_\_\_

What does this tell us about God who commanded us to rest from our work so we can spend more time with Him and one another? \_\_\_\_\_

**Prayer Thought** . . . O Lord, Thank-you that I can stop working and find rest in You.

### 4. What Did Jesus do on the Sabbath?

**Luke 4:16-19** He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. 17 The scroll of the prophet Isaiah was handed to him. . . 18 "The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, 19 to proclaim the year of the Lord's favor."

#### Day 4 Answer the following questions based on Luke 4:16-19:

In Luke 4:16, underline how often Jesus went to the synagogue on the Sabbath day.

In Luke 4:18, underline all the wonderful things the Lord wants to do for us on this day.

**Prayer Thought** . . . O Lord, help me to be as faithful as Jesus was in His attending church and keeping the Sabbath so that Your Spirit can rest upon me and bring healing to my life.

### 5. Can the Sabbath Give Us Rest Today?

**Hebrews 4:9-11** There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from his own work, just as God did from his. 11 Let us, therefore, make every effort to enter that rest . . .

#### Day 5 Do the following exercises based on Hebrews 4:9-11:

According to Hebrews 4:9, what still remains for the people of God? \_\_\_\_\_

In Hebrews 4:10, why should we rest from our labor? \_\_\_\_\_

Why does it take an effort . . . by faith, to rest? \_\_\_\_\_

**Prayer Thought** . . . O Lord, I want to really thank-you for pouring into my life Your creative, loving power which can give me rest.

## 8. The God Who Takes Care of Us



Worship extends beyond the boundaries of going to church once a week. It is a daily interaction with God in all the affairs of our lives. Stewardship is God's remedy for the independence and selfishness which has plagued people since the fall in the Garden of Eden. Study his lesson for fifteen minutes every day to discover how God wants to take care of us.

### 1. Does God Take Care of His Creation?

**Matthew 6:25-26; 33** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Day 1** Answer the following questions based on Matthew 6:25-26; 33:

Why does Jesus tell us not to worry about our lives? \_\_\_\_\_

What lesson of trust can the birds teach us? \_\_\_\_\_

What does God promise if we seek Him first? \_\_\_\_\_

**Prayer Thought . . .** O Lord, You created and now care for all living things. Please help me to rest by faith in the promise of Your loving, all-wise care.

### 2. Who Really Owns Everything?

**Genesis 2:15** The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

**Psalms 50:9-12** I will not accept a bull from your house, or goats from your folds. 10 For every wild animal of the forest is mine, the cattle on a thousand hills. 11 I know all the birds of the air, and all that moves in the field is mine. 12 “If I were hungry, I would not tell you, for the world and all that is in it is mine.”

**Day 2** Read both of the Scriptures above and then answer the questions:

According to Genesis 2:15, who owned the Garden of Eden? \_\_\_\_\_

In Psalm 50:9-12, why doesn't God need our money? \_\_\_\_\_

Why does God own everything? \_\_\_\_\_

**Prayer Thought . . .** O Lord, You who created and own all things, deliver me from the sin of thinking and acting independently from Thee.

### 3. How Can We Enter Into Partnership With God?

**Malachi 3:8-10** “Will a man rob God? Yet you rob me. “But you ask, ‘How do we rob you?’ “In tithes and offerings. 9 You are under a curse —the whole nation of you —because you are robbing me. 10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.

#### ☐ Day 3 Carefully read Malachi 3:8-10 then answer the questions:

How can we rob God? \_\_\_\_\_

The purpose of returning tithe (10%) is to recognize that God is the owner of all that we have. According to Malachi 3:10 will we be the poorer for returning tithe? \_\_\_\_\_

**Prayer Thought . . .** Dear Lord, as the Sabbath helps me to remember you created all things, returning tithe reminds me that You still own everything. Help me to enter into partnership with You by returning the whole tithe to You.

### 4. What is God’s Purpose For Sharing Our Resources?

**2 Corinthians 9:6-8** Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. 7 Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 8 And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.

#### ☐ Day 4 Read the text about giving and then answer the following questions:

Finish this sentence: According to 2 Corinthians 9:6, the more we give . . . \_\_\_\_\_

What kind of giver does God love? \_\_\_\_\_

Underline everytime the word “all” appears in 2 Corinthians 9:8.

**Prayer Thought . . .** O Lord, help me to live according to the principle: “To give is to live.”

### 5. Are We Accountable to God?

**Matthew 25:14,19** “Again, it will be like a man going on a journey, who called his servants and entrusted his property to them. . . . 19 “After a long time the master of those servants returned and settled accounts with them.

#### ☐ Day 5 Answer the following question based on Matthew 25:14,19:

Why were the servants accountable to the owner of the property when he returned? \_\_\_\_\_

**Prayer Thought . . .** O Lord, help me to give a good account of all the time, strength, money, talent and resources You have graciously given me.

## 9. The God Who Makes Us Disciples



During these lessons we have been stressing the five spiritual disciplines a faithful disciple must practice in order to be fruitful. The five disciplines we are again going to study in this lesson are:

### Every Day

1. Read the Bible
2. Pray
3. Serve the Lord

### Every Week

4. Attend Church
5. Participate in a Small Group

### 1. Read the Bible Every Day

**Matthew 6:11** Give us this day our daily bread.

**Jeremiah 15:16** When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty.

#### Day 1

**Read Matthew 6:11 and Jeremiah 15:16 and then do the following exercise:**

What did Jesus teach us to pray in Matthew 6:11 and how can we apply this to our spiritual lives? \_\_\_\_\_

What happened when Jeremiah ate the word of the Lord? \_\_\_\_\_

What is the best time and place you have found to study the Bible? \_\_\_\_\_

**Prayer Thought . . .** O Lord, just as You have daily provided physical food to energize my physical life, thank-You for providing such a rich feast for the nourishment of my soul.

### 2. Pray Every Day

**1Thessalonians 5:16-18** Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you (NRSV).

**Psalms 42:8** By day the LORD directs his love, at night his song is with me — a prayer to the God of my life.

#### Day 2

**Carefully read 1Thessalonians 5:16-18 and Psalm 42:8 and then do the following:**

According to 1Thessalonians 5:16-18, how often should we pray and give thanks? \_\_\_\_\_

In the space below, compose a short prayer of thanksgiving to the God of your life: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 3. Serve the Lord Every Day

**Matthew 5:14-16** “You are the light of the world. A city on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

**Day 3** **Read this short section of the Sermon on the Mount and then do the following:**  
What did Jesus say we were to be the light of? \_\_\_\_\_  
How can you in a practical way let your light shine before others? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Prayer Thought . . .* O Lord, help me reflect Your bright light to those around me every day.

### 4. Attend Church Every Week

**Luke 4:16** He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.  
**Hebrews 10:25** Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another —and all the more as you see the Day approaching.

**Day 4** **Answer the following questions based on Luke 4:16 and Hebrews 10:25**  
In Luke 4:16, underline how often Jesus went to the synagogue on the Sabbath day.  
According to Hebrews 10:25 we should often meet together to encourage one another, especially as we see the Day of Christ’s soon coming approaching. How could you put this instruction into practice? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Prayer Thought . . .* O Lord, help me to be with other Christians on a regular basis in order to both give and receive a blessing.

### 5. Participate in a Small Group Every Week

**1Corinthians 12:26** If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. 27 Now you are the body of Christ, and each one of you is a part of it.

**Day 5** **Answer the following question based on 1 Corinthians 12:26:**  
According to this verse, how should we sympathize with one another as we come together? \_\_\_\_\_  
\_\_\_\_\_

*Prayer Thought . . .* O Lord, just as the human body reacts to the injury or healing of one part, so may I become a part of Your loving service for others.

## 10. The God Who Gathers Us Together



In this lesson we'll study the Biblical teaching about the Church. Since we live in a society that encourages different points of view, many are quick to teach that it really doesn't matter what one believes or what Church you belong to. While many people realize a need for knowing Jesus they see little worth in going to Church. In this lesson we'll discover what the Bible teaches about God's purpose for His Church today.

### The Conversion of Paul

**Acts 22:4-16** I persecuted the followers of this Way to their death, arresting both men and women and throwing them into prison, 5 as also the high priest and all the Council can testify. I even obtained letters from them to their brothers in Damascus, and went there to bring these people as prisoners to Jerusalem to be punished.

6 About noon as I came near Damascus, suddenly a bright light from heaven flashed around me. 7 I fell to the ground and heard a voice say to me, 'Saul! Saul! Why do you persecute me?' 8 "'Who are you, Lord?' I asked. "'I am Jesus of Nazareth, whom you are persecuting,' he replied.

9 My companions saw the light, but they did not understand the voice of him who was speaking to me. 10 "'What shall I do, Lord?' I asked. "'Get up,' the Lord said, 'and go into Damascus. There you will be told all that you have been assigned to do.'

11 My companions led me by the hand into Damascus, because the brilliance of the light had blinded me. 12 "A man named Ananias came to see me. He was a devout observer of the law and highly respected by all the Jews living there. 13 He stood beside me and said, 'Brother Saul, receive your sight!' And at that very moment I was able to see him. 14 "Then he said: 'The God of our fathers has chosen you to know his will and to see the Righteous One and to hear words from his mouth. 15 You will be his witness to all men of what you have seen and heard. 16 And now what are you waiting for? Get up, be baptized and wash your sins away, calling on his name.'

- Day 1** Read the story about the conversion of Paul in Acts 22:4-10 and then do the following:
- What was Saul (later named Paul) going to do to the believers in Damascus? \_\_\_\_\_
- \_\_\_\_\_
- According to Acts 22:6-8, who met Saul? \_\_\_\_\_
- What important question did Saul ask Jesus in Acts 22:10? \_\_\_\_\_
- \_\_\_\_\_

**Prayer Thought . . .** O Lord, help me to constantly ask, "What shall I do, Lord," as I learn to submit myself to Your loving direction.

## 2. What is the role of God's Church?

Day 2 **Read Acts 22:10-16 and answer the following questions:**

What was the Lord's response to Saul's question in Acts 22:10? \_\_\_\_\_

According to Acts 22:11-15, who told Saul about his new work? \_\_\_\_\_

What four things did Ananias tell Saul to do in Acts 22:16? \_\_\_\_\_

*Prayer Thought* . . . O Lord, help me to follow Saul in the steps of conversion by getting up, being baptized and calling on Your name.'

## 3. What is the Importance of Baptism?

**John 3:5** Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit."

Day 4 **Read John 3:5 about the teaching of Jesus on baptism.**

What must we be born of to enter the kingdom of God? \_\_\_\_\_

*Prayer Thought* . . . O Lord, help me to follow You in the steps of baptism and conversion.

## 4. What is the Meaning of Baptism?

**Romans 6:3-5** Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. 5 If we have been united with him like this in his death, we will certainly also be united with him in his resurrection.

Day 3 **Carefully read Romans 6:3-5 then answer the questions:**

According to Romans 6:3-5, baptism reflects the life, death and resurrection of Jesus. In what ways has God raised your life from discouragement or sin in the past? \_\_\_\_\_

\_\_\_\_\_

*Prayer Thought* . . . Dear Lord, thank-You for raising my life in order to be a witness for You.

## 5. What is the Great Commission?

**Matthew 28:18-20** Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Day 5 **After reading Matthew 28:18-20, answer the following:**

Is it your purpose to become a faithful disciple by being baptized and in turn disciple others?



## For Further Study

Here are some extra texts that relate to each of the ten lessons. You might use these to fill in the other two days of the week that have not been assigned or for deeper study of the subject.

| #  | Texts   | Subject   |
|----|---|---|
| 1  | John 3:1-16 .....<br>John 4:1-42 .....<br>Psalm 51:10-13 .....<br>2 Corinthians 5:17..... | The conversion of Nicodemus<br>The conversion of the woman at the well<br>David's prayer for a change of heart<br>Becoming a new creation in Christ   |
| 2  | John 1:1-3; 14 .....<br>Revelation 22 .....<br>Romans 3:23 .....<br>Romans 5:6-8.....     | Jesus, the Word, created all things<br>A wonderful description of heaven<br>Everyone is born a sinner<br>God loved us while we were yet sinners       |
| 3  | Psalm 119:11.....<br>Galations 5:22-23.....   | God's Word keeps us from sinning<br>The fruit of the Spirit   |
| 4  | Luke 10:25-37 .....<br>Matthew 25:31-46.....  | The story of the Good Samaritan<br>The parable of ministering to needy people   |
| 5  | Ecclesiastes 9:5-6 .....<br>John 5:28-29 .....<br>2 Timothy 4:6-8.....                    | The dead don't know anything<br>Jesus tells us that all the dead are in the grave<br>Paul didn't expect his reward until the Day of the Second Coming |
| 6  | Matthew 24:27 .....<br>Matthew 24 .....<br>Revelation 19:11-21 .....                      | Jesus coming is like the lightning<br>A whole chapter of signs of His coming<br>A graphic description of Jesus coming as a conquering hero            |
| 7  | Luke 23:54-24:1 .....<br>Acts 17:2-4 .....  | The Sabbath is between the Preparation Day (Friday) and Easter Sunday<br>Paul and the early church worshipped on Sabbath                              |
| 8  | Genesis 14:1-20 .....<br>Matthew 25:14-30.....  | The story of Abraham paying tithe to Melchizedek<br>The parable of the talents  |
| 9  | John 15:1-8 .....<br>1 Corinthians 13.....  | The importance of abiding in the Vine<br>A great chapter on love—which is the ultimate fruit of discipleship  |
| 10 | 1 Timothy 3:14-15.....<br>1 Corinthians 12 .....  | This text reveals that the church is the foundation of the truth<br>A great chapter on spiritual gifts and ministry                                   |