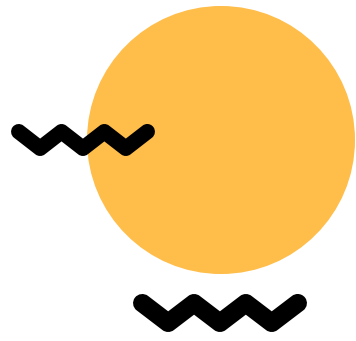


Pathway to Spiritual Growth

Intentional Relational Discipleship



Pathway 4
Facilitator



Lead Facilitator Thoughts for Pathways 2-5

Pathway 4

(Taken from *Real Life Discipleship* by Jim Putman)

We identified six areas that the Lord uses to help people move around the discipleship pathway from spiritual death to spiritual parenthood (the Bible, prayer, the Holy Spirit, the church, the circumstances of life and the right heart attitude). So as you help disciple people and teach them to disciple, remember they all play a role. Your goal is not to teach but to facilitate learning. Disciple others to self-feed, to be taught by the Holy Spirit and to disciple others. This is NOT a Bible Study as much as a time of accountability and learning from one another over God's Word. It is a time to find those who are faithful, available and teachable (FAT). If you are using this in a group format the group is a springboard to times of personal interaction and relationship building. Discipleship is NOT a program but sharing life in an intentional way. We call this Intentional Relational Discipleship.

We are looking for generational growth not numeric growth. The Bible doesn't direct the "church" to grow by adding people. Instead we are told to grow generationally--as we are going, we are to "disciple", "baptize," and "teach them to observe" all that Jesus commanded. This calls for us to provide accountability and vulnerability. The 3 column Bible Study is a proven tool that is easy to learn and easy to pass along to others. This method can be mastered by anyone in a short time, yet the basics are taught in seminary classes. So, it is simple but profound.

The point of the Bible study is for the Holy Spirit to do the teaching not the lead facilitator. The outcome desired is not more knowledge (though knowledge hopefully will be acquired) but obedience to God's Word and the prompting of His Holy Spirit. Therefore, as you spend time over these passages, **it is critical that there is always time for personal applications or "I Will" statements and a gracious reporting of how people acted on the previous week's "I Will" statement.** This offers everyone assistance to do what God has prompted them to do in a gracious environment. We have found that initially, people tend to be vague in their personal application statements. Help people be more clear and specific. You could ask, for example: When? How? Where? How often? These sorts of questions will help people be clearer, which allows for real obedience to God's Word and the Holy Spirit's prompting. At the same time, realize that there is a learning process and this needs to be grace filled application and obedience. **Real life transformation takes place as we move in faith to obey God's Word and His Spirit.** As brothers and sisters in Christ we are to offer encouragement and community in our journey.

It will be helpful, perhaps essential, for the lead facilitator of the group to have some method of assessing and tracking progress of the people in the group. See the sample assessment tool at the end of this material.

The process includes the assumption that healthy accountability takes place when people can share with complete honesty and transparency. This is best when men hold men accountable and women hold women accountable. Accountability and transparency decrease when that group is much larger than 4-6 people.

We encourage people to enter this process because they have elected to do so rather than by force. Groups should begin with a written commitment that spells out expectations for attendance, participation, and biblical confidentiality. See the sample group covenant included below.

Group leaders will increase the impact of the group if they go over the week's lesson with individuals who miss and look for ways to shepherd the group members outside the group time; groups doing Quadrants 1-4 should have accountability partners.

How Do You Run a Discovery Bible Study Group?

- A. Meal and catch up time (Please NOTE: Meals can become very complex. We would suggest a simple plan. For example: hot dogs and chips, cereal and juice, soup and bread, etc. By doing this, it keeps the focus on God's Word and sharing not on preparation of the meal.) *Realize that the facilitator needs to take charge otherwise the meal time will be about chit-chat and not get to the questions below. Maybe mention to the group that we have set aside this much time for our group and we want to hear from everyone.*
1. How are you doing?
 2. What good things are happening/are you thankful for?
 3. What are your challenges/stressors?
 4. What gospel initiative did you take this week? (Examples: did a DBS with another person, told my spiritual story to someone, shared gospel somehow, put out some feelers to someone to see if they had spiritual interests, prayed for someone in their presence without knowing their spiritual condition)
- B. Vision:
1. Reminder about why we're meeting—*as part of our mission to make, to mature and to multiply fully committed followers of Jesus Christ by equipping each other to move from being spiritual children (learners) to spiritual parents and to do the same for others.*
 2. Explain why we're covering today's lesson—the particular spiritual dynamic we're covering and the group action/outcome.
- C. Passage: (use either the Quadrant 0 simpler form or the Quadrant 2 and following blank Bible study form based on the maturity of the people studying. Quadrant 2 drops writing the scripture out and in your own words and adds observation and interpretation columns)
1. Observe: it is often hard to keep this as observation as people tend to move into explaining what the passage means as opposed to observations as to what they see in the passage. As lead facilitator, keep a separation between observations and interpretations.
 2. Interpret- What does it mean?

- D. Break down to men/women in separate areas for privacy:
 - 1. Apply/I will (leader for next time writes down the "I will" statements)
 - 2. Look back: What did you do with the last "I will statement" and person you were going to tell about it?
 - 3. Ask the question: Who will I tell about this "I Will"? (Note for follow up next week—"Were you able to tell....?")
 - 4. Any other prayer items.
- E. Next lesson:
 - 1. Who will lead?
 - 2. When will we meet?
 - 3. Remind them to keep the menu simple.
 - 4. Next leader summarizes the "I will" statements and who you will tell from this week.
- F. Time Considerations: There are basically 3 sections of each evening. One group reported that 45 minutes for the meal, 30 for the study, and 45 for the men/women breakouts worked for them. If you include a training segment, cut down to 30 minutes each.
- G. After Quadrant 0, make sure everyone in the group has an accountability partner to check in with during the week. As lead facilitator be looking for the FAT people in your group. These are the people that will need to be challenged to begin to disciple others and the ones you might want to meet with.
- H. Context: In quadrants 1-4, it will be helpful to offer some context to the passage that will be studied. This can be accomplished by asking the person/group to read the chapter prior to and right after the passage being studied as well as the whole chapter that the segment comes from. This will need to be mentioned the week before the passage is assigned.

Small Group Covenant

Love one Another – Care Intentionally

John 13:34, 1 Peter 4:8, Ephesians 4:15
Be earnest in my love at all times
Always speak the truth in love
Listen to understand, don't assume or accuse
Pray for one another with compassion

Forgive One Another – Pursue Unity

Ephesians 4:1-32, 1 Corinthians 1:10; Matthew 18:15-20
Be quick to forgive and ask forgiveness
Let personal offenses roll off my back or to God in prayer
Model unity by resolving conflict quickly
Get the whole story, including both sides in personal conflict.

Serve One Another – Minister Actively

Galatians 5:13, Exodus 17:11-12, Proverbs 19:20; 1 Corinthians 12:21-26
Be intentional in blessing others
Stay teachable and show deference
Be flexible to meet situational needs
Maximize my strengths and recognize my constraints
Be committed to the whole, not just the part

Submit to One Another – Esteem Others Highly

Ephesians 5:21, 1 Peter 5:5, Philippians 2:3-4, Matthew 7:3-5
Be the first to lead in humility and honor
Serve others' interests before my own
Check my motives and expectations before speaking
Know my limits and respect the boundaries of others

Encourage One Another – Cultivate Redemptive Relationships

1 Thessalonians 5:1, Romans 1:12, Ephesians 4:29
Be a safe person to get real with
Seek to build up always and never tear down
Complement other's character when I think it twice
Value the person more than their performance
Point to Christ for hope and help

Be Devoted to One Another – Commit Wholeheartedly

Romans 12:5-10, Proverbs 17:17, Proverbs 13:3
Be there in the hard times
Seek reconciliation between others
Guard my relationships with truth and love
Go gently if correction is needed

I will avoid speaking or listening to unhealthy criticism of others and solve conflict biblically. I will be discrete in my communication, correct slander and gossip immediately, and speak directly with those involved. I am committed to living out the values outlined above and will model Christ-like character and build up the church for Christ's glory.

_____ Signature

_____ Date

Introduction to Pathway 4

Facilitator's Thoughts:

1. We have noticed that some people struggle to come up with a specific "I will" statement until they have a chance to hear the discussion about the study. Some people are verbal processors and will need to hear what others have concluded in order to come to an application for themselves.
2. Remember that you are not the teacher but a facilitator. We are trusting that the Holy Spirit will do the teaching and will work through the group. No need to answer all the questions that come up nor to correct every questionable response.
3. Notice that the personal application includes not only an "I will" statement but answering the question, "Who will you tell about this "I will" statement this week? This is very important to ask and follow up. During the meal ask if anyone had a chance to share their story.
4. You will notice that the first gathering will be focused on reviewing the background of the book of Ephesians and reading Acts 19 as to how the Church in Ephesus was started. This will contextualize the book study. We suggest that you cover the information sheets on Ephesians and review the Fundamental Principles of Biblical Interpretation and Application (following this page). Note that the application exercise for week one is only reviewing the training that will be covered over the course of the study to familiarize everyone with it.
5. This quadrant is a pivotal step for participants to move from being equipped to disciple people to actually seeking people of peace and building a relationship with them to disciple them, in short becoming a parent in the Christian faith. It will be helpful to make this expectation clear up front and to repeat it often. We want people to anticipate what it will feel like when the time comes to make this difficult step forward. Remember this step follows our vision at First Free to make, mature and multiply disciples. It might help people if you ask some questions along the way to help people process this decision when the time comes.
 - a. Have you made a list of people God wants you to pray for to be saved? Are you praying for this group of people daily? Do you pray daily that you might have an opportunity to share your story with someone?
 - b. Do you see any needs in people's lives on your list that you might be able to help solve or ask if you can pray for them?
 - c. Have you been able to ask them their story?
 - d. Have you been able to share your story with them?
 - e. Do you sense that this person is a "person of peace", i.e. someone interested in talking with you about deeper spiritual issues?
 - f. Have you been able to go beyond gathering information about this person? Have you been able to share emotional issues with them? How about life values?
 - g. Have you been able to ask them if they would like to learn about God's story?

- h. Have you shared the gospel with them? Have you invited them to a Three Column Form?
 - i. Do you look out daily for a disciple?
 - j. Does the person that you have in your Three Column Form have friends or family that might be interested? Are you meeting them on their turf?
6. As the facilitator, it is important to follow up with the people in your groups on a personal basis as often as each of you have time. This is a key piece in the discipleship process. It is the personal time that allows you to mentor and coach each person with the specific issues that they are wrestling with. NOTE: this may require a smaller group or going to an every other week meeting. Also realize that as your group members find “people of peace” they will require time for them. Again, this may require that meetings move from weekly to every other week to allow them to do follow up.

Pathway 4 - Introduction for the Group

In this quadrant you will be applying the mechanics of observation, interpretation and application to your Bible study skills as well as equipping yourself with ministry skills and understanding that will prepare you to “parent” others to follow Jesus. This quadrant of training includes:

- A week by week study of the book of Ephesians as well as a background study of the history and context of this book.
- Learning from one another about how we meet with God.
- Deeper discussion and understanding of the “Spirit Filled Life”.
- Discussion and deeper understanding of the meaning of being “In Christ”.
- Deeper understanding of repentance and confession of sin and the impact that has on our relationship / fellowship with Christ.
- Share our testimonies with one another.
- Learn a gospel presentation and practice it.
- Learn how to enter a gospel presentation.
- Learn more about spiritual warfare.

You will also notice in the Bible Study template that you will learn and practice another step of researching the passage by doing some word studies and referencing other like passages.

Would you begin to pray to meet a person of peace (open to spiritual discussions)? Would you begin searching for a disciple to take through the pathway of discipleship? Let’s pray for one another and join the adventure of helping others find King Jesus!

Fundamental Principles of Biblical Interpretation and Application

The following principles for Bible interpretation and application can be very useful to make our Bible study more effective. This is not an exhaustive list.

Before starting the study, ask the Holy Spirit for guidance, wisdom and illumination.

Then ask yourself the following questions:

1. What kind of conditions existed at the time and in the place the text was written that exist in our time and place? (Historical Context)
2. To whom was the text written, and how does they relate to us today? (Specific context)
3. What does the text say to the original readers? (Interpretation)
4. What does the text say to us today? (Interpretation)
5. Are there other passages that relate to this one (Biblical context)
6. What does the text command us to believe? (Application)
7. What does the text forbid us to believe? (Application)
8. What does the text command us to do? (Application)
9. What does the text forbid us to do? (Application)
10. As the result of studying the text, what changes do we need to make in our lives? (Application)

The Letter of Paul to the Ephesians

Introduction

AUTHOR: The apostle Paul,

HISTORICAL CONTEXT:

The letter was written from Rome during his imprisonment in Rome, probably between AD 60-63. During the same time Paul wrote Colossians, Philippians and Philemon.

At its height Ephesus was the most important city along the coast of Asia Minor. Two hundred and thirty cities dotted the coast line of Asia Minor. Many had ideal harbors, but Ephesus was the queen among these coast communities. The city had been founded to command one of the main highways of Asia Minor. Its attraction was not only its natural harbor, but the rich, fertile land that covered the inland area.

Ephesus was, of course, a great commercial city. Its natural harbor and strategic location on one of the main roads of the world made it such. However, in the middle of the first century, the harbor had silted up so badly that trade had declined astronomically from the days of Ephesian glory. There had been attempts to drag the silt out, but the efforts were half-hearted and finally abandoned. The people's hearts were just not in the effort. Part of the reason for this attitude was the successful and profitable trade Ephesus enjoyed from its religious cult. The great temple of Diana, or Artemis, was there. Diana was the goddess who had a grotesque head and many breasts and focused upon the sensual pleasure of the flesh. The worshipping pilgrims found their satisfaction in prostitution with a host of priestesses who promoted the cult of the goddess. A great trade of silversmiths had developed over the years, and tourist commercialism boomed year-round. This accounts for the guild of silversmiths finding the crowds an easy mark for arousing opposition against Paul ([Acts 19:24](#)). As the years went by, the great harbor silted up more and more, and the Ephesians depended upon the trade that came from their religion and superstition. The natural harbor of Smyrna, which lay close by, became a more suitable port and began to take away the commercial traffic of Ephesus. As a result Ephesus became a dying city, living on its past reputation as a religious and philosophical center. The great city of Ephesus had a disease, the disease of sensual unrighteousness, and the disease did its work: it corrupted the people. The people, sensual and self-centered, lost their will and willingness to ply a commendable trade.

THE CHURCH AT EPHEBUS

The church in Ephesus had a small beginning. When Paul visited Ephesus, he found only twelve believers in the city. They had been won to the Lord by the immature but impressive preacher Apollos. As a result they had been misinformed on the presence of the Holy Spirit; they seemed to lack a consciousness of the Spirit in the life of the believer and the awareness that He had already been sent into the world ([Acts 19:1-7](#)). After Paul's instruction to these twelve, he began to teach in the synagogue. He taught for three months, but the Jews were hardened and

refused to believe the gospel. They murmured against the message. Therefore, Paul moved the church into the school of a philosopher, Tyrannus. There he preached Christ for two whole years. During this time it is said that the church was instrumental in sounding forth the Word throughout all Asia: "So all they which dwelt in Asia heard the Word of the Lord Jesus, both Jews and Greeks ([Acts 19:10](#)).

The Lord worked special miracles by Paul in Ephesus and the church witnessed some amazing things. From all evidence, the spectacular was necessary in order to get through to the people. As always, God did everything He could to reach the people. These experiences show the great love and movement of God toward people (see [Acts 19:11-20](#)). In viewing these accounts, we must keep the background of the city in mind. Ephesus was a hot bed of Oriental magic and superstition. The people were an emotional and sensual lot, easily moved to feelings. They were a devoted people, an expressive people, a loving people, and equally a lovable people ([Rev. 2:1-7](#), esp. [Rev. 2:4](#)).

As Paul preached and God worked miracles, many believed and the church grew mightily. The believers gave great evidence of changed lives by living for Christ right in the middle of an immoral and pagan society. On one occasion, the church demonstrated its new found faith by building a great bonfire and setting aflame all of its pagan and magical literature. (For the Biblical account of the founding of the Church at Ephesus, read Acts chapter 19)

TO WHOM WRITTEN:

Although some commentators believe that the oldest manuscripts do not contain the words "at Ephesus" in verse 1, most scholars accept that the letter was written to the church at Ephesus.

PURPOSE: The letter was addressed principally to Gentile Christians.

1. To bring them to a just appreciation of the plan of redemption, as a scheme devised from eternity by God, for the manifestation of the glory of his grace.
2. To make them aware of the greatness of the blessing which they enjoyed by sharing its benefits.
3. To lead them to enter into the spirit of the Gospel, as a system which ignored the distinction between Jews and Gentiles, and united all the members of the church in one living body, destined to be brought into full conformity to the image of Christ.
4. To induce them to live as suited a religion which had delivered them from the degradation of their heathen condition, and exalted them to the dignity of sons of God.

MAIN THEME:

The Great Message of Ephesians is "Reconciliation." Paul deals with the major human problems—the problem of division, disunity, and disharmony. He deals with the major divisions and dissensions throughout the universe.

Christ is the answer to division, to disunity, and to disharmony. He is the One who breaks down all barriers; He is the One who reconciles all things.

Ephesians Outline

(The following general outline is adapted from The Wycliffe Bible Commentary, page1302)

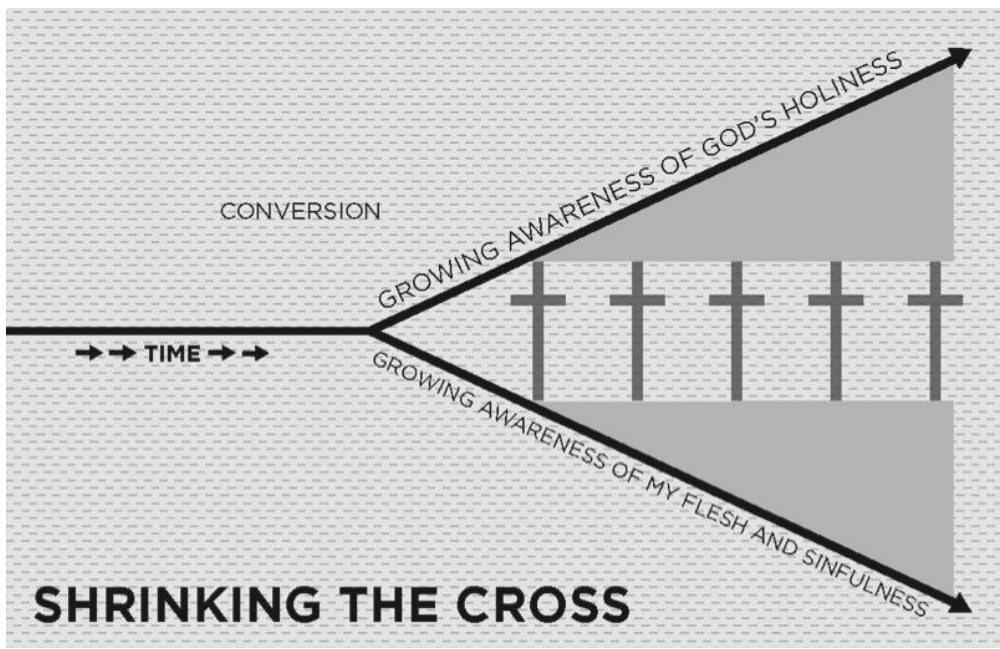
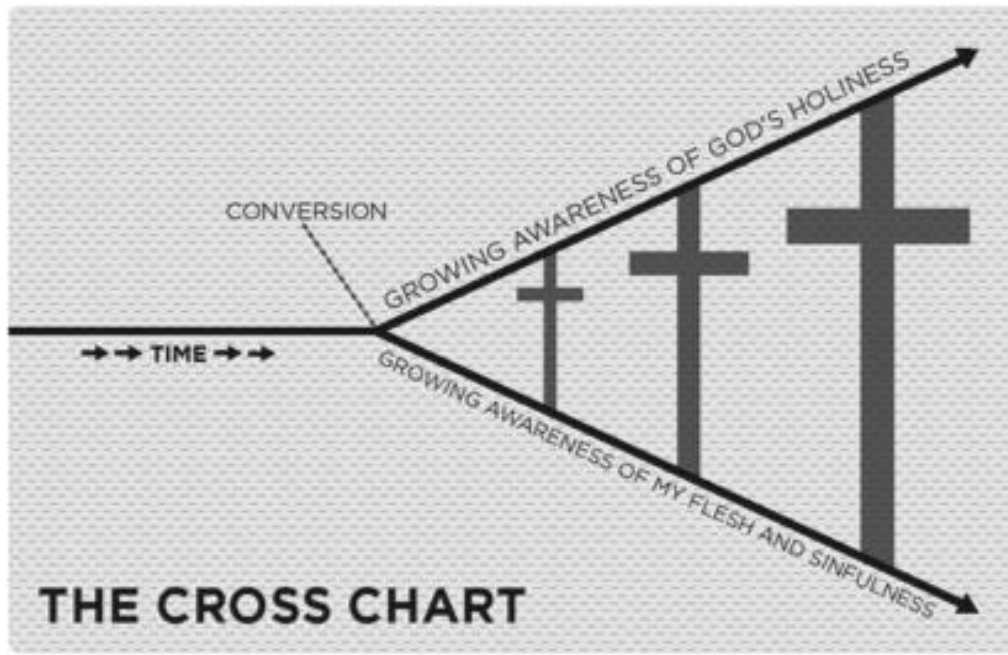
1. The Believer's Position in Christ: 1:1-3:21
 - a. Salutation: 1:1,2
 - b. All spiritual blessings: 1:3-14
 - c. Paul's prayer: 1:15-23
 - d. Salvation by grace: 2:1-10
 - e. Oneness of Jews and Gentiles in Christ: 2:11,12
 - f. The revelation of the mystery: 3:1-13
 - g. Paul's second prayer: 3:14-21
2. The believer's conduct in the world: 4:1-6:24
 - a. The worthy walk: 4:1-16
 - b. The different walk: 4:17-32
 - c. The loving walk: 5:1-14
 - d. The wise walk: 5:15-6:9
 - e. The Christian walk as a warfare: 6:10-20
 - f. Closing greetings: 6:21-24

Discovery Bible Study

Pathway 4 -- Train to Disciple

| Who We Are in Christ: | Study Passage: | Application Exercise: |
|--|---|--|
| Week 1: Chosen by the Father | Review handout on Principles of Bible Interpretation and Introduction to Ephesians. Then read Acts 19 and briefly discuss this as background. | Review the coming weeks. Make a list of possible people to challenge to a Three Column Form or an intentional discipleship group. |
| Week 2: Redeemed by the Son | Ephesians 1:1-10 | Have people share what they have been doing in their Quiet Time, how they do it and their rhythm for doing it. |
| Week 3: Our purpose | Ephesians 1: 11-23 | Have people share what they have been <i>obeying</i> from their Quiet Time. Pray together and update non-believer prayer lists, then share lists with one another to pray for each daily. |
| Week 4: Salvation by Grace (what we were and what we are and will be in the future) | Ephesians 2:1-10 | From <u>The Gospel Centered Life</u> . Use the "Cross Chart" Diagram and explain the "Shrinking Cross" (following pages) |
| Week 5: The revelation of the mystery (the dispensation of God's grace) | Ephesians 2:11-22 | Review the prior discussions of the gospel grids and how confession/ repentance work as to our position in Christ. Assign writing your 3 minute gospel testimonies. |
| Week 6: The revelation of the mystery (the fellowship of the mystery) | Ephesians 3:1-13 | Have the group read their 3 minute gospel testimony; discuss spiritual gifts; https://www.lifeway.com/lwc/files/lwcF_PDF_Discover_Your_Spiritual_Gifts.pdf |
| Week 7: The Worthy Walk (the unity of the Spirit) | Ephesians 3:14-21 | Have the group share their testimonies from memory. (offer feedback) Assign opportunities to share it. |
| Week 8: The Worthy Walk (the gift of Christ and the unity of faith and knowledge) | Ephesians 4:1-6 | Hand out a gospel presentation and review the content. https://www.cru.org/how-to-know-god/would-you-like-to-know-god-personally.html |
| Week 9: The different walk (the Gentiles walk; putting off the old; putting on the new) | Ephesians 4:7-16 | Discuss the gospel presentation and model using it. |

| | | |
|--|--|--|
| Week 10: The different walk (practical application) | Ephesians 4:17-24 | Finish discussing a gospel presentation, and have people pair up and practice. |
| Week 11: The loving walk (walking in love) | Ephesians 4:25-32 | Have several people do the “Your Story, My Story and God’s Story” by memory. |
| Week 12: The loving walk (walking in light) | Ephesians 5:1-14 | Have people share their explanation of the “Spirit Filled Life” concept and share any gospel opportunities. |
| Week 13: Submission in practical relationships (wives/husbands) | Ephesians 5:15-20 | Role Play, “Your story, My story, God’s Story- and share any gospel opportunities you have had. |
| Week 14: Submission in practical relationships (children/parents; workers / bosses) | Ephesians 5:21-33 | Role Play, “Your story, My story, God’s Story- and share any gospel opportunities. |
| Week 15: Christian Walk | Ephesians 6:1-9 | Bondage Breaker Concept 1a: Discuss: “Who was I before Christ” and “Who am I now”. Assign Action Item #1 |
| Week 16: Spiritual Warfare | Ephesians 6:10-20 | Bondage Breaker Concept 1b: Review assignment of action items #1-2 Discuss: Where do I place my faith?-- Assign action item #2 |
| Week 17: Debrief and challenge to parent others | Ephesians 6: 21-24 Review the pathway to discipleship circle. Debrief this Quadrant 3 experience. | Make a list of people to challenge to a Three Column Form and when you will speak with them-share as prayer requests. |



The Gospel Centered Life by World Harvest Mission

Week 15 Application Exercise

Bondage Breaker Concept #1a

Ephesians 6:10-20—Put on the Armor of God: What does that look like?

1. Key Truths:

a. Who was I before Christ:

- i. God designed us to be secure, significant and accepted but original sin changed everything and Jesus came to restore this to us.
- ii. When we become Christians we become secure, significant, and accepted in Jesus even if we don't always feel like it.
- iii. Significant (I am special!):
 1. Chosen and appointed by God- Jn. 15:16
 2. I am a temple of God Spirit- 1 Cor. 3:16
 3. I am a minister of making peace for God- 2 Cor. 5:17-21
 4. I am God's workmanship to do good works- Ephesians 3:12
 5. I can do all things through Christ- Phil. 4:13
 6. I am part of God's family and have a role to play- 1 Cor. 12:27
- iv. Secure (I am not alone or unprotected):
 1. I am assured that in every circumstance God works for my good- Rom. 8:28
 2. I cannot be separated from God's love Rom. 8:31-34
 3. I am sure that the good work God started in me will be perfected- Phil 1:6
 4. I am a citizen of heaven- Phil. 3:20
 5. I am safe with Christ in God- Col. 3:3
 6. I am a child of God and safe from any evil- 1 John 5:18
- v. I am accepted (no longer rejected as in Christ I am completely accepted):
 1. I am God's child- John 1:12
 2. I am Jesus' chosen friend- John 15:15
 3. I am holy and acceptable to God- Rom. 5:1
 4. I am a saint, a holy person- Ephesians 1:1
 5. I have been completely forgiven- Col. 1:14
 6. I am complete in Christ- Col. 2:10

b. Who am I now?

- i. I was a sinner but have now become a saint, transformed by Jesus, I am a child of God! As a child I have a brand new identity and heart but if I don't believe it, I will act as I use to act.
- ii. We now have God's Spirit in us and can live free from the old self.
- iii. I now turn away from thinking lies about God such as:
 1. He is distant and not interested in me.

2. He is stern and demanding
 3. He is too busy for me or not there
 4. He is impatient, angry or never satisfied with what I do
 5. He is mean, cruel or abusive
 6. He is trying to take all the fun out of life
 7. He is condemning or not forgiving
 8. He is looking for faults or expecting me to be perfect
- iv. I joyfully accept and act upon the truth about who God really is:
1. He is close and involved in my life- Ps. 139: 1-18
 2. He is kind and caring- Ps. 103: 8-14
 3. He is accepting of me and is filled with joy and love- Rom. 15:7; Zephaniah 3:17
 4. He is patient and slow to get angry and delights in those who put their hope in his unfailing love- Exodus 34:6; 2 Peter 3:9; Ps. 147:11
 5. He is loving and gentle and protects me- Jeremiah 31:3; Isaiah 42:3; Ps. 18:2
 6. He is to be trusted and wants to give me the best possible life- Lamentations 3:22,23; John 10:10; Romans 12:1-2
 7. He is kind and forgiving; His heart and arms are always open to me- Ps. 130:1-4; Luke 15: 17-24
 8. He wants me to grow and is proud of me- Rom. 8:28; Hebrews 12:5-11; 2 Cor. 5:17

2. Action Items #1:

- a. First review these lists each day for a week
- b. Pick one verse from above that particularly stands out to you, write it on a 3x5 card and say it out loud, and memorize it this week.

Week 16 Application Exercise

Bondage Breaker Concept #1b

Ephesians 6: 10-20—Put on the Armor God: What does that look like?

3. Key Truth:

- a. Where do I place my faith, based on what is true for me?
 - i. We all live by faith so where do we place our faith?
 - ii. Our actions really show what we truly believe. If we trust in the truths of God's Word, it will show in our daily actions.
 - iii. What can I do to make this practical?
 1. Don't say, "I can't" when the Bible says I can- Phil. 4:13

2. Don't be in lack of anything when God says He will supply my needs – Phil. 4:19
3. Don't be afraid when the Bible says God has not given me a spirit of fear- 2 Timothy 1:7
4. Don't be weak when the Bible says that the Lord is my strength- Ps. 27:1; Daniel 11:32
5. Don't allow Satan supremacy over my life when the Holy Spirit in me is greater than Satan- 1 Jn. 4:4
6. Don't be depressed when I can call to mind God's lovingkindness, compassion, and faithfulness and have hope- Lamentations 3:21-23
7. Don't worry and fret when I can cast my anxiety on Christ who cares for me- 1 Peter 5:7
8. Don't be a slave to what holds me back knowing that where the Spirit of God is there is freedom- 2 Cor. 3:17; Gal. 5:1
9. Don't feel condemned when the Bible says I am not condemned in Christ- Rom. 8:1
10. Don't feel alone when Jesus said He with me always and will never leave me- Mat. 28:20; Heb. 13:5
11. Don't be discontented when I can learn to be content like the Apostle Paul- Phil. 4:11
12. Don't feel worthless when Christ died for me that I might become the righteousness of God in Christ- 2 Cor. 5:21
13. Don't be confused when God is the author of peace and gives knowledge through the Holy Spirit in me- 1 Cor. 14:33, 2:12
14. Don't feel like a failure since I am more than a conqueror in Christ- Rom.8:37
15. Don't let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its tribulations- John 16:33

Action Item #2:

Pray the armor of God each day this week. Put on the above truths and reject the lies you have been thinking and feeling about yourself!

Practice the verse you have chosen to memorize and/or memorize another verse that is key for you.

Three Column Study

| | | |
|---|---|---|
| <p>Content: What do you see in the passage? (observations)</p> | <p>Analysis: What do the verses mean? (interpretation)</p> | <p>Reflection: How can I apply these verses? (application)</p> |
| | | <p>Action: What will I obey this week?</p> |

I will through the help of God...

Have everyone share an "I will statement"

| Name | I will through the help of God |
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Spiritual Diagnostic

Coaching Tool—use a few of these questions to guide the conversation in your one on one time with a mentee or with your small group. Don't pull out this document like a test, but use it to help you determine where people are and nudge them along in their walk with Christ.

Do you meet with God alone?

- Never
- I'm not sure how to do that
- As much as my other friends
- Pretty regularly because I need to know more
- Whatever it takes to keep me spiritually nourished

If you meet with God, how's it working for you?

- Don't have a planned time
- Mechanical
- Sometimes refreshing
- I look forward to it
- The best part of my day

Do you help other people in their journey with God?

- Wouldn't know how
- I'm still figuring things out myself
- I would if I knew more
- Yes, sometimes I encourage them
- I purposefully try to help others know God better

Do you know what your spiritual gifts are?

- Don't have any
- Don't know what that is
- I have some talents and I use them where I enjoy serving
- I'm thinking I should find out what they are so I can better serve the Body
- Yes, I know and use them as God directs

What color would you say your Christian life is? Why?

- No, what's a Christian life
- God is beginning to change me, it's so exciting
- I wish I knew, my spiritual life is such a roller coaster
- I'm getting more encouraged about how things are going
- More often than not it's good

Can you identify changes God has made in your life since you started your journey with Him?

- No
- I can't think of anything specific
- Yes, there was one
- Sure, probably two changes
- He has made at least three changes

Do you live in harmony with other people?

- I don't know how to get along with people
- How does God wants me to deal with all the difficult people in my life
- I can see that God's principles help me get along better as I use them
- I have been practicing forgiveness and unconditional love with God's help
- Even when things go wrong, God helps me to heal relationships back to good places.

Do you think God cares about how you use your time and money?

- It's not God's, it's mine
- God doesn't care about how I use my time or money
- God gives me good stuff because He loves me
- All that I have belongs to God
- I am willing to sacrifice things to build God's Kingdom on earth

How do you feel about talking to God?

- Pointless
- It's comforting to me when I talk to Him
- Something I realize I can learn how to do better
- More and more meaningful to me
- Necessary for my life

What do you think about heaven? Is it real?

- Not sure it exists
- Hope I get there someday
- I'm glad I have found out how to go there
- I'm sure I'm going there
- I long to get there and be with Jesus

What's your opinion on the Bible?

- Is just a book written by men
- Has a lot of good bits but they are hard to understand
- Has been helping me figure out life
- Is my source of wisdom and instruction
- Is how I get to know God and how to please Him

My belief in God is:

- Non-existent

- Pretty weak
- In God
- Being stretched and strengthened
- An anchor for my life

Do you have believers that share life with you?

- I don't really connect to the church
- Yeah, the people who helped me get to know God
- The people in my group
- Is a local church I attend
- Is all believers everywhere who are in the Kingdom

How do you deal with spiritual failures?

- I don't believe in sins, people just make mistakes.
- I confessed my sins to God and He forgave me
- It isn't easy; sometimes I really get discouraged
- I talk to God about it and sometimes find a brother or sister in Christ to ask for help
- God deals with my sin as He makes me like Christ and I try to cooperate with Him in that process.

When you pray, who do you pray for?

- Myself or my family when we are in a crisis
- Myself, family or friends for practical things
- For people to be saved
- For our church and its leaders and Christian workers
- Whatever God lays on my heart

Are you excited about your relationship with God?

- How can you have a relationship with someone you can't see
- I can't believe He wants a relationship with me, what a joy
- The more I learn, the more I think God's saving me is amazing
- I talk with others about God occasionally
- I talk with others about God all the time

Do you tell others the story about how you came into a relationship with Jesus?

- I don't have a relationship with Jesus
- I wouldn't know how to do that
- I want to do it, but I don't know people to tell
- I have done that but would like to do it more
- God has given me opportunities to do that

Does the Holy Spirit play a part in your life?

- Who?
- God is convicting me about things I need to change

- I am beginning to recognize God's voice in my heart
- I am grateful for the Holy Spirit who wants to help me grow to be like Christ
- He leads me, encourages me, teaches me and empowers me

The circumstances of life are:

- Something I can overcome on my own
- Puzzling to figure out
- God's way of making me miserable
- I'm beginning to welcome trials because of what I learn from them
- The sweetest times with God even when they are hard

ONLY FOR THE COACH

Key: All of the questions are the same—if most of your answers are in the first blank, you are not believing, if in the second blank, you are an infant, if in the third blank you are a spiritual child, the fourth blank is the spiritual young adult and the fifth is a spiritual parent. Pray about this because nobody is always a perfect fit. Build relationships with those you mentor so you can know them well is important!

On a broad basis, those not believing don't trust in the supernatural, are angry at God or the church, evaluate themselves by the world's standards, and think they are fine like they are. They need sharing of the gospel and an authentic Christian experience.

After birth, spiritual infants are ignorant, confused and dependent. They just don't know much about what the Bible teaches and need instruction.

A spiritual child wants relationships, is idealistic, overly proud or humble, do the right things for the wrong reasons, sophomores (wise fools), feelings matter too much, lacks wisdom, and is very "I" centered. They need connection.

Spiritual young adults are action/service oriented, zealous, God-centered, other-centered and mission minded but they don't think of reproducing but rather doing it all themselves. They need to learn how to train others.

Spiritual parents are not perfect or completely mature but value teams, want to see people mature, think about discipling younger Christians in their world, and nurture themselves. They need to be affirmed as having arrived and no longer disciplined but still have accountability and spiritual peers. Remember we all slip backwards or stumble and many can pretend to be something they aren't so be careful in putting on labels. Don't compare people or base value on spiritual maturity. Be cautious about putting people in spiritual leadership until they are proven. Taken from Real Life Discipleship by Jim Putman.

