

Christian Lifestyle training: lesson 1

Becoming a disciple of Jesus

How to share your experience of Jesus:

1. Share your experience

Before you accepted Christ:

How did get to know Jesus?

What difference did it make?

2. Share the gospel

Romans 3:23; Romans 6:23; Romans 10:9-10

3. Ask the person if they want to accept Christ and lead to commitment. Include family and friends.

Christian lifestyle training 2:

How to know you are saved

Congratulations! If you have accepted Christ with all your heart you are in the family of God and receive all God's promises.

1. How do we get eternal life?

1. What are the consequences of sin?

Isaiah 59:2 - But your iniquities have separated you from your God; and your sins have hidden *His* face from you, so that He will not hear

2. Everybody wants to reach God but fails

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 of works, lest anyone should boast.

3. How does God lead us to him?

1 Peter 3:18 - For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit,

2. The way to salvation

1. Jesus' sacrifice + your belief + repentance = salvation

God wants you to be saved! Has he done His part?

Yes/No

Your part is to believe and repent. Have you?

Yes/No

If yes, you are saved!

2. Do you believe that if you died, you would be with Jesus?

3. What Jesus promised:

John 10:28 - And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

4. God promises not only eternal life but the ability to lead a holy and righteous life now

3. Your attitude

Do you know that you are saved? Do you know you have eternal life?

4. You are a new person!

Anyone who is joined to Christ is a new being:

2 Corinthians 5:17 - Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

What difference do you notice between your old self and your new self?

- Peace in your heart?
- Power to overcome sin?
- Willingness to study the Bible?
- Change of attitude?
- Alertness to sin?
- Able to feel the love of God?
- The peace of forgiveness?
- Able to care for others?

5. If you sin again will you lose your salvation?

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

6. Please fill in your spiritual birth record:

Date you accepted Christ Signature

After accepting Christ you should be baptized as soon as possible.

7. Memorise:

1 John 5:12 - He who has the Son has life; he who does not have the Son of God does not have life.

8. Now you feel at peace

you should share with everyone around you. Share with at least 5 people, then 5 every week.

Christian Lifestyle Training 3: The Will of the Father

A “church planting movement” (“CPM”) or multiplication of small groups of followers of Jesus is at the very heart of God’s will, because He wants every person to have the chance to be saved. The method is very simple and is outlined in 2 Timothy 2:2 - *And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.* This training is designed to train every Christian to be a trainer – all the trainees should be able to teach others the training material they have learned at the session.

The right place to start is our own family if possible. We can see this pattern in scripture as follows:

In Genesis 7:1 the Father saved not only Noah but also his wife and sons, with their wives. Unfortunately no-one else would believe. *Then the LORD said to Noah, “Come into the ark, you and all your household, because I have seen that you are righteous before Me in this generation.*

In Genesis 19:12-23, God wanted to save Lot’s whole family. Unfortunately his sons in law didn’t believe:

Then the men said to Lot, “Have you anyone else here? Son-in-law, your sons, your daughters, and whomever you have in the city—take them out of this place! 13 For we will destroy this place, because the outcry against them has grown great before the face of the LORD, and the LORD has sent us to destroy it.”

14 So Lot went out and spoke to his sons-in-law, who had married his daughters, and said, “Get up, get out of this place; for the LORD will destroy this city!” But to his sons-in-law he seemed to be joking.

15 When the morning dawned, the angels urged Lot to hurry, saying, “Arise, take your wife and your two daughters who are here, lest you be consumed in the punishment of the city.” 16 And while he lingered, the men took hold of his hand, his wife’s hand, and the hands of his two daughters, the LORD being merciful to him, and they brought him out and set him outside the city. 17 So it came to pass, when they had brought them outside, that he^[a] said, “Escape for your life! Do not look behind you nor stay anywhere in the plain. Escape to the mountains, lest you be destroyed.”

18 Then Lot said to them, “Please, no, my lords! 19 Indeed now, your servant has found favor in your sight, and you have increased your mercy which you have shown me by saving my life; but I cannot escape to the mountains, lest some evil overtake me and I die. 20 See now, this city is near enough to flee to, and it is a little one; please let me escape there (is it not a little one?) and my soul shall live.”

21 And he said to him, “See, I have favored you concerning this thing also, in that I will not overthrow this city for which you have spoken. 22 Hurry, escape there. For I cannot do anything until you arrive there.”

Therefore the name of the city was called Zoar.

23 The sun had risen upon the earth when Lot entered Zoar.

The Father's care for Rahab extended to her whole family. She hid the two spies so all her family were saved (Joshua 2:17-20):

17 So the men said to her: "We will be blameless of this oath of yours which you have made us swear, 18 unless, when we come into the land, you bind this line of scarlet cord in the window through which you let us down, and unless you bring your father, your mother, your brothers, and all your father's household to your own home. 19 So it shall be that whoever goes outside the doors of your house into the street, his blood shall be on his own head, and we will be guiltless. And whoever is with you in the house, his blood shall be on our head if a hand is laid on him. 20 And if you tell this business of ours, then we will be free from your oath which you made us swear."

The principle also extends into the New Testament. Cornelius gathered all his family and friends to hear Peter in Acts 10:23-25:

23 Then he invited them in and lodged them. On the next day Peter went away with them, and some brethren from Joppa accompanied him. 24 And the following day they entered Caesarea. Now Cornelius was waiting for them, and had called together his relatives and close friends. 25 As Peter was coming in, Cornelius met him and fell down at his feet and worshiped him. 26 But Peter lifted him up, saying, "Stand up; I myself am also a man."

Lydia immediately led her whole family to accept the Lord in Acts 16:14-15 –
14 Now a certain woman named Lydia heard us. She was a seller of purple from the city of Thyatira, who worshiped God. The Lord opened her heart to heed the things spoken by Paul. 15 And when she and her household were baptized, she begged us, saying, "If you have judged me to be faithful to the Lord, come to my house and stay." So she persuaded us.

The same was true of the Philippian jailor – Acts 16:31-33:
31 So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household." 32 Then they spoke the word of the Lord to him and to all who were in his house. 33 And he took them the same hour of the night and washed their stripes. And immediately he and all his family were baptized.

The Father loves you and wants to save your whole family.

Write the names of your family members who do not know the Lord here. Share with five of them this week and report back at the next meeting!

.....

.....

.....

Christian Lifestyle Training 4: Baptism and the Lord's Supper

Baptism

1. Read *Mark 1:9-11*. Who gets baptized? What kind of baptism is it? (Does he just get sprinkled with water or is he fully immersed in the water?)
2. Read *Romans 6:3-8*. What is the symbolic meaning of Baptism?
3. Read *Acts 2:41; 8:12; 8:26-38; 9:1-19; 10:44-48; 16:13-15; 16:25-34; Matthew 28:18-20*. When you accept Jesus, how long should you wait before getting baptized? When you lead people to accept Jesus Christ, what should you do?

The Lord's Supper

1. Please read *Matthew 26:26-30*.

What did Jesus give the disciples?	What does it symbolize?

2. Please read *Luke 22:19-20*. Why do we want to share the Lord's Supper?
3. Please read *1 Corinthians 11:25-29*. Before we share the Lord's Supper, what should we do?

Christian lifestyle training 5: Prayer

Prayer is talking to God. When we talk to anyone we need to talk honestly and sincerely, and it is the same when we talk to God. Jesus always talked to God, and taught his disciples to do the same.

Why do we need to pray?

1. It is God's command

Luke 18:1 *...men always ought to pray and not lose heart.* Jesus goes on to tell a parable which illustrates his point (Luke 18:2-8). Perseverance is also highlighted in Eph. 6:18

2. It is our need

First we need to unload our care on Him - 1 Peter 5:7 *...casting all your care upon Him, for He cares for you.*

Then we can get God's leading: Jeremiah 33:3 *Call to Me, and I will answer you, and show you great and mighty things, which you do not know.*

God will meet all our needs: Hebrews 4:16 - *Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

3. What should you pray for?

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 understanding, will guard your hearts and minds through Christ Jesus.*

Types of prayer

1. Praise of God

Psalm 150; For His character – 1 John 1:9

2. Confession of our sins

1 John 1:9; help to change – 1 John 2:1

3. Giving thanks

For His kindness, and specific things He has done for us; Philippians 4:6-7;
1 Thessalonians 5:18

4. Intercession – praying for the needs of others

1 Tim 2:1; Daniel 9:16

5. Prayer for our own needs

Psalm 5:8

Three kinds of reply

1. Green – God answers “yes”.
2. Red – God answers “no”.
3. Yellow – God answers “wait”

What kind of attitude should we have when we pray?

1. Faith – James 1:6
2. Right motive – James 4:2-3
3. Deal with sin – Ps 66:18
4. Confidence in him – 1 John 5:14-15
5. Persistence – Luke 18:1

Concluding points

1. Pray in Jesus’ name – John 14:13; John 14:6
2. When finished say “amen” – this means “I truly wish it from my heart”
3. Content of prayer – praise; confession; thanks; intercession; petition
4. We should pray for everything
5. Don’t just repeat prayers – be natural with God
6. A regular time and place for prayer is helpful to keep the habit; we can also pray whenever we like.

Christian Lifestyle Training 6: Devotional Life

- 1) You have to spend time to get to know a person. It's the same with God. So spend time 1. talking to him 2. reading the Bible.
- 2) Purpose of the spiritual life: 1. Praise God; 2. Get to know God; 3. Follow God.
- 3) What kind of attitude should you have when you are trying to establish a relationship with God? Ps 42:1-2; Ps 119: 147-148
- 4) Good examples from the Bible:

Reference	Person	Time	Place	What happened
Gen 19:27	Abraham	morning		He met God
Ps 5:3	David	morning		Shout for joy; defence from enemies
Dan 6:10	Daniel	3 times / day	His bedroom	Persecution / deliverance
Mk 1:35	Jesus	before dawn	Solitary place	He went to other towns preaching and healing

- 5) What can we learn from the examples? What do you need to do to prepare for devotional life?
 - a) Must have the Bible – no other books can replace the Bible
 - b) must have pen and notebook to write down your thoughts
 - c) have to be in a quiet place to concentrate
 - d) talk to God at the most suitable time of the day; choose to read the Bible in the morning or before sleep
 - e) should have a plan – decide on which book to read first
- 6) To begin your devotional time –
 - a) Pray psalm 119 v 18; “Open my eyes that I may see wondrous things in thy law”.
 - b) Prepare everything – get ready to talk to and hear from God
 - c) Read scriptures seriously, ask what God is saying and pray
 - d) Listen to God and share what you have learnt with your friends
- 7) How you can keep your Good relationship with God. A lot of people are willing to follow God but it is not easy to do so all the time.
 - a) You have to make a decision to follow God
 - b) Following God is the right choice - Matt 6:33 – in our life nothing is more important than keeping a good relationship with God
 - c) God want us to communicate with him and wants you to know more about him – so your goal should be to know and to praise the Lord
- 8) Are you willing to have a good relationship with God?

My decision – when to start – Date _____

What time slot will you devote to God? _____

Plan – which book? _____

Christian Lifestyle training 7: Aquila and Priscilla

2000 years ago there was a Jewish couple named Aquila and Priscilla. They lived in Rome. The emperor of Rome didn't like Jewish people. He made all Jews leave Rome. Their business was tent making, and they moved to Corinth and started tent making there. In Corinth they met a new friend, Paul, who was also a tentmaker, so he moved in to live with them. Paul taught them to be followers of Jesus, and preached the gospel in Corinth (Acts 18). But some of the Corinthians didn't like the gospel and persecuted Paul. Paul left Aquila and Priscilla to lead a church at home and preach the gospel in Ephesus. They met another man named Apollos who was a preacher of the gospel, and they helped Apollos teach the Christian way of life better. He had only been baptized in the name of John, but they taught him the baptism of Jesus.

Later, they risked their lives to help Paul (Rom 16:3). They returned to Rome. The church that they formed in their home had good relationships with other churches, and they continued to preach the gospel. You too can train others in establishing churches in their homes.

Questions:

1 Cor 16:19 – What is there in Aquila and Priscilla's home?.....

When you share the gospel with others and they believe in Jesus, what should you be doing in your home?

.....

Romans 16:3-4 – What did Paul call Aquila and Priscilla?

Aquila and Priscilla met a lot of danger in establishing their home church. Are you willing to face difficulties in establishing home churches or Christian lifestyle groups?

.....

Did Aquila and Priscilla think only of themselves and their own church?

Why?

Acts 18:1-3 When Aquila and Priscilla started their church, was there anyone to help?

Who?

Acts 18:18-19; 24-26 – Did Aquila and Priscilla train others to build churches?

They were ordinary tent makers, yet they could train others, and have a church in their home. Can you also run a simple church or Christian lifestyle group and train others while you are still working at your job?

.....

A case in China

By the 1990's China was going towards urbanization and a lot of people were looking for new hopes and a new future but not finding what they wanted. In 1991 a foreigner came Hainan. He first learned Chinese culture and Poutongwha. He found there were 7 million people and 5 ethnic groups in Hainan. Some of those lived in the cities and some lived in the villages. Using a map he found the most populated place, and preached the gospel to the people there. At first he started meetings in three places. There were about 85 people, mostly elderly. They were becoming fewer and fewer and had no vision. But this foreigner decided to keep on sharing the gospel with them.

His Poutongwha was not very good so he encouraged Chinese believers from East Asia to come to Hainan to work together. In 1994 they established 6 new home churches. In the next year they started more than 50. By 1997 the 5 ethnic groups almost all had home churches or training groups. The second year after the foreigner left there were 550 churches and 55,000 believers.

Important factors for church growth in Hainan

1. During worship and Bible study, everyone must participate.
2. Listen to and obey God's Word.
3. Local church planters do not get paid by the church.
4. Each home church should have 2 or more leaders.
5. When the number of people reach 12 or more a new home church is started.
6. Everyone who receives the gospel should share the gospel with others.
7. Everyone who receives training should train others.
8. Every church should plant a new church.

Four steps to home church planting

1. Model

The church planters in sharing the gospel should model worship, Bible study, prayer and Christian service.

2. Assist

They should assist the new church to plant a second generation new church.

3. Watch

When the second generation church has matured watch them to see if they can start a third generation church with the help of the first church.

4. Leave

"Leaving" is very important. In this way you can let them learn how to grow new churches on their own. They remain linked, however, to the network of churches. The outside person or movement founder trains the first generation of believers and then lets them train others. Matthew 28:20 tells us to make disciples of all.

Other important points

1. New believers should be baptized as soon as they believe.
2. New believers should go out and share the gospel as soon as they believe.
3. This type of church will not easily become a cult because it is outward focused and takes the Word of God as authority rather than one particular leaders.

Points about leaders

1. Give the new churches the vision of spreading the gospel.
2. Believers leading other people do not expect a salary from the church.
3. Establish the church on a localized basis.
4. In areas where there is persecution the leader can leave before he/she is noticed.

Church planting movements (CPM's) a fast multiplying method is used to found a movement in a people groups or community. The emphasis is on establishing many small churches or cell groups rather than a big church or group. When you see a big church you see many people. The services may be moving but the church does not multiply and growth is often comparatively slow. Big church multiplication can be compared with small church multiplication using the analogue of elephants vs rabbits:

	Elephants	Rabbits
How often the female is fertile	Four times per year	Almost continually
Age at which the female reaches sexual maturity	18 years	2 months
Length of gestation period	22 months	1 month
Number of babies the female can carry during pregnancy	1	7
Therefore maximum number of descendants from one male/female pair after three years	1	476,000,000

We can share the good news of Jesus much more effectively by starting a large number of “rabbit churches” than by starting a big “elephant church”. Or a big elephant church can start a large number of “rabbit groups” by starting a large number of cell groups or Christian lifestyle training groups.

Also we want our churches or groups to be like lizards, not frogs. Frogs sit on a small hill waiting for prey to come, and are very easily satisfied. By contrast lizards go out looking for food. They are very fast and go out into any environment and adapt to it. “Lizard churches” are very motivated and can work in any environment. They only have one goal – to lead people to believe in Jesus.

Another point is about leadership. In India the banyan tree grows to a massive size, even as big as a football field. But the Indians have a saying – “under the banyan tree nothing will grow”. Because of its thick branches and leaves, the sun cannot get to the ground underneath it, so that when it dies it looks as though that piece of ground was burned. We cannot be “banyan tree leaders” who want to grow bigger and bigger and take control of everything. When this type of leader is no longer there, there will be no-one to take their place. Rather leaders should be like banana trees. They produce 10-12 new shoots every six months. When the original tree dies after three years, it leaves behind over 100 new banana trees. A leader like this can move to another area and does not need to be around as he or she has trained many other church planters, who will continue to train others as in 2 Timothy 2:2.

Christian lifestyle training 8: church meetings

...I write so that you may know how to conduct yourself in the house of God, which is the church of the living God, the pillar and foundation of the truth – 1 Tim 3:15

- 1) How does the Bible describe the relationship between Christ and us?
 - a) Romans 12:5
 - b) Ephesians 1:23
- 2) What is the position Christ stands in the church?

Eph 5:23
- 3) Church meetings: these are referred to in Acts 2:42-47. You should have:
 - a) Prayer / prophesy / singing in the power of the Holy Spirit: 1 Cor 14: 26; Ps 149:1
 - b) Sharing lives: Acts 2:45; Heb 10:24
 - c) Eating together: Acts 2:46
 - d) Teaching / training from God's Word: Acts 2:42; Eph 4:12. The method of training used in our church planting movement is to go through each training lesson as a group; then to split into pairs and each pair practice teaching the material to each other. "Homework" is for each believer to find at least one other person to share the latest training lesson with. In this way, and by sharing our testimonies with 5 people per week, we fulfill Acts 1:8, Mat 28:19-20.
- 4) Why do you need to go to the church meeting?
 - a) Worship, sharing, learning, ministry, spreading the gospel, training
 - b) It is the will of God
 - c) Participate and avoid wrong interpretations of the truth or deceptions.
- 5) We need to know our responsibilities in church
 - a) Be baptized – Romans 6:4-14. Baptism plants us in the new life and is a testimony to others
 - b) Share the Lord's supper
 - i) It was made by Jesus and we take it in remembrance of him because he gave his body and blood for the forgiveness of our sins – Mat 26:17-19; 26-30
 - ii) Every time we take the Lord's supper we remember and thank him again – Is 53:5
 - iii) Every time we take communion we examine ourselves and our faith again – 1Cor 11:23-29.
 - c) Offerings
 - i) Wholehearted worship includes offering our life, our time, our talents and our money to God. Everything we have in life is a gift from God, and now we belong to him, all our gifts belong to him. We are really stewards of what he has given us.
 - ii) Offering money to God. Jesus taught that it is very important what we do with our money, for "where our money is, there our heart will be also" – Mat 6:19-21. An exhortation to generous giving is found in 2 Cor 9:6-11. Many Christians take tithing (giving 10% of income) as a minimum benchmark for giving, and note God's promises to Israel in Malachi 3:10-12. But our gifts must be freely given according to what we freely decide in our heart to give,

rather than according to what anyone might try to persuade us to give, or according to Old Testament law which is replaced by the New Testament.

- d) What should we give money to?
 - i) Support of traveling , church planting workers – Philippians 4:10-20
 - ii) Support of local Bible teachers and preachers: there seems to be an allowance for this in 1 Tim 5:17, though in church planting movements most local workers work on a voluntary basis.
 - iii) Local Christians in need – Acts 2:45
 - iv) Christians in other areas facing special needs – 1Cor9:1-2; Gal 2:10
 - v) People in need generally – Mat 25:31-46

Christian Lifestyle training lesson 9: Survey of the Book of Acts

Read through the Book of Acts and record all the following (a few references have been inserted to get you started):

1. What the Holy Spirit does	2. What activities are done to preach the Gospel, or give testimonies?	3. Are there any miracles or supernatural signs, or healings?	4. Is there any persecution as a result? How should we face persecution?	What is the result in the growth of churches?
Acts 2:4 The disciples filled with the Holy Spirit	2:11 The disciples were speaking wonderful things about God	2:2 Sound of a mighty wind 2:3 Tongues of flame appeared on each of the disciples 2:4 They started "speaking in tongues"	2:13 Ridicule from the crowd	2:41 3000 baptised
	2:14-40 Peter preaches powerfully to the crowd	2:43 Many signs and wonders performed by the apostles	2:14-36 Peter's response to ridicule is to preach powerfully	2:42-47 Deep sense of awe; believers met and shared possessions; worshipped and met in their homes; had great joy; new people saved every day

Christian lifestyle training 10 – Start your own “Acts 29”

In the Bible, there are 28 chapters in Acts, a record of the history of the early disciples, their experience of evangelization and being led by the Holy Spirit. Now you have to teach the trainees to go on as a disciples, to start their own “Acts” chapter 29. This is the calling you have received from God.

We have to pray, ask God to give us vision, and believe the Holy Spirit will help us overcome all difficulties, lead us and bless us. In the coming year your experience of evangelization will include most of or all the following. Keep a diary of:

1. The experience and vision God gave you
2. The things you feel God do things through you during prayer
3. You should have a strategy and method
4. The grace and blessing you have received
5. How the Holy spirit leads you and the power of the Holy Spirit
6. Persecution and suffering you experience
7. Your devotional journey
8. Write down the route of the Gospel
9. The timetable of evangelization
10. Planning, structure and organized system for your trainees

Now start writing your Acts 29, following the mode of the Book of Acts. Include the following parts:

1. The works of the Holy Spirit
2. Evangelism activities
3. Miracles and supernatural signs and wonders
4. Persecution and your reaction to it
5. Outcome in growth of the church.

An example

My name is L---- . I work in a factory in the --- Province . My hometown is in ---- . I have been meeting lots of difficulties since I arrived ---- , such as finding house and seeking job . At this moment I met a fellow townsman , he came here two years ago , and he works in a factory here . He helped me to find a place in his factory so we are now working together .

Before coming to ----- , I have never heard that there is a God in the world . I heard of the gospel through this friend , and then I accepted Christ and I was given some training . I accepted Christ and he forgives my sins , peace was then developed in my heart , I prayed that the Holy Spirit anointed me so that I can work for the Lord . There are around 300 people in our factory , I tried to preach the gospel just like what my friend did . I can share with more than 20 people , Besides introducing them the good news , I trained them

as well , and then they helped to preach the gospel continuously . And we have family meeting every week .

Once the police discovered that we had the meeting , and they intended to arrest us . Just a night before , God guided a brother of a police to come and tell us the situation , and then we changed the time and location of the meeting , as a result , the police failed to arrest anyone . We kept on praying and working for Lord . Six months later , three more new family church were developed , after given some training , more people were willing to accept Christ and work for him . A year later , number of family church raised to nine , and there are around a hundred members .

Some of the brothers and sisters had returned to their hometown , they preach the gospel and also develop church there , more and more people have accepted Christ . I also intended to preach the good news in my hometown , so that more people know that there is God in the world .

Christian lifestyle training 11: God is our Father

Christian lifestyle training 12: Proclaiming the Gospel (fragment)

Not only become a believer, leader, more importantly to become a successful trainer able to teach others. This will accelerate the going out of the Lord's message. (2 Timothy 2:2)

Be sure to establish a gathering point at each Christian's home, so you may be able to share the Good News with your neighbour. God will bless you and use you greatly. (Acts 2:46-47)

Take action right away to build the body of Christ. Intercede for each other. Your most blessed moments are:

1. When you bring people to Christ
2. When you build the church at home or anywhere