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# HEALTHY & ACTIVE

D I S C I P L E S





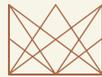
# HEALTHY & ACTIVE

DISCIPLES

3 | *repent & believe*



7 | *seek His kingdom*



17 | *have eternal perspective*



27 | *worship Him*



37 | *abide in Him*



47 | *pray to Him*



57 | *make disciples*



67 | *are part of the family of God*



# *intro to becoming a* **HEALTHY & ACTIVE DISCIPLE**



To be a Christian is to be a disciple, a learner and follower of Jesus. In Matthew 28, Jesus commissioned His church to go and make disciples, baptizing them (a symbol of initial faith in Jesus Christ) and teaching them to obey all that He has commanded. The primary mission of the church is to lead people to faith in Jesus and to form them as **disciples** of Jesus.

This fall, we will be considering what it means to be healthy and active disciples, demonstrating and declaring the gospel both near and far. Each week, we will consider a different mark of Jesus' disciples that, while not exhaustive, reflects some of the themes that emerge from the scriptures that we are reading. Looking at the life and teachings of Christ Jesus, we see that the life of His followers is marked by the power and presence of the Holy Spirit, who gives life and multiplies the Gospel.

## how to use this guide

- » **INTRO.** Each week, there is an introduction intended to highlight a different mark of a healthy and active disciple. Sometimes this will include an article explaining the topic or a tool to help you practice obedience to Christ.
- » **BIBLE READING PLAN.** As we journey through the gospels of Matthew, Mark, Luke, and John (and a few chapters in Acts) together, we've included that week's readings along with some specific application questions to help you see how Jesus' life and teachings reveal who He is and who His disciples are called to be.
- » **H.E.A.R. JOURNALING.** H.E.A.R. journaling is a tool to help you see how the Bible, by God's power, intends to transform our lives. The transformation of our minds that happens when we read the Word leads to the changing of our hearts and lives by His grace. There is space for you to complete your HEAR journals every week.
- » **SERMON NOTES.** Preaching is the exposition of the Word, meaning, it is the explanation and application of the Bible. Sermon notes are a great tool for reminding yourself of what was preached on Sunday later in the week, allowing us to continue meditating on the message and to come to our Gospel Communities ready to share how God has been speaking to us.
  - + *Each week, as we preach through the gospels, we encourage you to consider how God is speaking to you by answering two questions: Who is Jesus? How do you follow Him?*
- » **GROUPS.** God's Word is intended to be lived out in community. We encourage you to connect to a Gospel Community and/or Grow Group where you can encourage and build one another up in the Gospel.
- » **PODCAST.** We want to equip you to practically apply what you are learning in your everyday life. Subscribe to our podcast to access additional resources each week.

# HEAR JOURNAL

## H HIGHLIGHT

After reading the passage of Scripture, highlight 1-2 verses that stand out to you or summarize the passage well. Look for verses that tell you what is happening in this passage—are there any ideas that are emphasized, repeated, or related? Look for big ideas (central truths about God or commands He gives). Write out the verse with the book, chapter, and verse numbers.

## E EXPLAIN

It is important to consider what these verses mean, both to the original audience and to you today. Write down your summary and observations from these verses and their context, based on the passage you read.

- + *Who is writing or speaking and who is the audience?*
- + *What is the situation of the author/speaker and the audience?*
- + *How do these verses fit within the verses before and after it?*  
*The chapter? The book?*
- + *What is God saying to me about Himself? About man?*
- + *What is God intending to communicate through this text?*

## A APPLY

As you examine God's words about Himself, we want to let Him inform, direct, and transform our lives. As disciples of Christ, God intends to change us and this always starts with repentance and faith.

- + *What would the application of this verse look like in my life?*
- + *Is there a truth to believe? A sin to repent of? A promise to trust?*  
*A command to follow? Is there an attitude or action to embrace or avoid?*
- + *If I believe what God has said, how will I live differently or be different?*
- + *How does this truth change my relationship with God? My relationship with others? My work or ministry? My engagement with the world?*

## R RESPOND

Write out a response of prayer to God, asking God to change your heart and your life based on the time you've spent in His word.

- + *Choose 1-2 applications of this verse and prayerfully consider how you might pursue greater faithfulness in them.*
- + *Be specific about what you will do (or not do) and who you will ask to help you respond in faith.*

**H (HIGHLIGHT)**

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“This is the confidence we have before him: If we ask anything according to his will, he hears us. And if we know that he hears whatever we ask, we know that we have what we have asked of him.” 1 John 5:14-15

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**E (EXPLAIN)**

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Verses like these can be confusing, because the idea of a God who gives us whatever we want is attractive. The key in this passage is “according to his will.” If we make our wants God’s wants, then we can ask for whatever we want!

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**A (APPLY)**

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I find myself wanting all sorts of things. Sometimes it’s something different every day. I need to focus on aligning myself with God’s will so that when I ask something, it’s already something that He wants too. The Bible tells me a lot about what God wants-- He wants people to worship Him, love one another, obey His word!

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**R (RESPOND)**

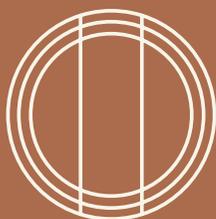
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Father, make me more like you in every way—in my thoughts, actions, and desires. Make the desires of my heart the same things your heart desires, so that I can devote myself to the things that bring you joy and ask for them boldly! I need to look at your word to see what it is that you want and ask for it!

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*healthy & active disciples*

## REPENT & BELIEVE

The word “Gospel” shows up over 100 times in the New Testament. It’s all over the Bible because it’s the point of the Bible. “Gospel” means good news. Good news is fundamentally different from good advice. Biblical Christianity is not advice, telling us what we need to do to get to God. Instead, the Scriptures share the good news of what God has done to reach down to us. We often use this definition for the Gospel:

“The Gospel is the just and gracious God of the universe looking upon hopelessly sinful people and sending His Son, Jesus Christ, God in the flesh, to bear His wrath against sin on the cross and to show His power over sin in the resurrection so that all who have faith in Him will be reconciled to God forever.” (David Platt, *The Gospel: What We Need*)

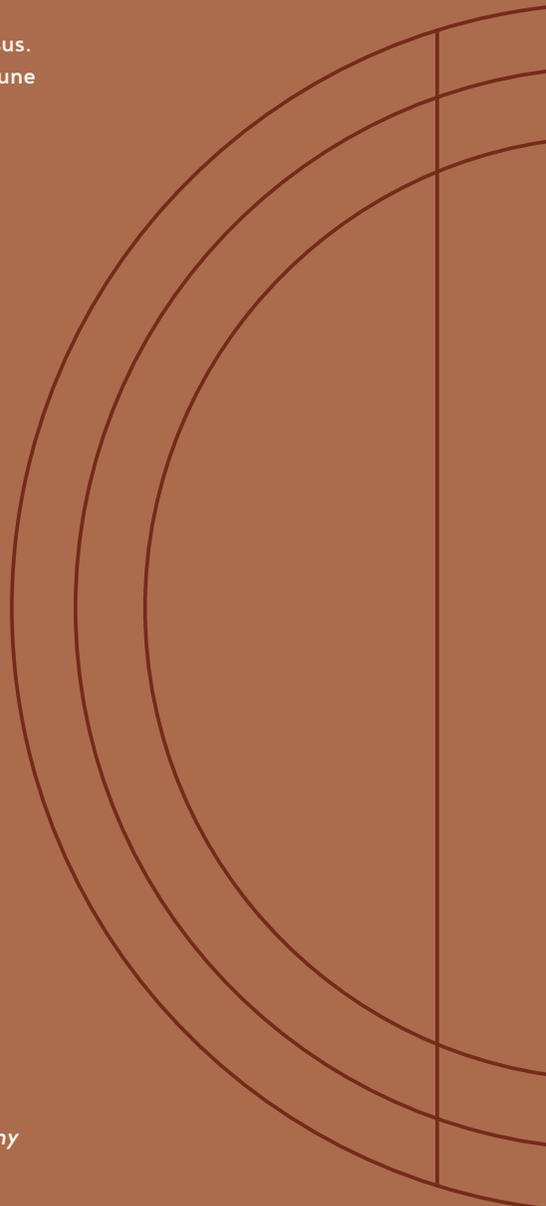
We can summarize the good news of the Gospel in four words: Jesus in our place. Jesus lived a perfect life in our place. He died in our place, for our sin. On the cross, our sin crushed him, and his perfect life was credited to us. As Paul says in 2 Corinthians 5:21, “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.” Then on the third day Jesus rose from the dead, showing that God the Father was pleased with Jesus’ sacrifice. The Scriptures shout the good news of Jesus with great joy, announcing that Jesus has fought our battle and won our victory, and for all those who turn from their sin and trust Jesus, they will enjoy his victory forever.

This Gospel is good news for disciples of Jesus. In *The Gospel-Centered Life*, Walker and Thune state it this way:

*“The gospel is nothing less than “the power of God” (Rom. 1:16). In Colossians 1:6, the apostle Paul commends the Colossian church because the gospel has been “bearing fruit and growing...among [them] since the day [they] heard it.” The apostle Peter teaches that a lack of ongoing transformation in our lives comes from forgetting what God has done for us in the gospel (2 Peter 1:3-9). If we are to grow into maturity in Christ, we must deepen and enlarge our understanding of the gospel as God’s appointed means for personal and communal transformation.*

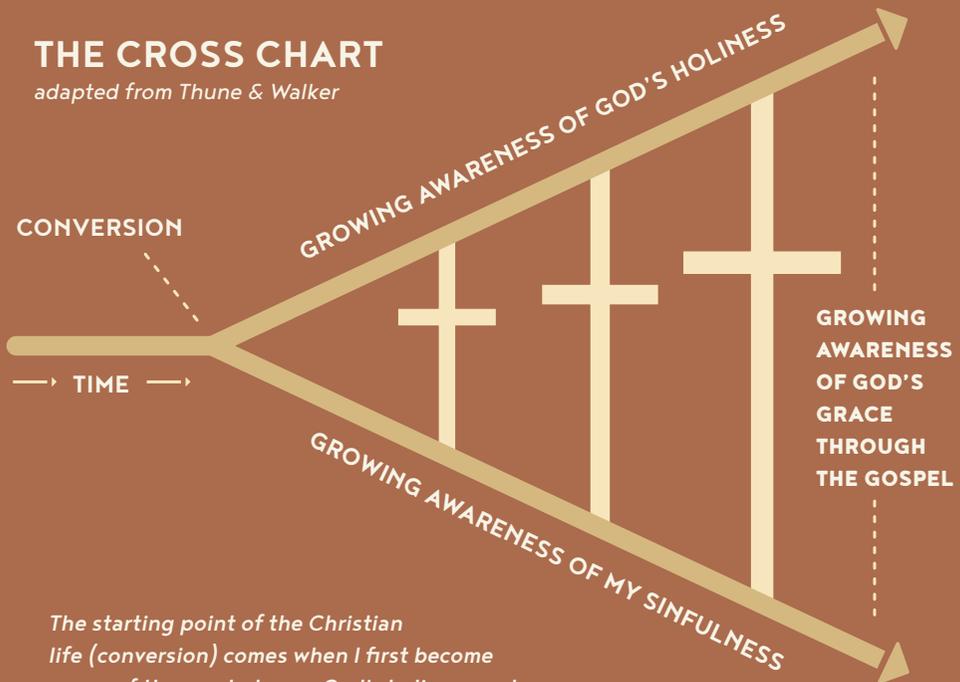
*Many Christians live with a truncated view of the gospel. We see the gospel as the “door,” the way in, the entrance point into God’s kingdom. But the gospel is so much more! It is not just the door, but the path we are to walk every day of the Christian life. It is not just the means of our salvation, but the means of our transformation. It is not simply deliverance from sin’s penalty, but release from sin’s power. The gospel is what makes us right with God (justification) and it is also what frees us to delight in God (sanctification). The gospel changes everything!*

*The following model has been helpful to many people in thinking about the gospel and its implications. This diagram does not say everything that could be said about the gospel, but it does serve as a helpful visual illustration of how the gospel works.*



# THE CROSS CHART

adapted from Thune & Walker



*The starting point of the Christian life (conversion) comes when I first become aware of the gap between God's holiness and my sinfulness. When I am converted, I trust and hope in Jesus, who has done what I could never do: he has bridged the gap between my sinfulness and God's holiness. He has taken God's holy wrath toward my sin upon himself.*

*At the point of conversion, however, I have a very limited view of God's holiness and of my sin. The more I grow in my Christian life, the more I grow in my awareness of God's holiness and of my flesh and sinfulness. As I read the Bible, experience the Holy Spirit's conviction, and live in community with other people, the extent of God's greatness and the extent of my sin become increasingly clear and vivid. It is not that God is becoming more holy or that I am becoming more sinful. But my awareness of both is growing. I am increasingly seeing God as he actually is (Isa. 55:8-9) and myself as I actually am (Jer. 17:9-10v).*

*As my understanding of my sin and of God's holiness grows, something else also grows: my appreciation and love for Jesus. His mediation, his sacrifice, his righteousness, and his gracious work on my behalf become increasingly sweet and powerful to me. The cross looms larger and more central in my life as I rejoice in the Savior who died upon it."*

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*Check out our Healthy & Active Disciples podcast for a tool to help you understand how we shrink the cross and can repent and believe the Gospel.*





## ***How do we become the kind of people who love God and delight in his law?***

since the days of the apostles. The book of Galatians is written to combat the error of legalism: “Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?” (Gal. 3:3). The book of Romans addresses the error of license: “What then? Shall we sin because we are not under law but under grace?” (Rom. 6:15).

Both legalism and license are destructive to the gospel. To avoid these pitfalls, we must understand the biblical relationship between law and gospel. In a nutshell, here’s how God designed it to work: the law drives us to the gospel and the gospel frees us to obey the law. Realizing all that God expects of us should drive us in despair to Christ. And once we are united with Christ, the indwelling Holy Spirit causes us to delight in God’s law and gives us power to obey it...Martin Luther summarized it this way: “The law, rightly understood and thoroughly comprehended, does nothing more than remind us of our sin and slay us by it, and make us liable to eternal wrath .... The law is not kept by man’s own power, but solely through Christ who pours the Holy Spirit into our hearts. To fulfill the law ...is to do its works with pleasure and love...[which are] put into the heart by the Holy Ghost.”

Read that last sentence again: “To fulfill the law...is to do its works with pleasure and love.” Just knowing what God requires is not enough. Obeying him “because it’s what we’re supposed to do” is not sufficient. Truly fulfilling the law means obeying God out of pleasure and love: “I desire to do your will, O my God; your law is within my heart” (Ps. 40:8).

How do we become the kind of people who love God and delight in his law? Answer: through the gospel...

We are unable to do what the law commands us to do, but Jesus did it for us. And because he lives in us by his Spirit, we are enabled to do it, not from obligation, but from delight. So every command in Scripture points us to our own inadequacy (the bottom line of the Cross Chart), magnifies the good and holy nature of God (the top line of the Cross Chart), and causes us to look to Jesus as the One who forgives our disobedience and enables our obedience. In other words, the law drives us to Jesus and Jesus frees us to obey the law.”





*seek His kingdom*  
**READING PLAN**



### **Matthew 3-4**

*In what ways have you been seeking to build your own kingdom, glory, and name today? How can you repent & believe the kingdom of heaven is at hand?*



### **Matthew 5**

*How does Jesus describe citizens of the kingdom of God? Where do you need to ask the Lord to change your heart and life based on what you've read?*



### **Matthew 6**

*What are you anxious about today? What reasons does Jesus give for why we should not be anxious? How can you set your eyes on Jesus and seek His Kingdom today?*



### **Matthew 7**

*What are you building your life upon? What do you count on to give you a sense of security, acceptance, or hope?*



### **Matthew 8**

*In today's reading, over what specific areas do you see Jesus' kingly reign, authority and power? How is that an encouragement to you today? In what areas of your life are you struggling to give God authority?*















*healthy & active disciples*

## HAVE ETERNAL PERSPECTIVE

Question 52 of the New City Catechism asks “What hope does everlasting life have for us?”

Answer: “It reminds us that this present fallen world is not all there is; soon we will live with and enjoy God forever in the new city, in the new heaven and the new earth, where we will be fully and forever freed from all sin and will inhabit renewed, resurrection bodies in a renewed, restored creation.”

When people talk about eternal life, most Christians focus on the future hope of heaven after death. But when Jesus speaks about eternal life in John 3:36, His emphasis is on our current standing in Christ. The hope of eternity transforms our present reality. It changes everything. Like Jonathan Edwards, we too must pray, “Lord, stamp eternity on my eyeballs.” We must ask that God would give us eyes to see our world through the lens of His present place in the heavens and His coming victorious return.

### **NEW MORNING MERCIES**

*By Paul David Tripp*

“You and I don’t always live what we say we believe. There is often a disconnect between our confessional theology and our street-level functional theology. There is often a separation between, on one hand, the doctrines we say we have embraced and, on the other hand, the choices we make and the anxieties that we feel. One of the places where this disconnect exists for many of us is the biblical teaching about eternity. We say we believe in the hereafter. We say that this moment

in time is not all there is. We say that we are hardwired for forever. But often we live with the compulsion, anxiety, and drivenness of eternity amnesiacs. We get so focused on the opportunities, responsibilities, needs, and desires of the here and now that we lose sight of what is to come.

The fact is that you cannot make sense out of life unless you look at it from the vantage point of eternity. If all God's grace gives us is a little better here and now, if it doesn't finally fix all that sin had broken, then perhaps we have believed in vain: "If in Christ we have hope in this life only, we are of all people most to be pitied" (1 Cor 15:19). There has to be more to God's plan than  
this world of sin, sickness, sorrow,  
and death.

There has  
to be more than  
the temporary pleasures of this  
physical world. Yes, there is more, and  
when you live like there's more to come, you live in  
a radically different way.

When you forget eternity, you tend to lose sight of what's important. When you lose sight of what's truly important, you live for what is temporary, and your heart seeks for satisfaction where it cannot be found. Looking for satisfaction where it cannot be found leaves you spiritually empty and potentially hopeless. Meanwhile, you are dealing with all the difficulties of this fallen world with little hope that things will ever be different.





*eternal perspective*  
**READING PLAN**

**Luke 9:10-62**

*What do you find most challenging about Jesus' call to discipleship from this passage? What does that tell you about your current perspective?*

**Mark 9**

*In Mark 9:24, the father declares "I believe; help my unbelief." In what areas of your life do you struggle to believe? Where do you desire to see Jesus grow your faith and eternal perspective?*

**Luke 12**

*What does it look like for a disciple to be ready for the coming of Jesus (Luke 12:40)?*

**John 3-4**

*How does someone have "eternal life"? Where are you feeling condemnation today, and how do today's readings confront your condemnation?*

**Luke 14**

*What has following Jesus cost you lately? Was it worth it? Why or why not?*



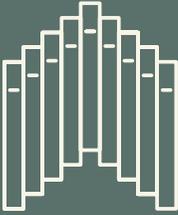












## *healthy & active disciples*

# WORSHIP HIM

The word worship means to give something the weight it deserves. In his book *True Worshipers*, Bob Kauflin states that in the Scriptures “the Hebrew and Greek words we most often translate as ‘worship’ originally expressed the custom of bowing down or casting oneself on the ground...[they] convey a variety of attitudes and activities that include submission, sacrifice, serving, and even fear.”

Everyone worships. Everyone. But we saw last week that God is seeking a particular kind of worshipper, one who worships in spirit and in truth (John 4:23). Kauflin describes this as “worship that springs from a sincere heart and lines up with the truth of God’s Word.”

However, “worship in the wrong direction is called idolatry. It’s looking to anything other than God for our ultimate satisfaction, comfort, security, or joy. When I worship an idol, I’m saying, ‘Fulfill me. Console me. Protect me. Rule me. You are worthy of my strength, time, energy, and affections. Only you can make me completely happy.’ We don’t physically bow down to our idols. But that’s what we’re doing in our hearts” (Kauflin).

Healthy and active disciples repent of idols and believe the Gospel, making us the kind of worshiper God is seeking: worshipers who exalt God in our hearts, minds, and actions. A pastor once summarized it this way: we worshiped our way into this mess, and by God’s grace, we will worship our way out.

So how can you repent of idols? First, you have to identify your idols. Many Christian pastors talk about source idols, idols at the root of our worship that drive our behavior.

1. **POWER:** *a longing for influence or recognition*
2. **CONTROL:** *a longing to have everything go according to my plan*
3. **COMFORT:** *a longing for pleasure*
4. **APPROVAL:** *a longing to be accepted or desired*

**Take some time to answer the following questions that can help you diagnose and identify your root idols:**

What do you spend your time on? The things we value and cherish most are what we dedicate our time to.

What do you spend your money on? What we invest our money in is often an indicator of what we love most.

What are your strongest emotions? (Such as fear or anger) We often respond with strong emotions when our idols are threatened or we can't access our idols.

What controls your thoughts? Our idols often define and rule our days.

What are your 'if-only's? Fill in the blank: "If only \_\_\_\_\_ happened or I had \_\_\_\_\_ then my life would be better."

What do you expect out of life, from yourself, others, and God? Our should's and ought-to's often reveal idols in our heart.

What do you feel self-pity about? We often feel sorry for ourselves when we can't get what we want, revealing idols in our heart.

What sin or sins do you constantly battle? Whatever we worship, whatever we love more than God, we will sin to obtain it.

Then, we must believe the gospel. Thomas Chalmers said, “The best way to overcome the world is not with morality or self-discipline. Christians overcome the world by seeing the beauty and excellence of Christ. They overcome the world by seeing something more attractive than the world: Christ.” We repent of our idolatry not by looking in the mirror and telling ourselves we can try harder and do better. We repent of the wrong direction of our worship by remembering who God is.

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### *Here are four truths to remember:*

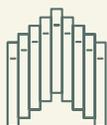
When we worship power, we can remember that **GOD IS GREAT**, so we don't have to be in control. God is sovereign. He is all-powerful. He alone is in control. Therefore, we don't have to be in control. We don't have to stress and worry. We are free to rest in His power because He is Great.

When we worship approval, we can remember that **GOD IS GLORIOUS**, so we don't have to fear others. God is ultimate in the universe. Therefore, we don't need to fear other people or events. Also, we understand that it's not about us. We are free to die to ourselves in the knowledge that He is Glorious.

When we worship comfort, we can remember that **GOD IS GOOD**, so we don't have to look elsewhere. This means that God satisfies our needs. We don't need to look to other things like money, fame, sex, alcohol, drugs, religion, or social issues to find our satisfaction. We are free to enjoy His good gifts knowing that ultimately He alone satisfies. He alone is Good.

When we worship control, we can remember that **GOD IS GRACIOUS**, so we don't have to prove ourselves. This means that God looks at us through the sacrifice of Jesus. He does not give us what we deserve. He gives us precisely what we do not deserve: forgiveness. Therefore, we don't need to compete with each other or prove ourselves to God. We are free to love each other and live without religion because He is Gracious.

*\*adapted from You Can Change by Tim Chester*



worship Him  
**READING PLAN**



### John 6

*John 6:25-35 shows us that we tend to love gifts more than the giver of the gift. In what ways are you seeking satisfaction from the things Jesus can give you rather than from Jesus himself? How can you thank and worship Jesus today for the good gifts he has given you?*



### Matthew 19:16-30

*The rich young man had his idolatry of money and possessions revealed by Jesus. What are you idolizing today? What are you loving, praising, worshipping, and putting your hope in more than Jesus?*



### Luke 15-16

*Where in the parables of Luke 15 do you see celebration and rejoicing? How can you rejoice and celebrate your salvation today? Is there a friend or family member whose salvation you can rejoice in today? Whose salvation can you pray for today, asking that they would someday rejoice in the Lord?*



### Luke 17-18

*Why do you think the Samaritan turned back to thank Jesus for healing him, but the other nine did not (Luke 17:11-19)? What do you need to pause, praise and thank Jesus for today?*



### Mark 10

*James and John wanted recognition, greatness, and authority. Jesus calls them to service to others. How is serving others an act of worship to God? Who is someone that you can serve today?*















*healthy & active disciples*

## ABIDE IN HIM

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**ABIDE** (verb): *to remain stable or fixed in a state*

Jesus tells His disciples to abide in Him. Like a vine and its branches, we are to remain in Jesus, connected to Him. Jesus invites us not to work to be a branch, but to remember that we are only a branch because we are united to Him, the true vine. To abide is not seeking to be something more or do something more—it is seeking to remember who we are in Christ and what He has done for us. Our union with God is all His work. We are in Christ (Romans 6:4) and Christ is in us (Colossians 1:27). But do you enjoy your union with Jesus? How do you live with an everyday awareness that you are a branch connected to the True Vine?

Tim Chester encourages us in this way: “Praying and reading your Bible won’t make you more Christian. And not doing those things won’t make you less of a Christian. We’re saved by grace alone through faith in Christ. Our status as God’s children is a gift. But how much we enjoy communion depends on what we do.

That is why, even if you’re a Christian, your relationship with God can feel weak when you neglect that relationship. And yet at the same time, this is why you can always affirm that your union with God is based on the rock-solid ground of Christ’s finished work. However much you mess up or neglect your communion with God, you can always start again because you’re always united to God in Christ.”

- » Our actions don’t make us Christians or make us more of a Christian or keep us as Christians — for our union with God is all his work.
- » Our actions do make a difference to our enjoyment of God — for our communion with God (our enjoyment of our union with God) involves a two-way relationship.

Healthy and active disciples of Jesus draw near to Him. They engage in spiritual disciplines and obey His word, seeking to learn His ways and hear from Him, not to earn right standing with Him but to live out practically what you already are positionally.

## SELF ASSESSMENT

*This is a practical exercise (\*adapted from Gospel-Centered Life by Walker & Thune) to reveal our sinful tendencies to manipulate life and our daily need to return to Christ. This exercise will humble you, which is one of the first steps in serving Christ and others. Read through each bulleted description from this page to the next. Under "when we don't abide," check the box if you see that tendency in yourself. Underline the words that most apply. Under "when we do abide" check the boxes that describe where you most want to grow, underlining the key words.*

<b>Lacks a vital daily intimacy with God</b>	<input type="checkbox"/>
<b>Anxious about friends, money, school, grades, etc.</b>	<input type="checkbox"/>
<b>Feels as if no one cares about you</b>	<input type="checkbox"/>
<b>Lives on a success/fail basis</b>	<input type="checkbox"/>
<b>Needs to look good</b>	<input type="checkbox"/>
<b>Feels guilty and condemned</b>	<input type="checkbox"/>
<b>Struggles to trust things to God</b>	<input type="checkbox"/>
<b>Has to fix your problems</b>	<input type="checkbox"/>
<b>Not very teachable</b>	<input type="checkbox"/>
<b>Is defensive when accused of error or weakness</b>	<input type="checkbox"/>
<b>Needs to be right</b>	<input type="checkbox"/>
<b>Lacks confidence</b>	<input type="checkbox"/>
<b>Feels discouraged and defeated</b>	<input type="checkbox"/>
<b>Strong-willed with ideas, agendas, and opinions</b>	<input type="checkbox"/>
<b>Solution to failure: "Try harder"</b>	<input type="checkbox"/>
<b>Has a critical spirit (complaining and bitterness)</b>	<input type="checkbox"/>
<b>Tears others down</b>	<input type="checkbox"/>
<b>A "competent analyst" of others' weaknesses</b>	<input type="checkbox"/>
<b>Tends to compare yourself with others</b>	<input type="checkbox"/>
<b>Feels powerless to defeat the flesh</b>	<input type="checkbox"/>
<b>Needs to be in control of situations and others</b>	<input type="checkbox"/>
<b>Looks for satisfaction in "positions"</b>	<input type="checkbox"/>
<b>Looks for satisfaction in "possessions"</b>	<input type="checkbox"/>
<b>Tends to be motivated by obligation and duty, not love</b>	<input type="checkbox"/>

WHEN WE DON'T ABIDE

**WHEN WE ABIDE**

- Feels freed from worry because of God's love for you
- Learning to live in a daily partnership with God
- Not fearful of God
- Feels forgiven and totally accepted
- A daily trust in God's sovereign plan for your life
- Prayer is a first resort
- Content in relationships b/c you are accepted by God
- Freedom from making a name for yourself
- Is teachable by others
- Open to criticism b/c you rest on Christ's perfection
- Able to examine your deeper motives
- Able to take risks—even to fail
- Encouraged by the Spirit working in you
- Able to see God's goodness in dark times
- Content with what Christ has provided
- Trusting less in self and more in the Holy Spirit
- Aware of inability to fix life, people, and problems
- Is able to freely confess your faults to others
- Doesn't always have to be right
- Does not gain value from man-made "props"
- Experiences more and more victory over the flesh
- Prayer is a vital, ongoing part of the day
- Jesus is more and more the subject of conversation
- God truly satisfies your soul

*Respond to this in prayer...*

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*abide in Him*

## READING PLAN



### John 11; Matthew 21:1-13

*How does Jesus' emotional responses to Lazarus' death and Mary and Martha's grief cause you to want to draw near to him today?*



### John 13

*Love is a distinguishing mark of a disciple of Jesus (John 13:34-35). As you reflect on the ways that you are currently loving and serving others, what does that reveal to you about how you are experiencing the love of Christ?*



### John 14-15

*How are you doing at abiding in Christ recently? What do you need to focus on, and how do you need to rely on him more in order to abide in him more deeply?*



### John 16

*We can "take heart" in any and every trial and circumstance knowing that Jesus has overcome all things through his death and resurrection (John 16:33). What areas of your life does the victory of Jesus' death and resurrection encourage you to take heart today?*



### Matthew 24:1-31

*How does the truth that Jesus is coming again cause you to want to draw near and abide in him today?*



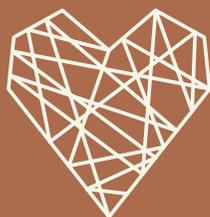












*healthy & active disciples*

## PRAY TO HIM

*"Prayer is both conversation and encounter with God. . . . We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence." – Tim Keller*

In the Gospels, the disciples learned practical faith by watching Jesus in action. And as we see throughout the scriptures, Jesus spent much time in prayer. In fact, since the disciples come to Jesus and ask, "Lord teach us to pray," we can assume that they had been watching and listening to Jesus pray. In Jesus' teaching in both Matthew 6 and Luke 11, we see Him invite the disciples to pray to God as Father and this week, in John 17, we see that disciples of Jesus can pray to God as Father because of their unity with Jesus. Throughout the scriptures, we see that prayer is an activity of relationship.

The Bible teaches that to approach God in prayer does not require special words or a special posture or special place, but it does rely on a believer's special relationship with God.

Tim Chester exhorts us that, "The key thing is to think of prayer as relating to your Father rather than performing a task. Think of God as your Father and then just talk. Just talk to God about what's on your mind. Or start with him: think about who he is and all he's done for you. And then respond with grateful praise. If you're not sure where to begin, begin with the Lord's Prayer. Fill out each line of the Lord's prayer with your own praise and requests.

Our prayers are never a burden to our Father. He delights to hear us and he is honoured by our prayers. Imagine you have a father who is wealthy, but cares little for you. You won't bother asking him for anything because you assume he's unwilling to respond. Now imagine you have a father who is generous, but poor. You won't bother asking him for some things because you know he's unable to respond--you don't want to embarrass him by asking for what he can't provide. But when we bring our requests before God, we're affirming that he's both willing and able. We glorify both his power and love. We're treating him as the kind, capable Father that he is. And so he's honored by our prayers."

The A.C.T.S model of prayer can help us follow the biblical patterns we see of adoration, confession, thanksgiving, and supplication.

*"What is praise [adoration] but telling God who He is? What is thanksgiving but savoring aloud the things he has done? What is confession but lamenting to God that we have sinned against Him and how far short we fall of being like Him--He who is awesome in holiness? And what is supplication but requesting that God would do those things He most delights to do?" - Megan Hill*

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*This week on the Healthy & Active Disciples podcast, you will learn other tools to help you pray the scriptures!*

# ACTS FORM OF PRAYER

*gospel-centered grid for prayer*

*\*adapted from Campus Ministry*

**Adoration** is where we focus on who God is and express our awe and worship.

- » Adore God for Who He is as revealed in His character & Attributes
- » Psalm 115:3; 145; Deut. 7:9-11; Isa. 6:1-7; 40:9-31; Exo. 3:13-15; 34:5-8; 1 Tim. 1:17; Eph. 3:20; Job 42:5-6; Elders in Rev.
- » Think about if God were **not** one of His attributes. This will help you appreciate it more.

*Write out a prayer of Adoration:*

**Confession** uncovers who we are and what we have done. Confession allows us to receive cleansing and the forgiveness offered to us through Jesus.

- » Confess to Him about who you really are. Don't hide anything. He already knows your sin.
- » Luke 18:9-14; Psalm 51; 32:5; 38:18; 142:1-2; 102; 1 John 1:9-10; Proverbs 28:13

*Write out a Confession:*

**Thanksgiving** is our humble response to the generosity of God, acknowledging that every good and perfect gift comes from him.

- » Thank God for His grace and mercy shown to you in the giving of His Son.
- » Thank Him for provision and people in your life.
- » Col. 1:3-5, 12-14; Phil. 1:3-5; 4:6; Eph. 1:15-17; 3:14-21; Psalm 50:23; 52:9 1 Thess. 5:18

*Write out a prayer of Thanksgiving:*

**Supplication** is where you ask humbly and earnestly.

- » Pray God would supply you with what you need to look more like His Son. Pray that this would happen for others also.
- » Phil. 4:6; Eph 6:18-20; Matt. 6:33; 9:38; Col. 4:3-4; Luke 6:28

*Write out your Supplication:*



*pray to Him*

## READING PLAN



### Matthew 24:32-51

*What does your current prayer life reveal to you about your sense of urgency in light of Jesus' pending return? What needs to change?*



### John 17

*Take some time to write your own prayer, using Jesus' prayer in John 17 as a guide.*



### Matthew 26:35 - 27:31

*Notice that Jesus asks for his community to pray for him and to pray with him. Are you quick to ask others to pray for you? Why or why not? Who can you pray for today and who can you ask to pray for you today?*



### Matthew 27:32-66 & Luke 23:26-56

*As you read how Jesus suffered and died, what sins do you need to confess to God?*



### John 19

*Take some time today to remember and thank Jesus for his death in your place.*















*healthy & active disciples*  
**MAKE DISCIPLES**

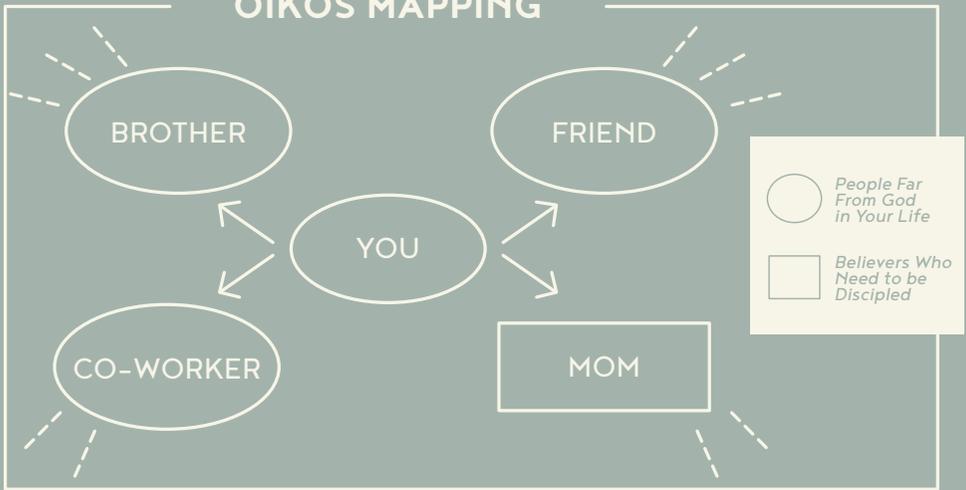
*“Jesus looked at his followers, and told them to make disciples, not just be disciples. Christianity--the religion of the Bible--is not for the rugged individual, the self-made man who needs no one else. It’s a religion for disciples of Christ, followers who lead others to do the same.” – Mark Dever*

The Christian life is the disciplined life and it is a discipling life. In the Greek, the word for disciple is “mathetes” which translates to “learner” or “follower”. Scripture really seems to be getting at something here, something about orienting our lives around becoming lifelong learners of Jesus. We then see that the Lord Jesus calls us to participate in this work by sharing the gospel and making disciples. We talk about intentional discipleship as equipping believers with the Word of God through accountable relationships empowered by the Holy Spirit in order to replicate faithful followers of Christ.

To put it another way, making disciples is “doing deliberate spiritual good to help them follow Christ.” Making disciples implies an intentional process that is centered on the Word of God and involves people-to-people relationships.

Oikos is the greek word for household. One of the ways we see the gospel spread so rapidly in scripture is through relational networks. This appears to be an intentional and strategic method used by both Jesus and the Apostles (John 1.35-51, Acts 10.34-48; 16.14-15, 30-33).

## OIKOS MAPPING



The Oikos map is a tool that helps followers of Jesus intentionally pray for people in their lives. Steps to make your oikos:

**A. GET A BLANK SHEET OF PAPER AND PUT YOUR NAME IN THE MIDDLE AND CIRCLE IT** (reference the image above)

**B. PRAY AND ASK THE LORD FOR 4 PEOPLE IN YOUR LIFE THAT NEED TO BE ON YOUR OIKOS MAP**

- » You may have 50 names that you want to put on your Oikos map, but we want you to start with 4...and we want you to intentionally pray and ask the Lord who those 4 people should be.
- » For each of these 4 people, add two people that you could pray for in their lives.
- » If the person is a believer in Jesus, put a square around their name on your Oikos, if the person is far from God, put them in a circle.

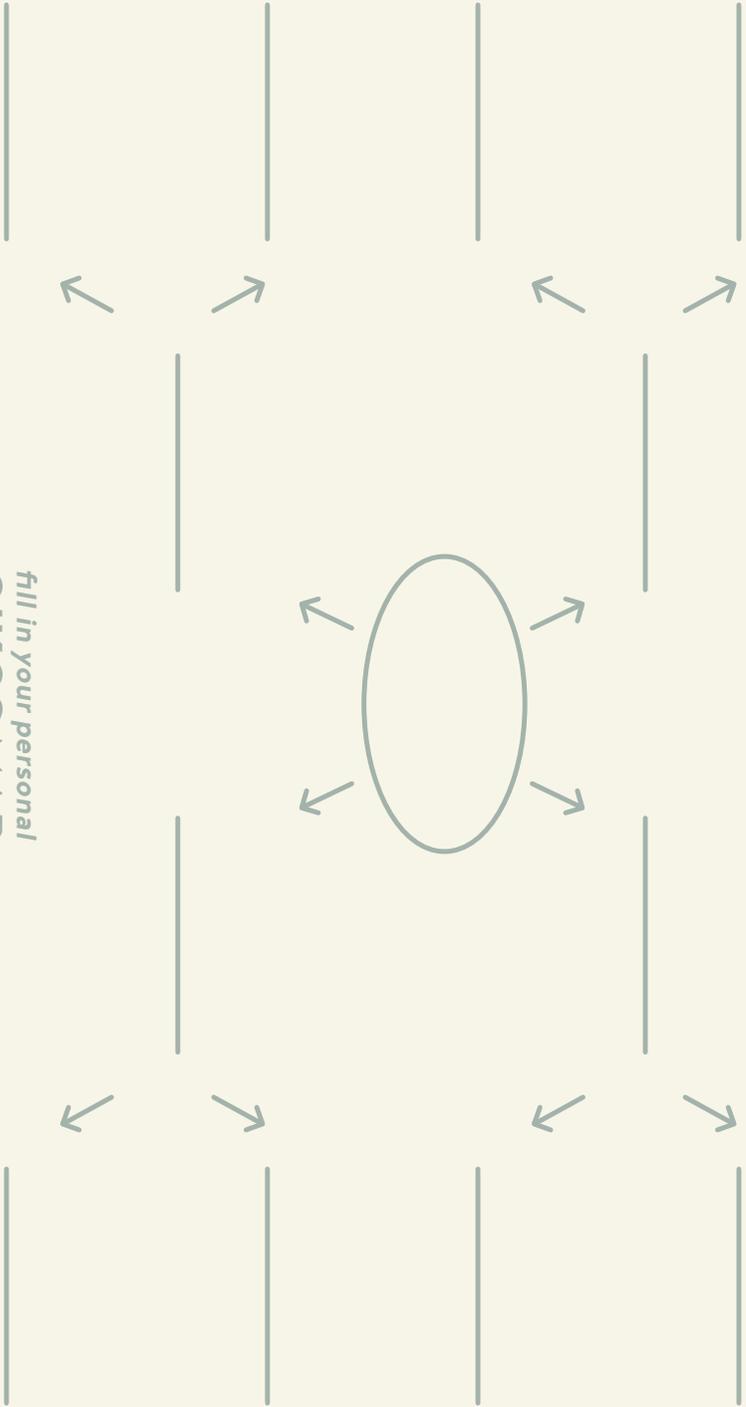
**C. SET AN ALARM ON YOUR PHONE FOR 10:02 AM OR PM AS A REMINDER TO PRAY FOR YOUR OIKOS MAP**

- » 10:02 comes from Luke 10:2 where Jesus says, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."
- » If 10:02 am or pm doesn't work for your work or sleep schedule, no worries. Set an alarm for a time that does work for your schedule. The point is to set aside intentional time each day to pray for people in your life.

**D. PRAY DESPERATELY TO THE LORD OF THE HARVEST!**

**E. ASK THESE PEOPLE HOW YOU CAN PRAY FOR THEM.**

*fill in your personal*  
**OIKOS MAP**





*make disciples*

## READING PLAN



### Mark 16

*The first thing the angel tells the women to do when they see the empty tomb is to “go and tell”. Who is someone that is in your circle of influence (family, friends, co-workers, roommates) that you can go tell about the hope of the resurrection?*



### Luke 24

*Who is someone that played a key role in helping you come to understand the gospel and grow as a disciple of Jesus? Thank God for them, call them, and let him or her know how their faithfulness to the gospel changed your life.*



### John 20–21

*Why do you love Jesus? How is love for Jesus essential to making disciples? How can you seek to deepen your love and affection for him today?*



### Matthew 28

*Have you taken the Great Commission seriously by making disciples? Whom are you investing in? What is a step that you can take today towards making disciples? How is the truth that Jesus will be with you always empowering you to go make disciples?*



### Acts 1

*What is one of the biggest barriers or challenges that keeps you from obeying and fulfilling Jesus’ mission mandate? What do you need to ask from God today in order to live out His calling?*















*healthy & active disciples*

## ARE PART OF THE FAMILY OF GOD

*"When God had mercy on us, when God revealed Jesus Christ to us as our brother, when God won our hearts by God's own love, our instruction in Christian love began at the same time. When God was merciful to us, we learned to be merciful with one another. When we received forgiveness instead of judgment, we too were made ready to forgive each other. What God did to us, we then owed to others. The more we received, the more we were able to give; and the more meager our love for one another, the less we were living by God's mercy and love. Thus God taught us to encounter one another as God has encountered us in Christ. "Welcome one another, therefore, just as Christ has welcomed you, for the glory of God" (Rom. 15:7)." -Dietrich Bonhoeffer*

The gospel is a deep and wide reservoir of riches (Ephesians 3:8). Community, or the creation of a new family, is a prime part of these riches. When God saves you, the good news is that He becomes your perfect Father. He adopts you and makes you His own. He pledges and promises that He will work for your eternal good every minute of every day for the rest of time. But God doesn't just become a good Father, he also gives us a new family, called the Church. As you read about the church in the New Testament, various metaphors are used to describe the Church (body, temple, bride). But the dominant metaphor for the Church is family or the household of God. In light of God making us his children and placing us within his family, we want to grow practically into what God has made us positionally.

**“One Another”** is two words in English, but it’s only one word in Greek. It’s used 100 times in the New Testament and in 47 of those verses, the instruction is given to the church. Clearly, God intends for us to obey Him in the context of relationships with one another.

1. Be at peace with one another (Mk 9:50)
2. Don’t grumble among one another (Jn 6:43)
3. Be of the same mind with one another (Ro 12:16, 15:5)
4. Accept one another (Ro 15:7)
5. Wait for one another before beginning the Eucharist (1 Co 11:33)
6. Don’t boastfully challenge or envy one another (Ga 5:26).
7. Gently, patiently tolerate one another (Ep 4:2)
8. Be kind, tender-hearted, and forgiving to one another (Ep 4:32)
9. Bear with and forgive one another (Co 3:13)
10. Seek good for one another, and don’t repay evil for evil (1 Th 5:15)
11. Don’t complain against one another (Jas 4:11, 5:9)
12. Confess sins to one another (Jas 5:16)
13. Love one another (Jn 13:34, 15:12, 17; Ro 13:8; 1 Th 3:12, 4:9; 1 Pe 1:22; 1 Jn 3:11, 4:7, 11; 2 Jn 5)
14. Through love, serve one another (Ga 5:13)
15. Tolerate one another in love (Ep 4:2)
16. Greet one another with a kiss of love (1 Pe 5:14)
17. Be devoted to one another in love (Ro 12:10)
18. Give preference to one another in honor (Ro 12:10)
19. Regard one another as more important than yourselves (Php 2:3)
20. Serve one another (Ga 5:13)
21. Wash one another’s feet (Jn 13:14)
22. Live in harmony with one another (Ro 12:16)
23. Be subject to one another (Ep 5:21)
24. Clothe yourselves in humility toward one another (1 Pe 5:5)
25. Do not judge one another, and don’t put a stumbling block in a brother’s way (Ro 14:13)
26. Greet one another with a kiss (Ro 16:16; 1 Co 16:20; 2 Co 13:12)
27. Bear one another’s burdens (Ga 6:2)
28. Speak truth to one another (Ep 4:25)
29. Don’t lie to one another (Co 3:9)
30. Comfort one another concerning the resurrection (1 Th 4:18)
31. Encourage and build up one another (1 Th 5:11)
32. Stir one another to love and good deeds (He 10:24)
33. Pray for one another (Jas 5:16)
34. Be hospitable to one another (1 Pe 4:9)

*Here are 11 ways we can love one another in the family of God:*

- 1. ORDINARY PEOPLE, ORDINARY WAYS.** Loving people can require extraordinary effort, but it doesn't require extraordinary gifting. Talk to people. Get to know them. Be a good listener. God has given you wisdom. He's given you his Spirit. Don't be afraid.
- 2. START SMALL AND PUSH THROUGH THE AWKWARDNESS.** Most people have to wade in the shallow end before they'll try swimming in the deep. Except for the most extroverted among us, getting to know people is challenging. But Rome wasn't built in a day, and neither are friendships. Keep your hand to the relational plow.
- 3. FOLLOW THE AFFECTIONS.** Facts are important too. But don't just ask about the test results and the medication and the next doctor's visit. We must be willing to talk and ask about fears and worries and doubts and joys and hopes and disappointments.
- 4. SEE, AND LET THEM KNOW YOU SEE.** Have you noticed the Spirit's gifts, or better yet the Spirit's fruit, in someone else? Write him a note. Tell her what you're thankful for.
- 5. DRAW OUT AND ASK FOR STORIES.** How did you become a Christian? What drew you to your line of work? Tell me about your kids. How did you two meet? What were your traditions around the holidays? One of the greatest gifts you can give to others is the gift of your curiosity.
- 6. SPEAK FROM THE HEART AND REMEMBER.** Don't let suffering scare you away. That's when others need you the most. Don't lecture. Don't push them away with pious platitudes. Tell them you're sorry. Take the initiative to help. Don't forget.
- 7. PRAY AND FOLLOW UP.** I always find it amazing (and encouraging) that so many people will pray for me in a time of crisis or pain. I find it doubly amazing when those people circle back a week later, or a month later, or a year later, and tell me they are still praying and ask how I am doing.
- 8. KEEP IN MIND, SUFFERING IS A BATTLEGROUND.** We all interpret what we experience. When suffering comes, we will be tempted to interpret our pain incorrectly (e.g., God is out to get me, I'm unlucky, nothing really matters). We need each other to suffer well.
- 9. EXERCISE PATIENCE AND HUMILITY.** Real love means getting into real problems. Most people, however, prefer to talk about their circumstantial problems, not their real problems. So if we are going to love one another, we must deal humbly with other people's anger and other people's failures.
- 10. HAVE THE COURAGE TO CONFRONT.** Love may cover a multitude of sins, but it does not overlook every sin for all time. Sin is one of the main things we all have in common. Let's not be afraid to talk about it.
- 11. DEAL WITH PAST, PRESENT, AND FUTURE.** It's easy for us to relate to people only in the present. But wise counselors will also look into the past (to see how history has affected our interpretation of reality) and bring the future to bear on the present. Christians of all people must live in light of the end of the story.

*\*adapted from Kevin DeYoung*

*We want you to Find Family in a weekly Gospel Community as you care for and connect with one another. You can get connected to a group by visiting [www.redeemerlubbock.org/gospel-communities](http://www.redeemerlubbock.org/gospel-communities)*



*family of God*  
**READING PLAN**



### **Acts 2-3**

*In the original Christian community, you see care for one another (2:44), connection to the Word of God (2:42), connection to one another (2:42), and connection to outsiders (2:45-47). What areas of your community need to grow today?*



### **Acts 4-5**

*In Acts 4:32-37, we see a picture of unity and serving one another within Christian community. What needs do Christian brothers and sisters have around you that you can help meet?*



### **Acts 6**

*It was brought to the church's attention that there was a gap in care for widows, so the church appointed and raised up people of God to meet that need. What needs do you see at the church and how can you use your gifts and passions to serve the church?*



### **Acts 7**

*There are areas of the world where brothers and sisters in Christ are persecuted for their faith in Jesus, even to the threat of their lives. Take some time today to pray for their safety and their continued faith.*



### **Acts 8-9**

*Ananias and the disciples welcomed Saul because they saw him as a part of the family of God despite the way he persecuted and murdered Christians before he knew Christ. What relationships in your life need to be impacted by this gospel reality?*













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