

SESSION TOPIC

DATE CONDUCTED

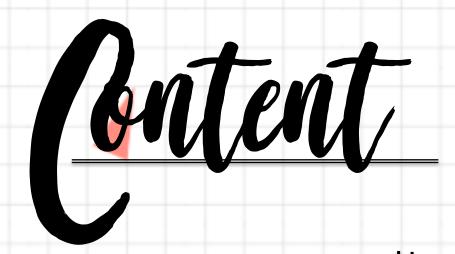
HOW TO RECEIVE THE GIFT OF LIFE?

 (i) Understanding Grace (God's work) and Faith (our response)
(ii) Eternal life defined
(iii) Live out God's Dream for your life?

HOW TO KNOW GOD? - LISTENING TO GOD

(i) God speaks to you through the Bible(ii) How to have daily devotion time(iii) God speaks to you in your heart





SESSION TOPIC

HOW TO KNOW GOD? - SPEAKING TO GOD

 (i) How to pray - P.A.R.T. prayer formate
(ii) How God answers your prayers
(iii) Importance of Giving Thanks to God?

HOW TO FOLLOW JESUS?

- BECOMING CHRIST-LIKE

- (i) Sin nature and the law
- (ii) Becoming Christ-like
- (iii) Important growth areas
 - as Christians
 - DAILY DEVOTIONAL
 - CELL LIFE
 - EQUIPPING

DATE CONDUCTED





UNDERSTANDING GRACE AND FAITH

ACTIVITY:

How is grace illustrated in the activity?

How is faith illustrated in the activity?

How did God show His grace to us?

How do you usually handle free gifts?

How could a person NOT take God for granted?



Eph 2:8-9 (NIV) For it is **by grace** you have been saved, **through faith**—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast.

OUR SALVATION- THE FORGIVENESS OF OUR SIN IS BY

GOD'S GRACE, —

WHICH IS SOLELY THE WORK OF GOD. SALVATION IS NOT SOMETHING THAT WE CAN EARN BY OUR OWN STRENGTH.

HOWEVER, OUR RESPONSE TO THIS GIFT OF SALVATION IS

FAITH.

IN ORDER TO RECEIVE THIS GIFT OF SALVATION, WE NEED TO CHOOSE TO PUT OUR TRUST IN JESUS.

We need to believe that Jesus died for us and rose again on the third day. We need to decide to trust Him as our **LORD** and **SAVIDUR**.



ETERNAL LIFE DEFINED

John 3:16(NIV) "For God so loved the world that he gave his one and only Son, that whoever believes in him **shall not perish** but have

ETERNAL LIFE.

John 3: 16 mentioned that the reason God gave His only Son, Jesus is to save us from our sin and to grant us eternal life.



SO, WHAT IS ETERNAL LIFE?

John 17:3 (NIV) Now this is eternal life: **that they _____ you**, the only true God, and Jesus Christ, whom you have sent.

Eternal life is not confined to life after death when someone passes away due to sickness, old age or some accident and step into eternity. Eternal life starts NOW and it means having a relationship with your heavenly Father and your Saviour Jesus! Eternal life is KNOWING GOD AND JESUS CHRIST.



Think of someone who loves you, someone that you trust enough to hear their views and spend time with.

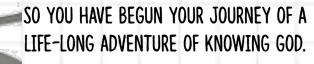
WHO WOULD THAT BE FOR YOU?

HOW DID YOU GET CLOSE TO THAT PERSON?

Eternal life is not just knowing the facts about God, it is knowing God by having a personal relationship with Him. Christianity is not a religion, it is a relationship – a

PERSONAL RELATIONSHIP

with the only true and living God.



I John I: I2 (NIV) Yet to all who did receive Him, to those who believed in His name, He gave the right to become

CHILDREN OF GOD.



God is our heavenly Father. Our earthly fathers can sometimes be unavailable for us for valid reasons such as work or spending time with our mother or other siblings because earthly fathers are finite. However, our heavenly Father is 24/7 available and more present than we are aware of.

PSALM 145:17 – 19 (CEV) OUR LORD, EVERYTHING YOU DO IS KIND AND THOUGHTFUL, ¹⁸ AND YOU ARE NEAR TO EVERYONE WHOSE PRAYERS ARE SINCERE. ¹⁹ YOU SATISFY THE DESIRES OF ALL YOUR WORSHIPERS, AND YOU COME TO SAVE THEM WHEN THEY ASK FOR HELP.

LIVE OUT GOD'S DREAM FOR YOUR LIFE!

You are purposefully created by God. God designed you with special gifts that you would come to discover and use them in a way that only you can do so.

EPHESIANS 2:10 (NIV) FOR WE ARE GOD'S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS, WHICH GOD PREPARED IN ADVANCE FOR US TO DO.

> What are some areas you excel in quite easily / naturally? — Those are your uniqueness and God given talents. —

> > PSALM 139:13-14 (NIV) FOR YOU CREATED MY INMOST BEING; YOU KNIT ME TOGETHER IN MY MOTHER'S WOMB. ¹⁴ I PRAISE YOU BECAUSE I AM FEARFULLY AND WONDERFULLY MADE; YOUR WORKS ARE WONDERFUL, I KNOW THAT FULL WELL.

The next 3 sessions would teach us how to grow in our relationship with God as we would do so with any new person we have just been introduced to. We grow in our relationship with God as we read the Bible and hear what He has to say to us (session 2), as we pray (session 3) and as we are discipled to become Christ-like in our thoughts and actions (session 4).



You have begun your journey of knowing God and growing in your relationship with Him. For any relationship to grow, there must be two basic elements:

TIME

In the same way, you need to spend time to communicate with God in order to build your relationship with Him. Because God is a living God and desires to enter into this relationship with us, He **SPEAKS** to us too.

GOD SPEAKS TO YOU THROUGH THE BIBLE

The Bible has a total of 66 books, divided into 2 sections: the Old Testament (39 books) and the New Testament (27 books). While the Bible may be a collection of 66 books spanning a long time frame, it has one clear message throughout, that God has a plan of redemption and He wants to restore us back to having a relationship with Him. The Bible is written over 1600 years (1500BC to AD90) by 40 different writers guided by the

HOLY SPIRIT.

2 PETER 1:21 (NIV) FOR PROPHECY NEVER HAD ITS ORIGIN IN THE HUMAN WILL, BUT PROPHETS, THOUGH HUMAN, SPOKE FROM GOD AS THEY WERE CARRIED ALONG BY THE HOLY SPIRIT.'

In this way, the Bible is the word of God. God speaks to us through the Bible about who is He and how He wants us to live our lives so that we can be restored in our relationship with Him. It is important to read the Bible to have the correct Biblical view of who God really is. You can hear God speaking to you in your heart as you read the Bible.

JOHN 10:27 (NLT) My sheep listen to my voice; I know them, and they follow me.

Believers are encouraged to read the Bible and pray daily as a way of growing in their relationship with God.

We call this **'DAILY DEVOTIONAL**' or **'DUIET TIME**'. Even Jesus kept connected to His Father in His time on earth.



Mark 1:35-37 (NLT) Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. ³⁶Later Simon and the others went out to find him. ³⁷ When they found him, they said, "Everyone is looking for you."

HAVING DAILY QUIET TIME IS IMPORTANT AS THAT IS THE PLACE WHERE GOD WILL SPEAK TO YOU AND YOU WOULD FIND STRENGTH AND BE OF THE RIGHT HEART AND PERSPECTIVE FOR WHATEVER THAT HAS HAPPENED OR WILL HAPPEN IN YOUR LIFE.

HOW TO HAVE DAILY DEVOTION TIME?

CHOOSE AN UNHURRIED SLOT OF TIME OF 20 - 30 minutes in duration.



FIND A QUIET PLACE FREE FROM DISTRACTIONS OR INTERRUPTIONS.



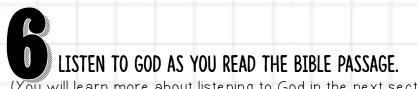
START THE TIME BY QUIETENING DOWN YOUR HEART AND MIND AND ASKING GOD TO SPEAK TO YOU AS YOU READ THE BIBLE.

> HAVE A BIBLE READING PLAN EG READ THROUGH THE GOSPEL OF MARK, ONE CHAPTER A DAY, OR, GO ONLINE LIVING LIFE <u>http://www.duranno.com/</u> <u>livinglife/english_su06.asp</u>



THESE ARE 3 QUESTIONS TO REFLECT ON EACH TIME YOU READ THE BIBLE: (I) WHAT DOES THE PASSAGE SAY ABOUT GOD? (II) WHAT DOES THE PASSAGE TEACH ME ABOUT CHRISTIAN LIVING? (III) WHAT DOES GOD WANT ME TO DO?

(i) & (ii) help you learn and discover more about God through reading the Bible. (iii) is about applying / obeying God's Word.



(You will learn more about listening to God in the next section.)



GET A NOTEBOOK OR JOURNAL AND START JOURNALING SOME OF THESE REFLECTIONS OF THE VARIOUS BIBLE PASSAGES YOU READ.

(If you have any questions, perhaps something you read and you could not understand, jot that down and ask your Christian friends.)

LET'S TRY IT OUT!

Read Matthew 6:3 I-33 together ³¹ "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.



(I) WHAT DOES THE PASSAGE SAY ABOUT GOD?

(II) WHAT DOES THE PASSAGE TEACH ME ABOUT CHRISTIAN LIVING?

(III) WHAT DOES GOD WANT ME TO DO (APPLICATION)?

GOD SPEAKS TO YOU IN YOUR HEART

Perhaps you are wondering, HOW CAN I KNOW WHEN GOD SPEAKS TO ME?



Most of the time God does not speak in an audible voice. When God speaks to you, He usually speaks inside your heart because He is living there in the person of the Holy Spirit.

GOD IS SPIRIT AND HE RELATES TO US IN OUR SPIRIT THROUGH THE HOLY SPIRIT WHO IS GIVEN TO THOSE WHO BELIEVE IN JESUS.

JOHN 14:26 (NASB) But the Helper, the Holy Spirit, whom the Father Will Send in My Name, he will teach you all things, and bring to your remembrance all that I said to you.

Learning to recognise God's voice, does take a bit of growing into. Whatever you sense God saying to you, it usually meets these criteria:



DOES NOT CONTRADICT WHAT THE BIBLE SAYS OF GOD OR HIS GIVEN COMMANDS.



God's voice within your heart would flow spontaneously, in a light and gentle manner as a thought, an idea, a feeling, an impression, a vision or specific words. He may speak to you about Himself, about you or about others. You may hear Him telling you,

> **ILDVE YOU'** and you sense His peace.



Or He may say to you, **'DO NOT LET YOUR HEART BE TROUBLED. TRUST IN ME.'**

and you sense His peace. Or He may say to you, 'Talk to John about me.' Or, He may bring to your mind a scripture that speaks to a particular situation you are in.

WHILE GOD SPEAK TO YOU PRIMARILY THROUGH HIS WRITTEN WORD, THE BIBLE, HE ALSO SPEAKS TO YOU THROUGH CIRCUMSTANCES, PEOPLE AND EVEN DREAMS.

LISTEN IN SILENCE

A good practice in seeking to hear God is to listen in silence. Close your eyes and be silent before God, and concentrate inwardly to hear Him speaking to you in your heart.

CONFIRM GOD'S VOICE

It is advisable for a beginner in hearing God's voice, like youself, to confirm with someone more mature and experienced what you sense you have heard from God.

DON'T BE DISCOURAGED

Do not be discouraged if you may not seem to be hearing God initially. Just keep giving youself time to listen to Him. And as you learn to listen to God's voice more and more, you will grow to know how to recognise His voice more easily and more quickly.



MY	DAIL	Y DEV	ΊΤΩ	ON

PLACE:

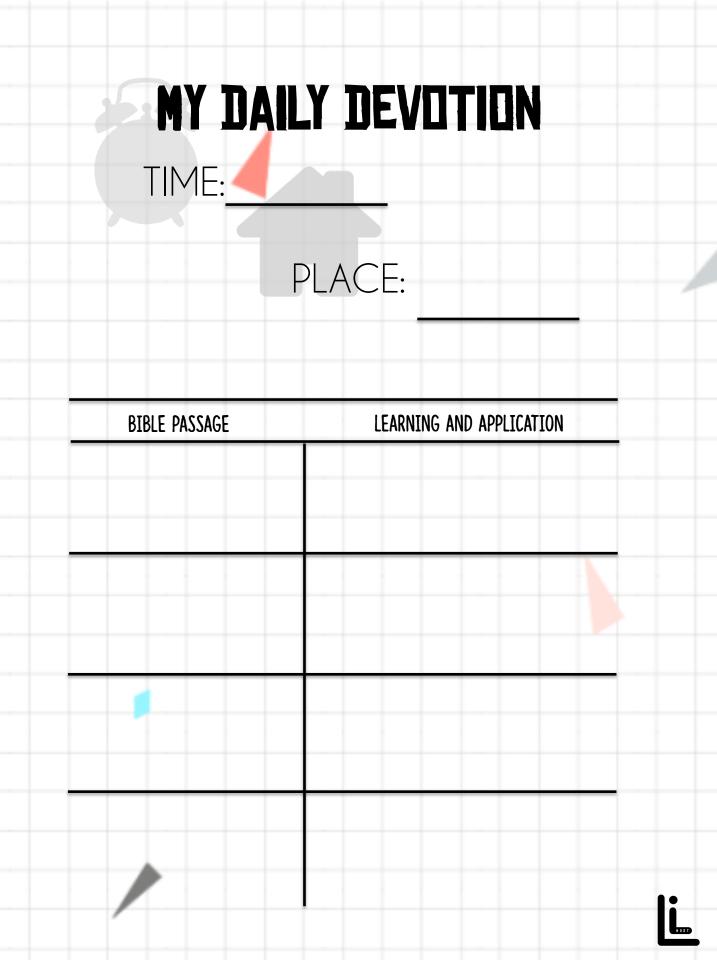
NEXT 7 DAYS:

BIBLE PASSAGE

TIME:

LEARNING AND APPLICATION







We have considered how in building your relationship with God- to know Him and trust Him, you need to listen to God speak to you. That is only one side of the two-way communication process. There is another side of it. You need to talk to God too.

GOD DELIGHTS IN LISTENING TO YOU.

HOW TO PRAY

I don't know what to pray or how to pray- this may be your concern. Remember, God is your Father and you are His child. Just talk to Him as you would to your best friend. Tell Him your thoughts, views, anxieties, fears, happy and unhappy moments as well, just as it is. You can be yourself when you approach Him and you can talk to Him any time of the day. You can tell Him about anything



YOU CAN LEARN TO PRAY BY USING THE **F.A.R.T**. FORMAT.



- Praise God at all times

THE BIBLE TELLS US TO WORSHIP GOD AT ALL TIME.

Psalms 34: I (NLT) I will praise the LORD at all times. I will constantly speak his praises.

> WORSHIP GOD FOR WHO HE IS. WORSHIP GOD FOR WHAT HE HAS DONE. WORSHIP GOD BY SPEAKING PRAISES TO HIM. WORSHIP GOD BY SINGING PRAISES TO HIM. MAKE IT YOUR HABIT TO BEGIN YOUR DAY BY WORSHIPPING GOD.



- Admit to God your sins THE BIBLE TELLS US THAT WHEN WE HIDE SINS IN OUR HEARTS, GOD WILL NOT HEAR US.

Psalms 66: 18 (NLT) If I had not confessed the sin in my heart, the Lord would not have listened

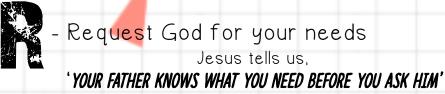
> TELL GOD SINCERELY FROM YOUR HEART THAT YOU ARE SORRY FOR SINNING AGAINST HIM, AND HE WILL BE MORE THAN WILLING TO FORGIVE YOU.

I John I:9 (NIV) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

> THIS WILL ENSURE THAT THE COMMUNICATION LINE BETWEEN YOU AND GOD IS ALWAYS OPEN.



YOU CAN LEARN TO PRAY BY USING THE **F.A.R.T**. FORMAT.



(Matthew 6:8).

Wow, how about that? But that does not mean that you do not have to pray. It means that you can pray to your Father about your needs with confidence. Your needs may be strength for crises, guidance at crossroads, wisdom for problems, help in troubles, healing for sicknesses, peace for worries.

Whatever it is, God invites you to 'CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU.' [1 PETER 5:7].

GIVE TO GOD YOUR PROBLEMSS AND STRUGGLES IN LIFE. TELL HIM HONESTLY AND FREELY, EXACTLY HOW YOU ARE FEELING.

However, your most important need is your spiritual growth. Pray for your spiritual growth everyday. Pray for the needs of others too, e.g. your family, your friends. The most important need of those who do not know Jesus Christ is that they come to know Him.



- Thank God for all things THE BIBLE TELLS US TO GIVE THANKS TO GOD FOR EVERYTHING .

EPHESIANS 5:20 (NIV) 'ALWAYS GIVING THANKS TO GOD THE FATHER FOR EVERYTHING, IN THE NAME OF OUR LORD JESUS CHRIST'

> Thank God when good things or bad things happen to you. Thank God during good times as well as bad times.

HOW GOD ANSWERS YOUR PRAYERS

WHILE GOD LISTENS TO ALL YOUR PRAYERS. HE MAY NOT GRANT ALL YOUR REQUESTS. GOD IS NOT A MAGICIAN OR SANTA CLAUS, WHO GIVES US ANY WISH WE WANT. JUST LIKE ANY GOOD PARENTS, YOUR FATHER GIVES YOU THINGS THAT ARE GOOD FOR YOU. AND HE ALONE KNOWS WHAT IS BEST FOR YOU.

There are at least ways that God answers your prayers:

'YES, I'LL GIVE YOU AS YOU'VE ASKED.'

'NO, THIS IS NOT GOOD FOR YOU.'

'WAIT, I'LL ANSWER YOU AT THE RIGHT TIME.'

'I'VE A BETTER IDEA THAN YOURS.'

I John 5:14 – 15 (NIV) This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him



Prayer is one of the greatest proofs a believer can have, that **GOD IS REAL!**

As we read in 1 John 5:14-15, when we pray as according to God's will or as aligned to God's heartbeat (not wishing evil on others or for selfish materialistic gains but genuine needs), He hears and answers?

Ask your friend to share what are some testimonies of answered prayers!

IMPORTANCE OF GIVING THANKS TO GOD!

When God answers our prayer requests, do remember to thank Him. Each time we are thankful, we recognise that it is God at work, not some uncanny coincidence which we can rationalise away and dismiss God.



The Bible records an account where 10 lepers asked for healing and all 10 were healed but only one leper, a foreigner, came back to thank and worship Jesus and Jesus took note of that one grateful leper. (Luke 17:11-19)

When we remember to thank God for answered prayers, it prevents us from taking God and His grace for granted. God looks into our hearts to see who are those who are truly grateful to Him and who are those who treat Him like some genie, to get something out of Him.

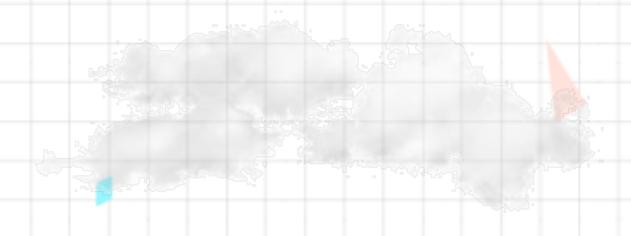


Relationships that are based on what I can get out of the other person, are often self-centred with little regard for the others. Let's seek to build strong relationship with God that isn't self centred, by having a heart of gratitude!

YOUR TURN!

Share your prayer needs and pray knowing that God hears when you pray according to His will?

WRITE OUT YOUR PRAYER HERE:



Date prayed:

Date answered:





There can be un-Christ-like Christians around. Anyone can easily refer to themselves as a Christian but they still continue to live in rebellion, in sexual sin and disobedience or selective obedience to the teachings of the Bible. They can even be attending church as well.

MATTHEW 7:21-23 (NLT) "NOT EVERYONE WHO CALLS OUT TO ME, 'LORD! LORD!' WILL ENTER THE KINGDOM OF HEAVEN. ONLY THOSE WHO ACTUALLY DO THE WILL OF MY FATHER IN HEAVEN WILL ENTER. ²² ON JUDGMENT DAY MANY WILL SAY TO ME, 'LORD! LORD! WE PROPHESIED IN YOUR NAME AND CAST OUT DEMONS IN YOUR NAME AND PERFORMED MANY MIRACLES IN YOUR NAME.' ²³ BUT I WILL REPLY, 'I NEVER KNEW YOU. GET AWAY FROM ME, YOU WHO BREAK GOD'S LAWS.'

God equates KNOWING HIM to be the same AS DBEYING HIS LAWS or doing His Will

(God's Will is revealed in the Bible in the form of His laws +commands).

If we truly understand that Jesus is our Saviour who has saved us from judgement and eternal death by taking our place on the cross, then our very lives belong to Him.



With that attitude in our heart and mind, following Jesus in submission to His teachings and laws is then the basic way of life for any true disciple or follower of Christ.

SIN NATURE AND THE LAW

1 JOHN 3:4 (NIV) EVERYONE WHO SINS BREAKS THE LAW; IN FACT, SIN IS LAWLESSNESS.

> GAL 5:19-21 (NLT) WHEN YOU FOLLOW THE DESIRES OF YOUR SINFUL NATURE, THE RESULTS ARE VERY CLEAR: SEXUAL IMMORALITY, IMPURITY, LUSTFUL PLEASURES, ²⁰ IDOLATRY, SORCERY, HOSTILITY, QUARRELLING, JEALOUSY, OUTBURSTS OF ANGER, SELFISH AMBITION, DISSENSION, DIVISION, ²¹ ENVY, DRUNKENNESS, WILD PARTIES, AND OTHER SINS LIKE THESE. LET ME TELL YOU AGAIN, AS I HAVE BEFORE, THAT ANYONE LIVING THAT SORT OF LIFE WILL NOT INHERIT THE KINGDOM OF GOD.

> > Let's do a little exercise to peek into a world without laws? Would that be the coolest place on earth or our worst nightmare?

IMAGINE A LAWLESS ROAD.

There are no traffic lights, no road signs. What is likely to happen?



anyone can be a doctor or a nurse. You can walk into any room, no queue system. What is likely to happen?

IMAGINE A LAWLESS SCHOOL,

no time-table, no teachers, no tests or exams. What is likely to happen?



If things are left to total lawlessness say, for example, there is no law against anger sins, then anyone who is angry besides the use of vulgarities, curse and swear, can go beat people up, burn another person's property and even kill and murder freely. It would not take long for that society to fall apart and most of the citizens to end up injured or dead?

> HAVE YOU READ SHOCKING NEWS REPORTS OF HOW SOMEONE THAT SEEMED SO UNLIKELY, HAS KILLED / MURDERED ANOTHER? ALMOST EVERY SOCIETY REALISED THAT THEY NEED SOME FORM OF LEGAL AND JUDICIAL SYSTEM TO RESTRAIN THE EXTREMES THAT THE HUMAN SIN NATURE CAN GET INTO.

BECOMING CHRISTLIKE

When we come to know Jesus as our Saviour, God gives to us the Holy Spirit.

JOHN 16:13A (NLT) 'WHEN THE SPIRIT OF TRUTH COMES, HE WILL GUIDE YOU INTO ALL TRUTH.'

> GALATIANS 5:16, 22–23 (NLT) SO I SAY, LET THE HOLY SPIRIT GUIDE YOUR LIVES. THEN YOU WON'T BE DOING WHAT YOUR SINFUL NATURE CRAVES.--- BUT THE HOLY SPIRIT PRODUCES THIS KIND OF FRUIT IN OUR LIVES: LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, ²³ GENTLENESS, AND SELF-CONTROL. THERE IS NO LAW AGAINST THESE THINGS!

The world obviously could do with more love, more joy, more peace, more patience, more kindness, more good, more faithfulness, more gentleness and more self-control, hence there is no law against these qualities unlike the traits in Galatians 5: 19-2 I (previous passage).

WHEN WE ARE SAVED, GOD GIVES TO HIS CHILDREN A NEW NATURE.

2 Corinthians 5:17 (NLT) This means that **anyone who belongs to Christ has become a new person**. The old life is gone;

a NEW LIFE has begun!

THERE IS TREMENDOUS CONTRIBUTION A CHRIST-LIKE BELIEVER CAN HAVE IN A FALLEN WORLD RIDDLED WITH SINS. YOUR MAKER HAS ALREADY PLANNED GOOD WORKS FOR YOU TO DO!

Ephesians 2:10 (NIV) For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

The Christ-like nature is not automatic. Becoming Christ-like has everything to do with the

DECISIONS

we make on a daily basis:



You can be ashamed and fall away from Jesus because of peer-pressure, friends jeering at you, or parents objecting to your decision to believe in Jesus. Or you can choose to stand firm in your faith.

> You can get busy and stop reading the Bible. Or you can make it your priority to read God's word.

You can doubt and blame God when things don't go your way. Or you can choose to give thanks in all circumstances.

> YOU ONLY GROW IN CHRIST WHEN YOU CHOOSE OBEDIENCE AND CONTINUALLY WALK WITH THE LORD THROUGH ALL THE UPS AND DOWNS OF LIFE.



IMPORTANT GROWTH AREAS AS CHRISTIANS

IN ORDER TO GROW IN CH<mark>ris</mark>t, we need to learn to walk with god in these **IMPORTANT AREAS:**



and obey the Bible and spend time to pray



A cell is like a spiritual family. It's a small group of 6 - 12 persons who can share comfortably, what are their concerns and learn and apply the truths in the Bible together. Ask your friend where does his / her cell group meet at and join them sometime soon?



Church service is usually during the weekend

TX SERVICE (TEENS XCITE) IS ON EVERY SATURDAY 3.30-5.30PM

THOSE 17 YRS AND ABOVE CAN ATTEND EITHER THE SAT 7.30PM OR THE SUN 9AM SERVICES





IMPORTANT GROWTH AREAS AS CHRISTIANS

IN ORDER TO GROW IN CH<mark>ris</mark>t, we need to learn to walk with God in These Important areas:



Equipping is really an intensive and structured time of learning the Bible.

The Equipping journey starts with LifeClass devotional.

There is an Encounter Weekend where you will experience God in a more personal manner.

YOUR LIFE IS PRECIOUS AND SPECIAL. YOU ARE **LOVED** BY YOUR Heavenly father and saved from the Sin Nature by the Saviour. Walk daily with him and you will find how you can really be A blessing to your family members and friends!