

BOOK

1



ONE BY ONE

# **ELEVATE**

TAKING STUDENTS TO THE NEXT LEVEL

BOOK 1: ONE BY ONE (Elevate Edition)

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# GLC

**ESSENTIALS**

BOOK 1: ONE BY ONE

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# Introduction

If you look at the news today, you'll see that with our increasingly interconnected global community, it would seem that a problem in one part of the world can affect us who live thousands of kilometers away. The big question is: can any ordinary person make a lasting and life-changing impact in our complicated, connected world today? Can you really make a significant difference in someone else's life, in our search for peace, security, and hope amidst our global-scale concerns? The fact is that though you may be young—whether you're a student in highschool or in college—you can make a difference in this world!

Welcome to Book 1: *One By One (Elevate Edition)*. In here, we will explore together how lasting change can and should happen first in us, then in the world around us, as we go out of our comfort zones (whether inside the campus or outside your university) and influence another person's life, then another one—one by one.

In the series of conversations that you and your small group leader or mentor will have with this guide, you will discover that there is a greater Story than all the news that we hear today. This Story will change your life because it speaks volumes on the Solution to our greatest problem, which is probably something that you have never heard of or known about before.

Are you ready to begin your journey? Then turn to the next page, and dive into this booklet.

# How to Use This Workbook

This workbook is the Elevate Edition of the GLC Essentials Book 1: *One by One* study. It can be used as a stand-alone Bible study guide for one-on-one settings or for small groups—whether with students in your campus or friends outside the university.

If you are a small group servant/facilitator, all you have to do is make sure that you do a personal Bible study using this workbook ahead of your small group meeting for preparation. Encourage your group members to have their own workbooks. Do not divert from the teaching topic—stick to what is in the workbook.

The workbook includes the Bible lesson, and individual and small group learning activities to help you get the most out of each session. There are five parts in every session: Explore, Examine, Express, Experience, and Equip.



## Explore

contains individual and small group activities that help prepare you for the Bible study.



## Examine

this is where you go through the Bible lesson.



## Express

this is where the members of the group get a chance to express more of their insights, questions, and thoughts about the Bible lesson through writing, doodling or drawing.



## Experience

this section is accomplished outside the group meeting time. There are suggested individual or group activities (called, “Life Apps”) that will hopefully help you experience life transformation as you apply God’s truth in practical ways.



## Equip

this is the “on-the-job” training for the one going through this booklet to become a discipler (someone who is a Christ-committed follower and helps others become Christ-committed followers also).

This workbook is just a tool. We need to depend on the Holy Spirit to teach us God’s truth and transform our hearts as we go through the Bible studies.

So, come and discover the One who will change your life!





## SESSION 1

# ONE TRUTH The Gospel

### **What is the gospel?**

The word “gospel” in Greek\* literally means “good news.” The question is what is the “good news”?

.....

\*see note on page 13



# Explore

## Good News

Share something based on your birth month. Be guided by the following criteria:

### BIRTH MONTH

#### January and February:

something good that happened to you today

#### March and April:

something good about your family

#### May and June:

something good that you would like to eat for breakfast

#### July and August:

something good about your work or school

#### September and October:

say something good about your closest friend

#### November and December:

say something good about your neighbors in your village/ barangay



### LEARNING NUGGET

People love to share good things that have happened to them. The Bible tells about the greatest news that mankind has ever received. But the big question is, what is the “good news” and why is it so?



# Examine

## THE GOOD NEWS

**God desires to have a relationship with you!**

### **God loves us.**

*1 John 4:8-9 (NIV)*

*Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent His one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.*

1. What characteristic of God is mentioned in this passage?

*John 10:10 (NIV)*

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

2. In your own words, what do you think is this “full life”—abundant life—that Jesus has promised?

### **While God is loving, He is also holy.**

*1 Peter 1:15 (NIV)*

*But just as he who called you is holy, so be holy in all you do.*

3. How was God described in this passage? What does it mean that God is holy?

So far we have seen that God is **loving**, but He is also **holy**. In the following verses, we will see how these two aspects of God's nature are both involved in the Good News. But how does this relate to us?

**Our Problem: Sinful and Opposed to God**

*Isaiah 53:6 (NIV)*

*We all, like sheep, have gone astray, each one of us has turned to his own way; and the Lord has laid on him the iniquity of us all.*

4. How are we, before receiving Jesus as our personal Lord and Savior, described in this verse?

*James 2:10 (NIV)*

*For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.*

5. What happens when you break just one commandment? How would this truth affect people who think they are "basically good"? Can anyone be considered truly innocent before God?

*Romans 6:23 (NIV)*

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

6. What is the consequence of our sin? Is anyone exempted from the sentence that has been handed down to us? Why or why not?

## NOTE

*In the Greek language, in which the New Testament was originally written, death meant separation—spiritual death means eternal separation from God.*

*Most people have the perspective that they are basically good, and somehow God should accept them because of His great love for us. But if we compare ourselves with the perfect holiness of God, **our goodness is not enough**. Sin separates us from God; it is rebellion against Him. Sin is basically choosing our own willful ways over God's.*

*So far this doesn't sound like very good news. Though God desires to have a relationship with us, we are cut-off from Him because of our sin and rebellion. Is there any solution to our separation problem?*

### **God sent Jesus to pay the penalty for our sin.**

*Romans 5:8 (NIV)*

*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

*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.*

7. According to Romans 5:8 and John 3:16, how did God show His love for us?



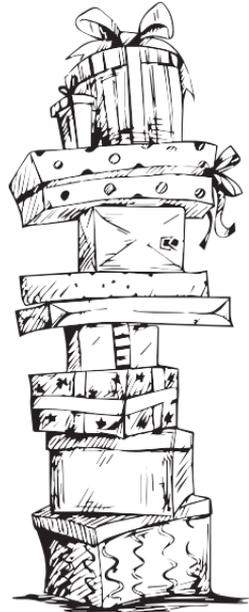
## Another Death Sentence

In the United States in the 1840s, a man was convicted of murder and sentenced to death. Only days before his sentence was to be carried out, while the man was waiting in his prison cell, a messenger arrived. He carried with him a presidential pardon signed by President Garfield. However, to the astonishment of the prison officials, the man refused to accept the pardon. The officials brought the matter to the Supreme Court where the justices ruled that the pardon had no effect unless it was received by the prisoner. The man was hung as scheduled because he refused the pardon that had been granted to him.

Though it seems impossible to believe, many today still do not accept the forgiveness Jesus offers.

- Some may be too proud to accept that they need God's forgiveness.
- Some feel they have to do something to make themselves worthy first before accepting forgiveness.
- Some think there is another way to be forgiven and saved, and insist on doing it their way.
- Some feel they are still young and have their whole lives ahead of them—they think that they don't need to hurry and that they can just give their lives to God towards the end of their lives or when they are already old.

We all have the choice to accept or reject the offer Jesus gives us. Have you ever made a decision to accept His gift of forgiveness?



If you haven't yet done so, you can accept that gift right now by faith. One way to express our faith in Christ is through prayer. Prayer is simply talking to God and expressing to Him the desires of our hearts. You can open your heart to God right now and accept His gift of salvation through Jesus Christ by praying a simple prayer like this:

***Lord Jesus, thank You so much for loving me. I am so sorry for my sins. Thank You for dying on the cross for all of my sins. With your help, I will turn away from all my sins. Today, I trust in You to be my Savior and Lord. And I receive You into my heart. Thank You for forgiving my sins and for coming into my heart. I accept Your free gift of eternal life. Thank You that one day, I will go home to You in heaven. From this day on, I will follow and obey You. Amen.***



## Express

**If you made the choice to trust in Christ as your Savior and Lord, entering into an eternal relationship with God, read and sign the pledge below as a reminder of your commitment today:**

“Today, Jesus, I trusted in You to be my Savior and my Lord and I accepted Your free gift of eternal life. I commit to love and obey You for the rest of my life.”

SIGNED

.....

DATE

.....

WITNESSED BY (if applicable)

.....



## Equip

### **On-the-Job Training (15 minutes)**

Your mentor or the person who went through this session with you will read the *Life's Most Meaningful Relationship* (LMMR) booklet with you. This booklet is what we often use in Elevate to share the gospel with our loved ones, friends, classmates, etc.

Observe carefully how he/she does it.

## SESSION 2

# ONE WAY The Savior

### **How many ways are there to salvation?**

There are many views in the world on how to be saved and how to be certain of our eternal destiny before God. Most of them have a ring of truth. Yet when we think a little more deeply, we find that many are in conflict with what God Himself has revealed to us in His Word. In fact, the Bible gives us the only certain knowledge of how salvation is possible. Yes, it corrects many of our wrong ideas about being saved.



## Explore

### “I’ve Been Wrong Before”

Have you been wrong about something you felt and believed was so right before? What was that wrong belief?

Examples:

- I used to think that sleeping with wet hair would cause blindness.
- I used to believe that Santa Claus was a real gift-giver.



### LEARNING NUGGET

Some wrong beliefs may not cause us too much harm—like believing the Tooth Fairy will give us a coin for each tooth we lose, etc. Other wrong beliefs can have more devastating consequences, such as jumping off a tall building and flapping your arms, believing that you were born to fly. On the other hand, right beliefs will lead to good consequences for us, such as correctly believing that eating more fruits and vegetables will help us live healthier lives. When it comes to spiritual things, what we believe in will have serious consequences not only in this life, but also for eternity.



## Examine

### HAVE YOU EVER HAD THOUGHTS LIKE THESE?

- I. **“God will save me. After all, I am not *that* bad. I’ve always been a good person; I never killed anyone.”**

Maybe you have heard yourself say or even thought, “God wouldn’t send him to hell because he is basically a good person” or “I may not be perfect, but I am a lot better than she is.”

In both cases, our standard for determining whether someone should be saved is how good they are compared to other people we know. We think that someone who is relatively good by human standards is a better candidate for heaven than someone who is not so good. However, this is not what the Bible says.

*Romans 3:10-12 (NIV)*

*As it is written: “There is no one righteous, not even one; there is no one who understands, no one who seeks God. All have turned away, they have together become worthless; there is no one who does good, not even one.”*

1. What do these verses tell us about human goodness?

No one would disagree that some people are better than others. However, *the Bible* says when God judges us, He does so by His standards and not ours.

*James 2:10 (NIV)*

*For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.*

2. According to this verse, what is the result of breaking God's law even at least once?

*These verses make it clear that being good compared to other people is insufficient to qualify one for salvation. To be qualified for salvation through one's effort, one would have to be as perfect as God Himself.*

## **DID YOU KNOW?**

Before receiving Jesus Christ in his life, Paul, the writer of the book of Galatians, was one of the people during his time that had the perspective that a person can be saved or be qualified for salvation through one's effort. However, after coming to faith in Christ, his outlook changed dramatically. He writes this truth in the following verses:

*Galatians 2:15-16 (NLT)*

*"You and I are Jews by birth, not 'sinners' like the Gentiles. Yet we know that a person is made right with God by faith in Jesus Christ, not by obeying the Law. And we have believed in Christ Jesus, so that we might be made right with God because of our faith in Christ, not because we have obeyed the law. For no one will ever be made right with God by obeying the law."*

FOR ADDITIONAL STUDY, READ: **Luke 18:9-14**

## II. “God will save me if I do enough good works.”

Many people think God will judge us with a set of scales that compare our good deeds with our bad deeds. However, that is not the picture of the basis of our standing before God as found in the Bible.

*Ephesians 2:8-10 (NIV)*

*For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

3. Based on verse 9, can we earn our salvation through good works—i.e. doing kind deeds, going to church, etc.? How is a person saved? Based on this, how would you define grace?
4. Salvation is a gift because Jesus already paid for it by His death on the cross. How do you receive a gift? Do you have to pay for a gift?

**Based on the above verses, which is God’s formula for salvation?**

(A)   $\text{faith in JESUS} + \text{GOODS WORKS} = \text{SALVATION}$   
ex. GOOD WORKS (charity, prayer, good deeds vs. sin)

(B)   $\text{faith in JESUS} + \text{NOTHING} = \text{SALVATION}$   
which results in good work

**The correct formula is B.**

*It is clear from the Bible that salvation is **not** the result of our good deeds. We can never be good enough to please God because He is righteous and holy, and we are not. This realization often leads to the next perspective concerning salvation: "I couldn't possibly be saved because I am so bad."*

### **III. "God could never save me... I am too bad to be saved. I don't deserve to be saved."**

Maybe this is how you feel today. This perspective is based on the thinking that "God can only save those who are somehow good enough to gain His favor." However, as we have seen above, is there a truth to this? Let's look at the story of the thief on the cross.

#### **The Thief on the Cross**

*Luke 23:39-43 (NIV)*

*One of the criminals who hung there hurled insults at him: "Aren't you the Christ? Save yourself and us!" But the other criminal rebuked him, "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." Jesus answered him, "I tell you the truth, today you will be with me in paradise."*

5. What were Jesus' companions at the crucifixion like? Were they basically 'good people'? What did Jesus promise to the criminal that asked Him for mercy? Did he do anything to make himself worthy of salvation? What did he demonstrate when he asked Jesus to remember him when Jesus goes to Paradise?



## God's Perspective on Salvation

*Psalm 103:8-13 (NIV)*

*The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him;*

6. What do these verses say about the forgiveness God offers? Have you ever placed your faith in Christ alone for salvation? If you have not done so, would you like to right now?

If you would like to do so, simply pray in faith and ask Him to come into your life as your Savior and Lord. (You can pray something just like the prayer from the end of Session 1.)

If you have already placed your faith in Christ alone for salvation, thank God that He has saved you, forgiven your sins, and given you a new life.



## Express

Which of the wrong perspectives about salvation have you believed in the past? How will the Biblical truth of salvation change your outlook and relationship with God?



## Experience

Ephesians 2:10 says that one result of having faith in Christ is that we can do good works that He has prepared for us to do. What good thing will you do this week that will show your faith in Jesus?



## Equip

### **On-the-Job Training (30 minutes)**

Last week, your mentor or the person who is going through this book with you read through the *Life's Most Meaningful Relationship* (LMMR) booklet with you. Now it's your turn to read through it with him/her. Simply read the booklet the way he/she did it with you before.

When you're done, your mentor will give you a few observations on how you did reading through the booklet.

## SESSION 3

# ONE PROOF

# Our New Life in Christ

### **How can I know if I have eternal life?**

In the first two sessions, we saw that the Bible is very clear—one cannot be saved on the basis of doing good deeds, being religious, or trying to make up for our sin through religious rituals. We are saved by God's grace through faith alone in Christ's sacrifice for our sin. It is not because we are good that we are saved, but because God is good, and He made a way for us to be saved.

At the same time, the Bible warns us that not everyone who thinks they are saved will actually experience eternal life. Matthew 7:21 says that not everyone at the final judgment who says to Him "Lord, Lord" is truly saved. Can we really know for sure?

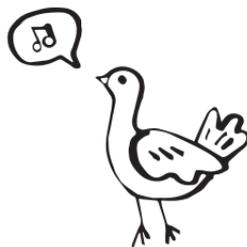


## Explore

### **What comes into your mind when you hear the word ‘forever’?**

Come up with at least ten (10) movies, TV series or songs that has a theme of living forever, immortality, and eternal love in its plot. For example, in 2011, the movie *Twilight Saga: Breaking Dawn - Part 1* (2011) has the theme song by Christina Perry entitled, “A Thousand Years.” The chorus has the line,

*And all along I believed  
I would find you  
Time has brought  
Your heart to me  
I have loved you for a  
Thousand years  
I'll love you for a  
Thousand more*



Consider locally-produced songs, movies and TV series as well as foreign ones from past decades until the present.

### **LEARNING NUGGET**

No matter what era you're from, you will come across the theme of “eternal life” or “eternal love” in popular media. This only shows that people from all ages and cultures have a deep-seated wish or longing for life to go on forever. Jesus Christ (7-2 BC to 30-33 AD) made the bold claim that He is the source of eternal life. It is a claim that is, at the least, interesting enough to investigate that you might find it something to seriously consider.



## Examine

### WE CAN KNOW!

1 John 5:11-13 (NLT)

*And this is what God has testified: He has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have God's Son does not have life. I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life.*

1. What do these verses promise us? According to this passage, who has been given eternal life? Is it possible to know that you have eternal life? How can a person be sure that s/he has eternal life?



### Knowing the Shepherd

One of the most powerful illustrations of the certainty of our relationship with Christ is His story of the Good Shepherd.

John 10:11-14; 27-30 (NIV)

*"I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd who owns the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep. I am the good shepherd; I know my sheep and my sheep know me—...My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me is greater than all; no one can snatch them out of my Father's hand. I and the Father are one."*



*Titus 2:11-12 (NIV)*

*For the grace of God that brings salvation has appeared to all men. It teaches us to say “no” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,*

5. How does God’s grace work in our life?

### **Two markers of our new life: Obedience and Love**

*1 John 2:3-6 (NIV)*

*We know that we have come to know him if we obey his commands. The man who says “I know him,” but does not do what he commands is a liar, and the truth is not in him. But if anyone obeys his word, God’s love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did.*

6. How can we say we really know God? What evidence did John say should be seen in a person’s life as a fruit and proof of his faith?



*1 John 2:7-11 (NIV)*

*Dear friends, I am not writing you a new command but an old one, which you have had since the beginning. This old command is the message you have heard. Yet I am writing you a new command; its truth is seen in him and you, because the darkness is passing and the true light is already shining. Anyone who claims to be in the light but hates his brother is still in the darkness. Whoever loves his brother lives in the light, and there is nothing in him to make him stumble. But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.*

7. How should we relate to one another? How is that a demonstration of our relationship with Christ?

*As you can see in these verses, changes are to be expected as a result of our experience of God's saving power in our lives. The Bible tells us that true believers will be transformed—they will want to obey what God desires, and will begin to love others in ways they may have never experienced before.*

*While we will never be perfect, people who have a relationship with Christ will continue to grow in Christ-likeness.*



*Are you beginning to see the work of God in your life? If you are beginning to see these changes take place, you can be sure that you have begun a lasting and eternal relationship with the Good Shepherd!*



*Take a moment to pray and thank God for the changes He is beginning to bring in your life. If you are yet to experience any of these, ask Him to help you trust Him to begin His work within you.*







## SESSION 4

# ONE PROMISE

# The Assurance of Our Salvation

In the previous session, we learned that we can have the wonderful assurance of having a permanent relationship with God. At times we might have doubts and feel unsure. We worry that perhaps we may disappoint Him, and that somehow that relationship will change. What does the Bible say about such fears?



## Explore

Share your answer to the questions below:

- What are one or two things in your life that you are quite assured of?
- What are one or two things in your life that you wish you were assured of?

## LEARNING NUGGET

A promise is only as good as the one who gives it. We may make promises we intend to keep, but because human beings have many limitations, we do not have the ability to keep all of our promises; thus we cannot give total assurance to someone that things will go the way we promised them. Only our All-Powerful and Sovereign God can totally assure us that all His promises will come true.



## Examine

**He promises He will never leave us—for all eternity!**

*Hebrews 13:5-6 (NIV)*

*Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can man do to me?”*

1. What does God promise that He will never do?
  
  
  
  
  
  
  
  
  
  
2. What does this mean for our relationship with Christ?

### **“But what if I disobey Him?”**

It is great to know that Christ promises to NEVER leave us once we begin our relationship with Him. But what if we sin or disobey Him? What happens to our relationship with Christ?

*If you have accepted Christ as your Savior and Lord by faith, then you have become a follower of Christ—a Christian. You have become a son or daughter of God!*

In **John 1:12-13 (NIV)** we are told:

**Yet to all who received him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband’s will, but born of God.**

Our relationship with God is permanent. It will never change. But sometimes there are problems and conflicts within a family that affect the way we relate to each other. The Bible gives us a powerful picture of that reality in a famous story of the prodigal son told by Jesus.

FOR ADDITIONAL STUDY, READ: **Luke 15:11-24 (NIV)**

## You and the Prodigal Son

The story of the prodigal son is a picture of our relationship with God. We are His children because we have received Christ into our lives (John 1:12). He has promised never to leave us or abandon us (Hebrews 13:5). Yet we can (and often do) commit sin. Does our relationship with Him change?

This story beautifully illustrates the answer. Even when he dishonored his father and squandered his inheritance, the prodigal son never stopped being his father’s son. In the same way, even when we sin we are still God’s children. Our relationship does not change. What changes is our **fellowship** with Him.

Sin makes us feel ashamed and distant from God. We cease to enjoy a close or intimate fellowship with our Heavenly Father, but we do not lose our relationship with Him. God is ready and waiting for us to return to Him and restore the joy of our salvation. We need to return to our Father, humble ourselves before Him, and ask Him to forgive us.

## Restoring our fellowship with God

How can we restore fellowship with God when we have sinned?

*1 John 1:8-9 (NLT)*

*If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive our sins and to cleanse us from all wickedness.*

3. What should we do if we sin against God? What does this verse promise that God will do if we confess our sins to Him?

*1 Timothy 2:5-7 (NIV)*

*For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men—the testimony given in its proper time. And for this purpose I was appointed a herald and an apostle—I am telling the truth, I am not lying—and a teacher of the true faith to the Gentiles.*

4. Who is the one mediator between God and man (a mediator is someone who stands between two parties in order to facilitate an agreement)? What are the implications of this concerning confessing your sins?



*Hebrews 10:19-22 (NIV)*

*Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

5. According to this passage, do we have confidence to approach God through the blood of Jesus—through His finished work on the cross? What attitude must we have when we draw near to God?

*The Bible tells us that we can restore our fellowship with Jesus by going directly to God, asking His forgiveness, and once again seeking to serve and follow Him. We do not need to go to anyone else to confess our sins, and we do not need the intervention of any other intermediary—we have the privilege of going straight to our heavenly Father, who welcomes us back into fellowship with Himself through Jesus Christ our mediator.*

**But wait...**

This sounds too easy. Can't this be abused? If God will forgive us anyway, doesn't that mean we can sin whenever we want?

It is possible to come to the wrong conclusion that since God is gracious and forgives all of our sins, then we can deliberately sin without consequences. But this is **not** what the Bible teaches.

*1 John 3:6, 9-10 (NIV)*

*No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him. ...No one who is born of God will continue to sin, because God's seed remains in him; he cannot go on sinning, because he has been born of God. This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not a child of God; nor is anyone who does not love his brother.*

6. According to these verses, what do God's children practice? How does this relate to people who think they can sin whenever they want because they think God will forgive them?

*Hebrews 12:9-11 (NIV)*

*Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

7. What do fathers do to help their children grow up to live well as adults? What does it mean that God disciplines us? What is His purpose in disciplining us?

Ever wonder if you can do whatever pleases you without regard for God's will? Consider what **Galatians 6:7-8 (NIV)** says:



**Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.**

These verses tell us two things.

First, true believers will never use God's promise of grace and forgiveness as an excuse to live a life of sin. Such a lifestyle actually points to another possibility: perhaps such a person does not even truly know Christ.

Second, these verses teach us that there are consequences for disobedience and sin. Even though God loves and forgives us, when we disobey Him, we will experience the painful effects of our disobedience. God also promises to discipline us when we disobey. Just like a loving father will discipline his children to help them make the right choices in life, so too our heavenly Father corrects us so that we will experience His blessings and avoid the consequences of our wrong choices.

### **A final word on the certainty of our relationship with Christ**

Even if we know the promises of God that He will not leave us, and that we only need to ask His forgiveness to restore us to right fellowship with Him, sometimes we don't feel that He has forgiven us. We feel we have to do something to make it right. Or we believe the lie of Satan that God can't forgive us, because somehow our sin is too bad for Him to forgive.

The following diagram is a good reminder of the proper relationship between our feelings and the truth of God's Word.



The train will run with or without the passenger car because the train runs on fuel and moves forward because of the engine. It is useless to attempt to pull the train by the passenger car. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.

If you begin feeling that God cannot forgive your sin, remind yourself of the promises of God that our relationship with Him is permanent, and our fellowship with Him can be restored by asking for His forgiveness and turning away from our sin. He promises to cleanse us and restore our fellowship with Christ.

Take a few moments to thank God for the certainty of our salvation and the assurance of our relationship with Christ.



## Experience

1. What will you do this week in case you disobey God?

2. Now that you know you have eternal security in your relationship with God, what will you do this week if you start to doubt God's love or your relationship with Him?
3. Have you surrendered your doubts and worries to the Lord in prayer? Take time to memorize and pray according to God's promises like Hebrews 13:5, Psalm 23:1, 4 and 6.



## Equip

### **On-the-Job Training (45 minutes)**

Your mentor will demonstrate to you how to share the gospel using your one-minute testimony together with the LMMR booklet.

Observe carefully how he or she does it. After the demo, practice doing the same thing with your mentor or another small group member.

This week, pray for others in your family, friends, classmates, and other people God brings to mind. Ask God that they too will hear the gospel and place their trust in Christ as their personal Savior and Lord. (Use the Pray-Care-Share principle as you do this.)

### **ASSIGNMENT**

Read and begin practicing the **Pray-Care-Share** principle in reaching people around you with the gospel of Christ. You can apply this principle as you use the ***Life's Most Meaningful Relationship*** booklet or the **One-Minute-Witness™** tool in sharing the gospel.

## A SIMPLE ACTION PLAN:

# PRAY, CARE, SHARE

## PRAY

Pray for people, and pray with people. First make a list of 10 people that you'll begin praying for to come to Christ. Then look for opportunities to pray with them. While some people may not be immediately open to talking to you about spiritual things, many will be willing to allow you to pray for them. Simply ask them, "How can I pray for you?" When they open up and share their answers with you, pray for them. Then check back and see how God has answered your prayer.

## CARE

Show tangible concern for people. Look for ways that you can go out of your way to do something kind for them. There are many ways—treating them out for coffee, bringing food when they are sick, giving them a small gift or sending an encouraging text. They may wonder why you are doing it—if they ask, tell them that you just love them and wanted to show your love in a tangible way.



# SHARE

Share the gospel with them when the Lord gives you the opportunity. There are many ways to share. Here are three:

1. **Life's Most Meaningful Relationship**

Elevate has developed a simple presentation of the gospel in booklet form, which you can read through with a friend to explain the message of God's amazing love and the free gift of eternal life we can receive through Jesus, and lead a person to faith in Christ.

2. **One-Minute-Witness™**

This is one of the world's easiest faith-sharing tools in sharing the gospel through your personal story in receiving Jesus in your own life.

3. **One by One**

After you finish going through the *One by One* booklet, you can help others who don't know Christ yet by going through it with them. The first two lessons explain the gospel and how a person can put their faith in Christ.

The PCS Packet contains the tools you need to help you do the Pray-Care-Share whenever and wherever you are.



Make a list of ten people with whom you will practice Pray, Care, Share.

PRAY		CARE		SHARE	
I WILL PRAY FOR	WHEN	HOW WILL I CARE	WHEN	WHAT I WILL USE TO SHARE	WHEN
George	Tues, 8pm	Treat for coffee	Sept. 9	My testimony	Oct 30
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

## SESSION 5

# ONE SOURCE

# The Holy Spirit

### **How can I live a life that honors God?**

In Session 4, we learned that our relationship with God is permanent. Even if we occasionally fall or make mistakes, sin does not permanently damage our relationship with God. We can be restored to the joy of our new life in Christ by confessing our sin and turning back to God.

However, wouldn't it be even better to consistently see victory over sin? How can we consistently live in a way that pleases the Lord? In this lesson, we will learn several important principles which will help you grow in obedience to Christ.



## Explore

Think about a time when you went through a challenging experience at school, in the family, with your health, allowance, etc. Who were the people who provided you with the kind of support you needed to get through and overcome your challenge? How did they help you?

### LEARNING NUGGET

No one is truly ever a “self-made” man or woman. We all need someone’s help and support at times. Some challenges prove too great or difficult to overcome just by ourselves. Jesus promised his disciples Someone who will always be with them in their times of need. In fact, we will not be able to overcome the battles of our soul without the help of this promised One—the Holy Spirit.



## Examine

### HOW TO LIVE VICTORIOUSLY

We please God when we consistently overcome temptation and learn to follow Jesus as a way of life. But how do we live a victorious life?

### THREE PRIMARY SOURCES OF TEMPTATION

#### A. The World

*Romans 12:2 (NIV)*

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

FOR ADDITIONAL STUDY, READ: **1 John 2:16, Psalm 119:9-11**

1. How are we conformed to the system of the world? How do we avoid being conformed to it?



## The World System

In Romans 12:2, what Paul refers to is how our society and culture thinks, and how this tends to turn us away from the Lord. For instance, we often think an action is wrong only if we are caught (like running a red light when no traffic enforcer is present, or cheating on an exam or telling a “white lie,” or engaging in casual sex, or watching pornography in secret.) Because our society accepts it (“everyone is doing it”), we think it is “okay.” But God’s Word calls lying, cheating and breaking the law **sin**, whether you are caught or not. We should have our minds renewed by the Word of God, the Bible, so that we will no longer be conformed to this world’s way of thinking.

### B. The Flesh

*James 1:13-16 (NIV)*

*When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don’t be deceived, my dear brothers.*

2. What is the source of our temptation? When does temptation *become* sin? How can this process be stopped? (See 2 Timothy 2:22)

### **C. The Devil**

*Ephesians 6:12 (NIV)*

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

3. Who is our enemy in the spiritual battle we are in?

### **USE THE RIGHT STRATEGY**

The Bible outlines several important strategies that we should make use of to avoid sin:

#### **The Bible and prayer to counter the world**

*Luke 11:1-4 (NIV)*

*One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.*

4. Why do you think Jesus included the words "lead us not into temptation and deliver us from evil" at the end of His model prayer for us? What is the role of prayer in overcoming temptation in our lives?

### **Flee from lust**

*2 Timothy 2:22 (NIV)*

*Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*

5. What are the two crucial steps that we should do when we find ourselves tempted to sin?

### **Avoid bad company**

*1 Corinthians 15:33-34 (NIV)*

*Do not be misled: "Bad company corrupts good character." Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.*

6. According to these verses, what is the danger in spending a lot of time with people who don't follow Christ? Who are the people you normally spend the most time with? Do they encourage you to follow Christ?



## **Resist the devil**

*James 4:7 (NIV)*

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

*Ephesians 6:10-12 (NIV)*

*Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

FOR ADDITIONAL STUDY, READ: ***Ephesians 6:13-17, 1 Corinthians 10:13***

7. What provisions have been given to us to resist the devil and win against sin and temptation?

## **Be controlled by the Holy Spirit in all situations**

Many people misunderstand who the Holy Spirit is. They think of Him as an inanimate force, like the “force” in Star Wars. Actually, the Holy Spirit is God, the third person in the Trinity. He is one of the Persons of the Godhead, coequal with the Father and the Son. Because He is God, He is all-knowing, all-powerful, and omnipresent. He helps us in our difficulties. He comforts us. He guides us into truth.

And most importantly, He dwells within us and gives us the power to obey Christ. It has been said that it is impossible to live the Christian life. But through the indwelling power of the Holy Spirit, we are enabled to obey Him. The Holy Spirit makes the impossible possible!

*Romans 8:5-6 (NIV)*

*Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.*

FOR ADDITIONAL STUDY, READ: **Galatians 5:16**

8. What is the difference between a person controlled by the Spirit and one controlled by their sinful nature?

*Ephesians 5:18 (NLT)*

*Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit*

9. What does this verse command us to do? Will God fill you with His Spirit if you ask Him to?

### **WHAT DOES IT MEAN TO BE 'FILLED WITH THE SPIRIT'?**

In Ephesians 5:18, Paul contrasts being filled with the Spirit with being drunk with wine. People who are drunk are unable to control their actions. Ask them to walk a straight line and they can't. They are "under the influence" of the alcohol they have consumed.

In a sense, a Christian who is filled with the Holy Spirit is "under the influence" of God Himself. The old way of life we once experienced has now changed. We are empowered by the Holy Spirit to walk in obedience to His desires, not our own and to act in accordance to His will.



## Experience

Take a moment now to ask God to fill you with His Spirit so that you can begin seeing victory over sin in your life.

First, confess any sin which you have committed against the Lord. Claim His promise in **1 John 1:9 (NIV)**:

**“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”**

Then, on the basis of His command to you in Ephesians 5:18, ask Him to fill you with the Holy Spirit so that you can obey and please the Lord through His power, not your own. Tell Him that you sincerely desire for Him to control your life, and ask the Holy Spirit to empower you to live moment by moment for Him.



## Equip

### **On-the-Job Training (30 minutes)**

Share your one-minute testimony and the gospel to someone in your campus this week. If he or she gives a positive response to the gospel, do a follow-up activity (example: *text him, invite him to an Elevate Gathering or for coffee, etc.*) within the next 48 hours.

After, evaluate and think about what your experience was like when you shared your One-Minute Witness testimony and the gospel—share your evaluation with your mentor during your next meeting.

## SESSION 6

# ONE PURSUIT

## Growing in Our Relationship with Christ

### **How will I grow in my relationship with God?**

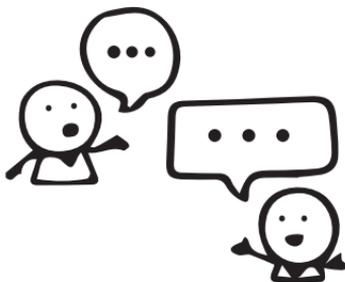
If you have ever been “in love”, then you know what it is like to have a growing desire to know the person you fell in love with. However, it is a fact that *entering into a relationship and growing in intimacy with your loved one* are two different things.



## Explore

Let's get to know each other better. Share about:

1. A skill you learned as a child that you continue to use today
2. A skill you tried to learn at any point in your life but never mastered



### LEARNING NUGGET

A popular idea on mastering skill states that it takes about 10,000 hours of deliberate practice to develop an expertise in a field of discipline such as in music, sports, the arts, culinary skills, etc. Whether or not this is true, it is commonly observed that we can improve our performance of a certain skill when we practice the right way for sustained periods of time. This proves true as well for our relationships—with people and with the Lord. Growing in our love relationship with God will take time and discipline on our part.



## Examine

### Growing in Your Relationship with Christ

When you entered into a personal relationship with God, your journey in knowing Him intimately had only just begun. You need to keep on growing in your relationship with Jesus Christ. Growing a relationship—whether with another human being or your relationship with the Lord—can be likened to growing plants in a garden.

## The Parable of the Four Soils

Just like a healthy plant grows through proper cultivation and care, so does our relationship with Christ. Jesus used the parable of the four soils to illustrate the different responses of those who have heard the gospel.

*Matthew 13:1-9, 18-23 (NIV)*

*That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying, "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. He who has ears, let him hear.*

*..."Listen then to what the parable of the sower means: When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in his heart. This is the seed sown along the path. The one who received the seed that fell on rocky places is the man who hears the word and at once receives it with joy. But since he has no root, he lasts only a short time. When trouble or persecution comes because of the word, he quickly falls away. The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful. But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown.*

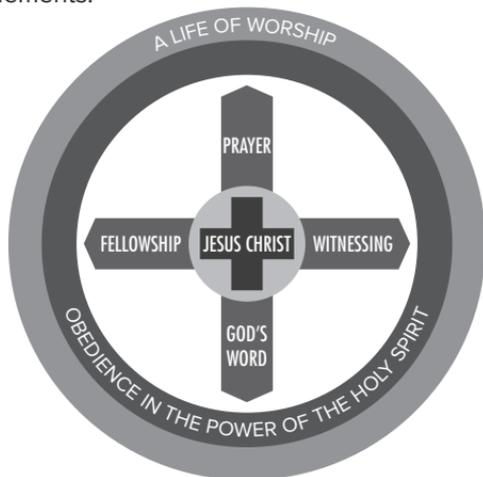
1. What are the four types of soil described in this parable?

2. What is the characteristic of the hard soil? of the rocky soil? of the thorny soil? of the good soil? What happens to the Word of God when it lands on each kind?

### **Growing a Healthy Relationship with Christ**

When you received Christ into your life, you began a new relationship with Him. Before, you only knew about God but now you know Him personally. Our relationship with Christ grows as we spend time with Him and follow His pattern for our life.

There are several important elements in developing a healthy relationship with Christ. The following diagram gives us a picture of these elements.



*The Growth Wheel, adapted from The Navigators*

### ***A life of worship***

Everything we do should bring honor and glory to Christ. Worship is often expressed most clearly when we all come together to worship on Sundays. But everything we do should honor Christ—even when we are at home, at school, or at play. Worship is simply our response to who God is and what He has done for us.

### ***Christ the center***

When Christ is the center of our life, the wheel moves smoothly.

### ***Obedience in the power of the Holy Spirit***

Obedience to Christ is where the “rubber meets the road”—where we see our relationship with Christ worked out in the challenges of our daily lives.

### **The vertical spokes of the wheel relate to our vertical relationship with Christ:**

#### ***Prayer***

Regular communication with the Lord is essential to developing our relationship with Him. We do this through prayer.

#### ***God’s Word***

Every relationship is built on two-way communication. We must carefully listen to the Lord through regular Bible reading/study and obey what He tells us to do.

### **The horizontal spokes relate to our horizontal relationships with those around us.**

#### ***Fellowship with other believers***

Our faith was never intended to be practiced alone. We must grow in the Lord together, and love and encourage one another by spending regular time together with other believers.

#### ***Witnessing***

This simply means connecting those around us to Christ. Christ wants to use us to connect our family, friends and loved ones to Him. Being a witness for Christ is a part of every growing Christian’s life.

## **Cultivating Our Relationship with Christ**

These elements can all be seen in the life of the early church.

*Acts 2:42-46 (NIV)*

*They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of the bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts,*

3. What did the first Christians do after they came to know the Lord?

### **Through Prayer**

*1 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. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.*

4. What do these verses say about approaching God in prayer? What happens when we do pray?

### **Through God's Word (The Bible)**

*Psalms 119:105 (NIV)*

*Your word is a lamp to my feet and a light for my path.*

*Joshua 1:8 (NIV)*

*Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

5. According to Psalm 119:105, what does it mean for God's Word to be a lamp and a light for us? According to Joshua 1:8, what is the blessing of not just knowing God's Word but also applying it in our lives?

These are the two main elements that will help us develop our vertical relationship with God: prayer and God's Word, the Bible.

**Prayer** is communicating with God, telling Him whatever is in our hearts, asking His help, guidance and involvement in our lives, and listening to what He tells us.

**The Bible** is God's primary way of speaking to us. Through the Bible, God communicates to us about who He is, and how we are to live for Him. It tells us how to obey Him in the power of the Holy Spirit so that we can be pleasing to Him.



**Jesus' example**

*Matthew 14:23 (NIV)*

*After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone,*

*Luke 5:15-16 (NIV)*

*Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.*

6. How would you describe Jesus' life and ministry? How did He respond to the demands on Him?

*If Jesus, God's own Son, needed to retreat frequently to spend time with the Father, we need to do so even more.*

## How to Have a Quiet Time

A “quiet time” is a time for you to meet with the Lord daily to grow in your relationship with Him.

- Choose a place where you will not be disturbed and where you can concentrate well.
- Select a time when you are alert, not rushed, and when you can be consistent.
- Bring your Bible, a ballpen and notebook to write down prayer requests and things the Lord teaches you from His Word.
- Begin spending a few minutes a day with the Lord. Later, you may want to extend the time as you get to know Him more.
- Be creative. Although the basic elements of a quiet time are the same (prayer, praise, Bible reading, singing, meditating on the Lord and His Word, etc.), there are different ways to spend time with the Lord.

## Cultivating Our Relationship with People Through Fellowship

*Hebrews 10:24-25 (NIV)*

*And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the day approaching.*

7. What do these verses instruct believers to do?

## Through Witnessing

*Acts 1:8 (NIV)*

*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

8. What did Jesus tell His disciples they would receive and become? What does a witness do?

*Acts 4:18-20 (NIV)*

*Then they called them in again and commanded them not to speak or teach at all in the name of Jesus. But Peter and John replied, "Judge for yourselves whether it is right in God's sight to obey you rather than God. For we cannot help speaking about what we have seen or heard. "*

FOR ADDITIONAL STUDY, READ: **John 4:39-42**

9. What were Peter and John told not to do? What was their response?



## Express

1. Think back on the four different soils. What kind of soil are you right now? What kind of soil do you want to be? What will you do to become good soil?
  
2. Have you been pressured not to talk about Christ to others? What should your response be?



## Experience

1. Schedule a time to read the Bible and pray. If you read for at least ten minutes everyday, you can finish the whole Bible in a year! When will you spend regular time with God in prayer and reading the Bible this week?
  
2. What steps will you take to share Christ with others?
  
3. Think of a way in which you can be a blessing to a fellow believer in Christ. How can you encourage him/her in words and in deeds?

*Will you commit to spend ten minutes a day to read the Bible systematically (e.g. Genesis-Revelation, etc.), by starting with the book of John, reading at least two chapters?*

I commit to read the whole Bible by spending ten minutes everyday reading at least two chapters.

SIGNED

.....

DATE

.....

WITNESSED BY (if applicable)

.....



## Equip

### **On-the-Job Training (30 minutes)**

Share your gospel-sharing experience with your mentor; be sure to give honest feedback and do not be embarrassed to ask for help with any difficulty you may have encountered.

Do a follow-up meeting with the person whom you shared to last week using the One by One (Elevate Edition) booklet. Then continue going through the booklet in your subsequent meetings.



# WHAT'S NEXT?

## BOOK 2: SPIRITUAL DISCIPLINES (ELEVATE EDITION)

Congratulations! You have completed Book 1: One By One (Elevate Edition). We sincerely hope that you've made the decision to enter into a committed relationship with God through Jesus!

When you enter into a new relationship, you make space for that special person in your life. This is similar to your new life with Jesus Christ. A committed follower of Jesus will see changes happen in his lifestyle in response to God's presence in his life.

But for a student, what does it mean to live life with Jesus? How does one "make space" and prioritize God in the busyness of 21st century living, especially in the challenging task of balancing academics and the other important aspects of a student's life? This question and other FAQs of the life of a committed follower of Christ will be dealt with in Book 2: Spiritual Disciplines (Elevate Edition).

We hope that you continue discovering more about Jesus Christ and what it means to have Him in your life!



# SUGGESTED ANSWERS

## SESSION 1

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- 1. What characteristic of God is mentioned in this passage?**  
God is love; His basic nature is that He is a loving God.
- 2. In your own words, what do you think is this “full life”—abundant life—that Jesus has promised?**  
A full and meaningful life; a life with purpose; a life with love, joy, and happiness.
- 3. How was God described in this passage? What does it mean that God is holy?**  
God is holy; He does not sin, and keeps Himself completely separate from anything sinful or impure.
- 4. How are we, before receiving Jesus as our personal Lord and Savior, described in this verse?**  
We were like sheep that have lost our way.
- 5. What happens when you break just one commandment? How would this truth affect people who think they are basically good? Can anyone be considered truly innocent before God?**  
If we break one commandment, we are guilty of breaking the whole law; even if we think we are basically good, our good deeds cannot outweigh our bad deeds. No one can be considered truly innocent before God.
- 6. What is the consequence of our sin? Is anyone exempted from the sentence that has been handed down to us? Why or why not?**  
Death is the consequence of our sin. Death is eternal separation from God. There are no exceptions because everyone has sinned.

## SESSION 2

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1. **What do these verses tell us about human goodness?**

There is no one who really seeks God, and no one who is really good.

2. **According to this verse, what is the result of breaking God's law even at least once?**

If we break just one law of God, we are already guilty of breaking all of it. It only takes one sin for us to be branded as sinners.

3. **Based on verse 9, can we earn our salvation through good works—i.e. doing kind deeds, going to church, etc.? How is a person saved? Based on this, how would you define grace?**

We are saved by grace through faith. We are not saved by our good works—instead, when we do good things, they show that we are simply fulfilling God's design for our lives. Grace is something we receive that we do not deserve.

4. **Salvation is a gift because Jesus already paid for it by His death on the cross. How do you receive a gift? Do you have to pay for a gift?**

We receive a gift when we accept it from the giver. No, we do not have to pay for a gift; the gift-giver already paid for the gift!

5. **What were Jesus' companions at the crucifixion like? Were they basically 'good people'? What did Jesus promise to the criminal that asked Him for mercy? Did the criminal do anything to make himself worthy of salvation? What did he demonstrate when he asked Jesus to remember him when Jesus goes to Paradise?**

They were convicted criminals and were not "good" people. Jesus promised that the repentant criminal will be with Jesus in paradise. The criminal on the cross did not (and could not) do anything to make himself worthy of salvation. He demonstrated faith in Jesus as his Savior.

6. **What do these verses say about the forgiveness God offers? Have you ever placed your faith in Christ alone for salvation? If you have not done so, would you like to right now?**

He does not treat us as our sins deserve or repay us according to our wrongdoing. He has removed our transgressions from us.

## SESSION 3

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1. **What do these verses promise us? According to this passage, who has been given eternal life? Is it possible to know that you have eternal life? How can a person be sure that s/he has eternal life?**

God has given eternal life to all those who believe in his Son. Yes, it is possible to know that one has eternal life as seen in the verses because these were written so that we will know and be assured of this. A person can be sure s/he has eternal life if he has Jesus, God Son, in his/her life.

2. **What is the difference between the good shepherd and the “hired hand”? What will the hired hand do when things are not going well? What will the Good Shepherd, Jesus, do for the sheep?**

The good shepherd will not abandon the sheep. He will even give up his own life to protect the sheep. The hired hand will abandon the sheep when there is danger. Jesus laid down His life for His sheep.

3. **What is the guarantee that we will never be taken from His hand?**

Jesus promised that not one of His sheep will ever perish or be snatched away from His hand. No one can snatch them away from the hand of His Father, who is greater than all.

4. **What does this verse say we are if we have Christ in our lives? After receiving Christ into your life, what should you expect to happen in your life?**

If we have Christ in our life, we are a new creation. I would expect my life to be different from my old one.

5. **How does God's grace work in our life?**

God granted us grace not just for our salvation, but also for our sanctification. By His grace, He has given us the ability to live a self-controlled, upright, and godly life. God's grace teaches us to say "no" to ungodly living and worldly passions.

6. **How can we say we really know God? What evidence did John say should be seen in a person's life as a fruit and proof of his faith?**

We can say that we really know God if we keep or obey His commands. A person who lives like how Jesus lived shows evidence of his faith in Christ.

7. **How should we relate to one another? How is that a demonstration of our relationship with Christ?**

We should love one another. The passage says that loving our brothers and sisters is evidence that we are in the light. Since Jesus loves us, loving each other shows how He loves and relates to us.

## SESSION 4

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1. **What does God promise that He will never do?**

God promises that He will never leave us nor forsake us.

2. **What does this mean for our relationship with Christ?**

Since Jesus promised He will always be with us, we do not need to worry about losing our salvation.

- 3. What should we do if we sin against God? What does this verse promise that God will do if we confess our sins to Him?**

When we sin against God, we should confess our sins to God. He will forgive us of our sins and cleanse us from impurity.

- 4. Who is the one mediator between God and man (a mediator is someone who stands between two parties in order to facilitate an agreement)? What are the implications of this concerning confessing your sins?**

Jesus Christ is the only mediator between us and God. We do not need to go to anyone else when we are asking for God's forgiveness.

- 5. According to this passage, do we have confidence to approach God through the blood of Jesus—through His finished work on the cross? What attitude must we have when we draw near to God?**

Yes, we have confidence to approach God because of the finished work of Christ. We should draw near to God with full confidence and a sincere repentant heart.

- 6. According to these verses, what do God's children practice? How does this relate to people who think they can sin whenever they want because they think God will forgive them?**

No one who lives in God keeps on sinning. God's children do what is right. Those who keep on sinning—living a life of continuous sin—because they believe God will forgive them anyway shows that they do not belong to Him.

- 7. What do fathers do to help their children grow up to live well as adults? What does it mean that God disciplines us? What is His purpose in disciplining us?**

Fathers discipline their children. When God disciplines us, it means that He treats us as His legitimate children. His purpose is to train us for our good for us to become godly or to be like Him.

## SESSION 5

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1. **How are we conformed to the system of the world? How do we avoid being conformed to it?**

We become conformed to the world system by letting it influence us to think and act the same way as the world does. We can avoid being conformed to it by allowing our mind to be renewed by God's Word.

2. **What is the source of our temptation? When does temptation become sin? How can this process be stopped?**

The source of our temptation is our fleshly lusts. Temptation becomes sin when we start thinking about it, then considering it, until we fall into doing it. We should flee from temptations so that we will not unnecessarily expose ourselves to compromising situations.

3. **Who is our enemy in the spiritual battle we are in?**

The devil is our real enemy.

4. **Why do you think Jesus included the words “lead us not into temptation and deliver us from evil” at the end of His model prayer for us? What is the role of prayer in overcoming temptation in our lives?**

Jesus included those words because He knew that we cannot overcome sin on our own; we need God's grace and strength to do so. Prayer helps us depend on God so we can overcome temptations and avoid falling into sin.

5. **What are the two crucial steps that we should do when we find ourselves tempted to sin?**

We should flee from evil youthful desires and pursue Christ-likeness with other believers.

6. **According to these verses, what is the danger in spending a lot of time with people who don't follow Christ? Who are the people you normally spend the most time with? Do they encourage you to follow Christ?**

Spending a lot of time with people who don't follow Christ can influence us not to follow Christ as well.

7. **What provisions have been given to us to resist the devil and win against sin and temptation?**

We should first submit ourselves to God. In doing so, we will be able to resist the devil and cause him to flee from us.

To win our spiritual battle against sin and temptation we have to put on the full armor of God—the belt of truth, the breastplate of righteousness, the sandals of the gospel, the shield of faith, the helmet of salvation, and the sword of the Spirit (the Word of God).

8. **What is the difference between a person controlled by the Spirit and one controlled by their sinful nature?**

The person who is controlled by the Holy Spirit will not carry out the desire of the flesh, and enjoys life and peace. On the other hand, the person controlled by the flesh does not experience the full life that God intends for him to have; he doesn't experience spiritual life and blessings.

9. **What does this verse command us to do? Will God fill you with His Spirit if you ask Him to?**

It commands us to be filled with the Holy Spirit. Yes, because we know it is His desire that we be filled with the Spirit.

## SESSION 6

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1. **What are the four types of soil described in this parable?**

The four kinds or types of soil: hard, rocky, thorny, and good soil.

2. **What is the characteristic of the hard soil? of the rocky soil? of the thorny soil? of the good soil? What happens to the Word of God when it lands on each kind?**

The hard and compacted soil of the path made it impossible for the seed to penetrate and grow. The Word of God lands on a hard heart (like the hardened soil of the path), then Satan (like the birds) snatches away what was sown in his heart.

The rocky soil contains some soil to accept the seed, but not enough for them to be deeply rooted. The soil is also filled with rocks of all sizes. The plant eventually dies because there is no root formed. These people joyfully receive the Good News of the gospel because of the promises offered. They grow a little initially, but since it has no roots or lacks real depth, when trouble or persecution comes they quickly fall away.

The thorns in the thorny soil rob the plant of nutrition, water, light, and space. Thus, when the thorns grew, the good seed was choked out and could not grow to maturity and yield a crop. The man hears the Word but the worries and cares of this life and the deceitfulness of wealth choke it, making it unfruitful. Distractions and conflicts can rob new believers of time to reflect and meditate on God's Word to grow from it. Materialistic pursuits distract believers, choking out God's Word so that it yields nothing.

The good soil was plowed and fertile. The seed landed in plowed and readied soil. This seed that fell on the good soil had the depth of soil, space, and moisture to grow and produce a crop. Believers should be a good soil; they hear the Word and accept it. These are the true disciples, those who have accepted Jesus, believed His words, and allowed His Word to build and make a difference in their lives.

3. **What did the first Christians do after they came to know the Lord?**

They met together for prayer, for studying God's Word, for fellowship, and for witnessing in order to produce spiritually healthy disciples of Jesus Christ.

4. **What do these verses say about approaching God in prayer? What happens when we do pray?**

We can approach God in confidence because He hears us. Praying according to what God's will is is the key to receiving whatever believers ask in prayer.

5. **According to Psalm 119:105, what does it mean for God's Word to be a lamp and a light for us? According to Joshua**

**1:8, what is the blessing of not just knowing God's Word but also applying it in our lives?**

God's Word can guide us step-by-step in our lives. The blessing of applying God's word in our lives is that it helps us to become successful according to God's standards, to mature in the faith and become Christ-like.

**6. How would you describe Jesus' life and ministry? How did He respond to the demands on Him?**

Jesus' life and ministry was busy. Many people came to hear Him preach and to be healed of their diseases but Jesus made sure He had time alone with the Father and that He prayed regularly.

**7. What do these verses instruct believers to do?**

We should always gather together to worship God, share our faith and to strengthen one another in our Christian walk. We have to enjoy encouragement from one another especially in times of challenges and difficulties.

**8. What did Jesus tell His disciples they would receive and become? What does a witness do?**

The disciples will receive power from the Holy Spirit to become witnesses. Being a witness for Christ simply requires sharing to your friends, family, and relatives what Christ has done in your life.

**9. What were Peter and John told not to do? What was their response?**

Peter and John were told not to speak or teach at all in the name of Jesus anymore. They responded by standing up for their faith and continuing to do what was right in God's sight, which was to obey God and what He wanted them to do rather than what the Pharisees commanded them.

APPENDIX A

# ONE MINUTE WITNESS™

One of the World's  
Easiest Faith-Sharing Tools!

## Share my faith, Who me?

Your country needs you... Your friends need you...  
Your Savior needs you... To bring them hope!

Aren't you glad someone shared their faith with you? If Jesus is the answer, shouldn't we be actively sharing His solutions with others in this broken world?

ME, share my faith? Yes. God has chosen you and me to be His ambassadors, His voice, His beating heart. Why? Because there is no better advertisement for His life-changing love than you and me! We are His trophies of grace.

Maybe you're thinking that evangelism is too hard or it's the pastor's job. Or maybe you're worried someone may ask a hard question.

These thoughts and fears aren't new. They just reflect 'creative thinking' on the part of our own insecurities. In fact, God invites all Christians to share their faith.

Sharing our faith not only blesses the recipient, it blesses you back. Plus, God even gives us the Holy Spirit to help us so we never do this alone. Let's decide to shut-off that voice of insecurity, and ask God to give us 'spiritual ears' to hear His voice!

We ALL can do this. We ALL have a story, and this **ONE-MINUTE-WITNESS™** tool makes it fun and easy. After learning and applying this **ONE-MINUTEWITNESS™** tool, a pastor said, "To think I have wasted all these years by not sharing my faith. Now I can do it with confidence."

**AND SO CAN YOU...  
I GUARANTEE IT!**

Tom Elie  
International Evangelist

# Evangelism Made Easy

The **ONE-MINUTE-WITNESS™** tool can revolutionize your life and mobilize you in sharing your faith without fear. Thousands of others are using it. So give it a try... for the sake of those God intends to influence through you!

## The One-Minute Witness Tool

- 1 PERMISSION
- 2 B.C. (Before Christ)
- 3 T.P. (Turning Point)
- 4 A.D. (Anno Domini)
- 5 If I had never met Christ...

# Permission

*Use your fingers to help you remember these 5 easy steps!*

Because God loves people, He wants us to tell them about Jesus: whether they are strangers or friends. Here's a great way to start: **PERMISSION**

When we ask people 'permission' to share our thoughts, we treat them with respect, and their defenses come down. Here's a way to transition your conversation...

"I wonder if I could ask you a question?" If they agree, ask...

**"What would you say is the best thing that has ever happened to you?"**

People invariably smile. Why? It taps into their memory archives and brings up pleasant thoughts. After they finish their story, then ask...

**"May I share the greatest thing that has ever happened to me?"**

Be brief. Sow the seed of the Gospel in around 60 seconds; that's a **'ONEMINUTE- WITNESS.™'** A brief story will help keep your friend engaged.

**NOW IT'S TIME TO START YOUR STORY...**

## B.C. (Before Christ)

*Begin your B.C. story*

We all have a 'B.C.' story, our life **'BEFORE CHRIST.'** What was your life like before you personally fell in love with Jesus? I DIDN'T SAY before you went to church or got confirmed. I DO MEAN when you truly surrendered your heart and life to Christ.

Here's where we start writing YOUR B.C. story. First, think of three adjectives that describe your B.C. life.

Perhaps you were lonely, frustrated or lacked purpose. Perhaps you had success without significance, lots of guilt or anxiety. Maybe you were hopeless in life or angry at God or afraid to die. The list goes on.

Maybe you're like me. You surrendered your life to Christ at a young age and can't remember a specific moment of conversion. Even though I was young, there are some things I remember: my need for forgiveness, feelings of guilt, and knowing there has to be a God.

As you remember your B.C. days, YOUR STORY begins to take shape. Go ahead and finish this sentence with three adjectives or phrases and write them on page 83:

**"There was a time in my life when..."**

## T.P. (Turning Point)

*Begin your T.P. story*

Everyone has a season when their spiritual curiosity kicks in, a time when you see your spiritual need. This is your **TURNING POINT**.

It could have been during a church service, during a crisis, a healing or answered prayer. It could have occurred when someone shared their faith with you or even when you experienced success, yet still felt empty.

My T.P. sounds like this: “One day someone told me about a God who really loves me. This God was personal and not distant, and invited me to live in heaven with Him forever. But I had a problem. Heaven’s perfect, and I’m not, so I couldn’t get in. But this God, named Jesus, made a way for me. He came to earth 2,000 years ago and became the perfect sacrifice. He died for me to remove my sins. All I had to do was receive His gift. So I asked Jesus to forgive me, and I invited Him to become the leader of my life.”

**WHAT’S YOUR ‘TURNING POINT’?** How did you hear about Jesus? What did you ask Jesus to do in your life? Write this on page 83.

# A.D. (Anno Domini)

*Begin your A.D. story*

**A.D. MEANS 'ANNO DOMINI'.** It is Latin for 'the year of our Lord.' This is the easiest and most fun part of our story because we get to talk about the positive change Christ has made in our lives. Here are some of the benefits of coming to know Christ and the difference He makes in our lives: having new joy, a sense of purpose and fulfillment, no more guilt, new friends, and assurance of eternal life. It's a picture of the father rejoicing when his prodigal son came home. "My son was lost but now he's found, he was dead but now he's alive!" (Luke 15).

My A.D. sounds like this, "Since asking Jesus to be the king of my life, I have new purpose, new joy, and the confidence that I can go to heaven when I die."

**FIND THREE ADJECTIVES THAT DESCRIBE THE POSITIVE CHANGE THAT CHRIST HAS MADE IN YOUR LIFE.**

That's not too hard, is it? Turn to page 83 when you have come up with your answers.

## If I Had Never Met Christ...

*Complete your story*

Imagine what your life would be like without knowing Jesus. That sounds frightening, doesn't it? You certainly wouldn't have the blessings you just described in A.D.

Let's wrap up your story with what your life might be like if you had never met Christ. When you speak, the listener will hear your heart. Some people say their life would be empty, meaningless or still searching for purpose. Others say they would be in jail, on drugs, divorced, or even dead. Life would be radically different. When you're done, thank them for listening.

I am told the average person hears the Gospel 7 times before they give their life to Christ. Our immediate goal is not to win them to Christ, but to plant the seed of your testimony. Anything more than that is a bonus!

You can respond to their questions if they are open to talk more. Just don't get into a discussion over doctrine. The power of your story is simply sharing your heart. It's like the blind man who said, "I don't know much about this man who healed me. All I know is that I once was blind, but now I see" (John 9:25).

Finish this sentence and write your answer on page 84.

**IF I HAD NEVER MET CHRIST, ...**

**Finish this sentence with  
three adjectives or phrases...**

“There was a time in my life when...”

**1**

**2**

**3**

**What was your ‘turning point’?**

**1**

How did you hear about Jesus?

**2**

What did you ask Jesus to do in your life?

**Describe the positive change  
that Christ has made in your life.**

List three benefits

**1**

**2**

**3**

## What would your life look like without Christ?

“If I had never met Christ, I...”

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## Let's Review

1. Permission
2. B.C. (Before Christ)
3. T.P. (Turning Point)
4. A.D. (Anno Domini)
5. “If I had not met Christ...”

## Inviting the Holy Spirit

The **ONE-MINUTE-WITNESS™** tool is simply an aid to help you share the life- changing story of Jesus. It is only a tool. It is NOT the message. We must put our confidence in the leading of the Holy Spirit and in His ability to “draw all men unto Him” (John 12:32).

Jesus often approached strangers... like the woman at the well, Zacchaeus who was in the tree, and Matthew the tax collector. Other times Jesus built relationships and then shared, but He was quick to obey His Father’s voice. So when, how, and with whom do you share your faith? Begin each day with the following prayer and ask the Holy Spirit to lead you to someone.

**“DEAR JESUS, I AM AVAILABLE. PLEASE PROVIDE AN OPPORTUNITY TO SHARE MY STORY TODAY. AMEN.”**

## Taking it Further...

After sharing the ONE MINUTE WITNESS, you may ask them questions, such as:

1. "So what about you? If you died tonight, do you think you would go to heaven?"
2. "How do you think someone gets to heaven?"
3. "May I tell you how the Bible says you can know you're going to heaven?" If their answer is "yes," introduce the 'ABCs.'

### **A** - **ADMIT**

*I have done wrong, and my sin separates me from a holy God. (Romans 3:23)*

### **B** - **BELIEVE**

*that Jesus Christ died to forgive me, and then rose again, proving He is the one true God. (Romans 10:9-10)*

### **C** - **CONFESS**

*my sins to Jesus, and ask Him to be the king of my heart. (1 John 1:9)*

If they understand the ABCs, then ask this key question:

**"What would stop you from totally surrendering your life to Jesus Christ today?"**

If there's nothing stopping them, then ask, **"With God's help, would you be willing to turn away from what the Bible calls 'sin', and follow Jesus daily?"**

## Closing Your Story...

If they say “yes,” then ask them to repeat your heartfelt prayer using the ABCs. When they are done, congratulate them, and point them toward 3 things: reading the Bible daily, praying daily, and finding a Bible-believing church to attend weekly. Exchange e-mails and phone numbers, and contact them again within 24 hours to congratulate them. Read John 3:16–17 to them and ask them what it means to them. Ask them how you can pray for them, and invite them to go with you to church or your small group.

FOR GREAT FOLLOW-UP GO TO THESE WEBSITES:

[www.frostygrapes.com](http://www.frostygrapes.com)

[www.salvationpoen.com](http://www.salvationpoen.com)

So my friend, now you are equipped for the adventure of an eternity. Ask a friend to be your witnessing partner for the next 7 days. Email us with your results. And let's be His everyday witness... starting today!

If you want to join others who are serious about  
taking their faith to a new level, join us at:

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