



BOOK

2

SPIRITUAL
DISCIPLINES

go
Viral! EDITION

GLC  ESSENTIALS

BOOK 2: SPIRITUAL DISCIPLINES GO VIRAL EDITION

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TABLE OF CONTENTS

Session 1:	One Connection	page 4
	<i>Prayer</i>	
Session 2:	One Basis	page 7
	<i>The Bible</i>	
Session 3:	One Family	page 10
	<i>The Church</i>	
Session 4:	One Step	page 13
	<i>Baptism</i>	
Session 5:	One Focus	page 16
	<i>Worship</i>	
Session 6:	One Task	page 19
	<i>Witnessing</i>	
Appendix:	Bible Verses	page 22

SESSION 1

ONE CONNECTION

Prayer

If you had the opportunity to meet personally with the President or the highest official of your country, what would you say to him? We probably have all dreamed of what to say or how to act if we ever had the chance. But how many people really get the opportunity to spend an extended time of conversing with someone in such a high position? Very few.

Amazingly, we all have the opportunity to speak to someone in an even more important position -- none other than the Lord and Creator of the whole universe. Wherever we are, we have a hotline to Him through prayer. Yet many of us never benefit from this great opportunity because we neglect to pray.

READ IT	<p>God's Word *</p> <p>Matthew 6:9-10</p> <p>Matthew 6:11-13</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you like about the verses? What surprised you (if any)? What did you find difficult about the verses (if any)? Why?</p> <p>What did you learn about God? What did you learn about people? What did you learn about following Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • Jesus modeled a lifestyle of prayer (Luke 5:16) • Jesus taught his disciples to pray (Matthew 6:5-14) • Prayer is personal communication with God (Psalm 81:13) • Prayer develops our intimate personal relationships with God (Psalm 27:8; Psalm 84:2; 1 Timothy 2:5)

* You may refer to the Appendix for the Bible Verses

- Prayer shows our dependence upon God (Psalm 62:8)
- Pray in faith (James 1:6-8; Matthew 21:22)
- Pray according to God's will (1 John 5:14)

APPLY IT

How has this session changed your perspective on prayer? How will you apply your learnings as you develop your prayer life?

I will _____

SHARE IT

Who will you share these truths with this week?

SESSION 2

ONE BASIS

The Bible

When we receive Christ into our lives, we are brought into a personal relationship with Him. In any growing relationship, there must be good two-way communication. Last session was about prayer – how we are able to build a relationship with Him through prayer. In this session, we will learn about how God also speaks to us through His Word, the Bible.

As followers of Christ, we need to obey what the Bible teaches, otherwise, God will consider our worship of Him useless.

READ IT	<p>God's Word *</p> <p>2 Timothy 3:16-17</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you like about the verses? What surprised you (if any)? What did you find difficult about the verses (if any)? Why?</p> <p>What did you learn about God? What did you learn about people? What did you learn about following Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • How does the Word of God help us? (Psalm 119:105) • We learn about God's Word through personal Bible Study (Ezra 7:9-10)

* You may refer to the Appendix for the Bible Verses



APPLY IT

Based on what you learned from 2 Timothy 3:16-17, how will you prioritize knowing and meditating God's Word?

I will _____



SHARE IT

Who will you share these truths with this week?

SESSION 3

ONE FAMILY

The Church

Many people have been raised attending a church regularly. Whether you were raised in a religious family, or had few experiences with church life, you probably have some idea of what a “church” should be. Most of our beliefs and expectations regarding the church have been based on what we were familiar with through our upbringing as children.

Yet the church, which the Bible describes, is very different from that which many of us are familiar with. How is the church described in the Bible, and how should we, as believers in Christ, relate to the church?

READ IT	<p>God's Word *</p> <p>Acts 2:46-47</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you like about the verses? What surprised you (if any)? What did you find difficult about the verses (if any)? Why?</p> <p>What did you learn about God? What did you learn about people? What did you learn about following Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • The church is the body of Christ (1 Corinthians 12:12-16) • Different members have different gifts (Ephesians 4:11-13) • Characteristics of a church leader (Titus 1:5-9)

* You may refer to the Appendix for the Bible Verses



APPLY IT

As we have learned, the church is not a place but a community of people with a new relationship with Jesus. With your unique abilities and giftedness, how will you contribute to the body of Christ?

I will _____



SHARE IT

Who will you share these truths with this week?

SESSION 4

ONE STEP

Baptism

There are many changes that happen in our lives when we come to know Jesus as Savior and Lord. Many of those changes take place on the inside – in our hearts. But the Bible shows us one step of obedience that all true followers of Christ are expected to take – water baptism. As we will see, water baptism is an outward symbol of those inward changes. In this lesson, we will be looking at what the Bible teaches about taking that step of obedience to Jesus.

READ IT	<p>God's Word *</p> <p>Acts 2:38,41</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you like about the verses? What surprised you (if any)? What did you find difficult about the verses (if any)? Why?</p> <p>What did you learn about God? What did you learn about people? What did you learn about following Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • Baptism is a declaration that we are no longer slaves to sin (Romans 6:3-6) • It is part of Jesus' commandment in the Great Commission (Matthew 28:18-19) • To be identified with Christ is to declare him as Lord (Romans 10:9) • It symbolizes how we have been brought from death to life (Romans 6:12-13)

* You may refer to the Appendix for the Bible Verses



APPLY IT

After learning all this, would you say that you are living a 100% surrendered life to Christ? After today's discussion, what is one thing you will commit to do as a response?

I will _____



SHARE IT

Who will you share these truths with this week?

SESSION 5

ONE FOCUS

Worship

One of the most important elements of our new life in Christ is worship within the church. What is worship, and how should we worship the Lord?

READ IT	<p>God's Word *</p> <p>John 4:23-24</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you learn about God?</p> <p>What did you learn about people?</p> <p>What did you learn about following Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • Worshiping in Spirit (Matthew 22:36-37; Hebrews 10:19-22; Psalm 135:15-18) • Worshiping in Truth (Acts 2:42; John 16:13-16) • We worship with our bodies (1 Corinthians 6:19) • We worship by building the body of Christ (Hebrews 10:24-25)

* You may refer to the Appendix for the Bible Verses

APPLY IT

I will _____

SHARE IT

Who will you share these truths with this week?

SESSION 6

ONE TASK

Witnessing

Just like God used someone else in your life to bring you to Jesus, He wants to use you to do the same. He has put you exactly where He wants you so you can bring your family, relatives, friends, classmates, officemates, and neighbors to Him. Jesus wants you to connect others to Him!

READ IT	<p>God's Word *</p> <p>Acts 1:8</p>
PARAPHRASE IT	<p>My Words</p>
TALK ABOUT IT	<p>What did you learn about God?</p> <p>What did you learn about people?</p> <p>What did you learn about Jesus?</p>
POINT IT OUT	<ul style="list-style-type: none"> • God's heart towards us (2 Peter 3:9; Luke 19:10) • Our part in witnessing (Romans 10:13-15) • Witness through your life (Matthew 5:16) • Witness through your story (John 4:39) • Witness through the gospel (Romans 1:16; 2 Corinthians 5:20)

* You may refer to the Appendix for the Bible Verses



APPLY IT

After today's discussion, what is one thing you will commit to do as a response?

I will _____



SHARE IT

Who will you share these truths with this week?

APPENDIX

BIBLE VERSES

SESSION 1

Matthew 6:9-10

“Pray, then, in this way: ‘Our Father who is in heaven, Hallowed be Your name.¹⁰ ‘Your kingdom come. Your will be done, On earth as it is in heaven.

Matthew 6:11-13

‘Give us this day our daily bread.¹² ‘And forgive us our debts, as we also have forgiven our debtors.¹³ ‘And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]’

SESSION 2

2 Timothy 3:16-17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;¹⁷ so that the man of God may be adequate, equipped for every good work.

SESSION 3

Acts 2:46-47

Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart,⁴⁷ praising God and having favor with all the people. And the Lord was adding to their number day by day those who were being saved.

SESSION 4

Acts 2:38,41

Peter said to them, “Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit. ⁴¹So then, those who had received his word were baptized; and that day there were added about three thousand souls.

SESSION 5

John 4:23-24

But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. ²⁴God is spirit, and those who worship Him must worship in spirit and truth.”

SESSION 6

Acts 1:8

but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.”

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