

TO FOLLOW AND FISH

TABLE OF CONTENTS

- 1) Called to Follow and Fish
Memory Verse: Luke 9:23
- 2) Quiet Time
Memory Verse: John 15:5
- 3) The Word
Memory Verse: 2 Timothy 3:16-17
- 4) Prayer
Memory Verse: Matthew 6:9-13
- 5) Our New Life- Put off/Put on
Memory Verse: 2 Corinthians 5:17
- 6) The Body of Christ
Memory Verse: 1 Corinthians 12:27
- 7) Fisher of Men
Memory Verse: Matthew 28:19-20
- 8) The Work of the Cross
Memory Verse: Romans 5:6, 8
- 9) Spiritual Warfare
Memory Verse: Ephesians 6:10-13
- 10) The Walk
Memory Verse: 2 Timothy 2:2

1 CALLED TO FOLLOW AND FISH

As a new Christian, where does your journey begin? What do you do with the new life you received? These are questions many have on their minds as they begin their walk. That's what we will look at in this lesson.

Read Mark 1:14-20

14 After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 15 "The time has come," he said. "The kingdom of God is near. Repent and believe the good news!"

16 As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. 17 "Come, follow me," Jesus said, "and I will make you fishers of men." 18 At once they left their nets and followed him.

19 When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. 20 Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

- 1) Who were the four men who encountered Jesus? (Vs 16,19)

- 2) What were they doing? (Vs 16,19)

- 3) What were you doing when Jesus found you?

- 4) What two things did Jesus ask them to do? (Vs 17)

- 5) How long did it take them to obey? (Vs 18)

- 6) What did Jesus mean by “follow me”?
- 7) What did Jesus mean by “I will make you fishers of men”?
- 8) What did it cost these men to follow Jesus?

Examine

Luke 9:23

23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me.

- 9) How did these men deny themselves?
- 10) How can you take up your cross daily?

These men show us the immediate obedience that Jesus expects of us. The two main purposes of the Christian life are shown here:

- To follow Jesus and
- Become fishers of men.

To follow Jesus is to obey Him, walk with him daily, and become more like Him by learning of Him through His Word. To become fishers of men is to be used by God to introduce others to Jesus, and to make disciples. These two purposes must be central in your life as a Christian.

The Bible says to hide the Word in your heart so we won't sin against God (Psalm 119:11). Each lesson, we will memorize a verse.

MEMORY VERSE THIS WEEK:

Luke 9:23

23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me.

Each week will also have two objectives to obey that will be asked about next time. This week:

OBEDIENCE:

- 1) To be baptized (if you haven't yet)
- 2) To tell someone what Jesus has done for you.

Close in prayer.

2

Quiet Time

As we grow and follow Jesus, there are some disciplines that must become part of our daily life. The most important of these disciplines is quiet time- time alone with Jesus on a daily basis.

Read

Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

- 1) Who are the three characters in this passage? (Vs 38,39)

- 2) What did Mary do when Jesus came? (Vs 39)

- 3) What did Martha do? (Vs 40)

- 4) What can you see that might distract you from having a quiet time? What obstacles will you have to overcome?

- 5) What was Martha worried and upset about? (Vs 40)

- 6) What are you often worried and upset about?
- 7) How did Jesus respond to Martha? (Vs 41-42)
- 8) What is the “one thing” Jesus referred to in verse 42?

This “one thing”, spending time at the feet of Jesus, is the most important time we spend each day. **Jesus Himself teaches us about quiet time:**

1) When to have quiet time:

Mark 1:35

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Here Jesus shows us the importance of starting our day in His presence. If we start our day with Him, we can feel His presence through out the day, receive instructions for the day, and be prepared for the day.

2) Where to have quiet time:

Matthew 14:23

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

Here Jesus models the importance of finding a quiet place alone, without distractions. The Holy Spirit speaks to us in a still, quiet voice (1Kings 19:12). When there are distractions, our own desires or the devil can prevent communication with our Lord.

3) Benefits of quiet time:

Luke 6:12-13

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles

Here we see Jesus making a very important decision- the choosing of His twelve disciples. How did He prepare for this? Here we see how quiet time with the Lord can prepare us for any decision or situations we may face.

4) Motivation for quiet time: Beware of false motivation

Matthew 6:1

1 "Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven.

Matthew 6:5-6

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Here, Jesus warns us against using our relationship with Him for praise from men, or even from our teachers.

The True Motivation

Mark 12:28-30

28 One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

29 "The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

Here we see consuming love for God, our Father, is the motivation He seeks. Think of time you spent with friends or family. What do you desire: that they want to be with you to get something from you, or that they just love you, and want to spent time with you? So it is with our Father. Ask the Father to fill you with this love for him, and increase your desire and hunger for Him!

5) What to do in quiet time?

Quiet time involves two way communication between you and the Father. To grow closer to anyone, you must communicate frequently. Our communication to Him occurs through prayer. His communication to us occurs primarily through His Word . We will look at these two topics in the next two lessons.

MEMORY VERSE

John 15:5

5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

- 1) What is the relationship between a vine and a branch?

- 2) What does Jesus mean by “bear fruit”?

- 3) What does Jesus mean “apart from me you can do nothing”?

OBEY:

- 1) Begin to have a daily quiet time.
- 2) Read 1Corinthians 11:23-28- Observe the Lord’s Supper with your group this week after your leader has explained it.

Close in Prayer

3

THE WORD

One of God's greatest gifts to us is His written Word-the Bible. To be in relationship requires communication and His Word is a very important way He communicates with us.

Read

Psalms 119:9-16

9 How can a young man keep his way pure?

By living according to your word.

*10 I seek you with all my heart;
do not let me stray from your commands.*

*11 I have hidden your word in my heart
that I might not sin against you.*

*12 Praise be to you, O LORD;
teach me your decrees.*

*13 With my lips I recount
all the laws that come from your mouth.*

*14 I rejoice in following your statutes
as one rejoices in great riches.*

*15 I meditate on your precepts
and consider your ways.*

*16 I delight in your decrees;
I will not neglect your word.*

1) What effect can the Bible, God's Word have on how we live our lives? (Vs 9)

2) How can the Word have this effect on our lives? (Vs 10)

3) What does the Psalmist mean by hiding the Word in my heart?

4) How can this keep us from sinning?

5) How are we to rejoice in the Word? (Vs 14)

Jesus said if we hold on to His teaching, we are really His disciples (John 8:31).

There are several ways to “hold on” to His teaching.

- H** Hear the Word- Listen to the Bible being taught
- E** Examine the Word- read it
- A** Analyze the Word- study it in depth
- R** Remember the Word- memorize it, hide it in your heart
- T** Think about it- meditate on it

MEMORY VERSE

2 Timothy 3:16-17

16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the man of God may be thoroughly equipped for every good work.

We can learn several purposes of the Word of God in these verses. First we see that even though men wrote it, God gave them the words to write. All of the Bible came from God (All scripture is God breathed). Four more purposes are given here.

- 1) **Teaching**- imparting information to us to help us live according to God’s will
- 2) **Rebuking**- to convict us when we are acting against God, or outside of His will.
- 3) **Correcting**- to help keep us on course when we have veered to the left or right.
- 4) **Training in righteousness**- To train us in right living, making us a Holy people.

OBEY:

- 1) Begin reading the Word daily. The Gospel of John is a good place to start.
- 2) Begin a journal. Write what God says to you in His Word, then what you say to Him in return.

Close in prayer.

4

Prayer

The dialogue that takes place in your quiet time involves two way communications. Last lesson we discussed the primary way God communicates with us. This lesson we will look at prayer, the primary way we communicate with God. Certainly God also communicates with us in prayer time. There are four basic types of prayer we will look at using scripture.

1) **Adoration**- The first part of our prayer time should consist of worship.

Read

Isaiah 6:1-4

1 In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. 2 Above him were seraphs, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. 3 And they were calling to one another:

"Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory."

4 At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke.

- Where is Isaiah here and what does he describe?

- **Read**

Revelation 4:2-8

2 At once I was in the Spirit, and there before me was a throne in heaven with someone sitting on it. 3 And the one who sat there had the appearance of jasper and carnelian. A rainbow, resembling an emerald, encircled the throne. 4 Surrounding the throne were twenty-four other thrones, and seated on them were twenty-four elders. They were dressed in white and had crowns of gold on their heads. 5 From the throne came flashes of lightning, rumblings and peals of thunder. Before the throne, seven lamps were blazing. These are the seven spirits of God. 6 Also before the throne there was what looked like a sea of glass, clear as crystal.

In the center, around the throne, were four living creatures, and they were covered with eyes, in front and in back. 7 The first living creature was like a lion, the second was like an ox, the third had a face like a man, the fourth was like a flying eagle. 8

*Each of the four living creatures had six wings and was covered with eyes all around, even under his wings. Day and night they never stop saying:
"Holy, holy, holy
is the Lord God Almighty,
who was, and is, and is to come."*

- Where is John?
- Who does he see?
- What is similar to what Isaiah saw?

Read

Revelation 5:11-14

11 Then I looked and heard the voice of many angels, numbering thousands upon thousands, and ten thousand times ten thousand. They encircled the throne and the living creatures and the elders. 12 In a loud voice they sang:

*"Worthy is the Lamb, who was slain,
to receive power and wealth and wisdom and strength
and honor and glory and praise!"*

13 Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing:

*"To him who sits on the throne and to the Lamb
be praise and honor and glory and power,
for ever and ever!"*

14 The four living creatures said, "Amen," and the elders fell down and worshiped.

- What is the picture here?

The main reason we were created is to worship and fellowship with God. Begin worship with seeing Him as seen in these passages. Meditate on one of His attributes such as his sovereignty, power, holiness, His love, His mercy.

2) **Confession**- Without confession of sin, our prayers aren't heard.

Isaiah 59:2

2 But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.

Psalms 66:18

18 If I had cherished sin in my heart, the Lord would not have listened;

Read

Isaiah 6:5

5 "Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty."

What came before Isaiah's confession?

In light of God's holiness, our sin becomes very evident. Ask the Holy Spirit to show you any unconfessed sin. Remember the two parts of confession of sin are agreeing with God that it is sin, and turning away from it (repenting).

3) Thanksgiving

Read

Luke 17:11-19

11 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12 As he was going into a village, ten men who had leprosy met him. They stood at a distance 13 and called out in a loud voice, "Jesus, Master, have pity on us!"

14 When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

15 One of them, when he saw he was healed, came back, praising God in a loud voice. 16 He threw himself at Jesus' feet and thanked him-and he was a Samaritan.

17 Jesus asked, "Were not all ten cleansed? Where are the other nine? 18 Was no one found to return and give praise to God except this foreigner?" 19 Then he said to him, "Rise and go; your faith has made you well."

What did the ten lepers ask for? (Vs 13)

What did Jesus do for them? (Vs 14)

How did the lepers respond to what Jesus did?(Vs 15-16)

What was Jesus' question? (Vs 17)

We see here that our Lord expects thanks for answered prayer, and the blessings we receive. The Word tells us that every good and perfect gift comes from above. (James 1:17)

4) Supplication

Read

Luke 11:9-13

9 "So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 10 For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. 11 "Which of you fathers, if your son asks for a fish, will give him a snake instead? 12 Or if he asks for an egg, will give him a scorpion? 13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

We see here how our Father wants to bless us and answer our prayers. However there are conditions to answered prayer.

1 John 5:14-15

14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us-whatever we ask-we know that we have what we asked of him.

What is the condition for God hearing us? (Vs 14)

John 15:7

7 If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.

What are the two ways in this verse that ensure we are praying according to His will?

How can we remain in Him and His Word remain in us?

Read

James 4:3

3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

Here we see a warning against praying with the wrong motives. Petitioning the Lord involves asking both for ourselves and for others, but always according to His will.

MEMORY VERSE

Matthew 6:9-13

9 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done on earth as it is in heaven. 11 Give us today our daily bread. 12 Forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.'

Can you identify the four elements of prayer in this model prayer of Jesus?

OBEY

- 1) Begin a prayer journal. Record your requests, and when/how answered. Record any scriptures given to you by the Lord concerning each request.
- 2) Find a prayer partner, preferably same sex- to meet and pray with regularly. (Ecclesiastes 4:10, James 5:16)

Close in prayer

5

OUR NEW LIFE

PUTTING OFF/PUTTING ON

When Jesus comes into our heart, a process of change begins. This change involves putting off our old sinful nature, and putting on our new nature in Christ. This process is life long and not complete until we are face to face with Christ.

Read

Acts 22:2-16

2 When they heard him speak to them in Aramaic, they became very quiet.

Then Paul said: 3 "I am a Jew, born in Tarsus of Cilicia, but brought up in this city. Under Gamaliel I was thoroughly trained in the law of our fathers and was just as zealous for God as any of you are today. 4 I persecuted the followers of this Way to their death, arresting both men and women and throwing them into prison, 5 as also the high priest and all the Council can testify. I even obtained letters from them to their brothers in Damascus, and went there to bring these people as prisoners to Jerusalem to be punished.

6 "About noon as I came near Damascus, suddenly a bright light from heaven flashed around me. 7 I fell to the ground and heard a voice say to me, 'Saul! Saul! Why do you persecute me?'

8 "'Who are you, Lord?' I asked.

"I am Jesus of Nazareth, whom you are persecuting,' he replied. 9 My companions saw the light, but they did not understand the voice of him who was speaking to me.

10 "'What shall I do, Lord?' I asked.

"Get up,' the Lord said, 'and go into Damascus. There you will be told all that you have been assigned to do.' 11 My companions led me by the hand into Damascus, because the brilliance of the light had blinded me.

12 "A man named Ananias came to see me. He was a devout observer of the law and highly respected by all the Jews living there. 13 He stood beside me and said, 'Brother Saul, receive your sight!' And at that very moment I was able to see him.

14 "Then he said: 'The God of our fathers has chosen you to know his will and to see the Righteous One and to hear words from his mouth. 15 You will be his witness to all men of what you have seen and heard. 16 And now what are you waiting for? Get up, be baptized and wash your sins away, calling on his name.'

1) What was Paul's main purpose in life before he met Jesus? (Vs 2-5)

- 2) What was your main purpose in life before you met Jesus?

- 3) What did Paul ask Jesus when He appeared to him? (Vs 10)

- 4) What attitude does this question represent?

- 5) What is your attitude toward the authority of Jesus?

- 6) What new purpose in life did Jesus give Paul? (Vs 14-15)

- 7) What new purpose in life did Jesus give you?

Paul's life was radically transformed from a tenacious persecutor of Christians to a man used of God to touch countless lives and introduce them to Christ. His influence is still active today through his Spirit led writings included in the Bible. God's desire is to transform you in the same way.

MEMORY VERSE

2 Corinthians 5:17

17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Read

Ephesians 4:22-25

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

These verses illustrate that the process of becoming new involves two steps:

- 1) Putting off the old self
- 2) Replacing each aspect that is put off with a Christ like attitude

OBEY

1) Put off/Put on

To put off - Allow the Holy Spirit to point out areas in your life which need to be put off. The following scriptures will help:

Ephesians 5:3

But among you there must not be even a hint of immorality, or of any kind of impurity, or of greed, because these are improper for God' holy people.

Colossians 3:5

5 Put to death, therefore, whatever belongs to your earthly nature: immorality, impurity, lust, evil desires and greed, which is idolatry.

Galatians 5:19-21

19 The acts of the sinful nature are obvious: immorality, impurity and debauchery; 20 idolatry and ; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Confess and agree with God about the area of sin in your life identified. Ask for forgiveness, and for the Holy Spirit to remove this from you.

To put on- Now replace it with a Christ like attitude. Allow these scriptures to help you:

Ephesians 5:1-2

1 Be imitators of God, therefore, as dearly loved children 2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Colossians 3:2

2 Set your minds on things above, not on earthly things.

Galatians 5:22-23

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Philippians 4:8

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.

Example:

Ephesians 4:29

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

This verse warns you of continually putting people down and criticizing. After confessing this sin and asking for removal of these attitudes, add the practice of building others up and encouraging others.

The Bible tells us that Jesus can help us in three ways with this process:

a. He can sympathize

Hebrews 4:15

15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-yet was without sin.

b. He can help us

Hebrews 2:18

18 Because he himself suffered when he was tempted, he is able to help those who are being tempted.

c. He will provide a way

1 Corinthians 10:13

13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

2) Be filled with the Holy Spirit

The Bible says when we are saved we receive the Holy Spirit as a deposit. (Ephesians 1: 13-14) However the amount of filling can vary and is related to the amount of our surrender. The process of being increasingly filled with the Holy Spirit involves three steps:

- a. Confess sin- ask the Holy Spirit to convict you of any unconfessed sin.
- b. Offer each part of your body to be used by the Holy Spirit and controlled by the Holy Spirit.
- c. Ask for filling and thank Him for it, believing in faith.

Close in prayer.

6

THE BODY OF CHRIST

When you surrender to the Lordship of Jesus Christ and become a new person, you are not alone. You become part of a living organism called the Body of Christ. All people who have surrendered to Jesus make up the Body and are being led in unity. Think of the parts of your body as you read:

1 Corinthians 12:12-27

12 The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. 13 For we were all baptized by one Spirit into one body-whether Jews or Greeks, slave or free-and we were all given the one Spirit to drink.

14 Now the body is not made up of one part but of many. 15 If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body.

21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" 22 On the contrary, those parts of the body that seem to be weaker are indispensable, 23 and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, 24 while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, 25 so that there should be no division in the body, but that its parts should have equal concern for each other. 26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

27 Now you are the body of Christ, and each one of you is a part of it.

Ephesians 1:22-23

22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way.

1) What is the common bond of those in the Body of Christ? (Vs 12-13)

2) How similar are Jews and Greeks, slaves and the free?

- 3) Can you think of members of the Body that aren't like you?
- 4) Why would someone say "because I'm not an eye, I do not belong to the Body"? (Vs 16)
- 5) How does the Word address this way of thinking? (Vs 17-20)
- 6) How are the less honorable, weaker, and unpresentable parts of the Body to be treated? (Vs 22-23)
- 7) Who is the Head of the Body and what does the Head do? (Eph 1:22-23)

MEMORY VERSE

1 Corinthians 12:27

27 Now you are the body of Christ, and each one of you is a part of it.

As members of the Body, our attitude towards each other is very important. For by our love for each other, all men will know we follow Jesus.

John 13:34-35

34 "A new command I give you: Love one another. As I loved you, so you must love one another. 35 By this all men will know that you are my disciples, if you love one another."

Read

Philippians 2:3-4

3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.

Only through the Holy Spirit can we have the attitude of putting others first and looking to the interest of others.

Galatians 6:10

10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Who is the family of believers?

How can we do good to them?

John 13:4-5

4 so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

John 13:12-15

12 When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. 13 "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you.

How can we wash each others feet?

Ephesians 5:21

21 Submit to one another out of reverence for Christ.

What is the underlying motivation for submission to each other? What does this mean to you?

In addition to submitting to one another, the overriding bond that unifies the Body is love. Loving one another is not an option, but a command:

John 13:34-35

34 "A new command I give you: Love one another. As I loved you, so you must love one another. 35 By this all men will know that you are my disciples, if you love one another."

This love is not an emotion or feeling, but is manifested by our actions and submission to each other. Observe how Jesus defines love:

John 15:13

13 Greater love has no one than this, that he lay down his life for his friends.

Then He did it. Listen to this description of love:

1 Corinthians 13:4-7

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

This does not describe emotions or feelings, but actions. As part of the Body of Christ, we submit to each other and love each other through our actions.

OBEY

- 1) **Submit**- Think of those closest to you- family, friends, co-workers. Think of a way to serve them each day and report to the group next time.
- 2) **Reconciliation**: If we have unresolved conflict with anyone, the Bible tells us to resolve that before we can have full fellowship with the Father.

Matthew 5:23-24

23 "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."

- If you have wronged someone, go to them and ask forgiveness. If restitution or pay back is needed, then do that. Ask the Holy Spirit to help you.
- If anyone has wronged you, forgive them and tell them why you forgive them (for look what has been done for you, and how you have been forgiven by the Father).

Close in prayer

7

FISHER OF MEN

We have learned that following Jesus involves having a regular quiet time and staying in communication with the Father through the Word and prayer. We have seen that as we grow, we begin the transformation process of putting off the old and putting on the new. We also become part of His Body. As all of this occurs, God can begin to use us for His purpose in His Kingdom. The Bible tells us that His main purpose involves all people coming to know Him and worshipping Him.

Read

Matthew 28:16-20

16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted. 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

- 1) How much authority does Jesus have and where does He have it? (Vs 17)

- 2) How does that fact make you feel?

- 3) What does He command us to do? (Vs 19-20)

- 4) Describe what making disciples means.

- 5) What are we to teach new disciples? (Vs 20)

- 6) How does Jesus reassure us? (Vs 20)

Read

Acts 1:8

8 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."

We begin making disciples by being a witness to what Jesus has done in our life. What are we promised in the above verse as we make disciples?

To share your story about what Jesus has done in your life, there should be three parts:

- 1) Describe your life before you met Christ.
- 2) Describe how you met Christ and how you accepted Him. What was the process?
- 3) Describe how your life has changed since you follow Christ.

MEMORY VERSE

Matthew 28:19-20

19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

As we are His witnesses, we become His ambassadors.

2 Corinthians 5:19-20

19 that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. 20 We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

If your witness leads someone to want to know how to follow Christ, you should be ready to use God's Word to explain that process. Remember, it is the Holy Spirit's work to actually save someone, we are just the messenger.

The following scriptures can be used to explain the process. Have them read each verse out loud, then ask what that verse means to them. You may have to ask them several times, and allow them to reread it.

Romans 3:23

23 for all have sinned and fall short of the glory of God

Romans 6:23

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

John 3:3

3 In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again." (Here ask why Jesus came to earth)

John 3:16

16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 14:6

6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Romans 10:9-10

9 That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

2 Corinthians 5:15

15 And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

Revelation 3:20

20 Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

Allow the Holy Spirit to work here. Some questions to ask at this point are:

Are you a sinner?

Do you want forgiveness?

Do you believe Jesus died for you on the cross?

Are you ready to surrender your life to Jesus and ask Him into your heart?

As they pray, be sure they confess their sins, ask for forgiveness, admit Jesus paid for their sins on the cross, and ask Jesus to take over their life. Remain in prayer silently for this person's salvation during this conversation. During any witnessing experience, a tremendous spiritual battle is going on for that person's soul!

OBEY

- 1) Write and share your testimony. (Should take less than 3 minutes to say it)
- 2) Identify 5 people who you know well who don't know Jesus. Share your testimony with them. If they are open, share the plan of salvation above.

If any receive, partner with someone else in this group, and together with those who accepted Christ with that person, begin another To Follow and Fish group.

Pray with your partner during this process.

Close in Prayer

8 THE WORK OF THE CROSS

Perhaps the single most important event in history is what happened at the cross of Jesus. That single event changed all of eternity- including your eternity.

Read

Mark 14:32-36

32 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." 33 He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 34 "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

35 Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

- 1) How did Jesus feel about this event? (Vs 34)

- 2) Why do you think He felt this way? (See Mark 15:34)

- 3) What were the two components of His prayer? (Vs 35-36)

- 4) How can we follow this example?

Read

Mark 15:33, 37-38

33 At the sixth hour darkness came over the whole land until the ninth hour. 34 And at the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?"-which means, "My God, my God, why have you forsaken me?"

37 With a loud cry, Jesus breathed his last.

38 The curtain of the temple was torn in two from top to bottom. 39 And when the centurion, who stood there in front of Jesus, heard his cry and saw how he died, he said, "Surely this man was the Son of God!"

1) Imagine the scene you just read. How does it make you feel?

2) What is the significance of the temple curtain being torn?

Read

Mark 16:4-7

4 But when they looked up, they saw that the stone, which was very large, had been rolled away. 5 As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

6 "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. 7 But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"

What significance does Jesus' resurrection have for us?

See

1 Corinthians 15:17-18

17 And if Christ has not been raised, your faith is futile; you are still in your sins. 18 Then those also who have fallen asleep in Christ are lost.

MEMORY VERSE

Romans 5:6,8

6 You see, at just the right time, when we were still powerless, Christ died for the ungodly.

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

The work of the cross accomplished many things. The following are some important elements of the finished work of the cross.

1) Adoption

1 John 3:1

1 How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

The Father has actually adopted us as His children forever! The cross canceled out our sin so God can see us as His children, no longer separated from Him by our sins.

2) Justification

1 John 2:2

2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

2 Corinthians 5:21

21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

In God's Word, He tells us there is no forgiveness of sin without the shedding of blood (Hebrews 9:22). Before Jesus came, God's people depended upon animal sacrifice for their forgiveness (atonement). This was only temporary and had to be continually repeated, as people continued to sin. When Jesus came, His sacrifice was perfect because He is perfect. It is also once and for all, so all of our sins are atoned for, and we stand free of guilt before God. We are completely justified- only through Jesus.

3) Coming of the Holy Spirit

John 16:7

7 But I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you.

When Jesus left by way of the cross, the Holy Spirit comes. The Holy Spirit is within us now and has many purposes:

a) To convict of sin, guide us into truth

John 16:8, 13

8 When he comes, he will convict the world of guilt in regard to sin and righteousness and judgement: 13 But when he, the Spirit of truth, comes, he will guide you into all truth.

b) To teach us

John 14:26

26 But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

c) For wisdom, understanding, counsel, power, knowledge, and fear (awesome respect) for the Lord.

Isaiah 11:1-3

*1 A shoot will come up from the stump of Jesse;
from his roots a Branch will bear fruit.*

*2 The Spirit of the LORD will rest on him--
the Spirit of wisdom and of understanding,
the Spirit of counsel and of power,*

*the Spirit of knowledge and of the fear of the LORD--
3 and he will delight in the fear of the LORD.*

So the coming of the Holy Spirit is a tremendous gift for us. Without the Holy Spirit, we have no power no conviction, and no teacher. It is through the Holy Spirit in us that we can truly follow Jesus and become fishers of men.

OBEY

- 1) Begin a small group with new believers with To Follow and Fish

- 2) Meditate on this week's memory verse. Allow the Holy Spirit to teach you about each point of the verse, thinking about it one phrase at a time. Look at the verses before and after the memory verses. Rewrite the memory verse in your own words.

Close in prayer

9

SPIRITUAL WARFARE

As we grow as disciples, begin to tell others about Jesus, and help others to grow, we will face opposition. Our enemy is not people. Examine our memory verse.

MEMORY VERSE

Ephesians 6:12-13

12 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. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

This verse tells us our enemy is the devil along with his fallen angels- the rulers, authorities and powers of the dark world. Isaiah 28:12-19 tells of Satan being the guardian angel who was beautiful, but his heart became proud because of his wisdom and splendor. So God cast him from heaven to earth. Revelation 12 explains that one third off the angels chose to follow him- becoming the powers of darkness.

But we can take heart because Colossians 2:15 says that Jesus has already defeated all these evil beings at the cross! The battle is already won! 1 John 4:4 reassures us that the One in us is stronger than the one in the world. The following passage shows us the power of trusting God in battle. Jehoshaphat was a king in Israel who loved God and sought to follow Him.

Read

2 Chronicles 20:2-5, 12,15,17,21-24

2 Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). 3 Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek him.

5 Then Jehoshaphat stood up in the assembly of Judah and Jerusalem at the temple of the LORD in the front of the new courtyard

12 O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you."

15 He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.

17 You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the LORD will be with you.'"

21 After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying:

*"Give thanks to the LORD,
for his love endures forever."*

22 As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated. 23 The men of Ammon and Moab rose up against the men from Mount Seir to destroy and annihilate them. After they finished slaughtering the men from Seir, they helped to destroy one another.

24 When the men of Judah came to the place that overlooks the desert and looked toward the vast army, they saw only dead bodies lying on the ground; no one had escaped.

- 1) What was the situation that had Jehoshaphat alarmed? (Vs 2)

- 2) What situations do you face that seem hopeless and scary?

- 3) What was Jehoshaphat's response to this hopeless situation? (Vs 3-4)

- 4) Even in the midst of so much danger, where was his focus? (Vs 12b)

- 5) What was the promise of the Lord? (Vs 15,17)

- 6) Do you think the Lord can do the same today for our battles? (see Hebrews 13:8)

- 7) What was the first action from Jehoshaphat after praying and hearing from the Lord? (Vs 21)

- 8) Does it make sense from a worldly point of view to send a choir at the front of an army? Many times what the Lord asks us to do doesn't make sense to us, but we must act on faith.

- 9) What was the outcome of this act of obedience? (Vs 22-24)

When we trust the Lord and begin every battle on our knees, the outcome will be the same for us. To enter battle on our knees, we must put on the armor of God.

Read

Ephesians 6:10-18

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 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. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

OBEY

1) Put on the armor of God:

Helmet of Salvation:

- a) Thank God that you are His child
- b) Praise Him for eternal life
- b) Put on the mind of Christ

Breastplate of righteousness:

- a) Ask the Holy Spirit to search your heart
- b) Confess any sins
- c) Claim Christ's righteousness

Belt of Truth

- a) Be true to yourself and God
- b) Hold to the Truth
- c) Master your emotions

Gospel Shoes

- a) Be prepared
- b) Share the Gospel
- c) Pray for the lost

Shield of faith

- a) Claim the victory
- b) Advance in faith
- c) Quench the fiery darts of the wicked

Sword of the Spirit

- a) Grasp and use the Sword
- b) Let the Holy Spirit use the Sword
- c) Pray on the basis of the Word

Memorize and pray through the armor this week and any time you feel attacked, face an obstacle, or when you go on the attack.

- 2) **Have extended prayer time for at least three hours.** Be sure you find a quiet secluded place free from interruptions. Take your Bible and prayer journal to review.

Close in prayer

10

THE WALK

Congratulations! You have almost finished To Follow and Fish! Hopefully you now have an understanding of what it means to follow Christ. We have looked at the basic daily habits of a disciple- quiet time, prayer, and the Word. We have examined our new life in Christ and what it means to be part of His Body. We have looked at what it means to be a fisher of men, the meaning of the cross, and how to engage in spiritual battle.

This last lesson will look at our walk with Christ and where do we go from here.

MEMORY VERSE

2 Timothy 2:2

2 And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

Read

2 Timothy 1:6-8

6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. 7 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

8 So do not be ashamed to testify about our Lord, or ashamed of me his prisoner. But join with me in suffering for the gospel, by the power of God

What is the Gift of God in you, referred to in verse 6? (Recall Ephesians 1: 13-14)

What is meant by fan into flame this gift, and how can we do that?

What three aspects of the Spirit are emphasized in verse 7?

These three aspects are three keys to our walk with the Lord. We aren't timid because we walk in the power of God's Spirit. We are filled with His love so we can follow the two greatest commandments. (*Love the Lord your God with all your heart, soul, strength and mind, and love your neighbor as yourself*). Self discipline will help us persevere in our walk. Verse 8 explains the result of our walk- to testify about our Lord.

Read

2 Timothy 2:1-2

1 You then, my son, be strong in the grace that is in Christ Jesus. 2 And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

Here we see a glimpse of the fruit we have been chosen to bear.

John 15:16

16 You did not choose me, but I chose you and appointed you to go and bear fruit-fruit that will last.

This is the disciple-making process. In verse 2 we see four generations of disciples: Paul → Timothy → reliable men → who teach others. This is the multiplication of disciples, and the advancement of the Kingdom of God- as Jesus prayed for (your Kingdom come).

There are several requirements to be a part of this.

Read

2 Timothy 2:3-7

3 Endure hardship with us like a good soldier of Christ Jesus. 4 No one serving as a soldier gets involved in civilian affairs-he wants to please his commanding officer. 5 Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. 6 The hardworking farmer should be the first to receive a share of the crops. 7 Reflect on what I am saying, for the Lord will give you insight into all this.

1) What is the first requirement listed in verse 3 and who are we to please?

2) What kind of hardship does a soldier face?

3) Explain what Paul meant when he said a soldier doesn't get involved in civilian affairs. As soldiers of Christ, what would be our "civilian affairs"?

4) What rules (Vs 5) would apply to us as followers of Christ?

5) Are we promised any reward for walking with our Lord? What is it? (Vs 5-6)

See

John 10:10- promised abundant life, and peace (John 14:27)

Now as you continue your walk with the Lord, pass on to others what you learn, who can in turn teach others.

OBEY

- **Always be a Paul-** teaching and mentoring someone, helping them to grow.
- **Always be a Timothy-** stay in relationship with someone who will hold you accountable and spur you on to higher ground.
- **Always aspire to be an imitator of Christ-** ask in every situation- what would Jesus do?
See Ephesians 5: 1-2

Ephesians 3:20-21

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Close in prayer