



**LIFE FOUNDATIONS**  
CORE CLASSES FOR SPIRITUAL GROWTH

**FOUNDATIONS 101: DEVELOPING MY FAITH**

THE BROOK CHURCH COMMUNITY

# welcome!

Jesus came so that you might experience life to it's fullest! He said, *"I have come that they may have life... and have it abundantly."*(John 10:10)

The greatest adventure and joy in living is found in following Christ wholeheartedly and developing an authentic faith and love for Him. No other pursuit is as worthwhile as this!

This class was designed to be the first among 4 courses to help you do just that. They form the **FOUNDATIONS** for Christian living and influence, and will be of great value to you as grow in relationship to God. Here are the classes:

Foundations 101	Developing My Faith
Foundations 201	Discovering My Gifts
Foundations 301	Impacting My World
Foundations 401	Leading My Ministry

This first course (101) will help you understand the basics of the Christian life and how to develop further in your Christian walk. You'll learn about who Jesus was, the nature of salvation, how to read and study God's Word (The Bible), how to pray, and the importance of Christian fellowship.

I hope that this class is a great encouragement to you, that you will see God's love in richer ways, and that your feet will be firmly planted on the path to follow Jesus with all you are. May God bless you on this great adventure!

Joy!



*Mike Ayers*  
*Pastor, The Brook Church*

# FOUNDATIONS 101: DEVELOPING MY FAITH

## THE PURPOSE OF THIS CLASS:

*"... that you may stand firm in all the will of God, mature and fully assured." Col. 4:12b*

*"Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming." Eph. 4:14-15*

*"Therefore let us leave the elementary teachings about Christ and go on to maturity..."  
Hebrews 6:1*

## THE FOCUS OF THIS CLASS:

- Who Is Jesus?
- What is "Salvation"?
- How to Grow Spiritually

### ▪ WHO IS JESUS?

There are many differing opinions about Jesus. Of primary importance to the Christian life is a clear understanding of who He is. Regardless of what one believes, no one disputes the impact of Jesus' life...

*"I am an historian, I am not a believer, but I must confess as a historian that this penniless preacher from Nazareth is irrevocably the very center of history. Jesus Christ is easily the most dominant figure in all history."*

H.G. Wells, *A Short History of the World*, 1922

*"Jesus is too colossal for the pen of phrasemongers, however artful.... No one can read the Gospels without feeling the actual presence of Jesus. His personality pulsates in every word. No myth is filled with such life."*

Albert Einstein, *Saturday Evening Post*, 26 October 1929

Though Jesus was an intriguing figure, He claimed to be much more than that. This claim is at the heart of our faith.

### ***His Unique Claim...***

(source: Josh McDowell Ministries)

Among the religious leaders who have attained a large following throughout history, Jesus Christ is unique in the fact that He alone claimed to be God in human flesh. A common misconception is that some or many of the leaders of the world's religions made similar claims, but this is simply not the case.

Buddha did not claim to be God; neither did Moses or Mohammed. Yet Jesus, the carpenter from Nazareth, said that he who has seen Him (Jesus) has seen the Father (John 14:9).

He said that He existed before Abraham (John 8:58), and that He was equal with the Father (John 5:17, 18). Jesus claimed the ability to forgive sins (Mark 2:5–7), which the Bible teaches was something that God alone could do (Isaiah 43:25). The New Testament equated Jesus as the creator of the universe (John 1:3), and that He is the one who holds everything together (Colossians 1:17). The apostle Paul says that God was manifest in the flesh (I Timothy 3:16, KJV), and John the evangelist says that “the Word was God” (John 1:1). The united testimony of Jesus and the writers of the New Testament is that He was more than mere man; He *was* God.

Jesus did not just claim to be teaching mankind the truth; He claimed that *He* was the truth... “I am the Way, the Truth, and the Life.” (John 14:6).

“Again the high priest asked him, “Are you the Christ, the Son of the Blessed?” And Jesus said, “I am, and you will see the Son of Man seated at the right hand of Power, and coming with the clouds of heaven.” Mark 14:61-62

“This was why the Jews were seeking all the more to kill him, because not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.” (John 5:18)

Suppose this very night the President of the United States appeared on all the major networks and proclaimed that “I am God Almighty. I have the power to forgive sin. I have the authority to raise my life back from the dead.” He would be quickly and quietly shut off the air, led away, and replaced by the Vice-President. Anybody who would dare make such claims would have to be either out of his mind or a liar, unless he was indeed God.

This is exactly the case with Jesus. He clearly claimed all these things and more. If He is God, as He claimed, we must believe in Him, and if He is not, then we should have nothing to do with Him.

***Was Jesus just a good moral teacher?***

## **Was Jesus a deceiver?**

*“A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be a lunatic -- on the level with the man who says he is a poached egg - or else he would be the Devil of Hell. You must make your choice. Either this man was, and is, the Son of God: or else a madman or something worse. You can shut Him up for a fool, you can spit at Him and kill Him as a demon; or you can fall at His feet and call him Lord and God. But let us not come with any patronizing nonsense about Him being a great human teacher. He has not left that open to us. He did not intend to.”*

*C.S. Lewis, Mere Christianity, pp. 55-56*

## **JESUS WAS GOD!**

- **He led a perfect life**  
*“He committed no sin, and no deceit was found in His mouth.” 1 Peter 2:22*
  
- **He performed public miracles**  
*“Jesus went through all the towns and villages... healing every disease and sickness.”  
Matthew 9:35*
  
- **He fulfilled Old Testament prophecy**  
*“He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.”  
Isaiah 53:3-5*
  
- **He loved only as God could**  
*“But God demonstrates his own love for us in this: While we were sinners, Christ died for us.” Romans 5:8*
  
- **He would conquer death**  
*“After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of*

*the Lord came down from heaven and, going to the tomb, rolled back the stone... The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said." Matthew 28:1-7*

What this means...

**Who Is Jesus?**

Jesus is the Son of God. He was both God and man. He was born as a baby in a manger and grew to be a man. He lived a sinless life. As the Son of God He was crucified on the cross and buried in a tomb. Then, after three days, He was miraculously raised to life.

**What Did He Do?**

Jesus died on the cross as payment for our sin, to restore our relationship with God, and to purchase a place in heaven for us. All this He offers as a free gift.

*"God demonstrated His love for us in that while we were still separated from god by sin, Christ died for us." (Romans 5:8)*

▪ **WHAT IS 'SALVATION'?**

***We have all sinned***

*"...for all have sinned and fall short of the glory of God." (Romans 3:23)*

*Three Sins a Day...*

***The consequence of sin is death***

*"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." (Romans 6:23)*

*We Cannot Save Ourselves...*

**Christ died in our place for our sin**

*"...but God shows his love for us in that while we were still sinners, Christ died for us."  
(Romans 5:8)*

*Record book of sin...*

**Salvation comes through faith in Jesus**

*"...if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved." (Romans 10:9-10)*

Two Key Questions:

1. If you were to die today, do you know for certain that you would go to heaven?

*"I write these things to you who believe in the name of the Son of God that you may know that you have eternal life." (1 John 5:13)*

2. Suppose you were to die today and God were to say to you, "Why should I let you into my heaven?" ...what would you say?

**HOW CAN I BEGIN MY RELATIONSHIP WITH GOD?**

*"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." John 3:16*

**1. Admit your need for God and ask him to forgive your sins.**

*"If we confess our sins He is faithful and just and will forgive us our sins and cleanse us from every wrong." (1 John 1:9)*

**2. Believe that Jesus died to pay for your sins and that He rose again, and is alive today.**

*"If you confess that Jesus is your Lord, and you believe in your heart that God raised Him from the dead, you will be saved." (Romans 10:9)*

### 3. Accept God's free gift of salvation. Don't try to earn it.

*"For it is by grace you are saved, through faith- and this not from yourselves, it is a gift of God- not of works, so that no one could boast." (Ephesians 2:8,9)*

**You can begin your relationship with God by praying a simple prayer:**

*"Dear God, thank you for making me and loving me, even when I've ignored you and gone my way. I realize I need you in my life and I'm sorry for my sin. I ask you to forgive me. Thank you for sending your son, Jesus Christ, to die on the cross for me. Please help me to understand it more. Come into my life and make me a new person inside. I accept your free gift of salvation. Please help me to grow now as a Christian. Amen."*

#### ▪ **HOW TO GROW SPIRITUALLY**

*"... until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ." (Eph. 4:13)*

Spiritual Maturity is \_\_\_\_\_

#### FACTS ABOUT SPIRITUAL MATURITY

1. It's not automatic.

*"In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! <sup>13</sup> Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil." (Hebrews 5:12-13)*

2. It is a process.

*"Continue to grow in the grace and knowledge of our Lord and Savior Jesus Christ."  
(2 Peter 3:18)*

3. It takes a measure of discipline.



*"Discipline yourself for the purpose of godliness." (1 Timothy 4:7, NASB)*

What is a disciple of Jesus?

*"If anyone would come after me, he must deny himself, and take up his cross daily, and follow me." Luke 9:23*

#### **THE CORE COMMITMENTS OF A DISCIPLE (Disciplines that Provide Development)**

*"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; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."  
(Ephesians 4:22-24)*

##### **1. TIME IN GOD'S WORD**

*"If you continue in my Word, then you are my disciples indeed. And you will know the truth and the truth will set you free." (John 8:31-32)*

##### **2. PRAYER**

*"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." (John 15:7-8)*

##### **3. CHRISTIAN FELLOWSHIP**

*"A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another." (John 13:34-35)*

Sow a thought, reap an act.  
Sow an act, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny.

### **CORE COMMITMENT #1: TIME IN GOD'S WORD**

---

*"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." (2 Tim. 3:16-17)*

#### FIVE WAYS TO GET A "GRASP" ON YOUR BIBLE

##### The Hand Illustration



## I. HEARING GOD'S WORD

*"Consequently, faith comes from hearing the message, and the message is heard through the word of Christ." (Rom. 10:17)*

### Ways to Hear God's Word

- The Bible on audio
- Church services & studies
- Radio/TV teachers

PROBLEM: We forget \_\_\_\_\_ % of what we hear after 72 hours.

### How To Improve Your Hearing

1. Be ready and \_\_\_\_\_ to hear God.

*(Jesus) "He who has ears to hear, let him hear!" (Luke 8:8)*

*"How sweet are your words to my taste, sweeter than honey to my mouth!" (Psalm 119:103)*

2. Deal with \_\_\_\_\_ that prevent hearing God (Luke 8:4-15)

- A \_\_\_\_\_ Mind: Is fear, pride or bitterness preventing me from hearing God?
- A \_\_\_\_\_ Mind: Am I really serious about wanting to hear God speak?
- A \_\_\_\_\_ Mind: Am I too busy and concerned with other things to concentrate on what God has to say?

3. Confess any \_\_\_\_\_ in your life.

*"Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you." (James 1:21)*

4. Take \_\_\_\_\_ on what you hear.

*"Therefore we must pay much closer attention to what we have heard, lest we drift away from it." (Heb. 2:1)*

Keep a Spiritual Notebook

5. \_\_\_\_\_ on what you hear!

*"Do not merely listen to the Word, and so deceive yourselves. Do what it says!" (James 1:22)*

*"But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does."  
(James 1:25)*

## II. READING GOD'S WORD

*"Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near." (Revelation 1:3)*

### SUGGESTIONS

Read it daily

Read it systematically.

Get a modern translation.

Read it aloud quietly to yourself.

Underline or color code key verses.

Choose a reading plan and stick with it.

If I read approximately \_\_\_\_\_ minutes a day, I can read through the Bible once a year.

### A BIBLE READING PLAN THROUGH THE NEW TESTAMENT IN 30 DAYS

- \_\_\_\_\_ Day 1: Matthew 1-9
- \_\_\_\_\_ Day 2: Matthew 10-15
- \_\_\_\_\_ Day 3: Matthew 16-22
- \_\_\_\_\_ Day 4: Matthew 23-28
- \_\_\_\_\_ Day 5: Mark 1-8
- \_\_\_\_\_ Day 6: Mark 9-16
- \_\_\_\_\_ Day 7: Luke 1-6
- \_\_\_\_\_ Day 8: Luke 7-11
- \_\_\_\_\_ Day 9: Luke 12-18
- \_\_\_\_\_ Day 10: Luke 19-24
- \_\_\_\_\_ Day 11: John 1-7
- \_\_\_\_\_ Day 12: John 8-13
- \_\_\_\_\_ Day 13: John 14-22
- \_\_\_\_\_ Day 14: Acts 1-7
- \_\_\_\_\_ Day 15: Acts 8-14

- \_\_\_\_\_ Day 16: Acts 15-21
- \_\_\_\_\_ Day 17: Acts 22-28
- \_\_\_\_\_ Day 18: Romans 1-8
- \_\_\_\_\_ Day 19: Romans 9-16
- \_\_\_\_\_ Day 20: 1 Corinthians 1-9
- \_\_\_\_\_ Day 21: 1 Corinthians 10-16
- \_\_\_\_\_ Day 22: 2 Corinthians 1-13
- \_\_\_\_\_ Day 23: Galatians - Ephesians
- \_\_\_\_\_ Day 24: Philippians - 2 Thessalonians
- \_\_\_\_\_ Day 25: 1 Timothy - Philemon
- \_\_\_\_\_ Day 26: Hebrews
- \_\_\_\_\_ Day 27: James - 2 Peter
- \_\_\_\_\_ Day 28: 1 John - 3 John
- \_\_\_\_\_ Day 29: Revelation 1-11
- \_\_\_\_\_ Day 30: Revelation 12-22

### III. STUDYING GOD'S WORD

*“Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.” (Acts 17:11)*

*“Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.” (2 Tim. 2:15)*

The difference between reading and studying the Bible is that you

\_\_\_\_\_ when you study.

The secret of effective Bible study is knowing how to \_\_\_\_\_.

### SUGGESTED RESOURCES FOR BIBLE STUDY

Study Bibles:

- The Best Personal Study Bible: "The Ryrie Study Bible"
- The Best Topical Study Bible: "Thompson Chain Reference Bible"
- The Best Background Study Bible: "The NIV (1984) Study Bible" (Zondervan)

Bible Handbooks:

- "Richard's Complete Handbook" (Word)
- "Haley's Bible Handbook" (Zondervan)
- "Eerdman's Bible Handbook" (Eerdmans)

Other Important Study Tools:

- A complete concordance to match your translation
- A Bible on computer program such as "Logos" "Quickverse" or "PCBible"
- "The New Bible Dictionary" (Eerdmans)
- "The Baker Encyclopedia of the Bible" (Baker)
- "The New Bible Commentary" (Eerdmans)
- "The Moody Atlas of Bible Lands" (Moody)

IV. MEMORIZING GOD'S WORD

*"Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart." (Pr. 7:2-3)*

BENEFITS OF MEMORIZING SCRIPTURE

1. It helps me resist temptation.

*"I have hidden your Word in my heart that I might not sin against you." (Ps. 119:11)*

2. It helps me make wise decisions.

*"Your Word is a lamp to guide me and a light for my path." (Ps. 119:105)*

3. It strengthens me when I'm under stress.

*"My comfort in my suffering is this: Your promise preserves my life." (Ps. 119:50)*

4. It comforts me when I'm sad.

*"Trouble and distress have come upon me, but your commands are my delight."  
(Ps. 119:143)*

5. It helps me witness to unbelievers.

*"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." (1 Peter 3:15)*

## HOW TO MEMORIZE A VERSE

1. Pick a verse that speaks to you.
2. Say the reference before and after the verse.
3. Read the verse aloud many times.
4. Break the verse into natural phrases.
5. Emphasize key words when quoting the verse.
6. Write out the verse on a flash card.
7. Carry cards with you at all times for review.
8. Always memorize the verse word perfect.

Suggested beginning rate: 1 new verse a week.

THREE KEYS TO MEMORIZING: \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.

## SCRIPTURE MEMORY COURSE

The following verses suggest a "balance" in Scripture Memory. The verses selected are key verses in understanding the foundations of the Christian Life and Christian Growth. Do not feel tied-down to this suggested list. This is only a tool to lead you in an understanding of the importance of memorizing "key" verses.

### Live the New Life:

Christ the Center	II Cor. 5:17; Gal. 2:20
Obedience to Christ	Rom. 12:1; John 14:21
The Word	II Tim. 3:16; Josh. 1:8
Prayer	John 15:7; Phil. 4:6-7
Fellowship	Matt. 18:20; Heb. 10:24
Witnessing	Matt. 4:19; Rom. 1:16

### Proclaim Christ:

All Have Sinned	Rom. 3:23; Isa. 53:6
Sin's Penalty	Rom. 6:23; Heb. 9:27
Christ Paid the Penalty	Rom. 5:8; I Peter 3:18
Salvation Not by Works	Eph. 2:8-9; Titus 3:5
Receiving Christ	John 1:12; Rev. 3:20
Assurance of Salvation	I John 5:13; John 5:24

Rely on God:

His Spirit	I Cor. 3:16; I Cor. 2:12
His Strength	Isa. 41:10; Phil. 4:13
His Faithfulness	Lam. 3:22; Num. 23:19
His Peace	Isa. 26:3; I Peter 5:7
His Provision	Rom. 8:32; Phil 4:19
His Help in Temptation	Heb. 2:18; Ps. 119:9, 11

Being Christ's Disciple:

Put Christ First	Matt. 6:33; Luke 9:23
Separate from the World	I Jn. 2:15-16; Rom. 12:2
Be Steadfast	I Cor. 15:58; Heb. 12:3
Serve Others	Mark 10:45; II Cor. 4:5
Give Generously	Prv. 3:9-10; II Cor. 9:6-7
Develop World Vision	Acts 1:8; Matt. 28:19-20

Grow in Christ likeness:

Love	John 13:34-35; I Jn. 3:18
Humility	Phil. 2:3-4; I Peter 5:5-6
Purity	Eph. 5:3; I Peter 2:11
Honesty	Lev. 19:11; Acts 24:16
Faith	Heb. 11:6; Rom. 4:20-21
Good Works	Gal. 6:9-10; Matt. 5:16

V. APPLYING GOD'S WORD

*"Do not fool yourselves by just listening to the Word. Instead, put it into practice."  
(James 1:22)*

*"... Whoever practices and teaches these commands will be called great in the kingdom of heaven." (Matt. 5:19)*

1st ask: What did it mean to the original hearers?

2nd ask: What does it mean in its immediate context?



3rd ask: What does it mean in light of all of scripture?

4<sup>th</sup> ask: How could I apply to my life? Write out a sentence that describes a project or action you will take to apply the truth.

APPLYING GOD'S WORD WHEN YOU READ IT:

S.P.A.C.E. Questions:

Is there a...

SIN TO CONFESS?

PROMISE TO CLAIM?

ATTITUDE TO CHANGE?

COMMAND TO KEEP?

EXAMPLE TO FOLLOW?

## **A DAILY TIME WITH GOD**

### **How To Have A Quiet Time**

DEFINITION: "A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer."

#### **I. THE IMPORTANCE OF A DAILY QUIET TIME**

Your time alone with God should be the top priority in your schedule for five reasons:

1. We were CREATED to have fellowship with God.

*"So God created man in his own image ..." (Gen. 1:27, 2:7, 3:8)*

2. Jesus DIED to make a relationship to God possible.

*"God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful." (1 Cor. 1:9)*

3. Personal time alone with God was Jesus' SOURCE OF STRENGTH

*"Jesus often withdrew to lonely places and prayed." (Mark 1:35, Luke 22:39, Luke 5:16)*

4. Every person who has been effective in SERVICE for God developed this habit.  
*Abraham, Moses, David, Daniel, Paul, etc.*

5. You cannot be a HEALTHY, GROWING Christian without it!

*"Man shall not live on bread alone, but by every word that comes from the mouth of God."  
(Matt. 4:4)*

*"... I have treasured the words of His mouth more than my necessary food." (Job 23:12)*

## II. THE PURPOSE OF A DAILY QUIET TIME

1. To give DEVOTION to God.

*"Give to the Lord the glory due to his name. Worship the Lord in the splendor of his holiness." (Ps. 29:2)*

2. To get DIRECTION from God.

*"Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long." (Ps. 25:4-5)*

3. To gain DELIGHT in God.

*"Delight yourself in the Lord; and he will give you the desires of your heart." Ps. 37:4 (KJV)*

FACT: The better I get to know Christ, the more I LOVE HIM.

The objective of your Quiet Time is not to study about Christ, but to actually spend time with Him!

4. To grow DAILY like God.

*"When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus." (Acts 4:13)*

## HOW TO BEGIN A DAILY QUIET TIME

### 1. SELECT A SPECIFIC TIME.

The best time to have a quiet time is when I am AT MY BEST.

Reasons for considering an early morning quiet time:

- The example of Bible characters.  
(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc.)
- It seems logical to begin the day with it.  
"The best time to tune your instrument is before you play the concert, not after!"
- It demonstrates that meeting with God is your first priority. You give Him the first part of your day.
- You are likely to be more rested, your mind is less cluttered, and it's often the quietest time!

Whatever time you set, CONSISTENT.

## HOW LONG SHOULD A QUIET TIME BE?

### 3 Guidelines

- Start with 15 minutes and let it grow.
- Don't watch the clock!
- Emphasize quality, not quantity!

### 2. CHOOSE A SPECIAL PLACE.

*"Jesus left the city and went, as he usually did, to the Mount of Olives ... to pray." Luke 22:39*

The Important Factor:

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed." (Mark 1:35)*

### 3. GATHER THE RESOURCES YOU'LL NEED.

1. A Bible - with readable print.

2. A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.

#### 4. BEGIN WITH THE RIGHT ATTITUDES

##### REVERENCE

*"Be still, and know that I am God." Ps. 46:10*

##### EXPECTANCY

*"Open my eyes that I may see the wonderful things in your law." Ps. 119:18*

##### WILLINGNESS TO OBEY

*"Seek first the kingdom of God and His righteousness..." Mat 6:33*

### III. OVERCOMING THE PROBLEMS OF A QUIET TIME

#### 1. THE PROBLEM OF DISCIPLINE

Your first problem in establishing a quiet time will face you the moment you wake each morning: Am I going to get out of bed? ("The Battle of the Blankets")

Suggestions:

1. Go to bed ON TIME.
2. Get up ON TIME.
3. Be aware of quiet time ROBBERS. (things that steal your attention & focus)
4. Fall asleep thinking SPIRITUAL THOUGHTS.

#### 2. THE PROBLEM OF DISTRACTIONS

Satan will try to use anything to get your mind to wander during a quiet time.

Suggestions

Get out of BED.

Get thoroughly AWAKE.

Read and pray ALoud.

WALK during your prayer time.

Keep a NOTEPAD NEARBY.

### 3. THE PROBLEM OF DRYNESS

Sometimes you will feel like you're not getting anything out of your quiet time.

Never judge your quiet time by your EMOTIONS.

Possible Causes of Spiritual Dryness

1. Your physical condition.
2. Disobedience to God.
3. Rushing your quiet time.
4. Getting in a rut.
5. Not sharing insights with others.

### 4. THE PROBLEM OF DILIGENCE

Your greatest problem will be your struggle to stay consistent.

Suggestions

1. Make a covenant or vow to God.
2. Schedule it on your daily calendar.
3. Be prepared for Satan's excuses.
4. Leave your Bible open at night to the passage for the next day!

What if I miss a day?

Don't GET ON A GUILT TRIP.

Don't BE LEGALISTIC.

Don't GIVE UP.

It takes 3 weeks for you to become familiar with a new task. Then it takes another 3 weeks before it becomes a comfortable habit.

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Gal. 6:9)*

## **CORE COMMITMENT #2: PRAYER**

---

Prayer is simply talking with and listening to God.

*"Be joyful in hope, patient in affliction, faithful in prayer." (Rom. 12:12)*

### I. APPROACH PRAYER WITH THE RIGHT ATTITUDE. (Matthew 6:5-8)

- BE \_\_\_\_\_

*"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." (vs. 5)*

Don't try to \_\_\_\_\_

Don't try to \_\_\_\_\_

- BE \_\_\_\_\_

*"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." (vs. 6)*

- BE \_\_\_\_\_

*"And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him." (vs. 7-8)*

### II. USE THE MODEL JESUS GAVE US

Matt. 6:9-15 "This, then, is HOW you should pray ..."

#### THE SIX PARTS OF PRAYER

1. PRAISE: I BEGIN BY \_\_\_\_\_

"Our Father in heaven, hallowed be your name..."

#### TWO KINDS OF PRAISE:

- "ADORATION" - Praising God for who he is.
- "THANKSGIVING" - Praising God for what he has done.

"Enter into his gates with thanksgiving, and into his courts with praise. Be thankful unto him, and bless his name." Ps. 100:4

#### HOW TO PRAISE GOD:

1st: As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. (See Prayer Guide 1)

Examples:

God is patient	Num. 14:18
God is merciful	Num. 14:18
God is forgiving	Num. 14:18
God knows everything	1 Sam. 2:2
God is loving	1 John 4:8

KEY: \_\_\_\_\_ is the basis for our boldness in making requests in prayer. God answers the prayers that acknowledge who he is!

2nd: Remind yourself and affirm the promises God has made that are contained in the meaning of his names. (See Prayer Guide 2)

3rd: Make a list of all that you are thankful for and review them when you pray. (See Prayer Guide 3)

2. SURRENDER: I COMMIT MYSELF \_\_\_\_\_

"Your kingdom come, your will be done, on earth as it is in heaven ..."

Pray for God's will to be done ... in my family ... my church ... my ministry ... my job ... my future ... my city ... the nation ... the world.

3. PROVISION: I ASK GOD TO \_\_\_\_\_

*"Give us today our daily bread ..."*

What needs can I pray about? \_\_\_\_\_

*"God will supply all your needs according to his riches of glory in Christ Jesus" (Phil. 4:19)*

*"You have not, because you ask not!" (James 4:2)*

THE KEY: \_\_\_\_\_

Write down your requests, with a promise you are claiming from the Bible, and expect an answer! (See Prayer Guide 4)

*"Don't worry about anything, but in everything, by pray and petition with thanksgiving, present your requests to God." (Phil. 4:6)*

4. CONFESSION: I ASK GOD TO \_\_\_\_\_

*"Forgive us our debts ..."*

4 Steps to Forgiveness

a. Ask the Holy Spirit to \_\_\_\_\_ every sin.

*"Examine me, O God, and know my mind; test me, and discover my thoughts. Find out if there is any evil in me." (Ps. 139:23-24)*

b. Confess each sin \_\_\_\_\_.

*"Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy." (Prov. 28:13)*

3. Make \_\_\_\_\_ to others when necessary.

*"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." (Matt. 5:23-24)*

4. By faith, \_\_\_\_\_ God's forgiveness.

*"If we confess our sins, he is faithful and just and will forgive us our sins, and cleanse us from all unrighteousness." (1 John 1:9)*



5. PEOPLE: I PRAY FOR \_\_\_\_\_

*"... as we have also forgive our debtors."*

If you want to know how to pray for others ...

---

Eph. 1:15-19, Col. 1:3-12, 1 Th. 1:2-3, 2 Th. 1:11-12

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week. (See Prayer Guide #5)

6. PROTECTION: I ASK FOR \_\_\_\_\_

*"And lead us not into temptation but deliver us from the evil one." (vs. 13)*

Believers face a spiritual battle everyday. Satan wants to defeat you through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

*"...because the one who is in you is greater than the one who is in the world." (1 John 4:4)*

## PRAYER GUIDE 1

### CHARACTER TRAITS OF GOD

<b>Trait</b>	<b>Reference</b>
Faithful	II Cor. 1:20
Righteous	II Tim. 4:8
The Light	John 8:12
All-Present	Ps. 139:7-12
All-Powerful	Gen. 18:14; Luke 18:27
All-Knowing	Ps. 139:2-6; Isa. 40:13-14
Unchanging/Immutable	Ps. 102:25-27; Heb. 1:10-12
Sovereign (In Control)	2 Sam. 7:22; Isa. 46:9-11
Wise	Prov. 3:19; Rom. 16:26-27
Holy	Lev. 19:2; 1 Peter 1:15
Good	Ps. 25:8; Ps. 34:8
Merciful	Deut. 4:31; Ps. 103:8-17
Love	John 3:16; 1 John 4:8

## PRAYER GUIDE 2

### THE NAMES OF GOD

Did you know that God has several names? They are all in the Bible and each name describes a facet of his character. You can take each of these 8 names and focus individually on what God is really like! Pray the names of God as affirmations of praise!

#### 8 HEBREW NAMES OF GOD - DECLARE WHO GOD IS

Jehovah-Shammah- *"God is Present with me" (Ezekial 48:35)*  
You are here! I am never alone!

Jehovah-Rohi- *"God is my Shepherd" (Psalm 23:1)*  
You lead me and feed me and protect me!

Jehovah-Jireh- *"God is my Provider" (Gen. 22:14)*  
You see what I need before I even ask!

Jehovah-Rophe- *"God is my Healer" (Exodus 15:26)*  
You can heal my body, emotions, and relationships!

Jehovah-Tsidkenu- *"God is my Righteousness" (Jer. 23:6)*  
You accept me and forgive me because of Jesus!



PRAYER GUIDE 4  
MY PERSONAL REQUESTS

Date	Request	Promise	Date Answered

PRAYER GUIDE 5  
PEOPLE I'M PRAYING FOR

Family \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Christian Friends \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Friends I'd like to see become Christians \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Missionaries \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Leaders \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Others \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **CORE COMMITMENT #3: CHRISTIAN FELLOWSHIP**

---

### Participating in God's Family

*"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." (Heb. 10:25)*

### WHY IS FELLOWSHIP SO IMPORTANT?

#### 1. I \_\_\_\_\_ IN GOD'S FAMILY WITH OTHER BELIEVERS.

*"Let us do good to all people, especially to those who belong to the family of believers."  
(Gal. 6:10)*

*"Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household." (Eph. 2:19)*

*"So in Christ, we who are many form one body, and each member belongs to all the others!"  
(Rom. 12:5)*

*"The Christian who is not committed to a group of other believers for praying, sharing, and serving, so that he is known, as he knows others, is not an obedient Christian. He is not in the will of God. However vocal he may be in his theology, he is not obeying the Lord."  
Dr. Ray Ortland*

#### 2. I NEED \_\_\_\_\_ TO GROW SPIRITUALLY.

*"And let us consider how we may spur one another on toward love and good deeds."  
(Heb. 10:24)*

*"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"  
(Eccl. 4:9-10,12)*

#### 3. I NEED \_\_\_\_\_ TO GROW SPIRITUALLY

*"As iron sharpens iron, so one man sharpens another." (Pr. 27:17)*

*"Brothers, if someone is trapped in some sin, you who are spiritual should restore him gently ... Carry each other's burdens, and in this way you will fulfill the law of Christ."  
(Gal. 6:1-2)*

#### 4. CHRIST IS \_\_\_\_\_ WHEN WE FELLOWSHIP TOGETHER.

*"For where two or three come together in my name, there am I with them." (Matt 18:20)*

5. THERE IS \_\_\_\_\_ WHEN PEOPLE PRAY TOGETHER.

*"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven." (Matt 18:19)*

6. FELLOWSHIP IS A \_\_\_\_\_ TO THE WORLD.

*(Jesus) "... that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me." (John 17:21)*

7. I AM \_\_\_\_\_ TO EVERY OTHER CHRISTIAN

*"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." (1 Peter 4:10)*

### **The "One Anothers" of Fellowship** (Partial List)

Serve one another	Gal. 5:13
Accept one another	Rom 15:7
Forgive one another	Col. 3:13
Greet one another	Rom. 16:16
Bear one another's burdens	Gal. 6:2
Be devoted to one another	Rom. 12:10
Honor one another	Rom. 12:10
Teach one another	Rom 15:14
Submit to one another	Eph. 5:21
Encourage one another	1 Thess. 5:11

HOW CAN A CHURCH GROW LARGER AND MAINTAIN CLOSE FRIENDSHIPS?

\_\_\_\_\_.

*"(They met) day after day, in the Temple courts and from house to house." (Acts 5:42)*

2 Types of Church Meetings

Large Group:

Small Group:

*"Greet the church that meets in their home." (Rom. 16:5)*

-- Also Acts 2:26, 8:3, 16:40, 20:20, 1 Cor.. 16:19, Col. 4:15

At The Brook, we believe our church must grow \_\_\_\_\_ and \_\_\_\_\_ at the same time.

WHAT IS THE PURPOSE OF OUR COMMUNITY GROUPS?

Acts 2:42-47

1. \_\_\_\_\_  
*"They devoted themselves to the apostle's teaching ..."*
2. \_\_\_\_\_  
*"...and to the fellowship ..."*
3. \_\_\_\_\_  
*"... and to the breaking of bread ..."*
4. \_\_\_\_\_  
*"... and to prayer ..."*
5. \_\_\_\_\_  
*"... they gave to anyone as he had a need ..."*
6. \_\_\_\_\_  
*"... they ate together with glad and sincere hearts ..."*
7. \_\_\_\_\_  
*"... praising God and enjoying the favor of all the people."*
8. \_\_\_\_\_  
*"And the Lord added to their number daily those who were being saved."*

FOUR OBJECTIVES FOR COMMUNITY GROUPS:

P \_\_\_\_\_

F \_\_\_\_\_

B \_\_\_\_\_

M \_\_\_\_\_



