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## **Train & Multiply™**

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# **Following the Lord Jesus Christ**



**Pastoral Leader Training Booklet**

# **7**

**Train & Multiply™**



**T&M™**

# SUGGESTIONS FOR USING THE COURSE

Give the new believers the studies one by one. They study at home, and then meet you, if possible in a group. Each of the seven studies is to help them to put into practice one of the following basic commands of the Lord Jesus Christ (as a help to discipling, these have been summarized as seven). The other commands of the Lord emphasize aspects of these same principles.

- REPENT AND BELIEVE, to receive the forgiveness of sins and the Holy Spirit (to know who Jesus is, what He did for us, and to follow Him in obedient faith).
- BE BAPTIZED (and live the new life that baptism emphasizes; know who the Holy Spirit is and what He does for us).
- LOVE God, fellow-believers, family and our neighbor - even our enemies (and have some ministry that shows practical love).

When you witness, relate these three aspects of the gospel:

1. The life of the Lord Jesus Christ, His miracles and His teaching.
2. His death for our sins, and His resurrection to bring us eternal life.
3. The need to repent, believe in the Lord Jesus Christ and be baptized, to receive forgiveness and the Holy Spirit.

## PRACTICAL WORK

- Using the drawing, tell your family and friends how Jesus called His disciples.
- Witness to your friends, and help your new brothers in Christ to obey all His commands.

## Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

Why did Peter kneel before the Lord Jesus Christ, in the boat?

From then on, what kind of “fish” would Peter catch?

The Lord Jesus Christ commands His disciples to follow Him, no matter what it costs, obeying all His commands, and loving one another.

Whom will you help to become obedient disciples of Christ? Write down the names of two or three relatives or friends you will help.

## LEARN BY HEART

*“Jesus said to them, ‘Go to the whole world and preach the Gospel to all mankind.’”*

(Mark 16:15)

- Share in the LORD’S SUPPER regularly (and maintain the intimate communion with Christ and His church, which the Supper emphasizes).
- PRAY and meditate on the Word of God daily, with living and active faith (and take advantage of the great privilege of drawing near to the Most Holy God in the name of Jesus).
- GIVE or tithe (giving our goods, time and talents, as faithful, hard working stewards of all that God gives us).
- MAKE DISCIPLES (witness to Christ and teach others to obey the Lord, through our words and example).

The drawings are to provoke interest. Let your student give his opinion as to the meaning of each picture, before beginning a study.

# KEY TO THE ILLUSTRATIONS

- The Lord Jesus Christ shows His hands to the disciples, after His resurrection.  
(Luke 24)
- The tongues of fire on the disciples, the day of Pentecost.  
(Acts 2)
- The priest passes the wounded man by, on the other side, on the road to Jericho. (Parable of the Good Samaritan.)  
(Luke 10)
- The vine (grape plant) of which we are the branches that bear fruit. (John 15)
- While the publican asks forgiveness in the temple, the religious Pharisee praises himself in his prayer. (Luke 18)

These are the twelve he chose: Simon (Jesus gave him the name of Peter); James and his brother John, the sons of Zebedee (Jesus gave them the name Boanerges, which means ‘Men of Thunder’); Andrew; Philip; Bartholomew; Matthew; Thomas; James the son of Alphaeus; Thaddaeus; Simon the Patriot; and Judas Iscariot, who betrayed Jesus.

(Mark 3:13-19)

Jesus said... “A new commandment I give you: love one another. As I have loved you, so you must love one another. If you have love for one another, then all will know that you are my disciples.”

(John 13:31-35)

## After the resurrection:

The eleven disciples went to the hill in Galilee where Jesus had told them to go. When they saw him they worshipped him, even though some of them doubted. Jesus drew near and said to them, “I have been given all authority in heaven and on earth. Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And remember! I will be with you always, to the end of the age.”

(Matthew 28:16-20)

# MAKING DISCIPLES FOR JESUS CHRIST

Jesus... sat in the boat and taught the crowd. When he finished speaking, he said to Simon, "Push the boat out further to the deep water, and you and your partners let your nets down for a catch."

"Master," Simon answered, "we worked hard all night long and caught nothing. But if you say so, I will let down the nets." They let the nets down and caught such a large number of fish that the nets were about to break. So they motioned to their partners in the other boat to come and help them. They came and filled both boats so full of fish that they were about to sink.

When Simon Peter saw what had happened, he fell on his knees before Jesus and said, "Go away from me, Lord! I am a sinful man!" He and the others with him were all amazed at the large number of fish they had caught. The same was true of Simon's partners, James and John, the sons of Zebedee. Jesus said to Simon, "Don't be afraid; from now on you will be catching men."

(Luke 5:1-11)

Then Jesus went up a hill and called to himself the men he wanted. They came to him and he chose twelve, whom he named apostles. "I have chosen you to be with me," he told them; "I will also send you out to preach, and you will have authority to drive out demons."

- *"It is easier for a camel to pass through the eye of a needle, than for a rich man to enter the Kingdom of Heaven,"* said Jesus, when a rich young man was not prepared to leave all his possessions to follow Him. (Luke 18:25)
- After the miraculous haul of fishes, the Lord confirmed Peter's call to be a fisher of men. (John 21)

At the end of each study it says:

## "Study and Practical Work Done"

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

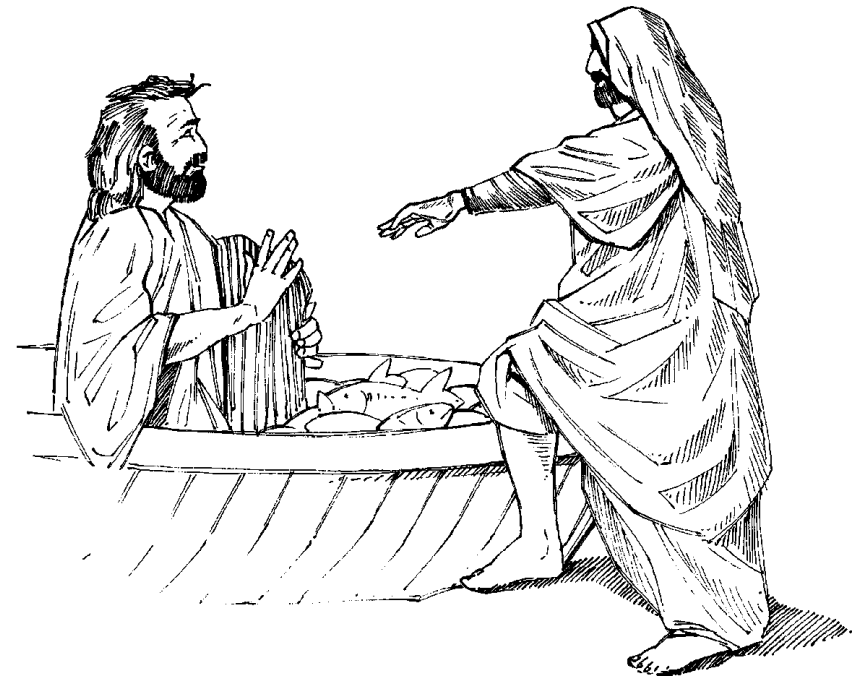
Sign on the line and put the date, when you have checked that the student has:

- Answered the questions correctly.
- Learned the verse by heart.
- Done the practical work:
  - obeyed the command.
  - told the Bible story to his family, using the illustration.

(DO NOT SIGN UNTIL YOU SEE THE RESULTS.)

# STUDY 7

## FOLLOWING THE LORD JESUS CHRIST



## LEARN BY HEART

*“Give to others, and God will give to you; you will receive a full measure, a generous helping, poured into your hands - all that you can hold. The measure you use for others is the one God will use for you.”*

(Luke 6:38)

## PRACTICAL WORK

- Give offerings, tithes, help, time, etc., joyfully and generously, and teach your family to do the same. We give for the work of the local church, for missionary work and for the needy.
- Using the drawing, tell your family and friends the parable of the rich fool, and the story of the man who, because of his riches, would not follow Jesus Christ.

### Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

## INFORMATION SHEET FOR THE TEACHER

Teacher \_\_\_\_\_

Church or Group \_\_\_\_\_

In the following list, write the names of your students. Draw a circle around the number of a study when you have given it to a student; mark an “X” in the circle when the homework has been done.

### Students

### Studies

<u>John Smith</u>	<del>1</del>	<del>2</del>	<del>3</del>	4	5	6	7
_____	1	2	3	4	5	6	7
_____	1	2	3	4	5	6	7
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The desire to own many things can make us forget Christ. The apostle exhorts us to give, not because we are supposed to, but rather, willingly. God loves a cheerful giver. He blesses the generous giver. (2 Corinthians 9:6-9)

Do you give cheerfully? Please note your plans:

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*“As Jesus sat near the temple treasury he watched the people as they dropped in their money. Many rich men dropped in much money; then a poor widow came along and dropped in two little copper coins, worth about a penny. He called his disciples together and said to them, ‘I tell you that this poor widow put more in the offering box than all the others. For the others put in what they had to spare of their riches; but she, poor as she is, put in all she had - she gave all she had to live on.’”*

(Mark 12:41-44)

Jesus Christ measures offerings according to what is left after ‘giving!’

God blesses us when:

- ☐ we give only what we have left over.
- ☐ we give in love, cheerfully.



The people who heard him asked, “Who, then, can be saved?”

Jesus answered, “What is impossible for men, is possible for God.”

Then Peter said, “Look! We have left our homes to follow you.”

“Yes,” said Jesus, “and I tell you this: anyone who leaves home or wife or brothers or parents or children for the sake of the Kingdom of God will receive much more in this present age, and eternal life in the age to come.”

(Luke 18:18-30)

Why did Christ call a rich man “fool”?

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What did the other rich man love more than Jesus?

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Why is it difficult for a rich man to enter heaven?

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Could your possessions put you in danger?

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# STUDY 1

## FOLLOWING THE LORD JESUS CHRIST



On that same day two of the disciples were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking to each other about all the things that had happened.

As they talked and discussed, Jesus himself drew near and walked along with them; they saw him, but somehow did not recognize him. Jesus said to them, “What are you talking about, back and forth, as you walk along?”

They stood still, with sad faces. One of them, named Cleopas, asked him, “Are you the only man... who does not know what has been happening...?” “What things?” he asked.

“The things that happened to Jesus of Nazareth,” they answered. “This man was a prophet, and was considered by God and by all the people to be mighty in words and deeds. Our chief priests and rulers handed him over to be sentenced to death, and he was nailed to the cross. And we had hoped that he would be the one to redeem Israel!”

And Jesus concluded, “This is how it is with those who pile up riches for themselves but are not rich in God’s sight.”

(Luke 12:13-21)

A Jewish leader asked Jesus, “Good Teacher, what must I do to receive eternal life?”

“Why do you call me good?” Jesus asked him. “No one is good except God alone. You know the commandments: ‘Do not commit adultery; do not murder; do not steal; do not lie; honor your father and mother.’” The man replied, “Ever since I was young I have obeyed all the commandments.”

When Jesus heard this, he said to him, “You still need to do one thing. Sell all you have and give the money to the poor, and you will have riches in heaven; then come and follow me.” But when the man heard this he became very sad, because he was very rich. Jesus saw that he was sad and said, “How hard it is for rich people to enter the Kingdom of God! It is much harder for a rich man to enter the Kingdom of God than for a camel to go through the eye of a needle.”

## GIVE JOYFULLY

A man in the crowd said to Jesus: “Teacher tell my brother to divide with me the property our father left us.”

Jesus answered him, “Man, who gave me the right to judge, or to divide the property between you two?” And he went on to say to them all, “Watch out, and guard yourselves from all kinds of greed; because a man’s true life is not made up of the things he owns, no matter how rich he may be.”

Then Jesus told them this parable, “A rich man had land which bore good crops. He began to think to himself, ‘I don’t have a place to keep all my crops. What can I do? This is what I will do,’ he told himself; ‘I will tear down my barns and build bigger ones, where I will store the grain and all my other goods. Then I will say to myself, Lucky man! You have all the good things you need for many years. Take life easy, eat, drink, and enjoy yourself!’ But God said to him, ‘You fool! This very night you will have to give up your life; then who will get all these things you have kept for yourself?’”

“...Some of the women of our group surprised us; they went at dawn to the grave, but could not find his body. They came back saying they had seen a vision of angels who told them that he is alive...”

Then Jesus said to them: “How foolish you are, how slow you are to believe everything the prophets said! Was it not necessary for the Messiah to suffer these things and enter his glory?”

And Jesus explained to them what was said about him in all the Scriptures, beginning with the books of Moses and the writings of all the prophets...

He sat at the table with them, took the bread and said the blessing; then he broke the bread and gave it to them. Their eyes were opened and they recognized him; but he disappeared from their sight. They said to each other “Wasn’t it like a fire burning in us when he talked to us on the road and explained the Scriptures to us?”

They got up at once and went back to Jerusalem, where they found the eleven disciples gathered together with the others and saying, “The Lord is risen indeed! He has appeared to Simon!”

While they were telling them this, suddenly the Lord himself stood among them and said to them, “**WHY ARE YOU TROUBLED?** **WHY ARE THESE DOUBTS COMING UP IN YOUR MINDS?** Look at my hands and my feet and see that it is I, myself. Feel me, and you will see, because a ghost doesn’t have flesh and bones, and you can see I have.” (Luke 24:13-53)

In this Bible passage, Jesus’ disciples are troubled and frightened.

What does Jesus comment on? (Look at the phrases in larger print in the text.)

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Answer: Their doubts, and troubled minds, about what God’s Word clearly teaches.

Jesus Christ has risen from the dead, proving that He is truly God and truly man.

# STUDY 6

## FOLLOWING THE LORD JESUS CHRIST



## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*“These have been written that you may believe that Jesus is the Messiah, the Son of God, and that through this faith you may have life in his name.”*

This verse says that this Jesus who rose from the dead is the Messiah and the Son of \_\_\_\_\_.

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## PRACTICAL WORK

- Stop doubting and believe, handing over all your life to Christ, obeying all that He has commanded.
- Destroy every book, amulet, object associated with magic or the occult, and anything whatever related to another religion. (The Lord demands our entire loyalty.) Renounce any past contact with these things, and ask the Lord to free you from any evil influence from these activities.
- Put into practice your repentance: for example, ask for forgiveness from anyone you may have offended, help the needy, return stolen objects, own up to any lies you have told, or correct any gossip you have spread, etc.
- Using the illustration, tell your family and friends the story of Jesus' appearing to His disciples, after His resurrection.

### Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

## PRACTICAL WORK

- Pray daily, and teach your family to do the same.



- Using the illustration, tell your family and friends the parables of the persistent widow, also of the Pharisee and the tax collector.

### Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

The apostle Paul wrote: *“All Scripture is inspired by God and is useful for teaching the truth, rebuking error, correcting faults, and giving instruction for right living, so that the man who serves God may be fully qualified and equipped to do every kind of good work.”*

(2 Timothy 3:16-17)

Learn many scriptures by heart. This will help you to witness to others of Christ. King David said, in the psalms: *“I have hidden your Word in my heart, that I might not sin against you.”*

(Psalm 119:11)

## LEARN BY HEART

*“Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”*

(Matthew 6:9-13)

# STUDY 2

## FOLLOWING THE LORD JESUS CHRIST



# THE GIFT OF THE HOLY SPIRIT

When the day of Pentecost arrived, all the believers were gathered in one place. Suddenly there was a noise from the sky that sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire spreading out; And a tongue touched each person there. They were all filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak.

There were Jews living in Jerusalem, religious men who had come from every country in the world. When they heard this noise a large crowd gathered. They were all excited, because each one of them heard the believers talking in his own language. In amazement and wonder they exclaimed, “These men who are talking like this, they are all Galileans! How is it, then, that all of us hear them speaking in our own native language? We are from Parthia, Media... Asia... Egypt... Libya... Rome, yet all of us hear them speaking in our own language of the great things that God has done!”... But others made fun of the believers, saying, “These men are drunk!”

What should our daily prayers include?

- ☐ Thanksgiving.
- ☐ Confessing our sins to God and thanking Him for forgiveness.
- ☐ Praise and adoration (spoken and sung).
- ☐ Petition (for others and for oneself).

All these are aspects of prayer.

When the devil tempted the Lord Jesus Christ in the desert, saying to Him: *“If you are God’s Son, order these stones to turn into bread,”* Jesus answered, *“Man cannot live on bread alone, but on every word that God speaks.”* (Matthew 4:3-4)

A Christian reads and meditates on the Word of God daily. That is how he understands God’s will for his life. Begin with the New Testament, reading a portion daily.

Have you committed yourself to read and meditate on the Word of God daily? \_\_\_\_\_



Will you have prayers with your family every day? \_\_\_\_\_

The Pharisee prayed with pride, not with faith. The tax collector humbled himself before God.

How should we enter God's presence in prayer? How should we approach the King of kings?

- ☐ Insisting on our needs, like angry bulls.
- ☐ Meekly, like lambs, but with confident faith.

Jesus said that those who make themselves great will be humbled, and those who humble themselves will be made great.

Which prayer did God hear?

- ☐ The Pharisee's proud declaration.
- ☐ The humble prayer of the sinner.

God hears the sinner asking for forgiveness.

Then Peter stood up with the other eleven apostles, and in a loud voice began to speak to the crowd, "Fellow Jews, and all of you who live in Jerusalem, listen to me and let me tell you what this means. These men are not drunk, as you suppose; it is only nine o'clock in the morning. Rather, this is what the prophet Joel spoke about, "This is what I will do in the last days," God says, "I will pour out my Spirit upon all men..."

"All the people of Israel, then, are to know for sure that it is this Jesus, whom you nailed to the cross, that God has made Lord and Messiah!" When the people heard this, they were deeply troubled, and said to Peter and the other apostles, "What shall we do, brothers?"

Peter said to them, "Turn away from your sins, each one of you, and be baptized in the name of Jesus Christ, so that your sins will be forgiven; and you will receive God's gift, the Holy Spirit. or God's promise was made to you and your children, and to all who are far away-all whom the Lord our God calls to himself..." Many of them believed his message and were baptized. (Acts 2)

In the first part of this reading, we see how God blesses the disciples, filling them with His Holy Spirit. The Holy Spirit is God Himself, who enters His children, SEALS them as His own, and gives them STRENGTH to resist Satan, POWER, GIFTS and FRUIT to serve Him.

Have you received this gift of the Holy Spirit in your life?

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In the last part of the reading above, exactly what did Peter tell the people to do, to be saved?

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Let us examine what the apostle Peter said to do.

## 1. Turn to God

Peter calls us to repent. This means a change of heart. God helps us to turn from sin to serve Him.

Jesus also told this parable to people who were sure of their own goodness and despised everybody else. “Two men went up to the temple to pray; one was a Pharisee, the other a tax collector. The Pharisee stood apart by himself and prayed, ‘I thank you, God, that I am not greedy, dishonest, or immoral, like everybody else; I thank you that I am not like that tax collector. I fast two days every week, and I give you one tenth of all my income.’”

“But the tax collector stood at a distance and would not even raise his face to heaven, but beat on his breast and said, ‘God, have pity on me, a sinner!’ I tell you,” said Jesus, “‘this man, and not the other, was in the right with God when he went home. Because everyone who makes himself great will be humbled, and everyone who humbles himself will be made great.’” (Luke 18:1-14)

The widow kept on begging the judge to help her. 1 Thessalonians 5:17 exhorts us to pray “at all times.” In the Lord’s Prayer, Christ teaches us to ask for our DAILY bread.

Do you commit yourself, before God, to pray daily? \_\_\_\_\_

## PRAY AND MEDITATE ON GOD'S WORD DAILY, WITH FAITH

Jesus then told them this parable, to teach them that they should always pray and never become discouraged.

“There was a judge in a certain town who neither feared God nor respected men. And there was a widow in that same town that kept coming to him and pleading for her rights: ‘Help me against my opponent!’ For a long time the judge was not willing, but at last he said to himself, ‘Even though I don’t fear God or respect men, yet because of all the trouble this widow is giving me I will see to it that she gets her rights; or else she will keep on coming and finally wear me out!’”

And the Lord continued, “Listen to what that corrupt judge said. Now, will God not judge in favor of his own people who cry to him for help day and night? Will he be slow to help them? I tell you he will judge in their favor and do it quickly. But will the Son of Man find faith on earth when he comes?”

## 2. Be Baptized

Peter calls us to be baptized with water. Romans 6 reveals that our baptism confirms two things. First, we are united with Christ in His death; we die in respect to our sin. Second, we are raised with Him to a new, holy life.

*“...when we were baptized into union with Christ Jesus, we were baptized into union with his death.”*

(Romans 6:3)

Baptism assures the believer that he has died with Christ to sin, and been raised from the dead in Him, in God’s sight.

*“For if we became one with Him in dying as He did, in the same way we shall be one with Him by being raised to life as He was.”*

(Romans 6:8)



### 3. Receive the Holy Spirit

We let God invade our hearts. Peter promised the new believers who repented the gift of the Holy Spirit. We are born again through the work of the Holy Spirit who dwells in us. We receive Him by faith. (John 14:16-18, Galatians 3:1-6)

*“Since you have accepted Christ Jesus as Lord, live in union with Him.”* (Colossians 2:6)

Living in union with Jesus means that we will be guided by the Holy Spirit as we follow Christ’s example.

### PRACTICAL WORK

- Pray that God will fill you and guide your life, through the power of the Holy Spirit.
- Using the illustration and the three steps the apostle Peter points out, share this account with your relatives, inviting them to also turn to God, be baptized and receive the blessing of the Holy Spirit.

### Study and Practical Work Done

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(Date)

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(Signature of the teacher)

# STUDY 5

## FOLLOWING THE LORD JESUS CHRIST



## LEARN BY HEART

*“Then he took the bread, giving thanks to God, broke it, and gave it to them, saying, ‘This is my body, which is given for you. Do this in memory of me.’”*

(Luke 22:19)

## PRACTICAL WORK

- Participate regularly in the Lord’s Supper with your church, and keep in close communion with Christ every day.
- Tell your family or friends Jesus’ illustration of the vine.

### Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

## STUDY 3

### FOLLOWING THE LORD JESUS CHRIST



# LOVE YOUR NEIGHBOR AND YOUR ENEMY

A certain teacher of the Law came up and tried to trap Jesus.  
“Teacher,” he asked, “what must I do to receive eternal life?”

Jesus answered him, “What do the Scriptures say? How do you interpret them?”

The man answered, “‘You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind’; and ‘You must love your fellowman as yourself.’”

“Your answer is correct,” replied Jesus, “do this and you will live.”  
But the teacher of the law wanted to put himself in the right, so he asked Jesus, “Who is my fellowman?”

Jesus answered, “There was a man who was going down from Jerusalem to Jericho, when robbers attacked him, stripped him, and beat him up, leaving him half dead.

Let us review the seven basic commands of the Lord Jesus Christ for His disciples:

1. Turn from sin, believe and receive the Holy Spirit  
(Mark 1:15, John 20:22))
2. Be baptized (Matthew 28:19)
3. Love (Matthew 22:37-39)
4. Celebrate the Lord’s Supper (Luke 22:19-20)
5. Pray (Matthew 6:9-13)
6. Give (Luke 6:38)
7. Make Disciples (Matthew 28:19)

Which of these commandments is the most important? \_\_\_\_\_

Jesus said, “*If you love me, you will obey my commandments.*”  
(John 14:15)

According to the scripture reading, what do we do before taking the bread and the cup, to partake worthily?

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The Lord's Supper speaks of the communion we have with, and in, Christ. (1 Corinthians 10:16-17) We maintain this communion when we walk in obedience to His commandments.

Christ said that He was the vine, and we the branches.  
According to Him, what must we do to bear much fruit?

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What happens if we do not remain in Him?

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The fruit we produce is the result of obedience, in love, to His commands.

It so happened that a priest was going down that road; when he saw the man he walked on by, on the other side. In the same way a Levite also came there, went over and looked at the man, and then walked on by, on the other side.

But a certain Samaritan who was traveling that way came upon him, and when he saw the man his heart was filled with pity. He went over to him, poured oil and wine on his wounds and bandaged them; then he put the man on his own animal and took him to an inn, where he took care of him.

The next day he took out two silver coins and gave them to the innkeeper, 'Take care of him,' he told the innkeeper, 'and when I come back this way I will pay you back whatever you spend on him.'

And Jesus concluded, "In your opinion, which one of these three acted like a fellowman toward the man attacked by the robbers?"

The teacher of the Law answered, "The one who was kind to him."  
Jesus replied, "You go then, and do the same." (Luke 10:25-37)

The apostle Paul explains how love fulfills all God's law:

*“The commandments, ‘Do not commit adultery; do not murder; do not steal; do not covet’ - all these, and any other beside, are summed up in the one command, ‘Love your fellowman as yourself.’ Whoever loves his fellowman will never do him wrong. To love, then, is to obey the whole Law.”*

(Romans 13:9-10)

Above all, Jesus and his apostles, by their words and deeds, gave the highest importance to love. First, love for God, then for others.

Do you, too, want Christian love to be the rule of all your life? \_\_\_\_\_

Sincere love is the fruit of the Spirit of God in our hearts. Only a Christian filled by the Holy Spirit can love his enemies, those who hurt him and treat him badly. Only God can give us this sacrificial love. The apostle Paul commands us, in Ephesians 4:32 *“Be kind and tenderhearted to one another, and forgive one another, as God has forgiven you in Christ.”*

*(The apostle Paul said)* “For from the Lord I received the teaching that I passed on to you: that the Lord Jesus, on the night he was betrayed, took the bread, gave thanks to God, broke it, and said, ‘This is my body, which is for you. Do this in memory of me.’ In the same way, he took the cup after the supper and said, ‘This cup is God’s new covenant, sealed with my blood. Whenever you drink it, do it in memory of me.’ For until the Lord comes, you proclaim his death whenever you eat this bread and drink from this cup.”

“It follows, then, that if anyone eats the Lord’s bread or drinks from his cup in a way that dishonors him, he is guilty of sin against the Lord’s body and blood. So then, everyone should examine himself first, and then eat the bread and drink from the cup. For if he does not recognize the meaning of the lord’s body when he eats the bread and drinks from the cup, he brings judgment on himself as he eats and drinks. (1 Corinthians 11:23-29)

What does the bread in the Lord’s Supper mean?

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And the cup?

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# SHARE IN THE LORD'S SUPPER

Jesus said, "I am the real vine, and my Father is the gardener. He breaks off every branch in me that does not bear fruit, and prunes every branch that does bear fruit, so that it will be clean and bear more fruit. You have been made clean already by the message I have spoken to you. Remain united to me, and I will remain united to you. A branch cannot bear fruit by itself; it can do so only if it remains in the vine. In the same way you cannot bear fruit unless you remain in me."

"I am the vine, you are the branches. Whoever remains in me, and I in him, will bear much fruit; for you can do nothing without me. Whoever does not remain in me is thrown out, like a branch, and dries up; such branches are gathered up and thrown into the fire, where they are burned. If you remain in me, and my words remain in you, then you will ask for anything you wish, and you shall have it. This is how my Father's glory is shown: by your bearing much fruit; and in this way you become my disciples."  
(John 15:1-8)



What do you plan to do to show your love and forgiveness if someone who has treated you badly? (Think of a real situation.)

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What can you do to show more love toward your family?  
(Something practical.)

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In John 14:15, Jesus said: "*If you love men, you will obey my commandments.*" Love includes all the other commandments (Romans 13:9). Someone who loves the Lord always tells the truth, (does not lie), works honestly, (does not steal), lives a pure life, (does not commit adultery), is content with what God gives him (does not covet), etc.

What will you do to express your sincere love for Jesus Christ?  
(Something specific to glorify Him.)

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## LEARN BY HEART

*Jesus answered, “‘You must love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the greatest and the most important commandment. The second most important commandment is like it: ‘You must love your fellowman as yourself.’”* (Matthew 22:37-39)

## PRACTICAL WORK

- Start to do something that shows your love (something practical which you have not done before), for your family or some friend or enemy.
- Using the illustration, tell the story of the Good Samaritan to your family.

### Study and Practical Work Done

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of the teacher)

## STUDY 4

### FOLLOWING THE LORD JESUS CHRIST

