

PART TWO

STUDY TO SHOW YOURSELF APPROVED

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (2 Timothy 2.15)

These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so. (Acts 17.11)

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. (Matthew 4.4)

Steps 6 through 10 are a bit harder than the first five, but every Christian should be able to complete them.

STEP SIX

SPIRITUAL FITNESS PROGRAM

Here several things we pray you consider doing on a daily or regular basis:

- 1 - **Pray** (Matthew 7.7-11; Luke 18.1-8; John 14.13-14; 16.24; Ephesians 6.18; 1 Thessalonians 5.17; James 1.5).
- 2 - **Listen** to Scripture (Deuteronomy 4.9-10; Proverbs 8.34; Luke 8.15, 21; 11.28; James 1.22; Revelation 1.3).
- 3 - **Read** Scripture (Deuteronomy 17.19; Psalm 42.1-2; 63.1; 143.6; Revelation 1.3).
- 4 - **Study** Scripture (Deuteronomy 8.3; Proverbs 2.1-5; 8.34; 22.17; Matthew 4.4; John 5.39; Acts 17.11; Romans 15.4; 2 Timothy 2.15; 3.15).
- 5 - **Memorize** Scripture (Deuteronomy 6.6; 11.18; 30.14; Psalm 37.31; 40.8; 119.11; Proverbs 2.1; 3.1, 3; 4.1, 21; 6.21; 22.18; Isaiah 51.7; Ezekiel 3.10; Romans 10.8; Colossians 3.16).
- 6 - **Meditate** on Scripture (Joshua 1.8; Job 22.22; 23.12; Psalm 1.2; 4.4; 19.14; 63.6; 77.12; 104.34; 119.15, 23, 27, 48, 78, 97, 99, 148; 143.5; Colossians 3.16; 1 Timothy 4.15).
- 7 - **Fellowship** with the brethren (Psalm 119.63; Proverbs 13.20; Acts 2.42, 46-47; 5.42; Hebrews 3.13; 10.24-25; 1 John 1.7).
- 8 - **Share the Gospel** (Ps. 96.2; Mk. 16.15; Acts 2.47; 1 Peter 3.15)
- 9 - **Make disciples** (Deuteronomy 4.9-10; 6.5-7; 11.18-19; 32.46; Psalm 78.3-7; Matthew 28.19-20; 2 Timothy 2.2).

1. **PRAY:** Pray as often as you can, wherever you are. Pray for your family, friends, fellow employees, employer, church members, pastors, and city, state and federal politicians. Pray with your family daily and with church members on a regular basis. Begin and end each day in prayer, and pray throughout the day. (For more on prayer study the outline on page 33.)

2. **LISTEN TO SCRIPTURE:** Play recordings of the Bible and listen to sermons and studies.

3. **READ SCRIPTURE:** Make a reading program and stay with it. If you read three chapters a day in the Old Testament and one in the New Testament you will read the Bible through in one year. It is also important to read one chapter of Proverbs each day. It should not take more than a half-hour a day to read five chapters.

4. **STUDY SCRIPTURE:** Choose a book of the Bible or a topic to study, and stay with it until you finish it (see Steps 12, 15, 16).

5. **MEMORIZE SCRIPTURE:** Memorize key verses. In Step 11 there is a list of key verses you may consider memorizing (p. 77).

6. **MEDITATE ON SCRIPTURE:** Once you have a few verses memorized you can meditate on them any time of the day, and wherever you are. Until then keep a pocket Bible or pocket New Testament handy. Keep a Bible and a few New Testaments in your car at all times for yourself and others. Get into the habit of giving out Bibles and pocket New Testaments. Go to page 76 for tips on meditation.

7. **FELLOWSHIP WITH THE BRETHREN:** Become an active member of a church. Support the church with your time, talents, spiritual gifts and money. Go to the pastor and volunteer your time, talents and gifts.

8. **SHARE THE GOSPEL:** Once you learn how to share the Gospel be ready to do so 24/7. Be sensitive to the leading of the Holy Spirit to share the Gospel. Carry tracts with you and hand them out as you are prompted by the Holy Spirit. If the person(s) wants to talk – speak with them, but if they do not want to talk ask them to read the tract, and pray as you walk away. Keep a diary of your witnessing. When you lead someone to the Lord invite him to church, and make sure they become an active member. If you are not mature enough to disciple them ask your pastor(s) to find someone to disciple them.

9. **MAKE DISCIPLES:** Once you have been discipled, start to disciple others. If you are a husband disciple your wife. If you are a father disciple your children. If you are a mother disciple your children with your husband. If you are single lead a person to the Lord and disciple him/her.

STEP SEVEN

PRAYER

Teaching outline

- I. It is our spiritual duty and need to pray daily.
 - A. Prayer is one of the two basic daily activities of all believers.
 - B. Reading, hearing, studying, memorizing or meditating on Scripture is the other daily activity all believers are to engage in.
- II. Pray throughout the day.
 - A. We are commanded to pray always (1 Chronicles 16.11; Ephesians 6.18; 1 Thessalonians 5.17; 1 Timothy 5.5).
 1. We have the example of Paul (Colossians 1.3; 2 Timothy 1.3).
 2. We have the example of Timothy (Colossians 1.3).
 - B. Praying always is to be in constant communication with the Lord.
 1. We should make brief requests while we are on the go.
 2. We should also pray privately on our knees as the Lord and the Apostles did (Luke 5.16; 6.12; 22.41; Acts 9.40; 20.36; 21.5).
- III. We are to pray according to the will of God (1 John 5.14-15).
 - A. We can know His will by studying Scripture.
 - B. We can know His will by praying in the Holy Spirit (Jude 20; Ephesians 6.18).
- IV. We are to pray to:
 - A. The Father (Matthew 6.8-13; John 14.13; 15.16).
 - B. The Son (John 14.14).
- V. We should pray with:
 - A. Our spouse (1 Corinthians 7.5).
 - B. Our children (1 Thessalonians 5.17; Deuteronomy 6.6-7).
 - C. The brethren (Isaiah 56.7; Acts 1.14; 4.31).
- VI. What prayer should consist of:
 - A. Praise (Psalm 35.28; 51.15; Hebrews 13.15; 1 Peter 2.9).
 - B. Thanksgiving.
 1. To God for His blessings (Ephesians 5.20; Colossians 3.17; Philippians 4.6; 1 Thessalonians 5.18).
 2. To God for people (1 Timothy 2.1).

- C. Petitions for the brethren (Daniel 9.20; Ephesians 6.18; Philippians 1.3-4; Colossians 1.9-12; 1 Timothy 2.8).
- D. Petitions for the lost (1 Timothy 2.1-2).
- E. Petitions for yourself (1 Samuel 1.27; Psalm 25.4-5; Matthew 7.7-11; Matthew 26.41; John 16.24; James 5.13).
- F. How often we should pray for a specific thing (Luke 18.1-8).
- G. We should agonize in our prayers (Deuteronomy 9.25; 1 Samuel 15.11; Luke 22.44; Acts 10.30; 1 Corinthians 7.5; Hebrews 5.7; James 5.16).
- H. How we get our prayers answered yes (Proverbs 28.9; Jeremiah 29.13; Mark 11.24; John 15.7; 1 John 3.22; 5.14-15).
- I. Some prayers are answered no (2 Corinthians 12.7-10).
- J. Keep public prayer brief (Ecclesiastes 5.2; Matthew 6.7; 23.14).

Types of Prayer

The three types of prayer are praise, intercession and personal requests. These three types of prayer can be short prayers or lengthy ones. We are commanded to be devoted to prayer (Romans 12.12; Colossians 4.2; 1 Peter 4.7) which means we need to spend time every day in private prayer on our knees, and in prayer on the go. We are also to pray with others (Acts 2.42; 13.3; 16.25).

Praise

Praise and thank God every day for the myriad blessings He has and will pour out on you (Ephesians 5.20; 1 Thessalonians 5.18; Hebrews 13.15). Some of the things we can praise God for are – His eternal love (John 3.16; Romans 5.8; 1 John 4.19), His grace which saved us (Ephesians 2.8), His mercy and comfort (2 Corinthians 1.3), His strength that He gives us (Ephesians 3.16; Philippians 4.13), His riches (Ephesians 3.16; Philippians 4.19), His guidance (Proverbs 3.5-6) and His discipline (Proverbs 3.11-12). These are only a few of the blessings that God pours out on us that we can thank Him for daily.

Intercession

Intercessory prayers for other believers (Ephesians 6.18; Philippians 1.4), and for the unsaved (1 Timothy 2.1-3) is important. Make a habit of making requests on behalf of believers that you know rather than

making blanket requests for believers we do not know. Some of the things we can ask for is that God comfort, strengthen, perfect, confirm and establish them (2 Thessalonians 2.16-17; 1 Peter 5.10), increase their wisdom (James 1.5), give them greater courage and boldness in sharing the Gospel (Philippians 1.19-20) and open doors to share the Gospel (Colossians 4.3). We can also pray for the brethren who have special needs (Acts 12.5, 12).

Praying for the salvation of unsaved people we know (Romans 10.1) is vital. We can pray for family, relatives, neighbors, co-workers, employers and employees. We can also pray for the unsaved people in our life and for political leaders so that we may lead a tranquil and quiet life (1 Timothy 2.1-4), in order that we will have more time to share the Gospel with the lost.

Personal Requests

After we have praised the Lord for all He has done for us, have prayed for the brothers and sisters in the Lord and for the lost, we can make personal requests (Philippians 4.6). These requests must be made in accordance with the will of God (1 John 5.14), and God will grant them in His good time (1 John 5.15). We must wait on Him to grant them (Psalm 37.7; 40.1), and not demand that He grant them immediately. We need to refrain from asking for worldly goods such as big houses, fancy cars, stylish clothing, jewelry and toys. Instead we should ask God to meet our needs – food, shelter, clothing, work (Luke 11.3), forgive us our sins, and keep and deliver us from evil (Matthew 6.12-13).

We also need to ask the Holy Spirit to teach us – give us knowledge, understanding and wisdom (Proverbs 1.1-7; 3.13) – as we study Scripture (1 John 2.20, 27). We can pray for boldness to share the gospel with the lost (Philippians 1.19-20). If Paul asked for believers to pray for him to have boldness in sharing the gospel we should also.

STEP EIGHT

WILES OF THE DEVIL

The devil and his ministers have thousands of wiles (schemes) to keep Christians from fully serving the Lord. We are commanded to not be ignorant of those schemes and to keep from being sidetracked by them:

*Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the **wiles of the devil**. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. (Ephesians 6.10-12)*

Here are the top ten wiles (schemes) of the devil:

1. Love of money
2. Spouse, boyfriend/girlfriend, sex
3. Career/Job
4. Television & movies & music
5. Sports
6. Unsaved friends
7. Celebrity worship
8. Accumulation of stuff
9. Food
10. Alcohol and drugs

There are many other schemes that the devil and his ministers of evil (2 Corinthians 11.15) use to distract, sidetrack, confuse, deceive, and mislead Christians so they cannot serve their Lord and Savior fully.

Love of money

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. (1 Timothy 6.10)

The love of money is the most powerful weapon that the rulers of darkness use to keep Christians from being dedicated bond servants of Jesus Christ. Virtually everyone in the Western World has a love of

money, some more than others. All Christians must fight the desire of the flesh to be rich. We are commanded to replace our natural love of the world and all that is in it with the love of the Father:

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever. (1 John 2.15-17)

We need to replace the natural (sinful) love of the world and the things in it with the love of the Father. The way to do that is by being in prayer, in the Word, in fellowship with the brethren, and by sharing the Gospel. It does not happen overnight. It takes decades to replace the love of the world with the love of the Father. It takes dedication, discipline and accountability.

Spouse, boyfriend/girlfriend, sex

But I would have you without carefulness. He that is unmarried careth for the things that belong to the Lord, how he may please the Lord: But he that is married careth for the things that are of the world, how he may please his wife. There is difference also between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband. And this I speak for your own profit; not that I may cast a snare upon you, but for that which is comely, and that ye may attend upon the Lord without distraction. (1 Corinthians 7. 32-35)

It is not a sin to get married (1 Corinthians 7.28), and it is better to marry than to burn in lust (1 Corinthians 7.9). If a couple is 100% sold out to Jesus Christ marriage can increase the time they serve the Lord. Yet the vast majority of marriages are not between two Christians who are sold out. Most spouses end up spending more time serving each other than they do the Lord. In the bad marriages each member neglects their duties to each other and also to the Lord. One or both fall away and become backslidden and shipwreck their faith.

A Christian couple that is not sold out to the Lord can be if they want to. The following steps will help you become a true bond slave couple of the Lord:

1. Pray together every day (1 Thessalonians 5.17).
2. Read the Bible together every day (Deuteronomy 17.19).
3. Study the Bible together at least once a week (2 Timothy 2.15).
4. Memorize Scripture together – one verse a week (Psalm 119.11).
5. Meditate on Scripture together (Joshua 1.8; Job 23.12; Psalm 1.2).
6. Go to church together and get involved (Hebrews 10.24-25).
7. Live a holy life and share the Gospel as the Holy Spirit leads (1 Peter 3.15).
8. If you have children disciple them (Deuteronomy 4.9-10; 6.6-9; 11.18; 32.46; Proverbs 1.8; 2.1; 3.1; 4.1; 5.1; 6.20).

For the vast majority of un-wed Christians their relationships with their boyfriends/girlfriends hinders their service to the Lord. The way to not be sidetracked while you are seeing someone is to follow the first seven steps above.

Sex is a problem for all singles. They are commanded to “*flee youthful lusts flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart*” (2 Timothy 2.22). Instead of wasting time and money chasing loose women, brothers in the Lord are to spend their time serving the Lord with other Spirit led Christians. They should give some of their money to the work of the Lord instead of strange women (Proverbs 29.3).

Sisters in the Lord who allow brothers or unsaved men to seduce them in hopes of getting married are fooling themselves. Most men abandon the women they seduce for another. It is always better for a brother or sister in the Lord to wait until marriage to engage in sex.

Career/Job

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” (Matthew 6.33)

Everyone must work. Paul commanded the pastors of the church in Thessalonica to compel all Christians to work. If they refused to work they were not to be given food (2 Thessalonians 3.10).

Yet for too many men and women a career or job becomes the most important thing in their life. They neglect the Lord, their spouse, their

children, their neighbors and strangers. Some Christians neglect the Lord and others almost fully, while some neglect the Lord and others to a lesser degree. Christians must never allow their career or job to consume them and come before and between the Lord and their family. Sadly, many pastors and evangelists neglect their family.

Television, movies, music

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. (1 Corinthians 10.31)

There is probably no Christian in the Western World who has not become distracted from serving the Lord to some degree by secular television, movies and secular music. Far too many Christians spend more time watching television and movies than they do praying and studying the Bible. If Christians in the West were to spend more time in prayer and in the Word than they do just watching television and movies there would be a revival greater than that of the first Great Awakening of the 18th century.

Television and movies are two of the most effective forms of brainwashing ever invented. Viewers are conditioned to accept what is shown through thousands of viewings. The brainwashing is very subtle and it can take decades to fully brainwash some people. Some of the behaviors that television and movies have conditioned people to accept as normal are – drunkenness, getting high on drugs, smoking, pre-marital and extra-marital sex, homosexuality, abortion, cheating others, lying, stealing, cursing, gambling and doing whatever it takes to get ahead. It has also been used to push the numerous isms that plague the world – atheism, humanism, evolutionism, communism, socialism, feminism, homosexualism, existentialism and hedonism.

There is very little worth watching on secular television. Some news programs, documentaries, wildlife shows and talk shows can be worth watching, but virtually all dramas, situation comedies and soap operas are a total waste of time. Quiz and game shows and reality shows are also a waste of time. They are just trivial pursuits.

Christian television for the most part is merely entertainment with very little serious Bible teaching and preaching. Be very careful what you watch. There are hundreds of false teachers on television who are leading Christians astray.

If you need to relax read the Bible or a good book about the Bible. Talk with your spouse and children. You can also go to church.

Attendance on Sunday and Wednesday night is about ten percent of the Sunday morning service for most churches in America.

Think about what Christians did before radio, movies and television were invented. They spent time in fellowship with their families and each other. The devil and his minions have hindered Christians from serving the Lord with the distraction of television and movies.

Virtually all secular music and far too much Christian music are not pleasing to the Lord. Rock and Roll, Hip Hop, Rap, Blues, Jazz and Country Western music are for the most part not edifying and they are definitely not honoring to the Lord. Most Christian music is not edifying or honoring to the Lord either.

Be very discriminating in what music you listen to. It is a subtle form of brainwashing just as television and movies are.

Sports

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (1 Timothy 4.8)

Professional and amateur sports are a phenomenon of the 20th century. Even though they began in the 19th century they did not appeal to the masses until the 20th century.

There is nothing wrong in participating in sports. Yet some Christians spend far more time participating in all kinds of sports and it becomes an obsession. During the fitness craze of the 1970s and 80s some Christians spent more time in the gym than they did in church, prayer and the Word. Some still do.

There is also nothing wrong in watching a sporting event in person or on television, but the vast majority of brothers in the Lord spend far too much time watching sporting events. If every brother who watches sports were to spend more time in prayer and the study of the Bible than watching sports there would be a revival in the West greater than the second Great Awakening of the 18th century.

Sports is the most popular subject of discussion among men in church. It is hard to believe but many churches have Super Bowl parties at church. Most men at church talk about sports after service or at potlucks. They rarely talk about the Bible. Why? They know everything about their favorite sport and teams, but almost nothing about the Bible. Pastors need to set the example by never talking about sports at church or church gatherings, and they should discourage men

from talking about sports. Every pastor should challenge the men in the church to give up one Super Bowl. They should have an all men's prayer meeting and Bible study during the Super Bowl where the importance of spending time each day in prayer and Bible reading, study, memorization and meditation is taught. Pastors can call it the Super Bowl Fast. Maybe some pastors will be able to wean their men off the worship of the idol called the Super Bowl. They can also do the same thing for the World Series, and the basketball and hockey playoffs. Imagine how happy the wives would be. It would bring husbands and wives closer together.

Unsaved friends

Be not deceived: evil communications corrupt good manners. (1 Corinthians 15.33)

Peer pressure is a big distraction among Christian youth. They have extreme pressure put on them in the public schools to fit in. Most give in and hang out with the unsaved. They do the things the unsaved do and far too many get dragged into the lifestyle of the wicked. By the time they graduate from high school they no longer go to church and the few who do go to make their parents happy. Once they head off to college they usually fall away entirely and live liked the wicked. That is one reason why most Christians marry the unsaved.

It is the duty of the pastors and the parents to teach their youth that they are not to hang with the wicked. They are not to have unsaved friends and never date an unsaved person. This does not mean they can never speak with someone who is not saved. They should do that every day and share the Gospel through word and deed. It means they are not to do worldly things with their unsaved friends.

They can have unsaved friends go to church and church events with them, but they should avoid going to places and doing things with the unsaved that is not honoring to the Lord. A possible exception might be playing pick up or organized ball. Yet if the unsaved men they play with use foul language and tell dirty jokes Christian men must tell them they will not tolerate it. The unsaved will comply with the wishes of a believer most of the time. If they do not they should walk away. When believers play ball with the lost they should be the leader and always take the time to say something about their faith in Jesus Christ.

Celebrity worship

Little children, keep yourselves from idols. Amen. (1 John 5.21)

Virtually all the unsaved and most Christians worship celebrities. Christians do not consider their admiration of celebrities to be a form of worship but it is. Any time a Christian spends more time following the exploits of a celebrity than they do fellowshiping with their Savior that is celebrity worship. If you spend more time following your favorite celebrity than you do in prayer and Bible reading, study, memorization and meditation you have a problem with idol worship. That celebrity is an idol that you worship. Study the warning that John gave all of us (1 John 5.21).

Anything that a believer devotes more time to than prayer, the Word, fellowship with the brethren and sharing the Gospel with the lost is an idol. The only exceptions are sleep, work and family. Examine yourself to see if you have any idols. Take the “Faith Check” in Appendix B.

Accumulation of stuff

“But God said to him, ‘Fool! This night your soul is required of you, and to whom shall go what you have prepared?’ So is he who treasures up for himself and is not rich toward God.” (Luke 12.20-21)

Every Christian owns things. Even the apostles who had very little owned clothes, a knapsack, a walking stick and a flask or jug of some kind to drink from as they took the Gospel to the nations. Some even had homes from which they operated, but none of them accumulated lots of possessions.

Christians should remember that everything we own is a tool to help us serve the Lord more effectively. We might consider disposing of the things that we have solely for our pleasure. Any possession, whether it is a car, motorcycle, dirt bike, ATV, RV, boat or plane, that takes more of your time than you give to God is an idol (1 John 5.21).

Every Christian should spend more time reading, studying, memorizing and meditating on Scripture, praying, fellowshiping with the brethren and sharing the Gospel than on their possessions. Believers should spend more time in spiritual matters than worldly ones. If you are spending five minutes a day in prayer and maybe five minutes a day

reading the Bible, your possessions and your love for the things of the world are more important to you than your Savior. You need to examine your faith, your life and your desires, and then make some changes.

Put Jesus Christ first in your life. Give Him the first hour of your free time each day. Pray before you do anything for yourself and pray throughout the day. Read, study, memorize or meditate on His Word when you start each day. Eat spiritual food before you eat physical food (Deuteronomy 8.3). Then consume His Word throughout the day. Read a chapter here and a chapter there. Try to memorize one verse a week and pick a book or topic to study and study it. Get disciplined.

Another aspect in accumulating stuff is envy. Some Christians accumulate stuff because they are envious of their neighbors, friends, relatives and strangers who have more stuff than they do. Christians are to not envy others (saved or unsaved) for any reason (Proverbs 23.17; 24.1, 19). We are to be content with the bare necessities as Agur was (Proverbs 30.8-9), and as Paul was (Philippians 4.11; 1 Timothy 6.8; Hebrews 13.5). We must also remember what our Lord said about possessions and necessities – that we should not accumulate wealth (Matthew 6.19-21) and should not be anxious for our daily needs (Matthew 6.25-32). Instead we are to lay up eternal treasures in Heaven (Matthew 6.20) and seek first His kingdom and His righteousness (Matthew 6.33).

Food

Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things. (Philippians 3.19)

The devil does not have to work very hard to sidetrack Christians with food, but he pushes junk food with a vengeance. He knows it kills more people every year than anything else. About one million people die every year in America alone from heart disease, diabetes, cancer and other ailments that are caused primarily because of a poor diet.

For most Christians it is something they over-indulge in without much help from the forces of darkness. They do not understand that their body is a “*temple of God and that the Spirit of God dwells in*” them, and “*if any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.*” (1Corinthians 3.16-17). That means if a Christian destroys his body

(*the temple of God*) through eating a poor diet, consuming excessive amounts of alcohol, drugs or tobacco, or a lack of proper sleep and exercise, God will destroy him.

Very few Christians today die of old age. They die prematurely due to myriad ailments caused from eating a poor diet. They consume far too much sugar, caffeine, meat, processed foods and milk products. These are the killer foods that cause heart disease, stroke, diabetes and Alzheimer’s disease. (There is some evidence that drinking sodas in aluminum cans is a contributing factor in Alzheimer’s disease. The aluminum leeches into the sodas and accumulates in the brain causing the dreaded disease.) The leading causes of death in America in 2007 were:

Heart disease	616,067
Cancer	562,875
Stroke (cerebrovascular diseases)	135,952
Chronic lower respiratory diseases	127,924
Accidents (unintentional injuries)	123,706
Alzheimer’s disease	74,632
Diabetes	71,382
Influenza and Pneumonia	52,717
Nephritis and nephrosis	46,448
Septicemia	34,828

Pastors should set an example by eating a healthy diet and exhorting their flock to do the same. Yet many pastors set the example of gluttony and their flock follows them. Gluttony is a sin (Proverbs 23.20-21; 28.7), and no matter how many excuses a pastor or layman may make there is no excuse to not loose weight. It is very easy for anyone to lose weight. All one has to do is reduce their intake of

calories and eat healthy foods. No matter how slow a person's metabolism may be anyone can lose weight.

The key to losing weight and having a healthy “*temple of God*” is knowledge. Always get proper sleep and exercise. Drink pure water and replace unhealthy foods with healthy ones. Keep replacing junk foods with good foods until all you eat is healthy foods that will keep your “*temple of God*” in tip-top condition. Whenever possible buy organic foods. On the next page is a chart of “healthy” and “unhealthy” foods. Try to eat as many of the “healthy” foods as you can and as few of the “unhealthy” foods as possible.

Healthy Foods	Unhealthy Foods
Fruits	Alcohol
Vegetables	Sugar (raw & in processed foods)
Raw cereals (no sugar/additives)	Sodas
Nuts	Coffee
Seeds	Milk
Eggs	Ice cream
Legumes (beans)	Cheese
Grains (rice, corn, millet, rye, etc.)	Cottage cheese
Stem tubers (potatoes)	Yogurt
Root tubers (sweet potatoes/yams)	Meat
Peppers	Fish
Herbs	Fowl
Allium (onions, garlic, shallots, scallions, leeks, chives)	Processed foods (Most foods in boxes, cans and packages.)

If you eat any of the unhealthy foods buy organic only. To learn more about the dangers of the Standard American Diet that has killed millions of Americans watch the movie *Food, Inc.*, watch the video *Food: The Ultimate Secret*” (www.infowars.com/food-the-ultimate-secret-exposed), read the book by Eric Schlosser, *Fast Food Nation*, and read the articles at www.naturalnews.com.

There are other dangers not only in the food we eat, but the water we drink. To learn about the dangers of fluoridated water check these links: www.radioliberty.com/nldec04.html & www.naturalnews.com & www.makedisciplesofallthenations.com/hw-fluoride. When you go to the Natural News website type in *fluoride* in its search window to see a list of articles dealing with it.

There is also a danger in vaccines. To learn about these dangers visit these web sites: www.naturalnews.com & www.makedisciplesofallthe

nations.com/hw-vaccines.htm. (Type in *vaccines* in the search window at the Natural News web site.)

One last danger to consider is the cell phone. For articles concerning the dangers of the cell phone type *cell phone* into the search window at www.naturalnews.com.

Alcohol, drugs, thrill seeking

And be not drunk with wine, wherein is excess; but be filled with the Spirit. (Ephesians 5.18)

Abuse of alcohol and drugs (legal and illegal) is one of the leading causes of crime, loss of work productivity and divorce. They will continue to be abused until the Second Advent of Jesus Christ. During the Tribulation drug addiction will be universal. Virtually everyone will be a drug addict of some kind whether it is a legal or illegal drug (Revelation 9.21; 18.23).

No Christian should ever become intoxicated with alcohol or drugs. If you do not get “high” by studying the Bible there might be something wrong with you. Studying the Bible is the most exciting thing any Christian can do. There is nothing a Christian can do in this life that is more exciting than studying the Bible.

Alcoholics get “high” by drinking a few beers at the beginning, but eventually downing a six-pack is not enough. They have to move on to more powerful drinks to get “high.” Some end up drinking themselves drunk every night.

Drug addicts start with a weak drug but the “high” they get is not that big so they take more of the drug or they move on to more potent drugs. Many drug addicts get to a point that no matter how powerful a dose they take they cannot get “higher.” The only way they can get “higher” is to over-dose themselves into Hell.

There are also thrill-seekers who seek out all sorts exciting activities, but after they have done them a few dozen times the thrill is not the same. They seek something bigger, better, faster and scarier. Some of these thrill-seekers end up dying from pushing too hard.

Thrill-seekers usually run out of things to do to give them the “rush” they seek. But for Christians they can get “high” and get a greater “rush” than anything natural man can experience by studying the Bible. Studying the infallible, holy Word of God is more thrilling than anything you can imagine. The Bible is God revealing Himself to you. The more we study His Word the more learn about Him and get to

know Him.

How could any physical experience be more thrilling and exciting than communing with the Creator of the Universe? Do you really believe that fellowship with the Creator of the Universe is boring? If you do not get so excited when you study the Bible that you want to rush out and share what you learned with others you may be spiritually dead. If the infinite wisdom, understanding and knowledge of God are boring to you it is possible you may not be saved.

If studying the Bible has been boring to you try studying these books – Proverbs, Ecclesiastes, Daniel, James, 1 John, 1 Peter, 2 Peter, Jude and Revelation. Start with one book and read a chapter or two each day. Take notes. Write down new things you learned. Memorize verses that speak to you. Meditate on verses that are meaningful to you. Write notes about things you do not understand and find someone who can teach you.

If that does not get you excited study the following passages – Genesis 2.6; 3.24; 6.1-4; 15.17; 20.12; 24.2-5; 28.12-17; 29.22; 32.24-32; 38.1-30; Exodus 4.24-26; 32.20; Isaiah 8.1-3; 20.1-6; Micah 1.8. Other passages to study are:

The Eternal Kingdom – Revelation 21.1-22.5

Extreme phenomenon – Joshua 10.12-13; 2 Kings 20.9-11; Joshua 10.11; Revelation 16.21; Revelation 16.18-20

Water canopy – Genesis 1.6; Psalm 148.4

Spaceships – 2 Kings 2.11; 6.17; Ps. 68.17; Isaiah 66.15; Hab. 3.8

Flying horses – Revelation 19.11, 14

Guardian angels – Matthew 18.10; Acts 12.15

Forces of darkness – Daniel 10.20; John 12.31; 14.30; 16.11; 2 Cor. 4.4; Ephesians 2.2; 6.12

Angelic weapons – Genesis 19.11; Ezekiel 9.1, 2, 7; Acts 12.7, 10

Biological weapons – Job 2.7; Exodus 12.23, 29-30; Psalm 78.49-51; 2 Samuel 24.15-17; 1 Chronicles 21.14-16; Amos 4.10.

If the above passages do not give you a hunger and thirst to study

the Bible you may want to examine yourself (2 Corinthians 13.5).

Other schemes of the devil

The devil and his minions have thousands of schemes to keep Christians from serving the Lord. Here are a few other tricks of theirs – false religions, cults, isms, politics, the Internet, night clubs, gambling, shopping, hobbies, secular books and magazines, and civic duty.

Wiles to blind the lost

The devil's gang has thousands of wiles which they use to blind "*the minds of the unbelieving so that they might not see the light of the gospel of the glory of Christ, who is the image of God*" (2 Corinthians 4.4). Christians should be aware of these schemes so we can defeat them through prayer and the Word of God. The top ten blinders are:

1. Love of money
2. Career/Job
3. Spouse, boyfriend/girlfriend, sex
4. Television & movies & music
5. False religions and cults and isms
6. Sports
7. Celebrity worship
8. Accumulation of stuff
9. Food
10. Alcohol and drugs

The schemes of the devil to distract Christians and blind the lost are almost identical. He uses the same old tricks that have worked for thousands of years. Yet when new technology is developed, such as movies, radio, television and the Internet, he races in and uses it to deceive mankind.

The devil uses false religions, cults and the isms to deceive the saved also. In these last days these three deceptions have deceived millions of Christians. It is the duty of pastors to teach their flock what the false religions and cults of the devil are and train them how to resist being seduced by them. Pastors should also train the flock how to lead people in these false religions and cults to the Lord. It is also important

for them to educate their flock about all of the isms in the world and show them from the Scriptures that they are of the devil. The leading isms plaguing the world are:

Atheism	Liberalism
Evolutionism	Socialism
Humanism	Communism
Hedonism	Existentialism

These isms are taught in all public schools in the West and the students are thoroughly brainwashed into accepting them. This is a major reason why Christian parents should not send their children to the devil's indoctrination centers (day-care centers, public schools and public universities). Every church should do what it can to have a school or train parents to home school their children.

STEP NINE

ARMOR OF GOD

All Christians need to learn what the *armor of God* is and how to use it. We are in a spiritual war and every Christian is a warrior. Most have been wounded and are sitting on the sidelines watching the war. Very few pastors train the members of the congregation in the arts of spiritual warfare. This is why most churches are not alive and why many have been dead for decades. It is the solemn duty of the pastors to train their spiritual soldiers to fight just as the drill instructors in all military basic training camps train their recruits to fight. If your church does not have a basic training program study this step carefully, then put on your armor every day and go into battle with boldness.

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints. (Ephesians 6.10-18)

As we saw in Step Eight the devil has many schemes to keep Christians from serving God fully. That is why it is vitally important to know what our armor is and how to use it.

1. Gird your loins about with truth (v. 14).
2. Put on the breastplate of righteousness. (v. 14)
3. Shod your feet with the Gospel. (v. 15)
4. Take up the shield of faith. (v. 16)
5. Put on the helmet of salvation. (v. 17)
6. Take up the sword of the Spirit. (v. 17)

Gird your loins about with truth

A Christian clothes himself with the truth by studying Scripture. The Bible from Genesis 1.1 to Revelation 22.21 is truth. Every Christian needs to study the entire Bible book-by-book, chapter-by-chapter and verse-by-verse throughout his life. Methodical reading, studying, memorizing and meditating on Scripture is a must. We need the whole truth and not just part of the truth to be victorious in our spiritual warfare. That is why it is extremely important to set up a spiritual fitness program. You should already have set one up, but if you have not go to Appendix C.

Christians clothe themselves with the truth, but also with righteous deeds. A believer's robe of righteousness is symbolic of our righteous deeds that God has prepared for us to do (Ephesians 2.10; 2 Timothy 3.17). Each morning when a believer wakes up he puts on his robe of righteousness by praying (1 Thessalonians 5.17) that the Lord direct his steps that day and give him the strength to do the good deeds that God has prepared for him to do. He also needs to spend time in the Word. Daily Bible reading, study, memorization and meditation is necessary to prepare for spiritual battle. One must start the day with time in Scripture and then renew one's mind with It throughout the day. Taking periodic Bible breaks is a good habit to develop.

Girding one's loins is symbolic of preparing your mind for battle. One must be prepared to encounter problems throughout the day and respond to them in a holy, loving, joyful and considerate manner. These problems may be encounters with people seeking to harm or deceive us, accidents, illness or circumstances that prevent us from doing what we planned to do. When we fight through our daily problems with prayer and meditation on Scripture we will win the battles through the power of Jesus Christ who strengthens us (Philippians 4.13).

Put on the breastplate of righteousness

To put on the breastplate of righteousness means to live a holy life. All believer's are commanded to live holy lives (Leviticus 11.44; 19.2; 20.7; Psalm 99.3, 9; 1 Peter 1.14-16) instead of continuing to live sinful lives as we did before we were saved and cleansed (Romans 6.1-2, 6-7, 12-13; Ephesians 4.17; 1 Peter 4.2-3). We are to daily not be conformed to the world but transform and cleanse our minds (Romans 12.1-2). We do this by reading, studying, memorizing and meditating on Scripture. It is the Word of God that cleanses our minds and lives (John 15.3; 17.17; Ephesians 5.26). This daily cleansing will enable us to lay aside our old nature, be renewed in our minds and put on our new nature (Ephesians 4.22-24). It will also help us abstain from fleshly lust (1 Peter 2.11) and not love the things of the world (1 John 2.15-17). As we daily read, study, memorize and meditate on Scripture the Holy Spirit washes, regenerates and renews us (Titus 3.5).

Shod your feet with the Gospel

Shodding your feet (putting on footwear) means to be prepared at all times to share the Gospel. Every believer is commanded to know what the Gospel is and how to share it with everyone who asks him about his faith (1 Peter 3.15). To be able to share the Gospel in a clear manner one must memorize the basic verses. It is also necessary to learn how to quote them in a logical order and comment on them. Memorize the basic verses in Step 2 and practice sharing the Gospel with a brother. This is another reason you need a discipleship partner (Step 5).

Take up the shield of faith

Taking up the shield of faith means to use your faith. We do that by trusting the Lord to meet our needs as He has promised (Matthew 6.25-34). Instead of worrying about our daily needs we are to trust in the Lord. That does not mean we can watch television all day and not seek work. Everyone must work for a living (2 Thessalonians 3.10). We do what we can to meet our needs and trust the Lord for the rest.

Along with using our faith we should seek to increase it. The more we exercise our faith the more it grows. It also grows by study of Scripture for "*faith cometh by hearing, and hearing by the word of God*" (Romans 10.17). The more we study Scripture the more our faith grows. This is just one more reason why every believer needs to read,

study, memorize and meditate on Scripture daily.

Put on the helmet of salvation

Putting on the helmet of salvation is having total assurance of your salvation. The helmet protects the most vital part of a body and when a soldier does not wear a helmet he becomes highly vulnerable to injury and death. The same is true in spiritual warfare. When a Christian does not have complete assurance that he is saved he can easily be taken out by the enemy. Doubts can sneak into one's mind concerning his conversion and if those doubts are not dealt with they can cause him to stop serving God or even believing in Him.

Assurance of salvation is necessary to stay in the spiritual battle. Failure to have assurance also endangers the brethren. A Christian in a position of leadership who does not have assurance can cause others to doubt their salvation resulting in the destruction of spiritual moral. Spiritual soldiers who are demoralized are ineffective and become casualties.

One can have assurance of salvation by knowing the Gospel and by making a public profession that you have trusted in Jesus Christ alone to save you by His sacrifice on the cross understanding that "*Christ died for our sins according to the scriptures; and that he was buried, and that he rose again the third day according to the scriptures*" (1 Corinthians 15.3-4). Once you make that confession fully trusting Jesus to save you apart from works, baptism, keeping the Sabbath or any other law or ordinance you can have total assurance of your salvation.

Take up the sword of the Spirit

The sword is an offensive and defensive weapon. Every Christian should be an expert swordsman capable of defending his faith. Our spiritual sword is Scripture (Hebrews 4.12). Defending our faith is the ability to quote or cite Scriptures to refute those who make false charges or claims against our faith, the Bible and God. One uses Scripture in an offensive manner by using Scripture to destroy concepts, ideologies and philosophies that are opposed to Scripture (2 Corinthians 10.5). We can also defend the faith and destroy unbiblical ideologies by writing articles and books, and making audio and video presentations.

Prayer

Along with our armor we must also use prayer in our daily spiritual battles. We should wake up praying, pray throughout the day and pray as we fall asleep (1 Thessalonians 5.17). We are to pray for ourselves and our brethren (Ephesians 6.18). We cannot pray for every Christian we know, but we should try to pray for as many as we can.

STEP TEN

STUDY QUESTIONS

Remember to study the teaching outline on page 128. Study it carefully reading every passage before answering these questions.

Introduction

1. In the First Century what names were people called who trusted in Jesus Christ? (John 21.23; Acts 6.3 – Acts 5.14; 1 Timothy 4.12 – Acts 11.26; 26.28; 1 Peter 4.16 – Matthew 27.52; Acts 26.10; Romans 1.7; 8.27; 1 Thessalonians 3.13 – Acts 6.1-2, 7; 9.1, 10, 19, 25-26, 36, 38; 11.26, 29; 13.52; 14.20, 22; 15.10; 16.1; 18.23, 27; 19.1, 9, 30; 20.1, 7, 30; 21.4, 16)

A.

B.

C.

D.

E.

2. In the First Century what was the name of the Christian Faith? (Acts 9.2; 19.9, 23; 22.4; 24.14, 22)

3. Is every true believer in Jesus Christ a disciple?

4. What activities should a disciple of Jesus do on a regular basis? (Romans 10.17; Revelation 1.3; 2 Timothy 2.15; Psalm 119.11; Psalm 1.2; Ephesians 6.18; Hebrews 10.24-25; 1 Peter 3.15; 2 Timothy 2.2)

A.

B.

C.

D.

E.

F.

G.

H.

I.

5. Should a true believer be an active member of a church? (Romans 12.1-16; 1 Corinthians 12.4-31)

6. Should every believer know how to study the Bible? (Acts 17.11; 2 Timothy 2.15)

7. Should every believer know how to teach the Bible? (Deuteronomy 6.6-7; Proverbs 6.20)

8. Was the Great Commission given to all believers? (Matthew 28.19-20)

9. Should every believer be able to share the gospel in a clear and concise manner? (1 Peter 3.15)

10. Should every believer eventually know how to make a disciple? (Matthew 28.19-20)

Sin and Judgment

1. Does everyone have a need to be saved? (Romans 3.23)

2. Is there a spark of divinity in everyone? (Psalm 14.1-3; 51.5; 53.1-4; 143.2; Ecclesiastes 3.18; Isaiah 64.6; Romans 3.10-12)

3. At what age does everyone go astray – follow the path of sin? (Psalm 58.3)

4. What is the end result of living a life of sin? (Proverbs 12.15; 14.12; 16.25; Romans 6.23)

5. Will those who die in their sins be judged for every sin they committed? (Psalm 62.12; Proverbs 24.12; Jeremiah 17.10; 32.19; Matthew 12.36; 16.27; Luke 8.17; Romans 2.6, 16; 1 Peter 1.17; Revelation 2.23; 20.12)

6. Will there be varying degrees of punishment in Hell and the Lake of Fire? (Matthew 11.22; Mark 6.11; Luke 12.46-48; 20.47)

7. Where do those who die in their sins go? (Luke 16.19-31; Revelation 20.11-15)

A.

B.

8. How long will the wicked remain in the Lake of Fire? (Matthew 25.41, 48; Revelation 14.11; 20.10)

9. Are the descriptions of Hell and the Lake of Fire literal or symbolic? (Psalm 11.6; 140.10; Proverbs 25.22; Luke 16.19-31; Romans 12.20; Revelation 14.9-11; 20.10; 21.8)

10. Where is Hell located? (Psalm 63.9; Isaiah 44.23; Ezekiel 26.20; Matthew 12.40)

11. Where is the Lake of Fire located? (Matthew 8.12; 22.13; 25.30; 2 Peter 2.17; Jude 13)

Salvation

1. What must you do to be saved? (Acts 16.30-31; Romans 10.9-11)

A. What does believing in Jesus Christ mean? (John 3.16)

B. What does faithing in Jesus mean? (Romans 4.5)

C. What does trusting in Jesus mean? (Matthew 12.21;

2 Corinthians 1.9; 1 Timothy 4.10)

D. What does receiving Jesus mean? (John 1.12)

2. What is the gospel of Jesus Christ? (I Corinthians 15.3-5)

A.

B.

C.

D.

3. A person is saved by _____ through _____ in Jesus Christ alone (Ephesians 2.8).

4. Is there anything we need to do to be saved other than trust in Jesus? (Romans 4.1-8; Ephesians 2.9)

5. Can a person be saved apart from Jesus? (John 14.6; 15.23)

A. Can members of religions that do not believe that Jesus Christ is God be saved and go to Heaven?

B. Can people be saved and go to Heaven if they are faithful Jews, Buddhists, Hindus or Muslims?

6. What happens to people who die without hearing the gospel of Jesus Christ? (Romans 1.18-20)

7. What happens to those who die before they are able to understand the gospel such as unborn babies, infants, toddlers and the retarded? (2 Samuel 12.23)

8. Do those who die without believing in Jesus Christ get a second chance to be saved? (Hebrews 9.27)

9. Should there be noticeable changes in your life after you trust Jesus to save you? (2 Corinthians 5.17)

10. What are some changes you have seen in your life since being saved?

11. If there is no visible change in a person's life could it mean their confession of faith in Jesus Christ was not sincere?

12. Does saying a salvation prayer save you?

13. Can a person think he is saved, and not be born from above?
(Matthew 7.21-22; 1 Corinthians 15.2)

14. What things can an unsaved person do in the name of Jesus Christ?
(Matthew 7.21-22)

A.

B.

C.

15. Can a person lose, forfeit, give up or walk away from his salvation?
(John 3.16; 5.24; 6.37-40; 10.28-29; 1 John 5.10-13).

16. If a person stops abiding in Christ could he lose his salvation?
(Proverbs 3.11-12; Hebrews 12.5-6; John 15.1-6; 1 Corinthians 5.5)

17. Can a person have his salvation stolen from him by another person or by the forces of darkness? (Romans 8.37-39)

18. Is eternal life eternal or temporary? (Matthew 25.46; John 3.16; 5.24; 6.40; 10.28-29; Romans 6.23; 1 John 5.11-13)

Sanctification

1. Why should we live sanctified (holy) lives? (Leviticus 11.44; 19.2; 20.7; 2 Corinthians. 7.1; 1 Peter 1.15-16; 4.1-2; Hebrews 11.6)

A.

B.

1.

2.

2. How are we sanctified? (Psalm 119.9-11; John 15.3; 17.17; Ephesians 5.26 – Proverbs 15.29; Revelation 5.8; 8.3 – Deuteronomy 6.13; Psalm 95.6; Matthew 4.10; Acts 2.47 – Hebrews 3.13; 10.24-25; 1 Peter 4.7)

A.

B.

C.

D.

3. How often should we read the Bible? (Deuteronomy 17.19)

4. How often should we study Scripture? (Acts 17.11; 2 Timothy 2.15)

5. Should every believer memorize Scripture throughout their life? (Deuteronomy 6.6; 11.18; 30.14; Psalm 37.31; 40.8; Romans 10.8; Colossians 3.16)

6. Why should we memorize Scripture? (Psalm 119.11)

7. How often should we meditate on Scripture (Joshua 1.8; Job 23.12; Psalm 1.2)

8. Why should we meditate on Scripture? (1 John 2.27)

9. How often should we pray? (1 Chronicles 16.11; Luke 18.1; Ephesians 6.18; 1 Thessalonians 5.17)

10. When are the best times to pray? (Mark 1.35; 6.46)

A.

B.

11. Who should we pray to? (John 14.13-14; 15.16; 16.23)

A.

B.

12. Why should we pray? (Matthew 26.41; Luke 11.9; John 16.24)

A.

B.

13. Who should we pray with? (Luke 5.16; Matthew 18.19; Luke 1.10; Acts 1.14; 4.24; 12.12; Acts 21.5; 1 Corinthians 7.5)

A.

B.

C.

14. What should our attitude be when we pray? (2 Chronicles 7.14; Jeremiah 29.13; Mark 11.24; James 1.6)

15. What should we not do when we pray? (Matthew 6.5-7)

16. What should we pray for? (1 Kings 3.9; Matthew 6.8-13; Acts 12.5; Ephesians 6.18; 1 Timothy 2.1-2; James 1.5; 5.13-15)

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

K.

17. What must we do to have our prayers answered? (John 15.7; James 1.6; 1 John 3.22; 5.14-15)

A.

B.

C.

D.

18. How often should we pray for a specific thing? (Luke 18.1-8)

19. Will our prayers always be answered?

20. Should we be careful what we pray for? (Numbers 11.15; 1 Kings 19.4; Jonah 4.3)

21. Does the Lord answer some of our prayers to teach us a lesson?

22. What can keep our prayers from being answered? (Psalm 66.18; Proverbs 21.13; 28.9; Isaiah 59.2; Micah 3.4; Zechariah 7.13; James 1.6-7; James 4.3)

A.

B.

C.

D.

E.

F.

G.

H.

23. Are there times we should agonize when we pray? (Deuteronomy 9.18, 25; 1 Samuel 15.11; Daniel 10.2-3, 11-12; Luke 6.12; 22.44; James 5.17)

24. What posture should we take when we pray? (Luke 22.41; John 17.1)

25. Should every Christian family have regular Bible study and times of worship? (Deuteronomy 6.7, 13)

26. What are the four basic acts involved in worship? (Deuteronomy 8.10; Psalm 9.11; 33.2; 67.3; 100.4; 107.22; Luke 2.13-14; 24.53; Acts 2.47; Hebrews 13.15 – Acts 1.14; 3.1 – John 7.14; 1 Timothy 4.13; 1 Peter 2.9 – Matthew 2.11; 1 Corinthians 16.1-2; 2 Corinthians 9.7)

A.

B.

C.

D.

27. Should all believers set aside one day each week to delight themselves in the Lord and honor Him? (Isaiah 58.13-14)

28. Should a disciple avoid fellowshiping or hanging out with a brother in the Lord who is backslidden? (Matthew 18.17; Romans 16.17; 1 Corinthians 5.11; 2 Thessalonians 3.6, 10, 14)

29. List some reasons why we should avoid being with a backslidden brother in the Lord (1 Corinthians 5.11; 15.33; 2 Thessalonians 3.6, 14). Come up with some of your own reasons.

A.

B.

C.

D.

E.

F.

30. Should we actively kill our carnal desires and why? (Romans 6.1-6, 11-12, 18, 21-22; Galatians 2.20; 5.24)

31. Should we have a healthy hatred of evil and avoid the way of the world? (Job 28.28; Psalm 34.13-14; Proverbs 4.27; 8.13; 14.14, 16; Galatians 6.14; 2 Timothy 2.19-22; 1 Peter 3.10-11; 4.1-4; 1 John 2.15-17)

32. List some reasons why we should refrain from living like the unsaved? (1 Peter 2.12)

33. Should we watch television shows, movies and videos that glorify the sin nature or listen to worldly music that is dishonoring to the Lord?

34. Why should we not watch worldly television shows, movies, videos and not listen to worldly music?

35. Should we fellowship and hang out with the unsaved? (Exodus 23.2; 34.12; Psalm 1.1; Proverbs 1.10-19; 4.14; 22.24; 23.6; 24.1; 2 Corinthians 6.14-18; Ephesians 5.11)

36. Why should we not fellowship with the unsaved? (1 Corinthians

15.33)

37. Should we actively look for the return of the Lord and if so why? (1 Corinthians 1.7; 1 Thessalonians 4.16-18; James 5.7-8; 1 John 2.28; 3.2-3)

38. How do we look for the Lord's return?

39. Is a true believer backslidden if he does not fellowship with the brethren? (Hebrews 3.13; 10.24-25)

40. Is a believer backslidden if he loves the world? (1 Timothy 6.10; 2 Timothy 4.10; 1 John 2.15-16)

41. What will the Lord do to a believer who is backslidden? (Psalm 39.11; 119.75; Proverbs 3.11-12; Hebrews 12.5-6; Revelation 3.19)

42. If a believer remains backslidden long enough could the Lord terminate his life? (John 15.1-6; 1 Corinthians 5.5)

Service

1. What are our spiritual weapons? (Ephesians 6.10-18)

A.

B.

C.

D.

E.

F.

G.

2. Should we love those whom we serve? (John 13.35; 15.12; Romans 12.9; Galatians 3.12; 4.9; Hebrews 13.1-2; 1 Peter 1.22; 1 John 3.23)

3. Is humility an important attribute of a servant? (Proverbs 3.34; Isaiah 66.2; Micah 6.8; Luke 22.26; Romans 12.3, 16; Philippians 2.1-9; James 1.9-11; 4.6, 10; 1 Peter 5.5-6)

4. Should every believer be a servant to the brethren? (Mark 10.42-45)

5. Should we eagerly share with the brethren? (1 Timothy 6.18; James 2.15-18; 1 John 3.17-18)

6. List a few things we can share with each other.

A.

B.

C.

D.

E.

7. Should we bear the burdens of our fellow believers? (Galatians 6.2)

8. List a few ways we bear each others burdens.

A.

B.

C.

D.

9. Does every believer have at least one spiritual gift? (Romans 12.4-8; 1 Corinthians 12.4-11; 1 Peter 4.10)

10. How do we determine what our spiritual gifts are?

11. Do you know what your spiritual gifts are? If so list them.

12. Are you using your spiritual gifts?

Maturity

1. How do we grow in grace and in knowledge of the Lord? (1 Peter 2.2; 2 Peter 3.18)

A.

B.

C.

D.

E.

2. What does a disciple do? (see Appendix C)

A.

B.

C.

D.

E.

F.

G.

H.

I.

3. What is a bond slave and should all Christians live as a bond slave of Christ?

4. List men who were bond slaves.

A.

B.

C.

D.

E.

F.

5. Will all Christians who live holy lives suffer persecution? (2 Timothy 3.12)

6. What does suffering result in if a disciple trusts in God? (Romans 5.3-4)

A.

B.

C.

7. By our experience in suffering for the Lord we can help _____. (Hebrews 4.15)

8. Should all Christians be willing to die for the Lord and for other Christians? (John 15.13; 1 John 3.16)

9. Why should we increase our faith? (Hebrews 11.6; James 1.12; Revelation 3.11)

10. How do we increase our faith? (Romans 10.17; Acts 2.42; Acts 2.42; 5.42; Hebrews 10.24-25)

A.

B.

C.