





table of contents

Section I	Reality of Life	3
Lesson 1	Reality of Christ the Center	4
Lesson 2	Reality of the Satisfied Christian	6
Lesson 3	Reality of our Position in Christ	8
Section II	Receiving Life	10
Lesson 4	Receiving Life through the Bible	11
Lesson 5	Receiving Life through Prayer	14
Lesson 6	Receiving Life through Fellowship	16
Section III	Response of Life	18
Lesson 7	Responding through Priorities	19
Lesson 8	Responding by Witnessing	21
Lesson 9	Responding through Discipleship	23

Objectives of this Bible Study

- To establish you and prepare you to live “The Life”
- To plant a desire to spend time with God daily
- To plant a desire to memorize God’s word
- To provide thought-provoking interaction with others around the Word of God

** This 9-week study is most effective when you commit to attending and interacting during the discussions. Ask God to give you an open heart to His Word, to the leader of the study, and to the others in your group.*

Section I

Reality of Life

Certain uncontrollable realities exist in our world regardless of our awareness of them. Some of these realities are visible, such as the rising and setting of the sun. There is nothing that you or I can do to prevent the sun from rising in the morning, and we are unable to cause it to set a minute earlier or later than its scheduled time in the evening. If you lived underground and never encountered the light of the sun and were not even aware of its existence that would not make the rising and setting of the sun less real.

There are also invisible realities that we cannot control. Gravity is an invisible force that no one denies. Whether or not one can explain it, every person, creature, and thing that has existed on Earth has felt the effect of gravity and has adjusted to life in its presence. It is an invisible reality that is so real to us that we cannot even imagine life without it.

In this first section, *The Reality of Life*, we will investigate a few spiritual realities that we live with as Christians. These realities are true and powerful regardless of whether we are aware of them, understand them, or believe them. The goal of this section is to grow in our awareness, understanding, and belief of these spiritual realities. When you see the beauty and significance of these truths you will not want to imagine a life without them!



Lesson 1

Reality of Christ the Center

» Is Jesus the Center of Life? «

Read - Acts 17:28, Colossians 1:17, Romans 11:36

-List some of the characteristics of Jesus that are mentioned in these verses.

-Are these verses less true for someone who does not believe in Jesus? Why or why not?

» Is Jesus the Center of MY Life? «

Jesus is the center of all things, yet He only lives in the individual's hearts who invite Him in (Ephesians 3:17, Matthew 7:7-8).

Read - Romans 10:9, Luke 9:23

-How do I make Jesus the center of my life?

Read - Matthew 6:33, 1 Corinthians 10:31

-What does it look like when Jesus is the center of my life?

Read - Ephesians 2:8-9, Romans 9:16

-Does a relationship with God depend on your effort or on God's?

- What are some areas of your life in which Christ is the center?

- What are some areas in your life in which you have yet to allow Christ to be the center?

- What is stopping you from allowing Christ to be the center All Things in your life?

The reality is that Jesus is the center of All Things in creation as well as in our personal lives. Sometimes, even as Christians, we fail to acknowledge this reality and therefore we do not do everything for his glory. When we live as though He is not the center of our lives, we live as though He does not exist.

In the next lesson we will investigate even further into why we should give Jesus the center of our life. He wants you and I to be Satisfied Christians!

Lesson 2

Reality of the Satisfied Christian

The Significance of Praise

If you have ever told someone about a movie that you enjoyed, cheered at an athletic event, or basked in delight after eating your grandmother's Thanksgiving dinner, then you know what it is like to give praise to something. Praise can take many forms, and people feel appreciated and honored when you praise them.

- List some things that you have praised recently.

- Why did you praise those things?

- Describe an instance in which you were praised and how it made you feel.

The bottom line is that praise brings enjoyment to both parties. As the praiser, you find enjoyment in expressing your praise. As the recipient, you enjoy the honor that you receive from being praised.

God is well aware that He is the most beautiful and powerful being in existence, and therefore He is the most praiseworthy being in existence. God is the most valuable thing and He wants us to value that which is most valuable. He wants us to praise the thing that is most praiseworthy...Himself! And He is honored when we enjoy praising Him.

John Piper sums up this concept by stating, "God is most glorified in us when we are most satisfied in Him."

- Why is God worthy of your praise?

God created each of us with desires – desires for food, water, and shelter; desires for love and affection; desires for attention and for success. Every person has similar general desires but you also have desires that are unique to you.

- What are some of your desires?

Read - Psalm 145:16, Psalm 37:4

- Does God want you to deny your desires? What does He want you to do with them?

- What does God promise to do in these verses?

Psalm 107:9

John 7:37

Revelation 21:6

- According to this lesson and to God's Word, when are you most satisfied?

Scripture memory: Psalm 145:16

Lesson 3

Reality of your Position in Christ

» God's Character «

- What do these verses say about God's character?
 - Numbers 23:19
 - Luke 21:33

Read - Titus 3:3-6

- Do you deserve God's love? Why does He love you?

» Am I "IN" Christ? «

Read - Romans 8:1

Most of us are "in" some type of club or organization: a fraternity or sorority, a service organization, a campus ministry, a performing group. As a member of that institution you have certain rights, privileges, and responsibilities and other people identify you as being in that group.

- As a Christian, what are you "in?"

- What privileges or exemptions come with this?

Imagine you are dropped out of a helicopter into the Atlantic Ocean and you immediately sink to 200 feet below the surface. If the helicopter pilot looks toward you he can no longer see you. He only sees the water and waves of the ocean that has engulfed you. You are in the ocean and he cannot see you, he only sees the ocean.

Similarly, you are in Jesus and you are engulfed by Him. When God looks toward you he no longer sees you, He sees his Son. He does not see your struggling and your shameful sin, He only sees His perfect, sinless Jesus! Your new position is "in Christ!"

Read - Romans 8:31-35

- Who can separate you from your position in Christ?

- Can you do anything to loose your position in Christ?

Read - Romans 8:38-39

- What can separate you from the love of Christ?

- Can your sin separate you from the love of Christ?

Read - Ephesians 1:3-14

- List the things that you are promised as a result of your position in Christ.

Scripture Memory: Romans 8:1

Section II Receiving Life

What is the best gift that you have ever received? Many different qualities can make a gift unforgettable: perhaps it was given by a special person, or had high monetary or sentimental value, or maybe you would never have expected it, or perhaps you received a gift that you knew that you did not deserve.

God wants to give us the greatest gift imaginable: Himself! In the last section we discussed the truth that God is the most valuable being in existence and the best thing that He can do for us is to give us the gift of Himself. All we have to do is receive this gift of Life.

In Section II, *Receiving Life*, we will discuss the means that God uses to give Himself to us: the Bible, prayer, and fellowship. As in the example above, when we receive His gift by enjoying the means of His Word, prayer, and fellowship, then we will see that His gift is given by a special person, has immeasurable value, exceeds our wildest expectations, and is completely undeserved!



Lesson 4

Receiving Life through the Bible

If you made a list of people that you know the best, and people that you are most similar to, it would be filled with individuals that you spend the most time with. One way to know God more, and to become more like Him, is to spend time reading the Bible, God's written Word.

» **Why should I spend time in God's Word?** «

Our life is a journey full of decisions that we must make about turns and destinations. God's Word is a road map to help us on our journey. Below are several reasons and benefits of spending time with God in the Bible.

1. For Guidance and Direction in Life

Read - Psalm 119:105

- When do you need a lamp or a light? Have you ever felt you needed this type of help in your life? When?

2. To Strengthen your Spiritual Bones for Life

Read - 2 Peter 2:2

- What happens when someone does not drink milk? How can this parallel to our spiritual life?

3. It Brings Joy and Refreshment to Life

Read - Psalm 19:7-8

- Have you ever read something that brought you great joy? What was it? Maybe a letter or a story?

- Have you ever read God's Word and experienced this type of joy? Do you think it is possible?

Here are some practical suggestions to help you:

Make it a priority in your schedule. What could be more important than spending time with the One who created you and who loves you more than anyone else?

Choose a time and location where you will not be distracted.

Set reasonable goals so you can commit to reading the Bible every day.

Don't get discouraged if you miss a few days. Any amount of time in God's Word is better than none. So keep making adjustments in your time and schedule until you can make it work.

Guide for each day:

Main thought: Read your passage for the day and write it out in a notebook.
Pray for insight as you think on what the passage means.
Write out what the passage means by answering the following questions:

- Whom is the passage talking about?
- Where is the location?
- What is going on?
- When did this occur?
- Why does it say what it says?

Application: After you discover what the passage is saying, write how you think it applies to your life.
Is there anything particular that God may be saying to your heart?

Prayer: Pray during the day that you will be reminded about what you looked at in the Bible and that you would be able to apply it to your life.

This is also an ideal time to review your scripture memory verse.

Scripture memory: Psalm 119:105

Jeremiah 29:11-13	James 4:17
John 3:16	1 Corinthians 16:14
John 10:10	John 13:34-35
Romans 3:23	Hebrews 3:13
Romans 6:23	Mark 10:45
2 Corinthians 15:14-15	2 Timothy 2:15
John 14:6	1 Corinthians 10:13
Colossians 1:13-14	Matthew 6:24
John 1:12	1 Corinthians 6:19-20
Matthew 6:33	2 Corinthians 4:18
Ephesians 2:8-9	Philippians 4:6-7
2 Corinthians 5:17	1 John 5:11-13
Matthew 7:7	Romans 12:1-2
Joshua 1:8	1 Corinthians 15:33
James 1:22	Proverbs 13:20
Hebrews 10:24-25	John 15:5
Galatians 6:7-8	Ephesians 4:1-3
Galatians 5:16	Philippians 3:7-11
1 Peter 2:21	Matthew 28:18-20
Mark 1:35	1 Peter 3:15

- *Write out each verse using the method described in the last lesson.*
- *Try to study one verse each day.*
- *After you have looked at each of these verses, ask someone (maybe the person that is leading this Bible Study) to help you find some new verses.*

Lesson 5

Receiving Life through Prayer

Whether you are an introvert or an extravert, when given a comfortable, we all like to talk. One of the most critical factors that determine the comfort of an environment is the listening skills of the other person. A way to get to know God and receive life from Him is by having conversations with Him; talking to God, because He is an attentive and compassionate listener, as well as listening to God.

» Why should I pray? «

1. God is Trustworthy

Read - Psalm 62:8

- We choose carefully who we confide in. What characteristics do you see in this verse that might encourage you to confide in God?

2. God is a Giving God

Read - Matthew 7:7-12

- Do you think these verses mean that God is like a soda machine – you press the button of your choice and out pops your desire? Why or why not?

3. God Desires our Communication

Read - Jeremiah 33:3

- When you call someone repeatedly and they do not ever answer or return your phone call, you eventually give up. What is the promise given in this verse that inspires us to not “give up” in prayer?

4. It makes us more like Jesus

Read - John 17; Mark 1:35

- Why did Jesus pray if He was already so close to God? Didn't He know everything already? What examples in Jesus' prayer life can guide us in our prayer life?

» **How do I pray?** «

We must first remember that we are learners. Don't get frustrated if your prayer time seems dry and absent of God's presence. Tell Him about it! Jesus' own disciples, who spent all of their time with Him, had to ask, "Lord, teach us to pray." We should ask Him the same.

Here are some practical suggestions to help you in Receiving Life through Prayer:

Set reasonable goals for daily prayer time. You may only begin with 10 minutes, which is great!

Be honest with God. Remember, God is not going to be surprised by anything you tell Him, or anything you may do. He wants to provide an opportunity for you to tell Him everything.

Let God be honest with you. Allow prayer time where you remain silent before God, waiting for Him to speak to your heart.

Get help! Ask someone who is more mature in his/her prayer life to pray with you.

Here is a guideline to help you get started. Write a short definition beside each word. Spend a few minutes on each of the following areas:

Adoration:

Confession:

Thanksgiving:

Supplication:

Scripture Memory: Psalm 62:8

Lesson 6

Receiving Life through Fellowship

It is not a secret that friends are important. Time and experiences are made more special in the presence of those we love. As a believer, God repeatedly encourages us in the scriptures to enter into friendships with others who are like-minded in their faith. Christian friendships are referred to as “fellowship”, which is defined as “sharing in common”. Fellowship is another way in which we receive life from God. We are going to look at a few biblical examples of fellowship.

» **Fighting the Battle** «

- If you were fighting in a battle, what characteristics would you hope the soldiers fighting with you possessed?

Read - Ephesians 6:12

We are in a battle, and those we surround ourselves with will largely determine our success rate.

- Who do you spend most of your time with?

- Do those you are closest with challenge and encourage you in your faith?

» **Two Examples from God’s Word** «

1. Read - Acts 2:44-47

- What were the believers devoting themselves to?

- What specifically did they have in common?

- What was the result of that kind of fellowship?

2. Read - Ecclesiastes 4:9-12

- What examples are given in these verses to show why “two are better than one”?

- Why would it be important in these circumstances to have someone “like minded” in the faith?

Opportunities to spend time with other believers may seem hard to find; below are a few suggestions.

Pray that God would provide intimate Christian friendships.

Get to know the other people in your bible study better. Set up times with your bible study leader or other participants to have lunch or just hang out.

Be committed to a church body.

Make the most of all opportunities available for growth. Conferences, meetings, bible studies...

Be committed to a campus ministry.

Initiate to others!! If you wait around for someone to approach you, it may not ever happen, they are probably waiting for you to approach them!

Scripture Memory: Proverbs 13:20

Section III

Response of Life

How would you respond if someone risked their life to save you? How would you respond if that person died in the process of saving your life? What if you found out that the person knew that they would die if they attempted to save you, but they bravely decided to follow through with it anyway?

You have seen this scenario played out in movies and books, and maybe you have even seen a real example on the news. How would you respond if this happened to you? Would your life change? Would you spend your time differently? Would you live for a new purpose?

Jesus laid down His life so that we could live forever. He knew that He would not survive the cross, but He chose to put himself through the pain and death so that we would not have to experience pain and death! What is your response to this incredible love?



Lesson 7

Responding through Priorities

» Your Priorities reflect your Purpose «

- List some of your priorities in your day to day life. What things do you spend time doing?

- In your own words, what is your life purpose?

Your priorities should line up with your life purpose. However, most of us somehow fill our schedule with things that do not have much to do with our life purpose. This reveals a problem. We either need to change what we claim as our purpose, or we need to change how we use our time. Do your priorities reflect your life purpose?

» Jesus' Purpose «

Read – John 17:4, 25-26

- What was Jesus' life purpose? List the three aspects of His purpose mentioned in these verses.

- From what you know about Jesus' life and considering His purpose, how did He spend His time on earth?

Jesus was always clear on His purpose and priorities, which led to a productive life. If you are a Christ follower then it is your aim to be like Jesus Christ. Your life purpose should be the same as Jesus' life purpose. Each person is called to live this purpose out in a different place and under different circumstances, but we are all given the same general purpose.

- What things do you spend time on that do not reflect your life purpose?

» Establishing Objectives and Goals «

Establishing your objectives and goals will help you to not waste time, keep you from getting sidetracked, and will help you achieve your life purpose. An objective is a stated intent of achievement (ex. I want to read the Bible to know God's purpose for my life). A goal is a specific and measurable step towards achieving your objective (ex. I will read five chapters of the New Testament everyday this semester).

- Take some time now to prayerfully do the following on a separate page or in your journal:

1. Write out your *life purpose*.

- Consider Jesus' purpose
- Pray about it, don't just list what someone else has

2. List your *priorities*.

- Consider these areas from **Luke 2:52** - spiritual, intellectual, physical, social, ministry

3. Write out *objectives* for each of your priorities.

- Make them concise, specific, and realistic

4. Set *goals* of how you plan to achieve each of your objectives.

- Make your goals measurable, attainable, and clear

5. Plan your time.

- Use a weekly schedule to plan your time for each week
- Pray over your schedule each day
- Be flexible and open to the Holy Spirit leading you that day

Scripture Memory: Ephesians 5:15-16

Lesson 8

Responding by Witnessing

One proper way to respond to the new life that Jesus has given us, as we discussed in the last lesson, is to prioritize your life so that it will glorify Him. Another response is to tell as many people as possible about this amazing, heroic effort that someone has accomplished for you. There are many terms for this that all mean the same thing: sharing your faith, sharing the gospel, spreading the good news, testifying, witnessing. For simplicity sake, we'll call it witnessing.

» You will be My Witnesses «

Read – Acts 1:8

- Define the word “witness” as used in this verse.

The word “witness” can mean two different things in this verse. It can mean 1) to witness, as in to watch something happen first hand. If you have seen two cars collide then you have witnessed an accident. It can also mean 2) to witness, as in to give a testimony about something that you have seen. When you tell the police what happened in the accident then you are witnessing about what you saw. God desires for you to be His witness in both senses of the word.

Lifestyle Witness

Read – 1 Thessalonians 2:8

- What did Paul, Silas, and Timothy share with the Thessalonians?
- What implications does this have on the way that you live your life?

Verbal Witness

- List the insights that these passages share about being an effective verbal witness.

Colossians 4:2-6

1 Corinthians 2:4-5

2 Timothy 1:7

1 Peter 3:15

» **How to Witness** «

Sharing your Personal Testimony

Read – Galatians 1:11-24

- To prepare your testimony fill in the following categories, used by Paul to share his testimony, with information from your own life.

1. What your life was like before Christ

2. The circumstances surrounding how and why you accepted Christ

3. What your life has been like since becoming a Christian

Other Effective ways to Witness

Ask your Bible Study leader to explain these methods of witnessing. The more that you share your testimony and practice these methods, the more comfortable and effective your verbal witness will become.

- The Bridge Diagram
- Using the Tract
- Event Evangelism

Scripture Memory: 1 Peter 3:15

Lesson 9

Responding through Discipleship

If our response to what Jesus has done is to tell as many people as possible then we are now faced with figuring out the best way to do that. Jesus has not only given us the task (witnessing), but he has also provided the method (discipleship). Discipleship is simply following closely to the teaching of another. By being close to Jesus and learning from Him we can become His disciples and experience the means that lead to a lifetime of spiritual fruit.

» **The Call to Discipleship** «

Read – Matthew 4:19-20

- What does Jesus want to teach these men to do?
- What is the prerequisite for them to be taught by Jesus?
- What is their response?

The most effective way to teach someone how to fish is not to toss them a rod and a hook and tell them good luck. The best way to teach someone how to do anything is to:

- 1) *Tell them why*
- 2) *Tell them how*
- 3) *Show them how*
- 4) *Do it with them*
- 5) *Let them do it on their own*

This is what Jesus does with His disciples. He spends all of His time with them, teaches them about His relationship with the Father, shows them how to live a life of faith, trains them to minister to other people, and gives them opportunities to minister on their own. Jesus must have been confident in what He taught them, because when He died He left His ministry completely in their hands!

- Is it more beneficial for you to try to figure out the spiritual life on your own or to commit yourself in a relationship to someone that can teach you from their experiences? Why?
- Is there anything stopping you from being discipled for a period of time by a more mature Christian? What will it cost you?

Read – 2 Timothy 2:2

- What did Paul tell Timothy to do?
- What kind of man did Paul tell Timothy to invest in?
- Discipleship passes from one person to another. Fill in the blanks with the people mentioned in this verse: Paul to _____ to _____ to _____ . There are _____ spiritual generations listed in this verse!

Think about these passages. In your own words, explain Jesus' method of reaching the world with the gospel.

Jesus saw the masses through the man. He loved the world, helped thousands, but trained and disciplined the twelve. The ministry of multiplying disciples comes through spending a lot of time with a few individuals, teaching them to walk with God, and training them to minister to others. As you invest your life in one man and then see him invest his life in another, you will become part of the spiritual multiplication process. If a few Christians decide to train a few people how to train a few people who will then train others, the number of Christians would quickly explode.

Read – John 21:15-17

- How does Jesus tell Peter to express his love?
- Does God desire for you to be a disciple or to disciple other people? Or both? Why?

Scripture Memory: 2 Timothy 2:2