

**PENTECOST UNIVERSITY COLLEGE**

**MENTORSHIP DISCUSSION SERIES**

**VOLUME 1**

**ORGANISING ONESELF FOR COLLEGE LIFE  
&  
UNDERSTANDING BASIC CHRISTIANITY**

S Adei & B A Owusu-Sekyere  
Accra, August 2013

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## **FOREWORD**

The mentorship programme is a center piece activity of life in Pentecost University College. Along with Pentecost Studies (PENTSTUDS) and College Assembly it is a unique mark of the institution as Christian University which aims at training high level manpower for national development with Christian character and integrity. As such students of the College are required to participate in the mentorship programme each semester. Besides it being one credit hour programme, participation and meeting set requirements of the programme are pre-requisites to graduate as student of Pentecost University College.

Most importantly, the mentorship programme is more than an intellectual pursuit. It is meant to provide each student with vital interaction in small group setting whereby student mentees interact with carefully selected senior students, faculty and staff of the University, something which the increasing numbers of students in modern university and neglect of the old time tutorial system has made it difficult to do.

It is our hope that students of the University will take full advantage of the mentorship programme to enhance the quality of their lives on campus and to better prepare them for life in the wide world out there.

**Rev. Dr. Peter Ohene-Kyei**

**Rector**

**August 2013**

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## **PROGRAMME OBJECTIVES**

The aim of Volume I of the mentorship programme is two-fold. First it seeks to orient students to College life which is different from that of High School in terms of pedagogy, personal organization and independence of study. The second is to help students to appreciate the uniqueness of the Christian faith. The approach is practical but with an underlying rigorous intellectual reasoning. The topics covered as in the list of the contents are as follows:

### **PART A. ORGANIZING ONESELF FOR COLLEGE LIFE**

1. Adjusting to college life: Actualizing principles of what makes an excellent college student.
2. Purpose driven living on campus
3. Managing friendships at college
4. Managing your time as a student.
5. How to study and prepare for examination.

### **PART B. UNDERSTANDING BASIC CHRISTIANITY**

6. In the beginning God: - The Spiritual Dimensions of life.
7. The Bible and Personal Living
8. God's plan of salvation
9. Steps in Christian growth.
10. Being a disciple of Jesus Christ.
11. The Holy Spirit and Christian living

### **Programme Material**

This manual is the only required material students need for each section along with a Journal. Bible passages are provided but owning a Bible is recommended along with S. & G. Adei, *7 Keys to Abundant Living with No Regret*.

Even though there are 16 weeks in each semester, 12 lessons have been provided advisedly. Beside the usual 2 weeks for examination, each group is encouraged to have group determined social activities or topics of particular interest to them including inviting guest mentors to interact with them.

## INTRODUCTION

The following imperatives drive the mentorship programme:

The increase in numbers of students (“mass-ification” of college education) and concomitant collapse of the good old tutorial system have eroded opportunities for close interaction between students and faculty which were the hallmarks of academia.

Many students therefore suffer from the lack of “human face” of modern education.

Students entering universities from secondary schools are younger and less mature thus requiring greater guidance and counseling.

Even those coming as mature students, the proportion of which is increasing, after a long period outside the classroom, equally require support to adjust to college life.

Pentecost University's goal to produce scholars with integrity require Christian virtues which in turn demands modeling and nurturing beyond academic delivery in the classroom.

The PUC mentorship programme therefore aims at guiding students to get maximal benefit from college education, help them to articulate and achieve their personal ambitions and to prepare them to participate effectively in the world of work. The core subjects dubbed Pentecost Studies (PENTSTUDS) lays the intellectual foundations to that end. The mentorship programme complements PENTSTUDS.

The mentorship program is designed to assist students to manage their academic, social and professional development within the context of small groups whereby a mentor is assigned to a group of about ten students who meet once a week.

Pre-selected topics are provided to the groups depending on their level. They are meant to give structure to the mentorship sessions while still giving room to meet individual and group needs. A deliberate attempt has been made to link the mentorship sessions to the PENTSTUDS program which with the college worship constitute the three pillars of building PUC products beyond the academic.

It is envisaged that the weekly mentorship session will last for one hour to be guided by the following framework:

15 minutes of prayer and Bible reading

40 minutes of discussion of the topic for the session.

5 minutes of any other business, personal reflection and journal entry.

In addition it is expected that two to four weeks out of the semester will be devoted to activities which each of the mentorship groups will select and plan for themselves and which may be peculiar to each group. These activities may include outing, having a lunch together or having an invited guest to speak to the group.

Success of the hour session will depend on mentor and mentees agreeing to adhere to certain norms especially:

Being punctual at mentorship sessions and finishing on time

Keeping each session within one hour.

Encouraging full participation of all.

Commitment to support each other beyond academic needs.

Strict record keeping and turning in attendance record each week to the coordinator. This is important as credit hours are assigned to mentorship sessions at the end of each semester.

Anyone who is not present in the first 20 minutes should be marked as absent even if that person shows up and stays to the end.

75% participation and completing personal reflection are requirements to achieve the one credit

## **PART A**

### **ORGANIZING ONESELF FOR COLLEGE LIFE**

1.	Adjusting to college life: Actualizing principles of what makes an excellent college student.....	9
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## SESSION 1

### ADJUSTING TO COLLEGE LIFE

Starting College life in a big university is not easy especially if you come from a rural area or a small Senior Secondary School. Yet how you start makes all the difference. During the orientation week there would have been a session on how to make the most of college life (Kwadei Principles). The first mentorship session is meant for students to review these principles. The second session will help you draw up a personal strategic plan to actualize them in your College life. Students are expected to have such plans to remedy any deficit or handicap they may have within the first semester especially in areas such as ICT competency and personal organization.

#### ***Seven (7) Principles of Becoming an Excellent Student***

As a group discuss and ensure that you understand the following principle of becoming an excellent student and take steps to make them part of your life.

1. ***Have a positive attitude to college life:*** Be determined to make the most of it not only academically but to prepare for life generally in its fullness. They could be the most wonderful years in your life.
2. ***Learn Effective Personal Organization (EPO):*** In the university no one will insist you do certain things. Self-discipline based on well-articulated use of time and resources around or through personal organization is key to success not only in College but to learn lifelong good habits.
3. ***Build your catalytic skills early:*** Core and mandatory courses are designed to help you acquire skills that will make you to get domain expertise as Accountant, Engineer or Banker. But there are other skills that will enhance your studies and whatever career you choose. We call them catalytic skills and you have to learn them yourself. One is responsible to learn how to type, acquire basic computer skills (MS word, power point, access) good learning

habits including speed reading, how to take notes, use research engines and where to get vital help. You must aim at learning most of them in the first semester. It will make studies enjoyable.

4. ***Lay the foundations of social and spiritual network:*** For younger students coming to College most of their lifelong friends for better or worse including possible life partners will be people they meet at College. Similarly for those who are Christians before coming to College especially is an opportunity to grow spirituality if one takes advantage of College Worship and Christian group activities.
5. ***Your Sins Will Find You Out:*** It is a shame to see a student dismissed for misconduct, examination malpractice or simply not making the minimum required GPA. In the long run no one benefits from sin, sexual immorality, doing wrongs, occultism etc.). Lack of integrity in personal and social life and somehow believing that one can get away with procrastination, laziness, cheating or lying is an illusion. Your best option as a driver has written on his vehicle is “Honesty is the best policy”.
6. ***Don't waste your weekends, free times and holidays:*** Two semesters a year of 16 weeks each means 32 weeks out of the 52 weeks a year. You have a whooper of really 40% of the year during which you are not formally at College or 80 weeks in the 4 years at College. For part-time student these are working hours. For most student's use these periods of vacation to catch up on lessons, read ahead, learn a trade, be an intern. “Make the most of the time because the days are evil”. Also even in semester period 28.5% of your days are weekends not to mention public holidays. Then most students have only 6 hours of lectures a day. By all means have fun and relaxation but “catch” two to four hours a day for additional assignments, library work, learning new skills. And top up at weekends. It makes normal students first class.

7. ***Have faith in God:*** For all times but especially at College trust the Lord Jesus to see you through anxious moments, to overcome temptations and to seize opportunities. Learn from Paul that “God we live and move and have our being”. Don't be anxious about anything, but in everything by prayer and supplication with thanks giving let your request be made known to God and the peace of God which pass all understanding will keep your hearts and minds in Christ Jesus (Philippians 4:6-7). It is blessed thing to partner with God and especially in the days of your youth! Spend about 30 minutes a day reading the Bible and praying especially in the morning.

## **AID TO GROUP DISCUSSION**

- ❖ How relevant are the above principles to the life of a student?
- ❖ Which principles do students have to work harder to embrace?

## **CONCLUSION**

The main purpose of this session is to be familiar with and understand the 7 “Kwadei Principles” of being an exceptional student. Each member of the group is to prepare what he/she will do to implement the Kwadei principles in their own life. It is personal. But if you imbibe well you will identify some weakness you may have and the mentor and the group can help you to deal with them. Why not make yourselves an accountable the group to help you to practice them.

## **PERSONAL REFLECTIONS FOR YOUR JOURNAL**

How will you manage your life at College using the 7 Kwadei Principles of being an exceptional student?

## Personal Reflection and Journal Entry

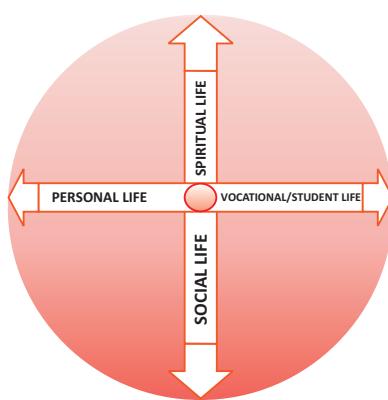
## SESSION 2

### PURPOSE DRIVEN LIVING ON CAMPUS

This session is a continuation of the discussion of “Adjusting to College Life” but takes it one step further. Each member in the group may use one minute only to share the lessons they have learnt since last week, with regard to one area they may need help in adjusting to college life to get feedback from others. Where necessary the mentor will try after the session to arrange help to a member who may need further assistance from outside of the group.

Even though a semester's course at level 300 will be devoted to a study of Personal Organization or how to Balance Personal, Relational and Professional Life (BPRPL), two concepts in that programme are being introduced now are aids to better organizing your life as a freshman. They are the concepts of “Organizing Principle” and the “Wheel of Life”.

### THE COMPASS OF LIFE AND ORGANISING PRINCIPLE JESUS CHRIST

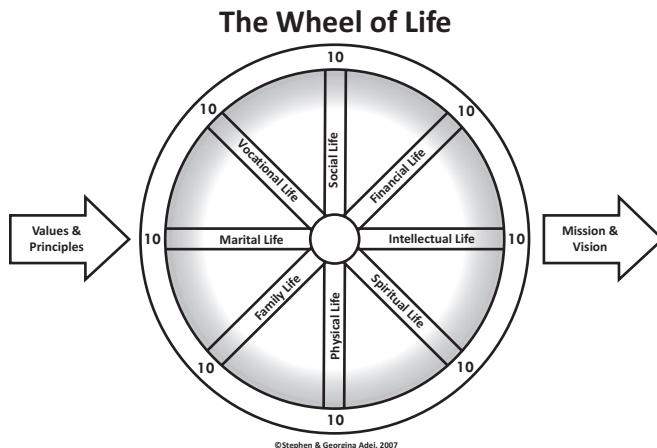


NOTE: As the Magnetic North is the reference point for the compass so is Christ a more stable reference point for life. Organize your life in relation to Christ and what Jesus will have you do.

Life is like a compass. The power of the compass is that its mercury allows the “N” arm to always point to the Magnetic North at the Arctic Circle. It is the fact that there is a fixed spot to which the “N” of the compass points that makes it such a reliable instrument. Similarly, life has its various components but it must be aligned to a reliable fixed point. We need our “Magnetic North” or one's Organizing Principle. Jesus is that fixed reference point. If our spiritual life is linked to him and his word we are sure that the personal, vocational/intellectual and social aspects of our lives will be properly aligned. Align your life to Jesus. As the compass always points to the magnetic north so anyone who is in tune with Jesus is on safe grounds in life decisions and actions. What do you think?

It is not enough to have a dependable guide in life; we must also have the discipline to organizing our life to assure we achieve a balance. That will require:

- Clear purpose in terms of our mission, vision and goals. For example what do you want to achieve in the next 4 years?
- Conviction about your core values and principles so that you are not driven by peers and fads.
- Then there are aspects of our life we must take good care of. As a student you may have a social, intellectual, spiritual and physical life to mention a few. The compass and the wheel of life can be used by the group to discuss the important things that should go into your life on campus. Family and marital aspects may be less important as a student though.



## **AID TO GROUP DISCUSSION**

- ❖ What will you consider to be a good vision or major goal for a first year student? (it must be more than academic grade).
- ❖ Articulate at least 3 core values for a student at the University
- ❖ While no one has a perfect balanced live, which areas should student pay most attention to on campus?

## **CONCLUSION**

An unorganized life scarcely achieves its potential

## **PERSONAL REFLECTIONS FOR YOUR JOURNAL**

How will you purposefully live your life as a student to make the most out of the resources in the University?

## Personal Reflection and Journal Entry

## SESSION 3

### MANAGING FRIENDSHIP AT COLLEGE

#### INTRODUCTION

Once away from home friends are probably the most important relationship one has. Friendship is the pearl of life and the Bible says “a faithful friend who can have”. However, the tendency is to think that one can have so many friends at a time and spend inordinate amount of time with them in fruitless character. That is an illusion and those who pursue that policy end up having many acquaintances but no real friends. Worse still they may not achieve their purpose in coming to College. Writing on “Friendship” an Ethiopian friend of the Author, Getahun G. Getahun in 1982 shared with him, six characteristics of true friendship: Acquaintance, Commitment, Care, Equality, Sharing and Sensitivity (ACCESS). One can build such intimacy with only a hand full of people at a time to which one could add a few more at a time over the years. It is good to cultivate few close friends while being nice to all acquaintances.

In college, friends can help you grow in your spiritual and academic life. Good Christian friends can join together as a study group or a cell group who pray and study the word of God together. The College's mentorship provides a unique opportunity to build more intimate relationship with a group of 10 fellow students and a mentor. Take advantage of it. Participating in College worship, one Christian fellowship group and a social group may be advisable.

But beyond a certain number, friends and group activities become counter-productive and may harm the student especially if one has to spend on the average more than 2 hours a day on chatting with friends (other than studying together) or even attending Christian and social groups. It is therefore as important in choosing whom to associate with as how many groups one joins and hours one spends on that and friends.

Most importantly college life comes with its dangers. Away from home, parental control and watchful eyes of faculty, one faces the dangers of sex, drugs, occultism and all kinds of destructive tendencies that ultimately ruin life. “Show me your friend and I will show you your character “and” a bad friend spoils good morals”.

## **AID TO GROUP DISCUSSION**

In the light of the above

- ❖ What is the ideal number of close friends one must have?
- ❖ What criteria should inform your choice of friends, remembering that your friends, unlike your siblings are chosen by you?
- ❖ Discuss how many clubs and fellowships one should genuinely be involved in and what amount of time they should take.
- ❖ What dangers do students face at College through bad friends and associations?

## **CONCLUSION**

For most of us lifelong friends are made at college. But beware bad friends are the greatest dangers to you at College.

## **PERSONAL REFLECTIONS FOR YOUR JOURNAL**

State five measures you will put in place to better manage your friends in order for them not to abuse your time and resources at College?

## Personal Reflection and Journal Entry

## SESSION 4

### MANAGING YOUR TIME AS A STUDENT

#### INTRODUCTION

One of the greatest assets in life is time. The good Lord is so democratic he gives all of us 24 hours in a day! What we make of it will determine our results at College and our life outcomes. The fact is that “there is opportune time for everything on earth” (Eccl. 3:1). The best time for academic work is College days. Time also happens to be an important factor in social, economic and spiritual growth.

Ordinarily everyone has 24 hours a day. The average student has the following times predetermined:

- Up to 18 hours of a lecture a week- or 3-6- hours a day
- About 2 hours College Assembly or Mentorship time a week at Pentecost University College.
- Assuming 1hour of additional tutorial each day.

- a. That means the student spends a maximum of 9 hours a day on what they are to do as college students (attending lectures, tutorial, mentorship and college worship)
- b. Add to that 7 hours of sleeping, plus 2 hours of eating, and “goofing about”
- c. The above total 18 hours day.
- d. Capturing the balance of 6 hours remaining and making the most of it will make or break you. The truth is that even the College worship, mentorship and tutorials do not come on every day but once a week.
- e. Then there is weekend, whole of Saturday and Sunday after Church periods

These are suggestions of how to use the 4 to 6 hours a day during week days for regular students:

- i. Spend thirty minutes to 1 hour reading the Bible and Praying. Do it in the morning if possible with a Bible, a study guide like Daily Guide, a pen and a note book handy. And please read the Bible for at least half

of the time meditating on it and use the other time praying. God is not deaf. You must listen more to him than telling him your views.

- ii. Spend 2 hours each day going over your notes and studying (each day not exam time only)
- iii. Spend 1 hour learning something you like but not necessary related to your course work
- iv. Decide how to use part of the remaining two hours having cell group meetings and having fun.
- v. Believe it you can do all the above each day and have more fun than your colleagues from Monday to Friday. If anyone says he has no time what should be the answer? You are neither serious nor disciplined.

The weekend (Saturday and Sunday) constitute 28.5% of the week. You will be the better off to capture at least 6 hours for academic and non-academic organized and purposeful activities. And that will be say from noon to 6 pm or in the mornings on Saturday! Or if you wake up early 6 am to noon!!! After all God directed us to work for 6 days! And don't forget to make Sunday a "Holy Day"!!

## **AID TO GROUP DISCUSSION**

- ❖ Groups to prepare their use of time for the following week and every week in advance specifying "must do" activities and pre-budgeting time for them.
- ❖ Constitute yourselves into accountable group to monitor your use of time.

## **CONCLUSION**

"There is time for everything and a season for every activity under heaven" (Eccl. 3:1) "Go to the ant you sluggard, consider its ways and be wise. It has no commander, no overseer, nor ruler; yet it stores its provisions in summer and gathers its food at harvest (Prov. 6:6, 7). You have more brains than an ant. Use them to better manage your time.

## **PERSONAL REFLECTIONS FOR YOUR JOURNAL**

Design your own work schedule/ plan to manage your time?

## Personal Reflection and Journal Entry

## SESSION 5

### HOW TO STUDY AND PREPARE FOR EXAMINATION

#### INTRODUCTION

We are all different and to prescribe how to study and prepare for examinations may seem foolhardy. But the truth is that with few exemptions most people would benefit from learning from the experience of the older generation with regard to their successes and their failures. The alternative is to repeat the folly of yesteryears instead of standing on the shoulders of the older generation to see further.

These are lessons of, once a younger, a person you may consider as “ancient of days” with a small “a” but nevertheless may prove invaluable to you.

1. ***Attend all classes:*** Those who teach you are also the examiners. Anyone who attends all classes is not likely to fail the subject.
2. ***Study to understand your courses each week:*** If you don't understand the week's lecture, make sure you study the relevant portion of a textbook or notes; ask a smarter classmate to help you do so or approach the lecturer. Never let a topic roll on without understanding it. It will hurt you and make subsequent lectures more difficult. Never postpone compensation to examination period.
3. ***Attitude is almost everything:*** You may not like a subject or a teacher. That is just being human. But make your mind to make the best of every subject. Those who shaped your programme think it is important. A positive attitude could change you as you cannot change others or the course. Even “Quanty” or Mathematics becomes easy if attitude (one's attitude) is positive.
4. ***Take all assignment:*** Always aim at getting 25 out of 30% of the continuous assessments portions or 80% minimum of all non-examination assignment that counts toward your final grade in a subject. It guarantees you will not fail a subject as it takes a fool not to get 15 to 25 out of the remaining 70 marks allotted to examination. It is also a sure way of passing with higher grade.

5. ***Never leave revision to revision week:*** It is a recipe for disaster. If you follow rule number 2 you will always be ready for examinations any time.
6. As you go through your studies during the semester cultivate the habit of preparing summaries if possible on cards. That way revision would mean going over your summaries only. It also helps you to know whether you have grasped the essence of the lecture.
7. ***If possible always study more than is required:*** Make it a point to make the time of studying a subject also the time to be an expert in the area. Then examinations will be walking through for you. The internet databases and the library must be your friends therefore.
8. ***Kwadei Principles should become habit by now:*** If you have not mastered Kwadei Principles of being an effective Christian student do so before it is too late. They get harder with time (see session 1).
9. ***Always go to an examination place at least 30 minutes before time:*** It helps you to relax. Make sure you don't enter with anything that by student regulation is an examination malpractice. NEVER cheat or help anybody or be rude to an invigilator. It is a recipe for dismissal/suspension for one or two semester or at least cancellation of paper.
10. ***Good students don't pack their books till next semester:*** Use the period after exams to make up where you fall short and start reading for the next semester during the preceding vacation.

## **AID TO GROUP DISCUSSION**

Which of these rules are not applicable to your situation and what will you replace them with?

## **CONCLUSION**

Remember the main vocation of a student is to study and the equivalence of performance appraisal is examination for better or worse.

## **PERSONAL REFLECTIONS FOR YOUR JOURNAL**

Clearly define what you will do this semester in order to make the best grades in the courses you are doing in the semester.

## Personal Reflection and Journal Entry

## **PART B**

### **UNDERSTANDING BASIC CHRISTIANITY**

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## SESSION 6

### IN THE BEGINNING GOD: THE SPIRITUAL DIMENSION OF LIFE

The Bible starts with God. Genesis 1:1 reads: “In the beginning God”. Psalm 14:1 says “The fool says in his heart there is no God.

This is not a philosophy class but over the years philosophers have pondered over the God factor and most of them including Kant and Thomas Aquinas found out that even without reference to the Bible it is impossible to explain the world and life without God. Most Philosophers agree on the following:

- Intelligent design of the world points to a Designer like the God of the Bible.
- The almost universal sense of morality of all tribes and nations given marginal differences points to a God factor that is the ultimate moral force.
- Order could not be produced out of disorderliness
- There is need for a prime mover.
- All other explanations of the world require a greater miracle of belief than belief in God including atheism, evolution and humanistic alternatives which cannot be discussed in an hour session.
- The psalmist said “The heavens declare the glory of God, the skies proclaim the works of his hands (Ps. 19:1)

The Bible is not a book of science but one of revelation and if God is God and other than all that he created then we can only know him by His self-revelation. And this is exactly what he has done through the prophets in the Bible and ultimately through the coming of his son Jesus Christ into the world.” (Heb. 1:1-3)

The Bible says that God has revealed himself principally in four ways:

- Through nature (read Psalm 19:1-6)

- Through our constitution by setting eternity in man's heart (Eccl. 3:11). That is God is written on our conscience (Romans 1:25) however defaced that is by sin.
- Through His word (John 1:1-2)
- And supremely through Jesus Christ (Colossians 1:15, 19; Heb. 1:1-3).

God made us dependent beings to have fellowship with him. Even when we sinned he sent Jesus to die for us and through him to reconcile us to himself. There is therefore a spiritual dimension to life. We are more than matter. We are Soul, Spirit and Body. What do you think?

### **AID TO GROUP DISCUSSION**

A fundamental believe of Christians is God our maker has chosen to reveal himself to us and shown us the right way to relate to him through the person, life, death and resurrection of Jesus Christ. It will pay for each member to have a bible and read it. One may start with the Gospel of John. How much has the group thought of God in the past?

### **CONCLUSION:**

Life outcomes are different if we live God-centered, man-centered or material-centered life. Moreover, the Bible says there is life after death and we will be judged on God's self-revelation.

### **PERSONAL REFLECTION FOR JOURNAL**

The Bible says God has put eternity in the hearts of men (Eccl. 3:11). In other words it is part of our constitution as human beings to yearn for eternal things and God and to grow spiritually. We have to make special effort to exclude God from our lives. Are you cooperating with God in your life or resisting him?

## Personal Reflection and Journal Entry

## SESSION 7

### THE BIBLE AND PERSONAL LIVING

David asked “how can a young man keep his ways pure? And answered “by guiding it according to your (God's) word” (Psalm 119:9). He goes on to give advice to young people who want to be wiser than even their teachers on what to do (Psalm 119:11). He said “your word has made me wiser than my teachers”.

The role of the Bible in the life of a Christian especially a young person is incalculable. In this session, it will pay to look at selected Bible portions and learn important lessons regarding the Bible and personal living. Look at these references

- ❖ The Bible as truth (Psalm 119:160)
- ❖ The Bible as the inspired word of God which is profitable to guide us in life (2 Tim 3:16-17)
- ❖ The way to approach the Bible is to set time aside to study it on a daily basis, to reflect on it and obey its teachings (Joshua 1:8' 2 Timothy 2:15).
- ❖ What is David's experience with God's word? (Psalm 19:7-14)

Pentecost University College is a Christian University. As such the Bible is our rule of life and conduct. It is important to have a plan for systematic personal Bible study and prayer using aids like “Search the Scriptures” Daily Bread or “Daily Guide”. Reading through the Bible each year is advisable.

### AID TO GROUP DISCUSSION

What does that mean for the individual lives of management, faculty, senior members, students and workers and relationships among them?

### CONCLUSION

If we all decide to be governed by the tenets of the Bible, our relationship with one another will be predictable and blessed.

### PERSONAL REFLECTIONS FOR YOUR JOURNAL

How can you manage your spiritual life as a College student?

## Personal Reflection and Journal Entry

## SESSION 8

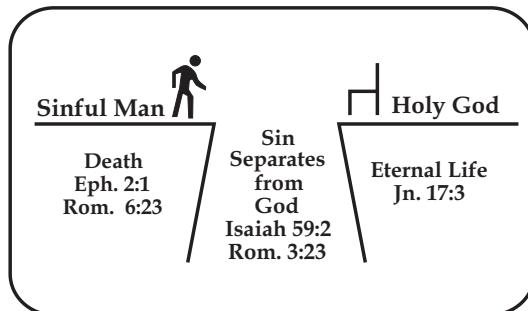
### GOD'S PLAN OF SALVATION

God has made provision for man's salvation through our Lord and Master Jesus Christ. One however, has to have faith in Jesus Christ to be saved. Heb. 11: 1 says without faith it is impossible to please God. Therefore the only assured way of salvation is faith through Jesus Christ as Lord and Savior. Scripture in Isaiah 59:1-2 says that all of us have sinned. The wages of sin is death or spiritual separation from God. We can only be saved through the blood of Jesus (Romans 3:23; 6:23). This is because God in his love has made provision for our sins in Jesus' death (John 3:16). But if we repent of our sins and confess it and put our trust (faith) in the blood of Jesus, He will cleanse us from all sin (1 John 1:7-9; Romans 10:13).

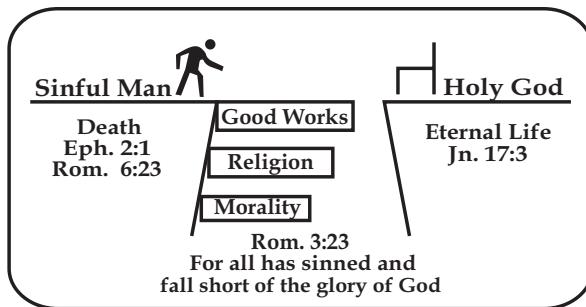
But we must receive Jesus to come to our heart to be our Lord and Savior to become children of God (John 1:12). Jesus is ready to come into everyone's heart if you will let him in (Rev. 3:20). The following steps amplify the steps to that end.

Step 1. Know that God loves you and has made provision for your salvation (John 3:16).

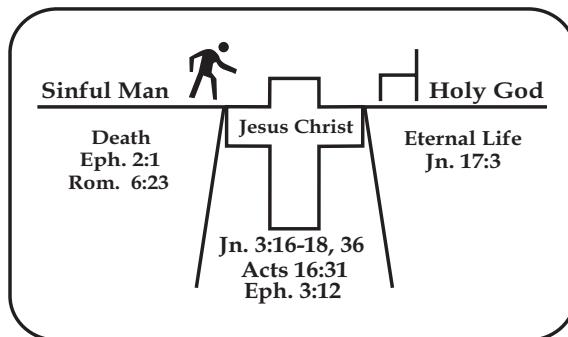
Step 2. Acknowledge that Man's Problem is Sin which Separates Man from God.



Step 3. Accept God's Verdict *Man's Best Efforts Fall Short of God's Standard*



Step 4. Receive God's Solution (*Faith in Jesus Christ is the Only Way to Eternal Life*)



(Source: (steps 1-4) [www.stepstoeternallife.com](http://www.stepstoeternallife.com))

Step 5: We become Christians by accepting the work of Christ on our behalf and asking him to become our Lord and Savior.

You can receive Christ as Lord and Savior right now by prayer like this:

*Lord Jesus Christ I know that you died on the cross for me. I acknowledge my sins and ask you to forgive me. Cleanse me in your blood. I open my heart to you. Please come in and be my Lord and Savior. I thank you for receiving me. I believe that you will forgive me and save me. Thank you Lord.*

Step 6: Believe Jesus to have heard and answered you. If you honestly prayed this prayer (John 1:12 assures you: "yet to all who received him to

those who believed in his name, he gave the right to become children of God.

## **AID TO GROUP DISCUSSION**

The group is encouraged to discuss how one becomes a Christian and for those who are not born again to be given the chance to commit their lives to Jesus. Those who genuinely repent of their sins and put their faith or trust in Jesus Christ he saves them:

- ❖ How many in the group had made that commitment (been born again) before coming to College?
- ❖ How many are making the commitment today?

## **CONCLUSION**

Why don't you invite Jesus into your life if you have not done so before. You may pray right now as follows: "Lord Jesus I thank you for dying for my sins. I am truly sorry for my sins. Forgive me and cleanse me in your blood. Right now I open my heart to you and invite you to be my Lord and Savior. Thank you for coming in. Amen.

## **PERSONAL REFLECTION FOR YOUR JOURNAL**

- ❖ Have you prayed to accept Jesus as Lord and Saviour?
- ❖ If so what does Revelation 3:20 and John 1:12 affirm to you?
- ❖ Do you accept God's word?

## Personal Reflection and Journal Entry

## SESSION 9

### STEPS TO CHRISTIAN GROWTH

One of the wonderful passages of how to have intimate relationship with Jesus is (John 15:1-7) *“I am the true vine, and my Father is the gardener.* <sup>Jn 15:2</sup> *He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.* <sup>Jn 15:3</sup> *You are already clean because of the word I have spoken to you.* <sup>Jn 15:4</sup> *Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.* <sup>Jn 15:5</sup> *“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.* <sup>Jn 15:6</sup> *If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.* <sup>Jn 15:7</sup> *If you remain in me and my words remain in you, ask whatever you wish, and it will be given you”.*

After being born again Jesus wants us to abide in him and to grow to bear fruit. The following are important steps that will help every young Christian to grow in their faith using the acronym “GROWTH” designed by Campus Crusade for Christ. Four spiritual Laws:

G- Go to God in prayer daily (Luke 18:10)

R- Read God's word daily (Psalm 119:11)

O- Obey God moment by moment (John 14:21)

W-witness for Christ by your life and words (Luke 8:39)

T- Trust God for every detail of your life (1 Peter 5:7)

H- Have the Holy Spirit who is in you control and give power to your daily life and

Witness (Gal. 5:15-17; Acts 1:8). It is important for Christians to:

- ❖ Talk to God as father in the name of Jesus (on the basis of his nature and finished work).
- ❖ Follow Joshua 1:8 admonition for us to read the Bible day and night and to meditate or think about it and we shall prosper.
- ❖ Obey the Lord is better than to sacrifice (1 Samuel 15:22)
- ❖ If we have been saved and love Jesus we will also want others to experience the same. Jesus said you should be my witness.

Overtime all who follow the above “grow”. One other important thing is to join a Bible believing Church to have fellowship with other Christians. You are better off also to have a small group of friends who meet and study the Bible together.

Though many Christians today exclude it in their minds, Christians also suffer for righteousness sake. (Matt. 5:10; John 16:33). If we accept persecution for the sake of Christ; as a result of our doing right, and because true believers are object of satanic attacks, the help of God in such times also help us to grow as Christians.

### **AID TO GROUP DISCUSSION**

Being born again or becoming true Christians is a first step the same as physical birth begins life on earth. Thereafter, come the challenges of growing up. What do you consider as the main elements in Christian growth?

**CONCLUSION:** It is important to have fellowship with other Christians where Christ is honored and his word is preached, take the initiative and meet regularly with other people who have also found Christ as their savior and are experiencing his love. However much has to be done as a person to grow in Christ individually especially in private Bible study, prayer, witnessing, allowing the Holy Spirit to control you and walking in the light and truth.

### **PERSONAL REFLECTION FOR YOUR JOURNAL**

- ❖ Are you born again?
- ❖ If so how much growth are you experiencing?

## Personal Reflection and Journal Entry

## SESSION 10

### BEING A DISCIPLE AND MAKING DISCIPLES FOR CHRIST

Before His ascension Jesus made a profound statement in Matt 28:19-20 as follows: *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. ”*

Jesus commanded His disciples to make other disciples in all nations (all ethnic groups of the world). The task was not meant for only the eleven disciples because, Jesus told them to teach their disciples to observe all He had commanded them. The continuity of this act makes every disciple of Christ also disciple maker leading to the reproduction of their kind. The large majority of professing Christians however do not care about disciples being made in every ethnic group because; they simply aren't committed to obeying Christ's command.

When Jesus was on the earth, he followed the same procedure by choosing his disciples and investing in them. In Mark 8:34, Jesus made a profound statement that “If anyone would come after me, he must deny himself and take up his cross and follow me”. So becoming a disciple of Jesus means being willing to deny yourself of all things that hinder our walk with Jesus and taking up your cross (accept all it takes to obey Christ) and following Him. A major part of that is being his disciple and making others disciples.

The marks of a disciple include the following: A disciple is

- ❖ Somebody who is willing to deny self, take up his cross daily and follow Jesus. (Luke 9:23-35)
- ❖ Somebody who puts Christ before self, family and possessions. (Luke 14:26-27).
- ❖ Somebody committed to obeying Christ's teachings. John 8:31
- ❖ Somebody committed to world evangelism or programmes to help others know and grow in Jesus (Matt 9:36-38).
- ❖ Somebody who loves others as Christ loves (John 13:34-35).
- ❖ Someone who abides in Christ: Has Christ as reference points in

his thinking, actions etc. thereby bearing fruit, live what glorifies God (John 15:7-17).

- ❖ Someone who is committed to small cell group for study of the Bible and prayer and a Bible believing Church (Heb. 10:23-25)

Many Christians are only interested in Jesus as Saviour from sin and eternal damnation but not as Lord to be loved, obeyed and followed daily irrespective of how much that cost us. A disciple is a learner and follower of Jesus. Jesus did not ask the Apostles to go and make converts but disciples.

### **AID TO GROUP DISCUSSION**

How many of Christians today would qualify as Disciples of Christ? Will you be such a person?

### **CONCLUSION**

Walking closely with Jesus and obeying all he commands is not for a selected few. It is what Jesus called us to become and help others to be Disciples!!

### **PERSONAL REFLECTION FOR YOUR JOURNAL**

Jesus said “if you love me you will obey my commandments”. (John 14:15) How will you rate yourself on that? Are you a disciple of Christ?

## Personal Reflection and Journal Entry

## SESSION 11

### THE HOLY SPIRIT IN CHRISTIAN LIVING

To be filled with the Spirit means to be yielded to and controlled by God the Holy Spirit. According to Stanley Toussaint “We don't know what lies ahead of us, but we do know that there will be a lot of pressures. There will be pressures with regard to time; pressures with regard to academic work; pressures with regard to job and career; pressures with regard to serving others; pressures with regard to exercise and health; pressures with regard to spiritual life. All these things press upon us; besides emergencies that will come along that we have not anticipated! Indeed, we are living in a pressure packed time. How are we to live in times like these? Obviously, there are no one-word or one-sentence answers, but I would say that one critical element for every Christian is what the Bible calls 'walking in the Spirit' or 'the filling of the Spirit.'

1. The Holy Spirit is the one who applies what Jesus has done for us by regenerating us to make us born again Christians (John 3:3-5; Romans 8:1-14)
2. It is the Holy spirit that helps us to understand God's word when we read it and reveals Christ (John 16:7-8;13-15)
3. The holy spirit helps us to pray in accordance with the will of God the Father (Romans 8:26-27)
4. He produces Christ-like character or the fruit of the Spirit in believers (Gal. 5:22-24).
5. He gives spiritual gifts to Christians for their edification and ministry (1 Corinthians 12:1-11).
6. The Holy Spirit gives us power to witness for Christ (Acts 1:8)
7. Jesus asked his disciples to remain even after his death to be baptized by the Holy Spirit. Jesus baptizes believers with the Holy Spirit (Luke 24:49) and we see its first evidence in Acts 2:1-13.

Christian life comes with its challenges but the good news is that God in Christ gives us His Holy Spirit to help us. As a result in Christ we are more

than conquerors. The Holy Spirit plays three indispensable roles in a believer:

First it is the Spirit that regenerates us or gives us the new birth. (John 3:3-5) and enables us to trust to be saved.

Second as we make use of the means of grace (growth in lesson 2) he helps us to develop Christ like character in us called the fruit of the Holy Spirit.

Third he gives us spiritual gifts for our edification and service in accordance with his will (1 Corinthians 12:1-11). Irrespective of one's view about baptism of the Holy Spirit the truth is that at best we will be Christians not realizing our full potential if we are not filled and led by the Holy Spirit. This is more than speaking in tongues. We are talking about a life fully yielded to Christ to be his instrument and fully empowered by Holy Spirit.

## **AID TO GROUP DISCUSSION**

No one can be a Christian without the work of the Holy Spirit in their lives. But are we individually so surrendered to Him to control and lead us? Are we displaying the fruit of the Spirit in our lives?(Gal. 5:22-24). Are any of the gifts of the Holy Spirit evident in your life? (1 Cor. 12:1-11; Romans 12:6-8)

**CONCLUSION:** “A study of God the Holy Spirit will be most beneficial to you. This session is meant to generate a desire in you to earnestly desire spiritual gifts” (1 Cor. 14:1)

## **PERSONAL REFLECTION FOR YOUR JOURNAL**

Are you currently filled and led by the Holy Spirit? What objective and subjective evidence in your life supports your view?

## Personal Reflection and Journal Entry

# BIBLE STUDY OUTLINES

## SESSION 1

**Psalm 19:7-14:** *The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. <sup>Ps 19:8</sup> The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes. <sup>Ps 19:9</sup> The fear of the LORD is pure, enduring forever. The ordinances of the LORD are sure and altogether righteous. <sup>Ps 19:10</sup> They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb. <sup>Ps 19:11</sup> By them is your servant warned; in keeping them there is great reward. <sup>Ps 19:12</sup> Who can discern his errors? Forgive my hidden faults. <sup>Ps 19:13</sup> keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression. <sup>Ps 19:14</sup> May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.*

**Psalm 119:97-104:** *Oh, how I love your law! I meditate on it all day long. <sup>Ps 119:98</sup> Your commands make me wiser than my enemies, for they are ever with me. <sup>Ps 119:99</sup> I have more insight than all my teachers, for I meditate on your statutes. <sup>Ps 119:100</sup> I have more understanding than the elders, for I obey your precepts. <sup>Ps 119:101</sup> I have kept my feet from every evil path so that I might obey your word. <sup>Ps 119:102</sup> I have not departed from your laws, for you yourself have taught me. <sup>Ps 119:103</sup> How sweet are your words to my taste, sweeter than honey to my mouth! <sup>Ps 119:104</sup> I gain understanding from your precepts; therefore I hate every wrong path.*

**Discussion questions:** How valuable is the word of God to a young adult?

**Memory Verse:** Psalm 119: 105 “Your word is a lamp to my feet and a light for my path”.

## SESSION 2

### THE BIBLICAL POSITION ABOUT CREATION

*Genesis 1:1-3, 26-31* In the beginning God created the heavens and the earth. <sup>Ge 1:2</sup> Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. <sup>Ge 1:3</sup> And God said, “Let there be light,” and there was light. <sup>Ge 1:4</sup> God saw that the light was good, and he separated the light from the darkness. <sup>Ge 1:26</sup> Then God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.” <sup>Ge 1:27</sup> So God created man in his own image, in the image of God he created him; male and female he created them. <sup>Ge 1:28</sup> God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.” <sup>Ge 1:29</sup> Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>Ge 1:30</sup> And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so. <sup>Ge 1:31</sup> God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

**Psalm 19:1-6** The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge.

There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun, <sup>Ps 19:5</sup> which is like a bridegroom coming forth from his pavilion, like a champion rejoicing to run his course. <sup>Ps 19:6</sup> It rises at one end of the heavens and makes its circuit to the other; nothing is hidden from its heat.

**Discussion:** What do the passages attribute to origins of the earth to? (We will discuss alternative theories to Creation in Study 3)

**Memory Verse:** Genesis 1: “In the beginning God created the heavens and the earth”.

## SESSION 3

### DENIAL OF GOD BY DEPRAVED HUMANITY

**ROMANS 1:18-32:** *The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness,<sup>Ro 1:19</sup> since what may be known about God is plain to them, because God has made it plain to them.<sup>Ro 1:20</sup> For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.<sup>Ro 1:21</sup> For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.<sup>Ro 1:22</sup> Although they claimed to be wise, they became fools<sup>Ro 1:23</sup> and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles.<sup>Ro 1:24</sup> Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another.<sup>Ro 1:25</sup> They exchanged the truth of God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.<sup>Ro 1:26</sup> Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones.<sup>Ro 1:27</sup> In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion.<sup>Ro 1:28</sup> Furthermore, since they did not think it worthwhile to retain the knowledge of God, he gave them over to a depraved mind, to do what ought not to be done.<sup>Ro 1:29</sup> They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips,<sup>Ro 1:30</sup> slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents;<sup>Ro 1:31</sup> they are senseless, faithless, heartless, ruthless.<sup>Ro 1:32</sup> Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.*

**Discussion: Psalm 14:1:** The fool says in his heart, there is no God. There are indeed theories about creation such as the “Big Bang Theory” and “Evolution” etc. but none addresses the issue of the “in the beginning”. What does the passage say as to the origin of human denial of God?

**Memory Verse:** Psalm 19:1 “The heavens declare the glory of God; the skies proclaim the work of his hands”

## SESSION 4

### THE NATURE OF GOD

*Psalm 103:1-22 Praise the LORD, O my soul; all my inmost being, praise his holy name. Ps 103:2 Praise the LORD, O my soul, and forget not all his benefits— Ps 103:3 who forgives all your sins and heals all your diseases, Ps 103:4 who redeems your life from the pit and crowns you with love and compassion, Ps 103:5 who satisfies your desires with good things so that your youth is renewed like the eagle's. Ps 103:6 The LORD works righteousness and justice for all the oppressed. Ps 103:7 He made known his ways to Moses, his deeds to the people of Israel: Ps 103:8 The LORD is compassionate and gracious, slow to anger, abounding in love. Ps 103:9 He will not always accuse, nor will he harbor his anger forever; Ps 103:10 he does not treat us as our sins deserve or repay us according to our iniquities. Ps 103:11 For as high as the heavens are above the earth, so great is his love for those who fear him; Ps 103:12 as far as the east is from the west, so far has he removed our transgressions from us. Ps 103:13 As a father has compassion on his children, so the LORD has compassion on those who fear him; Ps 103:14 for he knows how we are formed, he remembers that we are dust. Ps 103:15 As for man, his days are like grass, he flourishes like a flower of the field; Ps 103:16 the wind blows over it and it is gone, and its place remembers it no more. Ps 103:17 But from everlasting to everlasting the LORD'S love is with those who fear him, and his righteousness with their children's children— Ps 103:18 with those who keep his covenant and remember to obey his precepts. Ps 103:19 The LORD has established his throne in heaven, and his kingdom rules over all. Ps 103:20 Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. Ps 103:21 Praise the LORD, all his heavenly hosts, you his servants who do his will Ps 103:22 Praise the LORD, all his works everywhere in his dominion. Praise the LORD, O my soul.*

**Discussion:** Choosing one passage to reflect the majesty of God is almost impossible. However, Psalm 103 gives a glimpse of who God is. What attributes of God come through this Psalm especially with regard to God as he is known in his relationship to human beings?

**Memory Verse: Psalm 103:1** “Praise the LORD, O my soul; all my inmost being, praise his holy name”.

## SESSION 5

### THE TRINITY

**Matthew 3:13-17:** *Then Jesus came from Galilee to the Jordan to be baptized by John.*

<sup>Mt 3:14</sup> *But John tried to deter him, saying, “I need to be baptized by you, and do you come to me?”* <sup>Mt 3:15</sup> *Jesus replied, “Let it be so now; it is proper for us to do this to fulfill all righteousness.”* Then John consented. <sup>Mt 3:16</sup> *As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him.* <sup>Mt 3:17</sup> *And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”*

**2 Corinthians 13:14** *May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.*

**Discussion:** One of the greatest mysteries of biblical revelation is the Trinity: that is the Father is God, The Son, Jesus Christ is God and the Holy Spirit is God. But there are not three Gods but one. What light does these passages throw on the Trinity? Note that the baptismal formula is singular subject- “in the Name of the Father, The Son and The Holy Spirit” (Matthew 28:19)

**Memory Verse:** <sup>2Co 13:14</sup> *“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all”*

## SESSION 6

### THE NATURE OF CHRIST

#### PASSAGES: John 1:5; Philippians 2:6-11; Hebrews 1

##### **John 1:1-5**

<sup>Jn 1:1</sup> In the beginning was the Word, and the Word was with God, and the Word was God. <sup>Jn 1:2</sup> He was with God in the beginning. <sup>Jn 1:3</sup> Through him all things were made; without him nothing was made that has been made. <sup>Jn 1:4</sup> In him was life, and that life was the light of men. <sup>Jn 1:5</sup> The light shines in the darkness, but the darkness has not understood it.

##### **Philippians 2:6-11**

Jesus, being in very nature of God, did not consider equality with God something to be grasped, <sup>Phil 2:7</sup> but made himself nothing, taking the very nature of a servant, being made in human likeness. <sup>Phil 2:8</sup> And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross! <sup>Phil 2:9</sup> Therefore God exalted him to the highest place and gave him the name that is above every name, <sup>Phil 2:10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>Phil 2:11</sup> and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

##### **Hebrews 1:1-3**

<sup>Heb 1:1</sup> In the past God spoke to our forefathers through the prophets at many times and in various ways, <sup>Heb 1:2</sup> but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe. <sup>Heb 1:3</sup> The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.

**Discussion:** What do these passages tell us of the Nature of Christ?

**Memory Verse:** Colossians 1:19 “For in Him (Christ) all the fullness of God was pleased to dwell”

## SESSION 7

### THE NATURE OF THE HOLY SPIRIT

*Romans 8:1-7* Therefore, there is now no condemnation for those who are in Christ Jesus,

<sup>Ro 8:2</sup> because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. <sup>Ro 8:3</sup> For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, <sup>Ro 8:4</sup> in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit. <sup>Ro 8:5</sup> Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

<sup>Ro 8:6</sup> The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; <sup>Ro 8:7</sup> the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. <sup>Ro 8:8</sup> Those controlled by the sinful nature cannot please God. <sup>Ro 8:9</sup> You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. <sup>Ro 8:10</sup> But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness.

<sup>Ro 8:11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you. <sup>Ro 8:12</sup> Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. <sup>Ro 8:13</sup> For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live,

<sup>Ro 8:14</sup> because those who are led by the Spirit of God are sons of God. <sup>Ro 8:15</sup> For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” <sup>Ro 8:16</sup> The Spirit himself testifies with our spirit that we are God's children. <sup>Ro 8:17</sup> Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

**Discussion:** To what extent is the Holy Spirit indispensable for true Christian living?

**Memory Verse: John 1:33-34** <sup>Jn 1:33</sup> “I would not have known him, except that the one who sent me to baptize with water told me, 'The man on whom you see the Spirit come down and remain is he who will baptize with the Holy Spirit.' <sup>Jn 1:34</sup> I have seen and I testify that this is the Son of God.”

## SESSION 8

### THE FACTS OF SIN

**Romans 7:7-25:** *What shall we say, then? Is the law sin? Certainly not! Indeed I would not have known what sin was except through the law. For I would not have known what coveting really was if the law had not said, “Do not covet.”* <sup>Ro 7:8</sup> *But sin, seizing the opportunity afforded by the commandment, produced in me every kind of covetous desire. For apart from law, sin is dead.* <sup>Ro 7:9</sup> *Once I was alive apart from law; but when the commandment came, sin sprang to life and I died.* <sup>Ro 7:10</sup> *I found that the very commandment that was intended to bring life actually brought death.*

<sup>Ro 7:11</sup> *For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death.* <sup>Ro 7:12</sup> *So then, the law is holy, and the commandment is holy, righteous and good.* <sup>Ro 7:13</sup> *Did that which is good, then, become death to me? By no means! But in order that sin might be recognized as sin, it produced death in me through what was good, so that through the commandment sin might become utterly sinful.* <sup>Ro 7:14</sup> *We know that the law is spiritual; but I am unspiritual, sold as a slave to sin.* <sup>Ro 7:15</sup> *I do not understand what I do. For what I want to do I do not do, but what I hate I do.* <sup>Ro 7:16</sup> *And if I do what I do not want to do, I agree that the law is good.* <sup>Ro 7:17</sup> *As it is, it is no longer I myself who do it, but it is sin living in me.*

<sup>Ro 7:18</sup> *I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.* <sup>Ro 7:19</sup> *For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.* <sup>Ro 7:20</sup> *Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.* <sup>Ro 7:21</sup> *So I find this law at work: When I want to do good, evil is right there with me.* <sup>Ro 7:22</sup> *For in my inner being I delight in God's law;* <sup>Ro 7:23</sup> *but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.* <sup>Ro 7:24</sup> *What a wretched man I am! Who will rescue me from this body of death?* <sup>Ro 7:25</sup> *Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.*

**Discussion:** One may doubt that Romans 7:7-25 was not written by Saint Paul himself but he did. This is because it is different from his exuberant self in other passages except that verse 25 shows he had deliverance: “Thanks be to God through Jesus Christ our Lord”. Since the fall of Adam, the nature of sin in us and its fruits need no testimony. Have you recognized your sinful nature and received deliverance through Jesus Christ?

**Memory Verse:** Romans 7:25b “I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin”.

## SESSION 9

### THE WAY OF SALVATION

#### ROMANS 3:21-26; 10:8-13

<sup>Ro 3:21</sup> *But now a righteousness from God, apart from law, has been made known, to which the Law and the Prophets testify.* <sup>Ro 3:22</sup> *This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference,* <sup>Ro 3:23</sup> *for all have sinned and fall short of the glory of God,* <sup>Ro 3:24</sup> *and are justified freely by his grace through the redemption that came by Christ Jesus.* <sup>Ro 3:25</sup> *God presented him as a sacrifice of atonement, through faith in his blood. He did this to demonstrate his justice, because in his forbearance he had left the sins committed beforehand unpunished—* <sup>Ro 3:26</sup> *he did it to demonstrate his justice at the present time, so as to be just and the one who justifies those who have faith in Jesus.* <sup>Ro 3:27</sup> *Where, then, is boasting? It is excluded. On what principle? On that of observing the law? No, but on that of faith.* <sup>Ro 3:28</sup> *For we maintain that a man is justified by faith apart from observing the law.* <sup>Ro 3:29</sup> *Is God the God of Jews only? Is he not the God of Gentiles too? Yes, of Gentiles too,* <sup>Ro 3:30</sup> *since there is only one God, who will justify the circumcised by faith and the uncircumcised through that same faith.* <sup>Ro 3:31</sup> *Do we, then, nullify the law by this faith? Not at all! Rather, we uphold the law.*

**Romans 10:10-13** *For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.* <sup>Ro 10:11</sup> *As the Scripture says, “Anyone who trusts in him will never be put to shame.”* <sup>Ro 10:12</sup> *for there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him,* <sup>Ro 10:13</sup> *for, “Everyone who calls on the name of the Lord will be saved.”*

**Discussion:** What is the way of salvation for all sinners? (See Romans 10:10-13). What is entailed in believing in Jesus?

**Memory Verse:** John 3:16 “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life”.

## SESSION 10

### ABIDING IN CHRIST: THE CHARACTERISTICS OF CHRIST'S DISCIPLE

*John 15:1-17: “I am the true vine, and my Father is the gardener.* <sup>Jn 15:2</sup> *He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.* <sup>Jn 15:3</sup> *You are already clean because of the word I have spoken to you.* <sup>Jn 15:4</sup> *Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.* <sup>Jn 15:5</sup> *“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.* <sup>Jn 15:6</sup> *If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.* <sup>Jn 15:7</sup> *If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.* <sup>Jn 15:8</sup> *This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.* <sup>Jn 15:9</sup> *“As the Father has loved me, so have I loved you. Now remain in my love.* <sup>Jn 15:10</sup> *If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love.*

<sup>Jn 15:11</sup> *I have told you this so that my joy may be in you and that your joy may be complete.* <sup>Jn 15:12</sup> *My command is this: Love each other as I have loved you.* <sup>Jn 15:13</sup> *Greater love has no one than this, that he lay down his life for his friends.* <sup>Jn 15:14</sup> *You are my friends if you do what I command.* <sup>Jn 15:15</sup> *I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.* <sup>Jn 15:16</sup> *You did not choose me, but I chose you and appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in my name.* <sup>Jn 15:17</sup> *This is my command: Love each other.*

**Discussion:** How does one abide in Christ and so bear fruit and bring glory to God?

**Memory Verse:** John 15:5 “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing”.

## SESSION 11

### CHRISTIANS ARE DEAD SINNERS SAVED TO LIVE TO PLEASE GOD

**Eph 2:1-10:** *As for you, you were dead in your transgressions and sins, <sup>Eph 2:2</sup> in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air; the spirit who is now at work in those who are disobedient.*

*<sup>Eph 2:3</sup> All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. <sup>Eph 2:4</sup> But because of his great love for us, God, who is rich in mercy,*

*<sup>Eph 2:5</sup> made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. <sup>Eph 2:6</sup> And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, <sup>Eph 2:7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. <sup>Eph 2:8</sup> For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—<sup>Eph 2:9</sup> not by works, so that no one can boast.*

*<sup>Eph 2:10</sup> For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

**Discussion:** How does Ephesians 2:1-10 summarize the whole of Christian experience from being dead in sin to living a life that pleases God?

**Memory Verse:** Ephesians 2:8a “For it is by grace you have been saved, through faith”

## SESSION 12

### THE THREE FOLD WORK OF THE HOLY SPIRIT IN THE BELIEVER

#### Passages: John 3:1-8; Galatians 5:22-24; 1 Corinthians 12:1-11

<sup>Jn 3:1</sup> Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. <sup>Jn 3:2</sup> He came to Jesus at night and said, “Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him. <sup>Jn 3:3</sup> In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.”

<sup>Jn 3:4</sup> “How can a man be born when he is old?” Nicodemus asked. “Surely he cannot enter a second time into his mother's womb to be born!”

<sup>Jn 3:5</sup> Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. <sup>Jn 3:6</sup> Flesh gives birth to flesh, but the Spirit gives birth to spirit. <sup>Jn 3:7</sup> You should not be surprised at my saying, 'You must be born again.' <sup>Jn 3:8</sup> The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

**Galatians 5:22-24:** <sup>Gal 5:22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>Gal 5:23</sup> gentleness and self-control. Against such things there is no law. <sup>Gal 5:24</sup> Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

**1 Corinthians 12:1-11** Now about spiritual gifts, brothers, I do not want you to be ignorant. <sup>1Co 12:2</sup> You know that when you were pagans, somehow or other you were influenced and led astray to mute idols. <sup>1Co 12:3</sup> Therefore I tell you that no one who is speaking by the Spirit of God says, “Jesus be cursed,” and no one can say, “Jesus is Lord,” except by the Holy Spirit. <sup>1Co 12:4</sup>

<sup>12:4</sup> There are different kinds of gifts, but the same Spirit. <sup>1Co 12:5</sup> There are different kinds of service, but the same Lord. <sup>1Co 12:6</sup> There are different kinds of working, but the same God works all of them in all men. <sup>1Co 12:7</sup> Now to each one the manifestation of the Spirit is given for the common good. <sup>1Co 12:8</sup> To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, <sup>1Co 12:9</sup> to another

*faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues.* <sup>1Co 12:10</sup> <sup>1Co 12:11</sup> All these are the work of one and the same Spirit, and he gives them to each one, just as he determines.

**Discussion:** The longer readings means there is a very little time for discussion but God's word has a way it speaks to us with little comment. We are saved by the Holy Spirit applying the work of Christ to us. We bear fruit of righteousness as he controls us. And he gives us spiritual gifts to serve God. Can you live the Christian life without the Holy Spirit?

**Memory Verse:** “Anyone who does not have the Spirit of Christ does not belong to him”