

Seven Commands of Christ

An adaptation of George Patterson's Seven Commands

This booklet is a training manual for leading a discipleship group through short-term discipleship. Each meeting will be structured according to the three-thirds process. The first third focuses on loving accountability. The second third focuses on learning a new lesson. The final third focuses on practicing the lesson and making plans to apply it.

Before starting the Seven Commands of Christ you should teach your group how to share their story and Jesus' story. How you do this depends on your situation. You could teach each as their own lesson using the three-thirds process or you could do it right when they get saved. Some of the commands you will teach them before you get to the lesson (like baptism). These lessons are meant to go more in depth on each topic that you will probably cover in brief when someone accepts Christ.

For the first meeting the first third will be a little different since you have nothing to hold them accountable to. In future weeks you will hold them accountable to the plans they made during the final third.

For each meeting follow the three-thirds process that is outlined in the following pages. Each week's questions will follow the Bible study method that is described on the next page. These are the basic questions that you will use to teach your group how to study the Bible. Each lesson will have some additional questions as well. Here are some tips as you get started on your journey to train trainers who train trainers!

Tips to Remember:

Do stick to the bible stories.

Do only talk 30% of the time and let your group talk 70%.

Do let the Holy Spirit work rather than looking for right answers.

Don't talk about religion or politics, either good or bad.

Don't chase "Rabbits" (subjects which are appealing, but off the topic).

Don't dominate the conversation; let everyone participate.

Don't make long religious prayers.

Bible Study Method

Hebrews 4:12 says, "For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

This picture of a sword helps us to teach and learn from any passage from the Bible. When we think of a sword we think of key questions that we need to ask.

The arrow that points up is for God

"What do we learn about God?"

The arrow that points down is for people

"What do we learn about people?"

The sword has two blades.

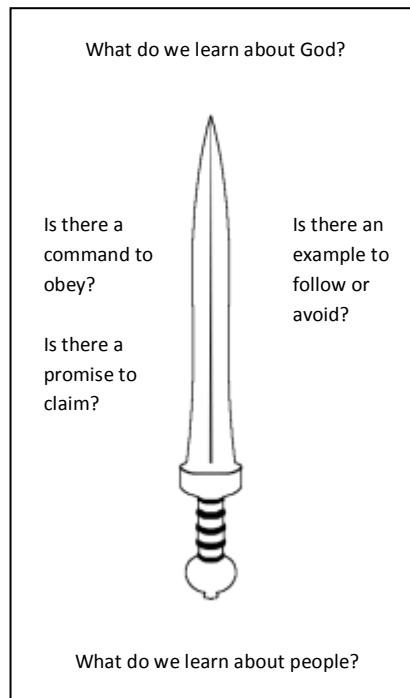
On one side we ask:

"Is there a command to obey?"

"Is there a promise to claim?"

On the other side we ask:

"Is there an example to follow or avoid?"



After reading or telling any story from the Bible ask these questions one at a time and search the story for answers. The answers you find will reveal the meaning of the story for our lives.

The Three Thirds Method

First Third (20-30 minutes)

1. Caring Community Questions
 - How are you doing? Struggles?
2. Worship
3. Accountability
 - Fishing for men: Who did you share your story and God's story with? Did you find a person of peace this week?
 - Following Jesus: How did you live out the story from last week in your own lives?
4. Vision Casting

Second Third (20-30 minutes)

1. New Lesson (enough content to obey)
 - a. Read the command verse.
 - b. Ask for two willing volunteers to read the story in two different translations.
 - c. Pray a *short prayer* or ask someone else to pray for the Holy Spirit to teach the group.
 - d. Retell the story to model for them to retell later.
 - e. Ask the standard bible study questions and the questions associated with each passage.

Final Third (20-30 minutes)

1. Practice
 - Get in groups of 2-3 and have each person tell their story, God's story, and the Bible story.
2. Who are you discipling?
3. Prayer

My Story (testimony)

Start by looking at examples of testimonies in scripture and pick out the key elements of each.

Acts 22:1-21

Acts 26:4-23

Paul's testimony has 3 main parts. Take time now to write out your story following that same model. You should be able to tell your story in 3 minutes.

My life before I believed in Jesus:

How I heard about, and actually did place faith in Jesus:

Today, how my life has changed after believing in Jesus:

Jesus' Story (the gospel)

Start by looking at examples of gospel presentations in scripture and pick out the key elements of each.

Acts 17:22-31

Acts 2:14-39

1 Cor. 15:1-11

Write out the following verses in your own words. Feel free to paraphrase the longer passages.

Acts 17:22-31

Romans 3:23

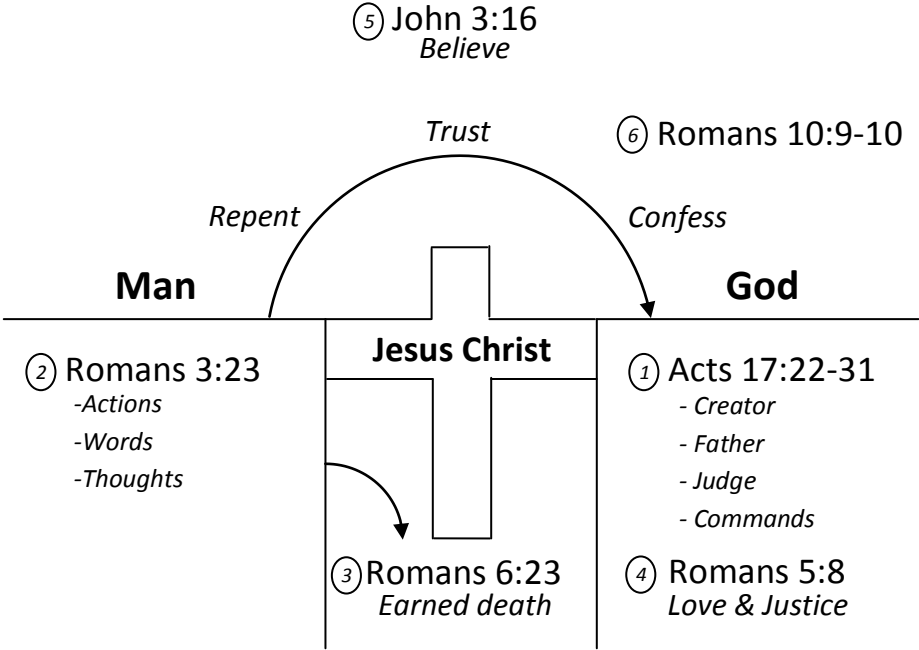
Romans 6:23

Romans 5:8

John 3:16

Romans 10:9-10

The Bridge Diagram



The Bridge Diagram – Sample dialogue

(Transition) Would you like to see what the Bible says about how you can know for certain that you will go to heaven?

In order to understand how we can know for certain we must first understand some things about God and about man. Let's look at God and see what He is like.

(1) Acts 17:22-31 says that God is the creator of the world and everyone who lives in it. He loves us like a Father but He is also the Judge of the world and commands us to repent.

(Transition) Now, let's look at man.

(2) Romans 3:23 says that all of us have broken God's law and that we fall short of His standard. We fall short of his standard with our actions, words, and thoughts.

(3a) Romans 6:23 goes on to say that the penalty we have earned for breaking God's law is death.

Sin separates us from God now, resulting in spiritual death. This accounts for the emptiness man experiences in his life. If sins separates us from God during life, it will continue to separate us forever after we die. The final punishment for sin is called eternal death – or hell.

(3b) The good news is that the verse goes on to say that God offers us forgiveness as a free gift through Jesus.

(4) Romans 5:8 says that God showed us His love in that while we were His enemies that Jesus died to pay our penalty. So in this way God was still just in that He required our penalty to be paid, but He showed us love in that He personally paid it in full.

(Transition) The Bible says that this forgiveness isn't automatic but that is must be receive like any gift.

(5) John 3:16 says that because God loves us that He sent Jesus but to receive the forgiveness and eternal life Jesus offers we must believe in Him.

(Transition) True believing is more than simply an intellectual understanding of certain facts.

(6) Romans 10:9-10 tells us that it involves repentance, trust, and confession.

- *Repent ("Jesus is Lord")*
Repentance is a change of mind that results in a changed life. We must change our mind to agree with God that we have broken His laws and deserve His judgment.
- *Trust ("believe in your heart")*
We must then put our trust in Jesus alone to pay the penalty we have earned.
- *Confess ("confess with your mouth")*
Then we must confess this to God.

Does this make sense to you? Explain to me in your own words what you would need to do to have your sins forgiven and receive eternal life.

Would you like to open up your life to Jesus and receive eternal life in you today?

Command #1 – Repent & Believe

Command: In Mark 1:15, Jesus says...

Tell the Story: Zacchaeus' Salvation from Luke 19:1-10

What does repent mean?

Repent means turning from sin and following Jesus.

What does believe mean?

Believe means choosing to trust Jesus as Lord.

Why should we repent?

Romans 3:23, Romans 6:23, Romans 10:9-10

Who should repent?

Acts 2:38-41- Everyone must repent for forgiveness.

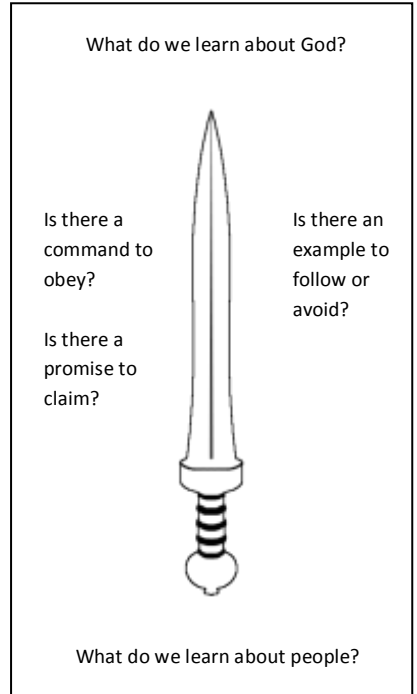
What is assurance?

1 John 1:9 - When we confess our sins Jesus forgives us and cleanses us.

John 10:28 - Our salvation belongs to Jesus.

Prayer: Jesus I want to leave my old life of sin and follow you. I believe in you, become my Lord.

Assignment: Confess your sins before the Lord, turn from them and live a new life.



Command #2 – Be Baptized

Command: In Matthew 28:19, Jesus says...

Tell the Story: Phillip and a New Believer from Acts 8:26-39

What is baptism?

Romans 6:3-4 – Baptism is a symbol of Jesus’ death, burial, and resurrection. It means we also have died to our old life and been raised to live a new life with Jesus.

Why should we be baptized?

Matthew 3:13-15 – Jesus received baptism, so should we. Receiving baptism means we identify Jesus as our Lord.

Who should be baptized?

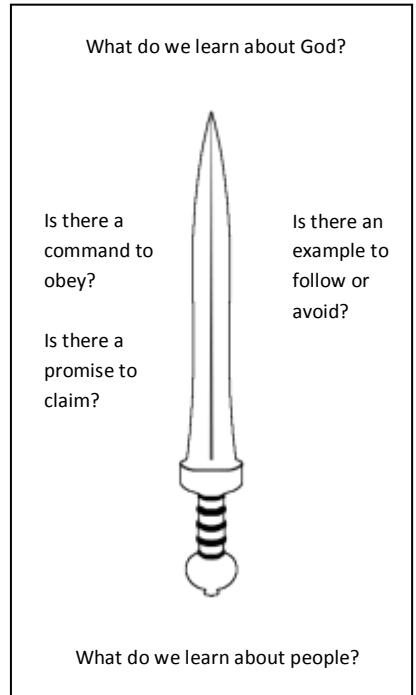
Acts 2:38 – Everyone who repents and believes.

How should we be baptized?

Matthew 3:16 – Jesus went down into the water.

Prayer: Lord give me the strength to identify my life with you through the symbol of baptism.

Assignment: Go down into the water and receive baptism.



Command #3 – Pray

Command: In Matthew 6:9-13, Jesus says...

Tell the story: Jesus Teaches about Prayer, Matthew 6:5-15

What is prayer?

Talking with God our Father.

Why do we pray?

Matthew 6:9-13 – God hears us.

We desire His will to be done on earth.

How do we pray?

By simply talking with God.

“Give us today our daily bread”

-pray for needs

“Forgive us our debts”

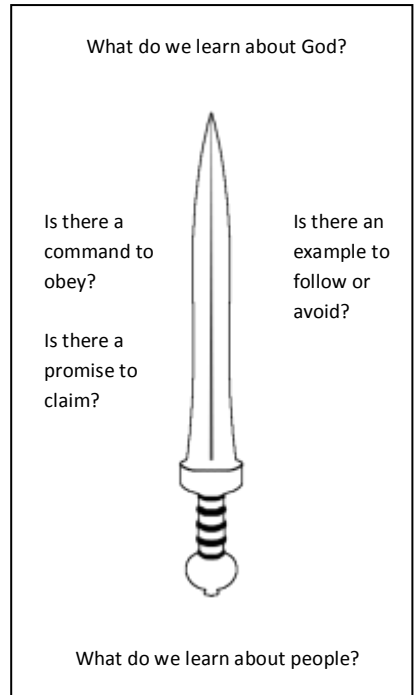
-pray for forgiveness

“Deliver us from the evil one”

-pray for resistance of temptation

Prayer: Lord teach us to pray. Give us pure motives. May your will be done in us.

Assignment: Start and finish each day by giving thanks to God and presenting your requests to Him.



Command #4 – Go... Make Disciples

Command: In Matthew 28:19-20, Jesus says...

Tell the Story: The Samaritan Woman from John 4:4-42

Who should we share with?

John 4:16 – Our families, friends, and neighbors.

What should we say?

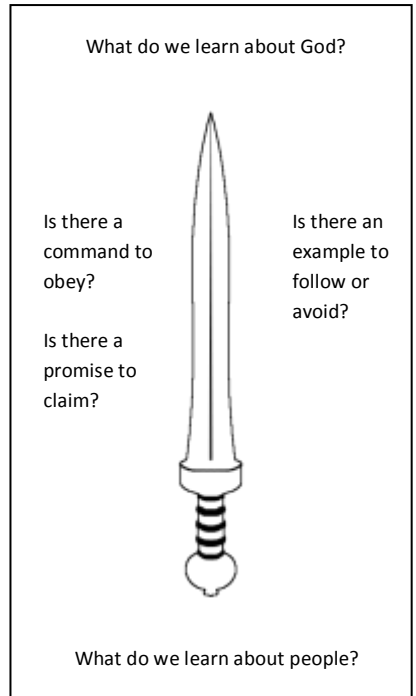
John 4:29 – The woman shared her story and God’s story.

Who is qualified to go?

John 4 – The Samaritan woman was. Every believer.

Prayer: Lord make me bold to share what you have done in my life. Give me your words to share in my community.

Assignment: Learn how to share My Story and God’s Story. Also pray for opportunities to share with the people who are on your list of friends and neighbors that need to hear your story. Share with them.



Command #5 – Love

Command: In Matthew 22:37-39, Jesus says...

Tell the Story: Good Samaritan from Luke 10:25-37

What is love?

John 15:13 and 1 Corinthians 13

Why do we love?

John 13:34-35 – Because Jesus loved us first. Love teaches the world about Jesus.

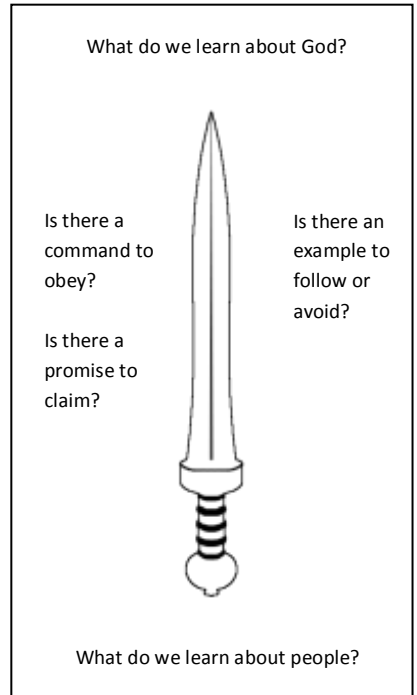
Who do we love?

Matthew 22:37-39 – First we need to love God. Then we need to love our neighbors.

How do we love?

John 14:15 – Loving Jesus means we obey Jesus.

John 21:17 – Loving others means telling them what God has done for you.



Prayer: Lord help me to love you by obeying you. Lord help me to love others so that they might learn that you love them also.

Assignment: Take time each day to intentionally show love by helping your neighbors.

Command #6 – Lord’s Supper

Command: In Luke 22:19-20, Jesus says...

Tell the Story: Jesus’ last meal from Luke 22:7-20

What is the Lord’s Supper?

1 Corinthians 11:26 – A symbol of the Lord’s death.

Why do we eat the Lord’s Supper?

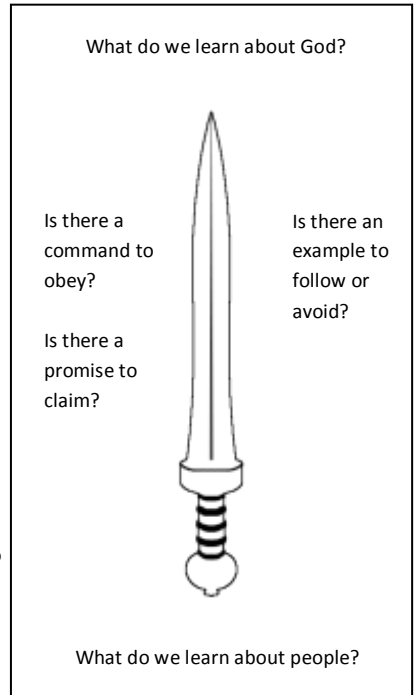
1 Corinthians 11:26 – His body was broken, His blood was spilt for us.

How do we receive the Lord’s Supper?

1 Corinthians 11:27-29 – We must examine ourselves, confess our sins to God and remember Jesus died to give us forgiveness.

Who should receive the Lord’s Supper?

Acts 2:42 and 1 Corinthians 11:27-29 – Baptized disciples devoted to Jesus who examine themselves.



Prayer: Lord show me the sins I have committed. Forgive them. Thank you for giving your body and blood for me.

Assignment: Receive the Lord’s Supper.

Command #7 – Give

Command: In Luke 6:38, Jesus says...

Tell the Story: The widow gives from Mark 12:41-44

What should we give to God?
Our money, time, and our lives.

Why should we give to God?
2 Corinthians 9:6-7 – Give generously and we will receive generously. God loves a cheerful giver.

How do we give to God?
2 Corinthians 9:7 – Cheerfully, not under compulsion.
Matthew 6:1-4 – Secretly, not for recognition.

Who do we give to?
2 Corinthians 9 – A collection was given to a church.
Acts 4:34-35 – The church gave to all who had need.

Prayer: Lord everything I have is yours. Teach me to give. Show me needs that I can help with my time and money.

Assignment: Decide this week with your family an amount of time of money you will give for the work of the church each week.

