

# JOURNEY



## **Six Discipleship Lessons to Study with Fellow Pilgrims**

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# INTRODUCTION TO THE JOURNEY

Trusting Christ as Lord and Savior is more than a ticket to heaven. It places us on the road of following him. That's why believers are called "Christ followers."

The Bible also calls us disciples, which means "learners" and followers. Following Jesus is a life long journey of discipleship.

Have you ever been discipled? Many Christians would reply that they never have been.

Have you ever discipled anyone else? Even less Christians could answer yes to that question.

Remember the final marching orders that Jesus gave his followers: "*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age*" (Matthew 28:19-20).

Jesus wants you to be his disciple and to disciple others. Intimidated? Don't be. Discipling is simply "helping others follow Jesus... down the pathway of life" (Dever). The Christian life is a life of discipleship and discipling.

You hold in your hand a booklet to help you grow and also to help you help others grow in Christ—to be a disciple and to disciple someone else. It's a tool. Here's how it's meant to be used:

1. Invite one (or two) other people to join you. These lessons are meant to be used in tandem or trio or small group. Discipleship is a community project.
2. Meet for about 45 minutes to an hour at your convenience. This could be in a home, office, restaurant, coffee shop, picnic table, or wherever convenient. And don't hesitate to eat, snack, or drink your favorite beverage. Be informal.
3. Spend a couple of minutes catching up and encouraging one another before opening your booklets.

4. Take turns reading through the lesson aloud. If something is unclear, stop and discuss it. Take your time. Reading aloud with someone else often clarifies ideas. Feel free to email me with any questions ([pastormark@ibcwv.org](mailto:pastormark@ibcwv.org)).
5. Be sure to stop, look up, and read the Bible verses listed in a good modern translation like ESV or NIV. God's Word is the most important part of each lesson.
6. The lessons will end with a section called *Personalize*. It is critical to discuss the questions and to agree to fulfill the assignments. This is your homework and it is a vital part of the discipleship process.
7. Next time you meet, start by discussing the homework from the previous lesson. Hold each other accountable to learn and apply the previous lesson. Be encouraging. Where there's a struggle, agree to pray for one another.

Personally discipling someone is helping them follow Jesus. I have found this to be one of the most rewarding parts of my Christian life. Please let me know how it goes for you. When you finish the lessons with a partner(s), please send me an email about your experience and who you met with so that I can better pray for you. Enjoy the journey!

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## JOURNEY: Lesson One

### THE GOSPEL

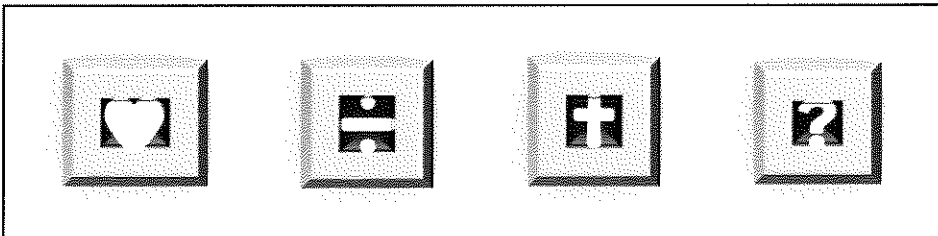
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BOB AND SUE were sitting on their screened-in porch one Sunday afternoon. "You know, I've always thought of myself as a good girl," Sue remarked. "You are good," her husband said quickly. "No, Bob, in church this morning I realized that I'm so bad my sin put God's Son on the cross." Bob tuned right in and affirmed, "I was convicted, too, but encouraged by Pastor's words that the cross means we are far worse than we realize but far more loved than we could ever have hoped." Sue responded, "I'm beginning to see why Pastor keeps saying we need the Gospel every day. It's not just a ticket to heaven, but the foundation of our growth. Knowing that our relationship with God is based on such grace is going to help me trust him more instead of trying to be that good person in my own strength." The Gospel changes everything.

Through the Gospel, or "Good News" we begin our relationship with God, launching us on our eternal journey of real life in Christ. But, it is so foundational that we also need it every day of our journey. In one of the earliest Gospel summaries, the Apostle Paul wrote in 1 Corinthians 15:1-5a, "Now I would remind you, brothers, of the gospel I preached to you... For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the Scriptures, and that he was buried, that he was raised on the third day in accordance with the scriptures, and that he appeared..."

Every Christian should be able to succinctly state the Gospel message in ten words: CHRIST DIED FOR OUR SINS AND ROSE FROM THE DEAD. Every Christian should also be able to explain the Gospel message to others, by which he or anyone else who receives it is forgiven and right with God.

The Gospel may be explained in four points and four verses, as pictured on a Gospel bracelet recently made available: **GOD, MAN, CHRIST, RESPONSE...**



#### I. GOD

- A. KEY VERSE: **John 3:16**—*For God so loved the world that he gave his only son, that whoever believes in him should not perish but have eternal life.*
- B. Remember to explain who this loving God is.
  - 1. He is the Creator of everything (Genesis 1:1) and the holy Judge to whom we will all answer (Romans 1:18).
  - 2. He is a trinity—Amazingly, he is "one being" but "three persons"—Father, Son, and Holy Spirit (Matt. 28:19).

#### II. MAN

- A. KEY VERSE: **Romans 3:23**—*For all have sinned and fall short of the glory of God.*
- B. Though we were created in God's image to have a relationship with God (Genesis 1:27), everyone has sinned.
- C. God's *glory* is his *excellent character* and *sin* is any failure to conform to his character or obey his commands.
- D. Sin separates us from God (Isaiah 59:2) and condemns us to hell to experience God's wrath (Hebrews 9:27).

#### III. CHRIST

- A. KEY VERSE: **Romans 6:23**—*For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.*
- B. Christ died for our sins in accordance with the Scripture (1 Cor.15:3), taking the punishment for our sins (Rom. 5:8).
- C. He rose from the dead (1 Cor. 15:4-5a) and offers the gift of eternal life to those who come to him by faith.

#### IV. RESPONSE

- A. KEY VERSE: **Romans 10:9**—*If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*
- B. Our response must be to believe/trust in our heart that Jesus is God (Lord) and died and rose again. If we repent (turn from sin to God) and place our faith (trust) in him and his death and resurrection, we are saved from the wrath of God against our sin and given eternal life (Ephesians 2:8-9).

## V. PERSONALIZE:

1. State the “good news” or Gospel in ten words.
2. Learn the four points and four verses that explain the Gospel.
3. Be able to give your salvation testimony—what life was like before you came to Christ and when and where you responded to Him.
4. Ask a non-Christian friend if you can share with them your testimony and the four Gospel points.
5. Why is the Gospel the foundation of our entire journey with God?
6. Begin the habit of reviewing the Gospel to yourself every day, in order to increase gratefulness, security, humility, and the foundation of your relationship with God.

## JOURNEY: Lesson Two

### WONDERFUL WORDS

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BOB AND SUE were enjoying a picnic on their screened-in porch with good friends from church, Doug and Jen. After a lull in the conversation, Doug remarked, “I’d enjoy Pastor’s sermons more if he didn’t use so many big words.” “I know exactly what you mean,” Bob replied. “This past Sunday he just kept repeating ‘justification’ and ‘sanification’ or whatever that word was.” Bob continued, “Changing the subject, don’t you think the Steelers need more audibles to get their backfield into the opponents’ secondary if they’re ever to have a shot at the Lombardi?” As the wives headed for the kitchen, Sue shook her head. “They just lost me. Guess it depends on the topic whether they mind big words.”

Some folks are put off by big words (that is, unless you get them onto their favorite subject). But, there are a few big words used in the Bible that are so key in summing up the Christian journey that you should learn them. This lesson explores three of those—two that take place at salvation and one that describes the rest of your Christian journey from salvation on.

#### I. REGENERATION

- A. Definition: “Given new life by the spirit” (Born again)
- B. Before salvation, we were spiritually dead (Ephesians 2:1). The Holy Spirit gave us new life so that we answered the call to trust Christ. At that moment, we become spiritually alive by the miracle of the new birth (John 3:7-8, 16).
- C. Being born again at salvation changes us from the inside out. “If anyone is in Christ, he is a new creation. The old has passed away; behold the new has come” (2 Cor. 5:17).

#### II. JUSTIFICATION. At regeneration, we are also justified.

- A. Definition: “Sins forgiven and given the righteousness of Jesus Christ” (Declared righteous)
- B. Wow! God, the judge of the universe sees us “just as if we never sinned” + “clothed in the righteousness of Christ.”
- C. Why? Because of Christ’s perfect life and sacrificial death put on our account. “For our sake, he (God the Father) made him (the Son) to be sin who knew no sin, so that in him we might become the righteousness of God” (2 Cor. 5:21).

- D. How? By faith not works. *“To the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness”* (Romans 4:5). Justification is by faith alone. Don’t try to add your own works!

**III. SANCTIFICATION (and GLORIFICATION)** Sanctification *always* follows regeneration.

- A. Definition: “Made holy, set apart from sin unto God”
- B. Sanctification is what God is doing in your life from salvation onward, your most exciting and challenging adventure.
- C. **Three Stages of Sanctification.** When you read about the concept in Scripture, always ask which stage is being described. Each deals with overcoming the:
1. **PENALTY OF SIN (Positional Sanctification)** —At salvation, we are *“in Christ,”* set apart to God in our spiritual standing as completely as Christ is (Hebrews 10:10). This is based on justification as explained above.
  2. **POWER OF SIN (Progressive Sanctification)** —After salvation, we are to grow more like Christ, overcoming sin, increasing in obedience, and being changed by the Holy Spirit (2 Cor. 3:18, 7:1; Romans 8:28-29). In the process, we grow in our love for him.
  3. **PRESENCE OF SIN (Ultimate Sanctification/Glorification)**—When we see Jesus and are in his presence for eternity, we will be made like him. Our progress will match our position (1 John 3:2, 1 Thessalonians 5:23).
  4. The goal is that our progress would be more and more like our position in Christ so that when we see Him one day, the ultimate change would not require moving quite so far.

**IV. PERSONALIZE:**

1. Name and define the three wonderful words of your Christian journey. (At least know the two word definitions—born again, declared righteous, set apart).
2. Some say that if God declares sinners righteous by faith alone apart from their works, they will continue to live lives characterized by sin. How does the truth that “regeneration and justification go together” refute this misunderstanding? How does the truth that “sanctification always follows regeneration” refute it?
3. Name the three stages of sanctification. What step could you take to grow in progressive sanctification so that your practice better matches your position?

## JOURNEY: Lesson Three

### MEANS OF GRACE

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BOB AND SUE—“How did it go when you talked to the Pastor today about your anxiety issues?” Bob asked his wife. Sue replied, “It felt good just to confide in someone else instead of troubling you all the time; and he shared some helpful ideas. But, one thing he said puzzled me at first.” “What’s that?” Bob responded. “He asked me about my Bible reading and prayer. I really hadn’t considered what that might have to do with how I handle stress and fear until he reminded me that such a daily connection with God through His Word and a few intentional moments of prayer provides an anchor point. He said that the Word will help me see my story as part of God’s greater story and that prayer will allow me to cast all my anxieties on God since he does care for me. Pastor gave me a simple plan and I started today.” Bob smiled, “What’s the plan? It’s been too long since I was faithful in Bible reading and prayer myself. If I do it too, we can each share things we learn and encourage each other more spiritually.”

Good news! God is sanctifying you and you will be like Christ one day. Philipians 1:6 promises, *“I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”*

However, in the very next chapter, we are commanded, *“Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure”* (2:12b-13). We don’t work for salvation; but having salvation by faith in Christ brings an obligation to *work it out*—to take seriously our obedience and sanctification. As we put forth effort by faith, God will give both motivation (*“to will”*) and enablement (*“to work”*).

God has not left you without tools the Holy Spirit can use. WHAT “MEANS OF GRACE” HAS GOD PROVIDED TO HELP YOU GROW TO BE MORE LIKE CHRIST?

#### I. THE BIBLE

- A. Of all the millions of books, God authored only one, the Bible. It is “inspired,” or “God-breathed” so that “the man (or woman) of God may be complete, equipped for every good work” (2 Timothy 3:16-17).
- B. The Bible is God’s love letter to you. Are you spending even 5 or 10 minutes per day reading it? Show me a Christian who is in the Bible, and I’ll show you one who is growing and loving God more. Show me a Christian not in the Bible, and I’ll show you one who is struggling.

- C. If you are not consistently in God’s Word, try the following:
  1. Choose a book of the Bible. (Start with one in the New Testament). Read one paragraph a day. Keep a notebook (or log on your electronic device) in which you list 1). The date 2). The passage read 3). One thing that God showed you that you can apply to your life that day. Use a modern translation, read slowly, and even re-read for greater comprehension.
  2. After a few weeks, you can look back at your record and see a journal of progress of God speaking to you.
- D. In addition to reading the Bible, you can also saturate yourself with its message by listening, studying, memorizing and meditating. Read Psalm 1 and ask God to give you such a great delight in “the law of the Lord,” that is, his Word, the Bible.

#### II. PRAYER

- A. Prayer is simply talking to God, not in certain words, but from your heart to your heavenly Father. About what should you talk to God? Here’s a helpful outline:
  1. A—Adoration (Psalm 34:1)
  2. C—Confession (1 John 1:9)
  3. T—Thanksgiving (1 Thessalonians 5:18)
  4. S—Seeking or asking for yourself and others. Many find it helpful to keep a prayer list—those you pray for daily and those you lift up to God weekly (1 Samuel 12:23).
- B. It will enrich and enliven your prayer time to learn to pray Bible prayers for others. When you pray using God’s words from Scripture, you know you are praying in His will and you will avoid meaningless repetition. Choose a Psalm or one of Paul’s prayers (such as Philipians 1:9-11, Colossians 1:9-11) and pray it for others.
- C. The early church prayed together (Acts 2:42). Asking someone to be your “prayer partner” and meeting with them weekly or at least regularly will strengthen you both.

### III. THE CHURCH

- A. The “church” is the people who belong to Christ, organized biblically under His headship (Matthew 16:18). The Universal Church is all believers of this age; but the Local Church is where we experience the fellowship, teaching, corporate worship, and accountability we need. We are commanded not to neglect meeting together in church (Hebrews 10:25).
- B. The next lesson will explain how the church helps you on your journey.

#### PERSONALIZE:

1. Are you growing or struggling? Which means of grace do you most need to strengthen?
2. Begin a daily Bible reading journal as described in I.C.1 above in this lesson, which explains the journal.
3. Begin a daily prayer time of 5-10 minutes that includes A, C, T, and S.
4. Consider asking someone to be your prayer partner.
5. What step to be more involved in Christ’s church should you take?

## JOURNEY: Lesson Four

### THE CHURCH

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SUE AND JEN enjoyed meeting for coffee when they could carve out the time. “Missed you at church lately,” Sue remarked. “Oh we haven’t quit your church. But, the music at the new church near us is so uplifting. We’re not locked in to one church. And our kids love the youth pastor at their friends’ church.” Surprised, Sue groaned, “So you’re one of those church hoppers?” “Listen, sister, I’m not losing my faith,” Jen replied defensively. “God’s Church is bigger than one local body.” Sue dropped the subject but began to pray that her friend could find the joy Sue had found in her local church.

“The Christian life is the church life” (Dever). This idea doesn’t fit well with our rugged American individualism; but coming to Christ joins us to his family, the Body of Christ. We are not meant to travel on the journey of following Jesus alone, but with close friendships as members of a church. While we should love all believers, the New Testament pattern shows Christians in committed relationships in a particular local body.

#### I. CHURCH MEMBERSHIP

- A. Every believer is a member of Christ’s Body, *the Universal Church* (1 Cor. 12:13).
- B. New Testament believers experienced the body life of the Church as committed members of *local churches*.
  1. The first Christians regularly gathered in large groups and small groups (Acts 2:42-47). “Church” (ekklesia) meant an assembly or a *called out* gathering of people.
  2. The gathered believers were devoted to the teaching of the Word, fellowship, communion, and prayer (2:42).
  3. It was known who was “inside” and “outside” the accountability of the local church (1 Cor. 5:12-13). Church membership is our practical way to facilitate this kind of commitment to Christ’s Body in a local church.

#### II. THE ORDINANCES

- A. Jesus ordained two symbolic memorials for His Church, instituted in the Gospels and explained in the Epistles of the New Testament.



## B. Baptism

1. Baptism is commanded, not as part of salvation, but a step of obedience after salvation (Matthew 28:19).
2. All New Testament believers made their faith in Christ public by being baptized by immersion after their salvation (Acts 2:41).
3. Baptism pictures the death, burial, and resurrection of Christ and our union with him (Romans 6:3-5).

## C. Communion or The Lord's Table

1. At the Passover meal before he died, Jesus made the bread and cup symbols of the New Covenant (Mt. 26:26-29).
2. The Apostle Paul explained that believers should conscientiously partake "often" of this fellowship "meal," the bread symbolizing the Lord's body and the cup his blood (1 Corinthians 11:23-32).

## III. THE MISSION OF THE CHURCH

- A. Jesus' final Great Commission stated our mission (Mt. 28:18-20), the early believers lived it out (Acts 2:42-47), and Christ gives gifted church leaders to equip his people to fulfill his purposes in their community (Ephesians 4:11-16).
- B. At IBC, we summarize it like this: Our mission is to honor God by making Christ-like disciples who love God, God's Word, God's people, and God's world. It's about love!
  1. LOVE GOD—In our Sunday worship services, we grow in expressing our love to God, praising him together and proclaiming his Word.
  2. LOVE GOD'S WORD—In our Adult Bible Electives on Sundays and Wednesdays, we equip believers to know and use the Bible in their lives and pass it on (2 Timothy 2:2).
  3. LOVE GOD'S PEOPLE—In Life Groups and other small groups, we (A) apply the Bible to life, (B) build authentic community, and provide (C) care and accountability.
  4. LOVE GOD'S WORLD—Every believer should use their spiritual gift in a ministry to others and practice pi<sup>2</sup>—pray for, invest in, and invite those far from God to Christ.

## PERSONALIZE:

1. Are you a faithful member of a Bible teaching local church?
2. Have you been baptized by immersion since you were saved?
3. Do you value the Lord's Table and prepare your heart to participate?
4. What is your next step in growing as a disciple in Christ's church?  
How do you need to grow in each of the following?
  - a. LOVE FOR GOD—faithful participation in worship services
  - b. LOVE FOR GOD'S WORD—attend and grow through an Adult Bible Elective.
  - c. LOVE FOR GOD'S PEOPLE—join and plug into a Life Group or men's or women's small group
  - d. LOVE FOR GOD'S WORLD—serve in a regular ministry in the church and practice pi<sup>2</sup> with your circle of people far from God

## JOURNEY: Lesson Five

### FAMILY

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BOB AND SUE were devastated. Their daughter had just shared the news that she was moving in with her boyfriend. "We may get married someday. Everybody's doing it. It's not smart to buy a car without a test drive; so how much more important to test our compatibility before a much bigger decision." Through tears, Sue wondered, "What can we say other than that the Bible says no? The world is telling everyone that we're wrong to judge."

The family is under attack on many fronts. Long before God initiated the Church, he instituted the family as the foundation of society (Genesis 2:24). Not everyone is "married with children." But, as we journey with Christ, God does want everyone to understand, value, and properly relate to his institution of the family according to his definitions.

#### I. MARRIAGE

- A. Marriage is an exclusive covenant that pictures Christ and His bride, the Church (Ephesians 5:25, 32). Sex outside this covenant is sinful and hurtful (1 Cor. 6:18-20). The Creator knows best and sets these safe boundaries for our own good.
- B. God's ideal is a marriage covenant of one man and one woman for life (Genesis 2:24, Malachi 2:14-16). If divorce and remarriage have taken place, God desires the present marriage to be valued and preserved. So-called same sex "marriage" is not marriage at all according to our Creator's definition.
- C. God forgives the guilty parties of divorce when they repent; and God can heal the wounds of divorce done against the innocent person. Our church loves those who have experienced divorce and provides and recommends an excellent group called Divorce Care .
- D. God commands husbands to love their wives and wives to respect their own husbands (Ephesians 5:33). As they do, Christ gives strength and builds a marriage that portrays his covenant love for his bride the Church before a watching world. Marriage is not primarily about being happy, but about keeping one's covenant.
- E. The wife of an unbelieving or disobedient husband can please God by being a godly wife, silently witnessing to that husband by her conduct (1 Peter 3:1-6). A husband is to understand and cherish his wife, lest God not hear his prayers (1 Peter 3:7).

#### II. PARENTING (or grand-parenting)

- A. Children are a gift from God, whether by birth or adoption. They are God's property entrusted to parents who are to prepare them for a launch into a life of following God (Psalms 127:3-4).
- B. Children are to obey and honor parents. Parents are to train them in the discipline and instruction of Christ (Ephesians 6:1-4).
- C. Deuteronomy 6:4-8 gives God's strategy for parenting. It begins with knowing God and loving God. With that love on parents' hearts, they are to diligently *teach* and informally *talk* about knowing and loving God in relational settings, praying that their children will grow to know and love God as well.

#### III. SINGLENES

- A. While God's plan for some, perhaps most, is to marry, God also says that his plan for many is to be single. Singleness is a good option (1 Corinthians 7:32-35, 38; Matthew 19:10-12).
- B. Singles are to be celibate and sexually pure by God's grace (1 Cor. 7:1, 1 Cor. 6:18). Sex is not the key to happiness, in spite of the lies our culture promotes. God forgives sexual failures and will cleanse and give a new start (1 John 1:9).
- C. Since singles don't have a marriage partner to combat loneliness (Genesis 2:18), they should actively seek close fellowship through relationships with family, friends, and the church. Marriage is not the key to happiness; Christ is.
- D. Singles who want to be married should commit that desire to God, focus on walking closely with him, and wait for his provision. Marry "*only in the Lord*" (1 Corinthians 7:39). A wise older person said, "It's better to want something you don't have than have something you don't want."
- E. Married Christians should proactively include single believers (never married, divorced, or widowed) in times of fellowship and should encourage them in their God-honored single calling.

### PERSONALIZE:

1. Does your view of marriage match God's view or culture's view?
2. If you are married, what step could you take to be a better spouse?
3. If your marriage is struggling, what pastor, Christian counselor, or godly friend could you confide in to seek help and prayer?
4. If you have children, is your parenting the priority that God wants it to be? What step could you take to more effectively disciple your own children?
5. If you are single, how are you combatting loneliness through godly relationships? Are you trusting God with any desires for marriage?
6. If you are married, what could you do to encourage and include a single Christian in family activities or relationships for the glory God?

### VICTORY

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BOB AND DOUG: "Doug, I'm embarrassed to say this; but I need to tell a friend that I trust and that's you. Again last night I watched porn on my iPhone. It seems that I give in to this once a week or more. I'd be ashamed to tell my wife, I know God is disgusted with my lust, and so I cried out to him not just for forgiveness but for victory. The Holy Spirit reminded me that if we confess our faults to one another we'll be healed. So I'm confessing and I'm asking you how to overcome this stubborn habit." If you were Doug, what would say to your friend Bob?

Your bad habit might not be the same as Bob's; but where do you struggle? Jealousy? Fear? Temper? Bad language? Laziness? Gluttony? Here are principles for victory.

#### I. YOU HAVE GOD'S PROMISE.

- A. In 1 Cor. 10:13, God gives wonderful promises to every child of God: *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability; but with the temptation he will also provide the way of escape, that you may be able to endure it."*
- B. The term *"temptation"* here can refer to temptations to sin, but can also mean *"trial or problem."* Because of the faithfulness of God, you can know your problem is not a special case, your problem has passed God's screening, and your problem is accompanied by God's solution. You can't say "can't".
- C. He will not permit more than you can bear. He guarantees that with his help, you can overcome your temptation.

#### II. YOU HAVE CHRIST'S LIFE.

- A. After rejoicing that we are saved by grace through faith, the book of Romans asks, *"Are we to continue in sin that grace may abound?"* The author answers, *"By no means! How can we who died to sin still live in it?"* (6:1-2)

- B. Not only did Jesus die for us, we also died with him. You say, “I sure don’t feel dead.” The passage explains what “*dead*” means: “*We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin*” (6:6). “*Brought to nothing*” here means “*rendered inoperative or powerless.*” Christ’s death counts for us so that we are no longer slaves to sin’s power. If we sin, it is because we choose to, not because we have to.
- C. Romans 6 gives three steps to living out this, our position in Christ, and thus overcoming sin:
1. Know: “*Know that our old self was crucified with him*” (6:6).
  2. Consider: “*You also must consider yourselves dead to sin and alive to God in Christ Jesus*” (6:11). “*Consider*” means to count on as true.
  3. Present: “*Do not present your members to sin as instruments... but present yourselves to God as those who have been brought from death to life and your members to God...*” (6:13) In the moment of temptation, do not yield the members of your body to sin, but give them to God instead.

### III. YOU HAVE THE SPIRIT’S POWER.

- A. The Spirit of God indwells the body of every Christian (1 Cor. 6:19).
- B. He indwells you so he can empower you. “*Do not get drunk with wine, for that is debauchery, but be filled with the Spirit*” (Eph. 5:18). The word “filled” here refers to “control or influence.” He wants to control you. He will unless you stop him.
- C. Our sin is what stops his control—grieving him by doing what he doesn’t want (Eph. 4:30) or quenching him by not doing what he wants (1 Thes. 5:19).
- D. So, in order to be Spirit-filled or controlled, confess any known sin (1 John 1:9) and yield to obey God. By the way, the more you are saturated with his Word, the more you know what he desires and the easier it is for his Spirit to influence you (Col. 3:16).
- E. Galatians 2:20 summarizes the source of our victory—we died with Christ and his Spirit lives through us. “*I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself for me.*” That is the victorious life!

### PERSONALIZE:

1. When do you especially need the promises of 1 Cor. 10:13?
2. What bad habit is currently troubling you most?
3. Learn and explain the three steps of our position in Christ from Romans 6: Know, Consider, Present.
4. What is the difference between the indwelling and filling of the Holy Spirit? Define the filling of the Holy Spirit and locate its key verse.
5. How can you be Spirit controlled?

## CONCLUSION: The JOURNEY Isn't Over

Congratulations on completing the six lessons of "Journey." If you have persevered and completed the lessons and personalizing assignments, I know that the Lord has encouraged you. I think you will find that you will use these foundational lessons throughout the rest of your life-long journey with Christ.

Please email me to let me know with whom you completed these lessons. Let me know any prayer requests or suggestions that you have.

Here's my closing challenge, borrowed from the Apostle Paul, *"What you have heard from me in the presence of many witnesses, entrust to faithful men who will be able to teach others also"* (2 Timothy 2:2). Keep passing it on!

Agree with whomever you completed these lessons that you will both find another one or two persons and go through the lessons with them. Maybe it will be a family member or an entire family or a friend or younger believer. Ask God to show you who to disciple next. It can be exciting and "addicting" in the best sort of way.

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