

Lesson Plan & Study Guide



Spiritual Disciplines:

Bible Study Part Two

Walking with Jesus

iFOLLOW

The iFollow Discipleship Series

Version 1.0 - 11/17/10



About the iFollow Discipleship Series Pastor's Edition

Categories

The iFollow Discipleship Series is designed to be used in congregations to assist people in their pursuit of God. This assumes that individuals are in unique places in their journey and there is no perfect set of lessons that everyone must complete to become a disciple—in fact discipleship is an eternal journey. Therefore the iFollow curriculum is a menu of milestones that an individual, small group, or even an entire church can choose from. The lessons can be placed in three general categories: **Meeting with Jesus** (does not assume a commitment to Jesus Christ); **Walking with Jesus** (assumes an acceptance of Jesus Christ); and **Working with Jesus** (assumes a desire to serve Jesus Christ).

Components

Each lesson has a presenter's manuscript which can be read word for word, but will be stronger if the presenter puts it in his/her own words and uses personal illustrations. The graphic slides can be played directly from the Pastor's DVD or customized and played from a computer. There are also several group activities and discussion questions to choose from as well as printable student handouts.

Usage

The lessons are designed to be used in small groups, pastor's Bible classes, prayer meetings, seminars, retreats, training sessions, discussion groups, and some lessons may be appropriate sermon outlines.

Credits

Curriculum Development: The iFollow Discipleship Series Pastor's Edition curriculum development was lead by the **Center for Creative Ministry**. **General Editor:** Monte Sahlin; **Assistant Editor:** Debbonnaire Kovacs; **Directional Advisory:** Brad Forbes, Carole Kilcher, Ceri Myers, Cesar Gonzalez, Clayton Kinney, Curtis Rittenour, Dave Osborne, Dave VanDenburgh, Gerry Chudleigh, Jane Thayer, Jerry Thomas, John Appel, Jose Rojas, Kim Johnson, Nicole Chao, Paul Richardson, Rich DuBose, Shasta Nelson, William Sutton; **Pastoral Advisory:** Claudio Consuegra, Collette Pekar, Dave Hutman, Don Driver, Fredrick Russell, Jerry Nelson, Jesse Wilson, Leslie Bumgardner, Loren Fenton, Rebecca Brillhart; **Unit Authors:** Alberto Valenzuela, Althea Pineda, Corienne Hay, Debbonnaire Kovacs, Ed Dickerson, Gianluca Bruno, Gil Bahnsen, Greg Nelson, Jack Calkins, James Whibberding, Karen Collum, Monte Sahlin, Norma Sahlin, Pam Splawinski, Patty Ntihuka, Reinder Bruinsma, Ryan Bell; **Additional contribution** by Maria Ovando-Gibson; **Additional editing:** Dave Gemmell, Meredith Carter; **Graphic Design:** Mind Over Media; **Layout:** Paul D. Young; **Web Development:** Narrow Gate Media.

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www.ifollowdiscipleship.org

The Spiritual Discipline of Bible Study Part Two

This presentation is designed for people who have decided to accept Jesus Christ as Lord and Savior.

Learning Objectives

1. Develop the skill of personalization and thereby become equipped to personalize Bible teachings.
2. Acquire knowledge, interact and practice the tools of Personalization.
3. Learn through the process of personalization the special meaning in God's Word for the individual life.
4. Practice observation, interpretation, bridging personalization and application to the skill set of Inductive Bible study.
5. Become aware of how to apply Biblical truth to one's own life experience.

Content Outline

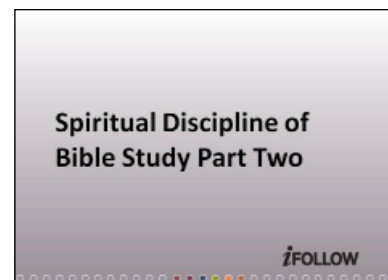
Part One: Personalization

Part Two: Application

Background Material for the Presenter

Why study the Bible? Why include the study of the Bible as a spiritual discipline? For many today the Bible has been irrelevant; yet in recent weeks, the natural disasters along with economic insecurity have driven people back to the Bible again. Through the centuries the Bible has outlasted its enemies and survived as God's Word, despite the death of its heroes. Today, there is no doubt that it has revealed itself to be the eternal Word of God providing answers that speak to the present context and individual life.

Paul states, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." (2 Timothy 3:16, 17)



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Notice the formational language of the words, “rebuking, correcting and training” with the outcome of becoming “thoroughly equipped.” The following two skills of Inductive Bible study, Personalization and Application will hone in the equipping necessary to personally respond to God’s Word through the process of learning and practicing the skills of both Personalization and Application.

The focus of the tool of Personalization is to enable the learner to personalize Bible teachings. It is fundamental to enable the learner how to observe carefully as well as how to interpret with integrity. However, it is equally significant to provide the opportunity for each one to personalize the teachings. In reality, this component of Inductive Bible Study holds great interest for most people.

Let’s learn together the personal and special meaning God’s Word has for us by practicing the Inductive Bible Study skill of Personalization.

Distribute Handout 2, Personalization

Let’s look together at the tools and questions for understanding that are especially useful for learning the skill of Personalization.

Personalization can be expressed as the part, concept, idea, observation, or interpretation found in the Biblical passage that has a special meaning for my life. Please look at Handout 2 and let’s go over what tools and questions for understanding we might utilize to personalize the Biblical teachings.



At this time we learn and practice together this skill as we look at Mark 5.

Distribute Handout 1, Mark 5

Small Groups: Help people form groups of three, and when they are divided...

Distribute Handout 3

Time: 45 minutes to one hour, to process and practice the skill of personalization.

Invitation: to the next and last session of Application.

Background Material for Presenters

Part Two: Application

With the skill of application in the Inductive Bible Study method we come to the heart of Christian formation and discipleship.

What is application? Let's look together.

Distribute Handout 4

Read Handout 4 together.

Follow this with:

Let's read together Mark 4:24,25.

As you apply God's word to your life, you will get more. "If you use it, then you get more." People who use things get more.

Let's turn to Matthew 7:24.

Everyone who hears the truth and acts on it is like the person that builds his house on the rock.

When we respond to the truth, we get more truth.

Let's read John 8:31-32.

This revolutionizes both our learning and teaching of God's Word. We begin by taking little steps to gain insight and meaning (observation, interpretation, personalization) then we obey (application) and this is followed by greater insight that sets us free!

Let's look at Matthew 28: 19-20.

This is the heart of Christian formation and discipleship: making disciples and teaching them to obey.

Let's practice and interact with Application-

Form small groups of three

Distribute Handouts 5, 6, 7, and 8

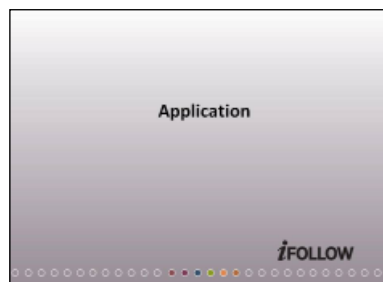
Small group instructions:

Working with Handout 5, the 1 Thessalonians text, please work through Handouts 6, 7, and 8.

Each sheet should take about 15 minutes to process through. (Total 45 minutes)

Regroup: have all the small groups regroup into a general group.

Distribute Bonus Handout 9- this is a Bonus Take Home Sheet.



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Closing Remarks:

You are equipped with the spiritual discipline of Bible Study! We began by reading the story of a fish, and have progressed to the application of Biblical teaching in our lives. Learning the skills of Inductive Bible Study will enable you to gain deeper insights into God's Word and allow the Holy Spirit to transform your life as you apply, practice and experience this core spiritual discipline.

Discussion Questions:

What has brought the greatest joy as we have journeyed together in learning the Inductive Bible Study method?

What has been an unexpected blessing?

What is your confidence level in studying and teaching the Bible now?

What are specific steps that you will take to integrate the spiritual discipline of Bible study using the Inductive Bible Study method?

Closing Activity:

Gather in a circle, pray for continued practice, patience, perseverance in discovering what God's Word is speaking into our lives. Pray that we will be open to receive His Word and respond with specific actions that will transform our actions, attitudes and obedience that reflects our Master Disciple, Jesus Christ.



Additional Resources

Wald, Oletta. (2002). *The New Joy of Discovery in Bible Study*. Minneapolis, MN: Augsburg Fortress.

Wald, Oletta. (2002). *The New Joy of Teaching Discovery Bible Study*. Minneapolis, MN: Augsburg Fortress.

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Handout 1

Mark 5:1-43 (New International Version)

The Healing of a Demon-possessed Man

1 They went across the lake to the region of the Gerasenes. **2** When Jesus got out of the boat, a man with an evil spirit came from the tombs to meet him. **3** This man lived in the tombs, and no one could bind him any more, not even with a chain. **4** For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. **5** Night and day among the tombs and in the hills he would cry out and cut himself with stones.

6 When he saw Jesus from a distance, he ran and fell on his knees in front of him. **7** He shouted at the top of his voice, “What do you want with me, Jesus, Son of the Most High God? Swear to God that you won’t torture me!” **8** For Jesus had said to him, “Come out of this man, you evil spirit!”

9 Then Jesus asked him, “What is your name?”

“My name is Legion,” he replied, “for we are many.” **10** And he begged Jesus again and again not to send them out of the area.

11 A large herd of pigs was feeding on the nearby hillside. **12** The demons begged Jesus, “Send us among the pigs; allow us to go into them.” **13** He gave them permission, and the evil spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned.

14 Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. **15** When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. **16** Those who had seen it told the people what had happened to the demon-possessed man—and told about the pigs as well. **17** Then the people began to plead with Jesus to leave their region.

18 As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. **19** Jesus did not let him, but said, “Go home to your family and tell them how much the Lord has done for you, and how he has had mercy on you.” **20** So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

A Dead Girl and a Sick Woman

21 When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. **22** Then one of the synagogue rulers,

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named Jairus, came there. Seeing Jesus, he fell at his feet **23** and pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” **24** So Jesus went with him.

A large crowd followed and pressed around him. **25** And a woman was there who had been subject to bleeding for twelve years. **26** She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. **27** When she heard about Jesus, she came up behind him in the crowd and touched his cloak, **28** because she thought, “If I just touch his clothes, I will be healed.” **29** Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

30 At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?”

31 “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’ “

32 But Jesus kept looking around to see who had done it. **33** Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. **34** He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

35 While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. “Your daughter is dead,” they said. “Why bother the teacher any more?”

36 Ignoring what they said, Jesus told the synagogue ruler, “Don’t be afraid; just believe.”

37 He did not let anyone follow him except Peter, James and John the brother of James.

38 When they came to the home of the synagogue ruler, Jesus saw a commotion, with people crying and wailing loudly. **39** He went in and said to them, “Why all this commotion and wailing? The child is not dead but asleep.” **40** But they laughed at him. After he put them all out, he took the child’s father and mother and the disciples who were with him, and went in where the child was. **41** He took her by the hand and said to her, “Talitha koum!” (which means, “Little girl, I say to you, get up!”). **42** Immediately the girl stood up and walked around (she was twelve years old). At this they were completely astonished.

43 He gave strict orders not to let anyone know about this, and told them to give her something to eat.

Handout 2

Personalization

The Special Meaning This Has For My Life:

Tools and Questions for Understanding

Define Meanings:

What does _____ mean for my life?

Identification:

How would I have felt in that same situation?

How do I respond in similar situations?

Indication:

How does my action/circumstance indicate a similarity?

Which character/group am I like? Which character/group do I want to be like—in what way?

Implication:

If I were in a similar situation, what would this mean to me?

What would the significance or the implications of the situation be to me?

Generalization:

What principle for my life do I find?

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Handout 3

Small group instructions:

Please take turns and read through all of Mark 5.

Using this sheet, you will work through the chapter, now incorporating the skills of observation, interpretation and adding personalization as you do so.

Keep Handout 2 out, as a reference for each tool that is being practiced.

Using Handout 3, from the previous session, you will now write your Personalization notes in the space indicated under Personalization.

Mark 5: Personalization

Tool: Implication: (to a character in the story)

What does this mean to the characters involved?

3. This man lived in the tombs, and no one could bind him any more, not even with a chain.
4. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him.
5. Night and day among the tombs and in the hills he would cry out and cut himself with stones.

Using your Observation skill, please answer the following:

What did the people in Decapolis of the Gerasenes know about the 'demon man'?

Now Observe what Jesus wanted His 'trophy of grace' to do. vs. 18-20.

Compare this with what the man wanted, with its implications.

Mark 5:18-20

18. As Jesus was getting into the boat, the man who had been demon possessed begged to go with him.

19. Jesus did not let him, but said, “Go home to your family and tell them how much the Lord has done for you, and how he has had mercy on you.”

20. So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

Question: What Would That Mean To The Characters Involved?

Tool: Identification

Identify with the father in vv. 24-25. What must this have been like?

Observation: In the midst of the urgency to get to the house, Jesus is interrupted by a sickly, nameless woman and takes vital time to hear her story.

Question: What attitudes and feelings would you have had?

What would you have wanted to say?

Identify with the woman . . . and answer the same questions.

Try the same identifying with the disciples.

Tool: Indication

Observation: The synagogue ruler (in contrast to the religious leader’s attitudes in Mark) openly beseeched Jesus to help him while the hemorrhaging woman thought to touch him in secret.

Or

Observation: After twelve years of hemorrhaging, the woman expected to get well by touching Jesus’ garment.

Question: What does this show (indicate) about these characters?

Tool: Generalization

What principle do I find in this setting or passage?

Read vss. 35, 37, 40

Observation: When the girl was known to be dead, Jesus got rid of the crowd.

What principle do you draw?

Personalize:

Observation: After the woman took action she knew she was well. Jesus knew she was well also and observed it was faith that did it.

What is the principle?

Personalization: The woman paid a high price personally and financially to no avail. But in her worsening condition she placed faith in Jesus.

Questions For Personalization

Which of these would Jesus say to you?

Where do you need to go and find healing?

“Why are you so fearful? How is it that you have no faith?”

“Go, report what great things I have done for you.”

“Go in peace and be healed.”

“Don’t be afraid—only believe.”

“I say to you, arise.”

Handout 4

What Is Application?

1. Not hoping content affects life
2. Not just personalizing (getting a meaning for your life)
3. Not just generalizing (“love others”—“be a better witness”)

Application is doing something about what you know.

- Change in attitude
- A change in behavior
- Worship or thanks given in response

A specific act in response to what you learned.

Formula:

Knowing that _____

I will _____

When or with whom _____

Try to focus on what you will do, not on what you won't do.

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Handout 5

1 Thessalonians 1:1-10 (NIV)

1 Paul, Silas and Timothy,

To the church of the Thessalonians in God the Father and the Lord Jesus Christ:

Grace and peace to you.

Thanksgiving for the Thessalonians' Faith

2 We always thank God for all of you, mentioning you in our prayers. **3** We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

4 For we know, brothers loved by God, that he has chosen you, **5** because our gospel came to you not simply with words, but also with power, with the Holy Spirit and with deep conviction. You know how we lived among you for your sake. **6** You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit. **7** And so you became a model to all the believers in Macedonia and Achaia. **8** The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere. Therefore we do not need to say anything about it, **9** for they themselves report what kind of reception you gave us. They tell how you turned to God from idols to serve the living and true God, **10** and to wait for his Son from heaven, whom he raised from the dead—Jesus, who rescues us from the coming wrath.

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Handout 6

Small Group Worksheet 1

Read through 1 Thessalonians 1: 1-10

Please answer the following questions:

What kind of person was Paul according to 1 Thessalonians?

How does Paul build up the Thessalonians?

How would you have responded to each of these?

How has someone cultivated these attitudes in you?

How and with whom does this characteristic of “building up another” need to be built into your life?

Using Handout 3 from the first session, please fill in the Application section. Try to incorporate the application formula.

Knowing that _____

I will _____

When or with whom _____

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Handout 7

Small Group Worksheet 2

From 1 Thessalonians 1: 1-10

Please answer the following questions:

What things are “reported” about the Thessalonians by others according to these verses?

What ways do they become “imitators” (vs. 6) of Paul?

Which characteristics from your life would you like “copied”?

What can you do to “pass it on” to some specific person?

Using Handout 3 from the first session, please fill in the Application section. Try to incorporate the application formula.

Knowing that_____

I will _____

When or with whom_____

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Handout 8

Small Group Worksheet 3

From 1 Thessalonians 1: 1-10

Please answer the following questions:

What things are “reported” about the Thessalonians by others according to these verses?

How does each of the three aspects in vs. 9-10 demonstrate their “faith toward God”?

How do they reflect on the “kind of reception” Paul was given?

What’s one aspect of your lifestyle that you’d like to reflect to others “your faith toward God”?

What is a definite way you can demonstrate to others this week you “faith” in God in this area of living?

Using Handout 3 from the first session, please fill in the Application section. Try to incorporate the application formula.

Knowing that _____

I will _____

When or with whom _____

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