

Command 1: Obey God

First Third - Look Back:

1. Member Care: Share testimonies—what has God done in your life since our last meeting?
2. Prayer: Take turns expressing worship to God, praying for each other, and then praying for God to bless your meeting together.
3. Vision casting: My two goals for you are that you would walk closely with Jesus and that you help someone else walk closely with Jesus.

Second Third - Look Up:

4. New Lesson: Tell Matthew 7:21-27 in your own words, then read and discuss it using Head, Heart, Hands.
Head: Summary and Facts (According to verses 21-23, what does Jesus require people to do to enter the Kingdom of Heaven? Is it possible to confess Jesus as Lord and not actually be His disciple? How can you tell if someone is really a disciple of Jesus? What is the main point of Jesus story about the wise and foolish builders? What is the difference between the wise man and the foolish man according to Jesus' words? What does the house represent? What do the storms represent? What does the rock represent? What does the sand represent?)
Heart: Emotions (How did the man who built his house on the rock feel when the storms came? How did the man who built his house on sand feel when the storms came? How does Jesus feel about each of these two men?)
Hands: Response (Do you want to build your life on the rock or the sand? What do you need to do to build your life on the rock? Share something God has told you that you need to obey immediately. Is there a specific sin that you need to turn away from?)

Final Third - Look Ahead:

5. Practice: Read Matthew 28:18-20. Jesus requires His disciples to be baptized as an outward expression of their new life of knowing Jesus. Are you willing to confess that Jesus is your Lord by obeying Him in baptism?

Explore More:

- What is baptism? Romans 6:3-4—Baptism is a symbol of our life, death, and resurrection with Jesus. It also means that we have died to our old life and been raised to a new life with Jesus.
- Why should we be baptized? Matthew 3:13-15—Jesus received baptism, so should we. Receiving baptism means we have identified 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.

6. Goal Setting and Prayer.

GO: Help someone walk with Jesus by teaching them this week's command about obeying Jesus. (Who do you know that would be willing to learn this story from you? When could you share it with them this week?)

GROW: Be baptized in water.

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Command 2: Share the Gospel

First Third - Look Back:

1. Member Care: Share testimonies—what has God done in your life since our last meeting?
2. Prayer: Take turns expressing worship to God, praying for each other, and then praying for God to bless your meeting together.
3. Loving Accountability: How did you do obeying your goals from our last meeting? (Grow and Go goals)

Second Third - Look Up:

4. Vision Casting: Read Romans 1:16-17. Why is important to not be ashamed of the good news about Jesus?
5. New Lesson: Tell the story about Jesus commissioning His disciples to preach the gospel from Mark 16:15-20. Then read the story aloud and discuss it together using the Head, Heart, Hands questions.
Head: Summary and Facts (What did Jesus tell His disciples to do? What is the gospel? How will people respond to the gospel message we preach? What will happen to people who believe the gospel? What happens to those who do not believe the gospel? What happened when the disciples obeyed Jesus' command to preach the gospel?)
Heart: Emotions (How do you think Jesus felt as He was giving this important commission to His disciples right before He went back to Heaven? How do you think the disciples felt when Jesus gave them this commission? How does it make you feel to be entrusted with this commission?)
Hands: Response (Are you willing to share the gospel with people?)

Final Third - Look Ahead:

6. Practice:
 - A. A simple way to start gospel conversations.
 - “Hi, my name is _____. Is there anything I can pray for you about?” (Then pray for them.) “Can I tell you a quick story about how I came to know Jesus?”
 - B. How to share the gospel using your own story. (Explain and practice the One-One-One method.)
 - **One story:** Write down two words that would describe your life before you started following Jesus. Now write two words that would describe your life after you started following Him. Now describe how you learned about Jesus' death on the cross to forgive your sins and how you turned from serving yourself to serving Jesus as your King in between those two sets of words. Your story has three parts: 1) What was your life like before you knew Jesus? 2) What led you to begin following Jesus? 3) How has Jesus changed your life since you began following Him?
 - **One minute:** Share your story in one minute or less.
 - **One question:** Ask the person you're sharing with this question: **Would you like God to do this for you?** This gives them the opportunity to surrender their life to Jesus.
 - C. Who do you know that needs to hear this message? (Write down their names)
7. Goal Setting and Prayer.
 - **GROW:** Read the Bible every day this week. What part of the Bible will you start reading this week? What time of day will you read the Bible?
 - **GO:** Pray for someone and share the gospel this week. Who are you going to share the gospel with this week? When could you share it with them?

Command 3: Abide in Jesus

First Third - Look Back:

1. Member Care: Share testimonies—what has God done in your life since our last meeting?
2. Prayer: Take turns expressing worship to God, praying for each other, and then praying for God to bless your meeting together.
3. Loving Accountability: How did you do obeying your goals from our last meeting? (Grow and Go goals)
4. Vision Casting: Read Matthew 28:18-20. What does Jesus command us to do? How does Jesus tell us to make disciples? (You can start by teaching them the Commands of Christ you have already learned)

Second Third - Look Up:

5. New Lesson. Tell the story of the Vine and the Branches from John 15:1-11 in your own words. Then read it aloud and discuss a way to practice the command using the Head, Heart, and Hands questions.

Head: Summary and Facts (What are the three gardening symbols and who do they represent [vs. 1-5]? How do you abide or remain [vs. 9-11] in the love of Christ? What happens to branches that do not remain in the vine? How does that relate to our relationship with Jesus? What else does this story teach us about our relationship with God?)

Heart: Emotions (How do the branches feel about the vine? How does the story make you feel?)

Hands: Response (The two essentials of abiding in Christ are *communicating with* and *obeying* Jesus. Are you willing to communicate with Jesus through His word and prayer and obey what He tells you to do?)

Final Third - Look Ahead:

6. Practice: Practice abiding in Christ by using PLUMP on the right. The gospel of Matthew is a good place to start. Take five minutes to read Psalm 1, underline, and pray now. Share how God spoke to you when finished.

7. Goal Setting and Prayer.

GROW: Read the Bible every day this week using P.L.U.M.P. Be ready to answer two questions: “What did God say to you?” and “How are you going to respond to Him?”

GO: Review the names on your share list from last week. Who is Holy Spirit leading you to share the gospel with this week? Is there someone that you need to baptize and teach to obey Jesus’ commands?

How to have **PLUMP** fruit by
Abiding in Christ

PRAY that God will speak to you

LISTEN to God by reading His Word

UNDERLINE or highlight the verses that stick out to you

MEDITATE- or think how to apply what you underlined

PRAY and ask God how He wants you to obey Him

Command 4: Pray

First Third - Look Back:

1. Member Care: Share testimonies—what has God done in your life since our last meeting?
2. Prayer: Take turns expressing worship to God, praying for each other, and then praying for God to bless your meeting together.
3. Loving Accountability: How did you do obeying your goals from our last meeting? (Grow and Go goals)
4. Vision Casting: Read Colossians 4:2. What does it look like to devote ourselves to something? What should it look like to devote ourselves to prayer? Why is it important to devote ourselves to pray?

Second Third - Look Up:

5. New Lesson: Tell the story about Jesus teaching His disciples how to pray in Luke 11:1-13. Then read it aloud and discuss how to practice this command using the Head, Heart, and Hands questions.

Head: Summary and Facts (What does this passage teach us about how to pray? How does Jesus teach us to approach God when praying? What does Jesus teach us to pray for? Why does Jesus tell us to ask Him for things in prayer?)

Heart: Emotions (How would it feel for God to do a miracle in response to your prayers? How does God feel when we pray?)

Hands: Response (Are you willing to devote yourself to praying like Jesus taught us to?)

Final Third - Look Ahead:

6. Practice: Make a personal prayer plan. When do you want to pray each day? How long do you want to pray? Use the Lord's Prayer in Matthew 6:9-13 as a template for your prayer time:

- 1) **Worship (v. 9):** Express praise to God and thank Him for specific things you are grateful for.
- 2) **Intercession (v. 10):** Think of people and situations you want God to intervene in and pray for His Kingdom to come and will to be done there.
- 3) **Petition (v. 11):** Ask God to meet specific needs that you have (spiritual needs, physical needs, emotional needs, relational needs, financial needs, family needs).
- 4) **Confession (v. 12):** Confess your sins to God and receive His forgiveness. Forgive others who have hurt you.
- 5) **Spiritual Warfare (v. 13a):** Pray for protection and deliverance from demonic attacks. Ask God to help you overcome any sin or temptation you are facing.
- 6) **Praise (v. 13b):** Thank the Lord for hearing you and declare the victory of Jesus!

7. Goal Setting and Prayer.

GROW: Use the Lord's Prayer as a prayer guide to pray through every day this week when you are reading your Bible.

GO: Teach someone to pray like Jesus this week. Who is Holy Spirit leading you to share the gospel with this week?

Command 5: Love One Another

First Third - Look Back:

1. Member Care: Share testimonies—what has God done in your life since our last meeting?
2. Prayer: Take turns expressing worship to God, praying for each other, and then praying for God to bless your meeting together.
3. Loving Accountability: How did you do obeying your goals from our last meeting? (Grow and Go goals)
4. Vision Casting: Read Hebrews 10:24-25. Why is it important for believers to gather together regularly?

Second Third - Look Up:

5. New Lesson: Read John 13:34-35. What command does Jesus give us in John 13:34-35 and why is it important? Tell Acts 2:36-47 in your own words, then read and discuss it using the Head, Heart, Hands questions.

Head: Summary and Facts (What did Peter tell the people they needed to do to be saved? How many new disciples were added to the church after Peter's message? In Acts 2:41-47, what did the new disciples do when they met together? What are the characteristics mentioned that make these believers a healthy church?)

Heart: Emotions (How did these people feel as they began to live in community? How does the story make you feel?)

Hands: Response (Do you regularly gather with other believers to practice the elements of being a healthy church? If not, who can you begin meeting with regularly to be a healthy church? When is a regular time you will meet with them for worship, fellowship, and training on a weekly basis?)

Final Third - Look Ahead:

6. Practice:

A. Practice the Lord's Supper from 1 Corinthians 11:23-26. Offer each other some bread as His body and some juice as His blood. Pray and thank God for Jesus Christ.

7. Goal Setting and Prayer.

GO: Who is the Holy Spirit leading you to share the gospel with this week? Is there anyone that you need to baptize and teach to obey Jesus' commands?

GROW: Begin meeting with your church this week. Continue fellowshiping with the Holy Spirit through daily prayer and Bible reading.

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