

FIRST 40 DAYS

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. ¹⁰As Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. ¹¹And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."

¹²At once the Spirit sent him out into the desert, ¹³and he was in the desert forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

-Mark 1:9-13

The First 40 days as a disciple are some of the most pivotal in your life. These are times of continued foundation building, as well as times of great temptation by Satan, just as Jesus endured after his baptism. As you begin this program please commit to meeting at least once a week with the person/people you have been studying the Bible with and work on these together, encouraging one another along the way!

SUGGESTED BOOKS TO ASSIST YOU

- ~* NIV Bible
- ~* Holman's Bible Dictionary
- ~* Vine's Expository Dictionary
- ~* Exhaustive NIV Concordance
- ~* "The Celebration of Discipline" by Richard Foster
- ~* A Personal Journal

JOURNALING

Keeping a daily journal can be a great way to keep track of how God is working in your life. Take notes from your quiet times and sermons, write down prayers, or just record your spiritual journey.

WEEK ONE

IN THE BEGINNING: Developing the prayer life and attitude of a disciple

EXERCISES FOR THE WEEK

- ↗ Memory verse: Colossians 3:1
- ↗ Develop a prayer list including an Impossible Prayer List!!
- ↗ Use your Journal each day in your Quiet times

What's an Impossible Prayer List? (Luke 18:1-8)

A list of things (character traits, sin) that seem impossible to happen or overcome in your life, or it may be people or family members that seem too far from God to become Christians. Choose 2 or 3 of these and commit to pray every day for God to work powerfully in these areas.

DAY ONE: A New Creation

Read 2 Corinthians 5:14-21

Key words to define:

- Ministry of reconciliation
- New Creation
- Worldly Point of View

- 1) What does it mean to you to know that God regards you as a new creation after baptism?
- 2) As Christ's Ambassador what kind of life ought you to live?
- 3) What should our motivation be in following Christ?
- 4) How can you begin viewing others spiritually rather than worldly?

DAY TWO: Confidence in Prayer

Read Hebrews 4:14-16 & 1 Timothy 2:1

Key words to define:

- High Priest
- Mercy
- Confidence

- 1) Have you considered Christ sympathizing with your weaknesses?
- 2) How does this affect your relationship in prayer with Christ?
- 3) Is there anything that you couldn't bring to God in prayer?
- 4) Develop a daily prayer list that will help you focus on a deeper prayer life

DAY THREE: Amazing Forgiveness

Read 1 John 1:5-10 & Colossians 4:2-4

- 1) What is walking in the light?
- 2) According to this passage is there on again/off again forgiveness or is it continual?
- 3) When you pray how open and intimately do you confess your sin to God?
- 4) Prayer should include what attitude?

DAY FOUR: Jesus the Mediator

Read 1 John 2:1-2

- 1) What is John's goal in writing this?
- 2) When we do fall how does Christ intercede?
- 3) How have you previously viewed Christ when you have sinned?
- 4) How does this affect your relationship with Christ?

DAY FIVE: Righteousness not of our own

Read Romans 8:31-39

- 1) God gave you these: his son, justification from sin, everlasting love
-Which of these were you good enough for?
- 2) How great is God's love for you?
- 3) God did not even spare his son but gave him up for you. What should your response be, knowing that the creator of the universe wants to be with you that much?
- 4) How should this motivate us in our relationship with Christ?

DAY SIX: Clothed with Christ

Read Galatians 3:26-28 & Colossians 3:12-17

- 1) In baptism you were clothed with Christ, what does that mean?
- 2) What do clothes do for us each day?
- 3) What does it mean to be one in Christ Jesus?
- 4) Which of these attitudes do you need to put on and pray about?

DAY SEVEN: Owned by God

Read Acts 2:38

- 1) Which sins were forgiven at baptism? All? Yes!!
- 2) Now that Christ is Lord, and he in effect 'owns' you, what does that mean to you?
- 3) Who are some people you have shared this with or would like to share your baptism account with?

WEEK 2

BIBLE STUDY

EXERCISES FOR THE WEEK

🔗 Memory Verse: 2 Timothy 3:16-17

🔗 Read 'Celebration of Discipline' Chapter 5- 'Study'

QUESTIONS TO ASK AS YOU STUDY

- 1) Is there a promise from God in the verse I just read?
- 2) Is there a command to obey?
- 3) Is there a sin to avoid?
- 4) Is there a teaching I must learn and believe?
- 5) Is there an example to follow or avoid?
- 6) Is there a difficulty in the passage I need to explore?
- 7) Is there something in the verse that I need to pray about?
- 8) Is there a word or a phrase that stands out to you?

DAY 8-14: Character Study

Assignment: Choose a character in the Bible and write down the main times they appear in the bible. You will find this information in your concordance.

For the next 3 days read about this character in the bible, making notes in these areas:

- What do I see in their Character?
- Do they have flaws?
- How are they like me?
- Is there something about them that is inspiring?
- How do they respond to God's call/commands?
- How do they respond to failure?
- How does God respond to them?
- What is their relationship with God like? Does it change over time?
- Take some time on the third day to assess how you can apply what you have learned to your own life.

WEEK 3

THE BATTLE AGAINST SIN

EXERCISES FOR THE WEEK

- ↗ Memory Verse: Romans 6:1-2
- ↗ Read 'Celebration of Discipline' Chapter One
- ↗ Extra suggested reading: "The Lion Never Sleeps"

DAY 15: How should we treat sin?

Read Matthew 5:29-30, Genesis 4:1-12

- 1) How serious is Jesus telling us to treat sin?
- 2) Whose responsibility does Jesus say it is to gouge out the sin?
- 3) What sins still need this kind of treatment in your life?
- 4) Decide today that you will take action against the sin in your life!

DAY 16: The Sinful Progression

Read James 1:13-15

- 1) Write down the progression that James explains here in this passage.
- 2) What are some specific instances in your life where you have seen desire turn into sin and then progress?
- 3) Why is it valuable to have this information?
- 4) What are the temptations and desires that can progress into sin in your life?

DAY 17: The Roaring Lion

Read 1 Peter 5:8-9

- 1) How is Satan portrayed? If this is factual how should we live as disciples?
- 2) What are some ways we resist Satan?
- 3) The scripture begins with a command, what is it? Are you obeying?

DAY 18: Clean the inside

Read Matthew 23:25-28

Key words to define:

- hypocrites
- greed
- self-indulgence

- 1) What is Jesus teaching about sin?
- 2) Why is it dangerous spiritually to just look spiritual on the outside?
- 3) What areas are you tempted to just cover over and not really deal with the sin?

DAY 19: Godly Sorrow

Read 2 Corinthians 7:9-11

Key words to define:

- Earnestness
- Eagerness
- Indignation
- Alarm
- Concern
- Readiness

- 1) What is the difference between Godly sorrow and worldly sorrow?
- 2) Are you having Godly sorrow concerning sin in your life? How would you know?
- 3) What is the promise that comes with repenting in this manner?

DAY 20: Times of refreshing

Read Acts 3:19 & Phil 3:12-14

- 1) List some things in your life that are refreshing.
- 2) What is it about repentance that refreshes us?
- 3) Are you refreshed daily in your relationship with Christ?

DAY 21: A Way Out

Read 1 Corinthian 10:13

- 1) What are your greatest temptations?
- 2) Do you see the way out that Christ is providing?
- 3) What is the promise in this scripture? When Christ promises something it is solid, he won't back down on that!
- 4) Resolve to take the way out that God gives you in your daily temptations!

WEEK 4

THE HARVEST

EXERCISES FOR THE WEEK

➤ Memory Verse: Philippians 2:3-4

➤ Read 'Celebration of Discipline' Chapter Nine- 'Service'

DAY 22: An Eternal Command

Read Matthew 28:16-20

- 1) What is Jesus' command to us?
- 2) Along with baptizing others what else does Jesus command us to do?
- 3) According to this scripture are we alone in this mission?

DAY 23: Out of this world

Read 2 Corinthians 5:16

- 1) How should we see others?
- 2) As we see others spiritually how should this affect us evangelistically?
- 3) What is the difference in regarding people from a worldly perspective and a spiritual perspective?

DAY 24: The day is unknown

Read 2 Peter 3:8-12

- 1) What is God's desire for us?
- 2) How urgent should we be in sharing the gospel with others?
- 3) If we knew Jesus was coming back this week, is there someone I would be more urgent in sharing my faith with?
- 4) Start today with someone you want to share your faith with!

DAY 25: Uncommon Courage

Read Acts 4:8-20

- 1) Why do you think these guys are so courageous?
- 2) Where are some areas that you are lacking courage spiritually?
- 3) Come up with a plan to challenge yourself to overcome these fears.

DAY 26: Sharing your life

Read 1 Thessalonians 2:7-9

- 1) What example does Paul show here that we can follow?
- 2) What would be involved in sharing the gospel and our lives?
- 3) "People don't care how much you know, until they know how much you care", how can you show non-Christians that you truly care about them as you share the gospel?

HELPFUL HINTS IN EVANGELISM

- 1) ***PRAY:*** Don't depend on you, depend on God. Jesus depended on God as well (John 5:19), so should we.
- 2) ***MAKE THE MOST OF ALL OPPORTUNITIES:*** Keep your eyes open at all times to plant and water for God. (Colossians 4:2-6)
- 3) ***HOSPITALITY*** (Hebrews 13:2)
- 4) ***LIVE WITH JOY!*** (Philippians 4:4)

DAY 27: Compelled by Christ

Read 2 Corinthians 5:11-21

- 1) Write down 5 things this teaches about evangelism
- 2) What can we learn from Paul as he shared the gospel with people?
- 3) Study 2 Corinthians 4:1-10 to learn some insights from Paul on evangelism

DAY 28: Plant and Water

Read Mark 4:26-29 & 1 Corinthians 3:5-9

- 1) What is God's role in evangelism?
- 2) What is our role in evangelism?
- 3) Are you making the most of all opportunities to plant and water?

WEEK 5

RELATIONSHIPS IN THE BODY OF CHRIST

EXERCISES FOR THE WEEK

- ↗ Memory Verse: 1 Corinthians 12:13
- ↗ Read 'Celebration of Discipline' Chapter 2- 'Meditation'
- ↗ Start meditating on Psalm 1

Helpful hints on Meditation

- I. Slowly read the passage through several times
- II. Reflect on the thoughts and words of the passage, put yourself into the scripture. What phrases stand out to you? If the story is a parable become an active part of the story, use your senses. Picture God speaking the words of the scripture to you.
- III. Spend a couple of minutes the first day, adding a little time each day. Stick with the same scripture for the whole week! Let it really sink in.
- IV. The goal of mediation is to listen to the scripture and obey! What is the scripture saying, and how can you obey?

DAY 29: Daily Encouragement

Read Hebrews 3:12-13 & Hebrews 10:24-25

- 1) Encourage means to give courage. What brothers and sisters need your daily encouragement?
- 2) As you read these scriptures why is encouragement so important as a disciple?
- 3) Make a list of a few brothers and sisters that you will commit to encourage daily no matter what.

DAY 30: Daily Love

Read John 13:34-35

- 1) Jesus asks us to love others as he has loved us. How are some of the ways Jesus has shown his love to you?
- 2) How do you demonstrate that love to other disciples? Would non-Christians identify you as a Christian by your love for your brothers and sisters?
- 3) Examine some areas where you see yourself needing to love more like Jesus, write these things down to be put into practice in your life.

DAY 31: Daily Prayer

Read Ephesians 6:18-20

- 1) Prayer puts us in direct contact with God, are you praying daily for brothers and sisters in your ministry? Your close relationships in the body? Church Leadership?
- 2) In this section of scripture what is a specific reason Paul is asking for prayers?
- 3) Spend some time today coming up with a plan on how to pray for your whole ministry, your whole family, the whole church!

DAY 32: Daily Service

Read Philippians 2:1-11

- 1) Notice in verse 5 it says our attitude should be the same as Jesus'. He became a servant. Sometimes it's easy to do acts of service but not have the attitude of Jesus. Today as you serve others, concentrate also on having the same attitude of Jesus.
- 2) How can you consider others better than yourself? (verse 3)
- 3) Write down the names of your 3 closest brothers or sisters in Christ. Can they depend on you? Can they trust you? Do you serve them? Do they know you love them? Do the same thing with non-Christians you are reaching out to.

DAY 33: Addicted to the Fellowship

Read Acts 2:42-47 & Hebrews 10:25

- 1) The word in Acts 2:42 for 'devoted' actually means 'addicted'. The first disciples were addicted to the fellowship. From this section of scripture what example did they show that we can follow about their fellowship with one another?
- 2) Why does the Hebrew writer warn against not meeting together as some are in the habit of doing?
- 3) Read also 1 Corinthians 12:12-26 to see how detrimental it is when one part of the body is not present.

DAY 34: Presenting each other perfect

Read Colossians 1:28-29 & Ephesians 4:11-16

- 1) Why does God ask us to present everyone perfect in Christ?
- 2) What does it mean to speak the truth in love?
- 3) Why are we asked to speak the truth in love to one another?

DAY 35: Conflict resolution

Read Matthew 5:23-24

- 1) Whose responsibility is it to resolve conflict between brothers and sisters?
- 2) According to Jesus' teaching how urgent is resolution?
- 3) Do you have any unresolved issues with brothers or sisters? Do you know of any brothers or sisters that have issues with you?

WEEK 6

WORSHIP SERVICE

EXERCISES FOR THE WEEK

- ↗ Memory Verse: Matthew 22:37-40
- ↗ Read 'Celebration of Discipline' Chapter 11- 'Worship'
- ↗ Meditation verse: Psalm 15

DAY 36: The Heart of Worship

Read Romans 12:1-2 & Hebrews 13:15-16

- 1) What does this scripture remind us are things that are pleasing to God?
- 2) At a worship service what should our hearts and attitude be like? What would be pleasing to God?
- 3) Read Acts 2:42, it says the disciples were devoted to all the things at the worship services: teaching, prayer, communion, and fellowship. Does your attitude reflect theirs toward worship services?

DAY 37: Teamwork

Read 1 Corinthians 12:12-20

- 1) Who in the body is not valuable?
- 2) According to this scripture Jesus is the head and most important, but as disciples is any part more important than any other? Preacher, Usher, Nursery Worker?
- 3) If we are all equal members of God's body how should we come to the worship service? As givers and contributors, or simply to sit and do nothing?

DAY 38: Communion

Read 1 Corinthians 11:23-29 & Philippians 2:5-9

- 1) Whenever we take communion what are we remembering? (v.26)
- 2) In Verse 28 Paul says we should examine ourselves before taking communion. Why does he say we should do this?
- 3) In Philippians Paul focuses our attention on Christ's own attitude, how does this challenge your heart and life?

DAY 39: Taking it with you

Read James 1:22-25 & Philemon 6-7

- 1) At each service a message from God's word is preached. Your choice is to allow it to change you or to stay the same. What does this scripture say about us when we see/hear what God wants us to do but we don't do it?
- 2) What is the promise that this scripture brings?
- 3) Decide to pick one thing from each sermon that you are going to put into practice in your life. The best way to do that is to take notes during the sermon and decide what point or scripture touches your heart to change.
- 4) The sharing of your faith in Philemon 6 is in regards to sharing with other brothers and sisters. How well do you share your spiritual victories and faith with your brothers and sisters?

DAY 40: Overflowing Zeal

Read Romans 12:9-13

- 1) This is a great section on the heart of a disciple. Do you find yourself holding back your excitement/love for God?
- 2) Are there any qualities in this section that you feel like you need to raise the level in your spiritual life?
- 3) What are the words in this section that stand out most to you? Why did you choose those?