

Discipleship Series (1)

Following Jesus:

LIFE

TRANSFORMATION

Foreword

Praise the Lord! We believe that you have already experienced the first taste of being a disciple of Jesus by reading the two booklets **“1ST STEP AND 4 HABITS OF FOLLOWING JESUS”** and **“7 STORIES OF LOVE.”** By now, you should already have a group of companions who are walking this heavenly journey with you.

This discipleship series will help you to continue following Jesus, to grow and to have breakthroughs in your life as you are being touched and renewed by the Holy Spirit. We can release the power of God to transform the world when we restore the joy, peace and love of God which He has given in our lives.

Excerpt

Jesus has sacrificed his life for everyone in the world. He is willing to love each of them and to transform each of their lives from brokenness and pain to love, peace and joy. If we are willing to repent and be baptized, the love of Jesus and the Holy Spirit will enter into our lives.

Furthermore, his love is the power that continues to transform us every day. When we are following Jesus, we are walking on the path of light that gets brighter and brighter. Through our new lives, our Heavenly Father would release His love and power to more people.

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Life Transformation (1): **It All Begins with the Heart**

Questions:

1. Please share a thing that happened in the previous week that you were grateful for or how you experienced the love of Jesus.
2. After following Jesus, how has He transformed you?
3. In the previous week, what opportunity did Jesus give you to share His love with the others?

The Teaching of Jesus – Matthew 5:1-12

When Jesus was in the world, many people followed Him because of the signs and wonders that He could perform, such as healing, casting out demons, changing the weather, and multiplying food. As Jesus saw people following him for all different kinds of reasons, he used this as an opportunity to clearly state the blessings and necessary attitudes that his disciples should have. Here is what Jesus said:

When Jesus saw the crowds, he went up on the side of a mountain and sat down. Jesus' disciples gathered around him, and he taught them:

God blesses those people who depend only on him. They belong to the kingdom of heaven!

God blesses those people who grieve. They will find comfort!

God blesses those people who are humble. The earth will belong to them!

God blesses those people who want to obey him more than to eat or drink. They will be given what they want!

God blesses those people who are merciful. They will be treated with mercy!

God blesses those people whose hearts are pure. They will see him!

God blesses those people who make peace. They will be called his children!

God blesses those people who are treated badly for doing right. They belong to the kingdom of heaven.

God will bless you when people insult you, mistreat you, and tell all kinds of evil lies about you because of me. Be happy and excited! You will have a great reward in heaven. People did these same things to the prophets who lived long ago.

Discussion:

1. What blessings did Jesus promise to people who followed him?
2. Among the first eight blessings, what did Jesus emphasize for the first and the last blessing? Why is this blessing important?
3. According to the teaching of Jesus, what attitudes should a disciple have in order to experience the rich blessings of the kingdom?
4. Which attitude is most important to you now?
5. Which attitude is most challenging to you?

Conclusion:

The most important thing Jesus taught the disciples is to have the right attitude, for our actions were driven by our hearts which could impact our whole life. Therefore as a disciple, it all begins with our hearts. First of all, we should have a humble heart, as humility would enable us to see our own problems and to seek Jesus for help. Secondly, we should have a loving heart. Even though our love is imperfect, we are willing to learning from Jesus about how to love.

Thirdly, we should be loyal to the Lord. There might be different challenges that a disciple would face, but we should remain loyal to the Lord in any situation.

Action Items:

1. What action could you take that would allow Jesus to transform your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Life Transformation (2):

Missional Life

Questions:

1. Please share a thing that happened in the previous week that you were grateful for.
2. Please share about your experience with your previous assignment.
3. What opportunity did Jesus give you to share His love with the others since the last session?

The Teaching of Jesus – Matthew 5:13-16

From our previous session, Jesus taught that the most important thing for us as disciples is to have a right attitude, for our actions are driven by our hearts, which could affect our whole lives. After teaching about the attitude, Jesus taught his disciples about the meaning and the mission of our life. Here is what Jesus said:

You are like salt for everyone on earth. But if salt no longer tastes like salt, how can it make food salty? All it is good for is to be thrown out and walked on.

You are like light for the whole world. A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a clay pot. A lamp is placed on a lampstand, where it can give light to everyone in the house. Make your light shine, so that others will see the good that you do and will praise your Father in heaven.

Discussion:

1. What are the characteristics of salt?
2. What happens when salt does not taste like salt? What does this mean?

3. What are the characteristics of light?
4. What does it mean to have our light shine before the others?
5. How did Jesus demonstrate the meaning and mission of a disciple's life with salt and light?
6. How do you think Jesus would like to transform your life based on this teaching?

Conclusion:

Jesus taught us that his disciples must be missional. The life transformation of Jesus' disciples could be a testimony to the others. Disciples whose lives have not been transformed are like salt that no longer tastes like salt; they are not influential and could only be thrown out and trampled upon. Light that could not be hidden means that disciples must testify the Lord with their transformed lives. A real disciple could shine on earth for Jesus. Therefore, our lives have to be transformed continually by Jesus, so that Jesus could use us to save more people.

Action Items:

1. What action or transformation could you have so that Jesus could bless the others through your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Life Transformation (3): **Forgiveness and Reconciliation**

Questions:

1. Please share a thing that happened in the previous week that you were grateful for.
2. Please share about your experience with your previous assignment.
3. What opportunity did Jesus give you to share His love with the others since the last session?

The teaching of Jesus – Matthew 5:21-25

From our previous session, Jesus taught us that being a disciple should be missional. After that, Jesus mentioned four aspects in relationship that a disciple should be transformed. Today we will learn about the first aspect. Here is what Jesus said:

You know that our ancestors were told, “Do not murder” and “A murderer must be brought to trial.” But I promise you that if you are angry with someone, you will have to stand trial. If you call someone a fool, you will be taken to court. And if you say that someone is worthless, you will be in danger of the fires of hell.

So if you are about to place your gift on the altar and remember that someone is angry with you, leave your gift there in front of the altar. Make peace with that person, then come back and offer your gift to God.

Before you are dragged into court, make friends with the person who has accused you of doing wrong. If you don't, you will be handed over to the judge and then to the officer who will put you in jail.

Discussion:

1. What unique challenges did Jesus give to his disciples?
2. What is the relationship between murdering and being angry? Why did Jesus compare both?
3. As compared to attending a church, how does Jesus value our relationship with others?
4. According to Jesus, how should His disciples deal with the conflicts in interpersonal relationship?
5. How do you think Jesus would like to transform your life based on this teaching?

Conclusion:

Jesus values our relationship with others very much. It is his love and example that set us apart. The disciples should not commit murder. And moreover, they must even take the initiative to forgive people and proactively reconcile with others. Murder begins with a hateful thought. Therefore, Jesus taught His disciples to get rid of hatred and to become people like Him who is filled with love and forgiveness.

Action Items:

1. What actions or changes can you make that would allow Jesus to transform your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Life Transformation (4): **A Healthy Relationship between Opposite Sexes**

Questions:

1. Please share a thing that happened in the previous week that you were grateful for.
2. Please share about your experience with your previous assignment.
3. What opportunity did Jesus give you to share His love with the others since the last session?

The teaching of Jesus – Matthew 5:27-32

From the last session, we know that Jesus values our relationship with other people. First of all, Jesus taught us to get rid of hatred and to become like Him, a person filled with love and forgiveness. Today, we will continue to learn about the second area of a disciple's relationship with the others. Here is what Jesus said:

You know the commandment which says, "Be faithful in marriage." But I tell you that if you look at another woman and want her, you are already unfaithful in your thoughts. If your right eye causes you to sin, poke it out and throw it away. It is better to lose one part of your body, than for your whole body to end up in hell. If your right hand causes you to sin, chop it off and throw it away! It is better to lose one part of your body, than for your whole body to be thrown into hell.

You have been taught that a man who divorces his wife must write out divorce papers for her. But I tell you not to divorce your

wife unless she has committed some terrible sexual sin. If you divorce her, you will cause her to be unfaithful, just as any man who marries her is guilty of taking another man's wife.

Discussion:

1. What unique challenges did Jesus give to his disciples?
2. What is Jesus' standard for His disciples about interacting with the opposite gender?
3. What is the severity of lust according to Jesus? Why?
4. According to Jesus' teaching, how should His disciples treat their spouses and marriages?
5. How do you think Jesus would like to transform your life based on this teaching?

Conclusion:

Jesus values our relationship with others very much. In God's eyes, the relationship between men and women in love and marriage is noble and sacred. Therefore, the attitude that the disciples should have regarding the relationship between men and women should be unique. The disciples should not commit adultery. And moreover, their thoughts must remain pure. Improper actions originated from unclean thoughts. Therefore, Jesus taught His disciples to get rid of unclean thoughts, to become people who respect the opposite gender and are faithful to their spouses.

Action Items:

1. What actions or changes can you make that would allow Jesus to transform your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Life Transformation (5):

Integrity

Questions:

1. Please share a thing that happened in the previous week that you were grateful for.
2. Please share about your experience with your previous assignment.
3. What standards concerning integrity do you think a follower of Jesus should have?

The teaching of Jesus – Matthew 5:33-37

In the last two sessions, we know that Jesus valued our relationship with others very much. Last time we learned that in the eyes of God, the love and marital relationship between men and women is noble and sacred. Therefore, Jesus taught us to get rid of unclean thoughts and become a person who respect the opposite gender and is faithful to our spouse. Today we will continue to study the third aspect about interpersonal relationships. Here is what Jesus said:

You know that our ancestors were told, “Don’t use the Lord’s name to make a promise unless you are going to keep it.” But I tell you not to swear by anything when you make a promise! Heaven is God’s throne, so don’t swear by heaven. The earth is God’s footstool, so don’t swear by the earth. Jerusalem is the city of the great king, so don’t swear by it. Don’t swear by your own head. You cannot make one hair white or black.

When you make a promise, say only “Yes” or “No.” Anything else comes from the devil.

Discussion:

1. What unique challenges did Jesus give to His disciples?
2. Why did Jesus teach His disciples not to swear?
3. Generally speaking, in what situation would a person swear?
4. According to Jesus' teaching, what standard concerning integrity should a disciple have?
5. How do you think Jesus would like to transform your life based on this teaching?

Conclusion:

Jesus values our relationship with others very much. The most important thing in a relationship between people is trust, and trust is based on integrity. Jesus' life is full of truth and light, without any deception or darkness. Therefore, Jesus taught his disciples that there should not be any deception in their lives. We have to be completely honest and credible just like Jesus.

Action Items:

1. What actions or changes can you make that would allow Jesus to transform your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Life Transformation (6): **Loving People Whom You Don't Like**

Questions:

1. Please share a thing that happened in the previous week that you were grateful for.
2. Please share about your experience with your previous assignment.
3. As a follower of Jesus, how do you think you should treat people whom you don't like?

The teaching of Jesus – Matthew 5:38-48

In the last three sessions, we know that Jesus values very much our relationship with others. Last time we learned that Jesus' life was full of truth and light. There was no deception or darkness in Him. Therefore, Jesus taught that disciples should not have any deception in their lives; they have to be completely honest and trustworthy like Him. Today we will continue to learn about the fourth aspect of the disciple's interpersonal relationship. Here is what Jesus said:

You know that you have been taught, “An eye for an eye and a tooth for a tooth.” But I tell you not to try to get even with a person who has done something to you. When someone slaps your right cheek, turn and let that person slap your other cheek. If someone sues you for your shirt, give up your coat as well. If a soldier forces you to carry his pack one mile, carry it two miles. When people ask you for something, give it to them. When they want to borrow money, lend it to them.

You have heard people say, “Love your neighbors and hate your enemies.” But I tell you to love your enemies and pray for anyone who mistreats you. Then you will be acting like your Father in

heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong. If you love only those people who love you, will God reward you for that? Even tax collectors love their friends. If you greet only your friends, what's so great about that? Don't even unbelievers do that? But you must always act like your Father in heaven.

Discussion:

1. What unique challenges did Jesus give to his disciples?
2. Why did Jesus teach his disciples to love not only their family and friends but also their enemies?
3. What is the relationship between our Heavenly Father having mercy on sinners and the disciples loving their enemies?
4. How do you think Jesus would like to transform your life based on this teaching?

Conclusion:

The main purpose that Jesus came to this world is for sinners to understand the love of the Father; by sacrificing Himself, Jesus has saved us from the power of the devil that we could return to the arms of the Father. Therefore, the greatest and the most obvious quality in the life of Jesus' disciples should also be a distinctive love. Although it is not easy to "love your enemies and pray for those who mistreats you", this is where Jesus is different from all other religions and great men in history. The more we experience His love every day, the more His love can empower us to love everyone in the world, even to love those who have hurt us.

Action Items:

1. What actions or changes can you make that would allow Jesus to transform your life?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Ministry Resources

If you'd like to continue growing in the journey of following Jesus, we encourage you to find someone to study the

“Discipleship Series” booklets together.

We also have different training materials and demonstration videos available on our YouTube channel.

Visit us online at:

<https://www.youtube.com/user/SunriseCCLA>

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