

Discipleship Series (2)

Following Jesus:

**SPIRITUAL
BREAKTHROUGH**

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.

Table of Contents

(1) : Have Compassion	5
(2) : Pray	7
(3) : Fast	9
(4) : Let God be the Master; Don't be Enslaved by Money	11
(5) : Care for What the Father Cares, And He Will Care for What You Care	13

Spiritual Breakthrough (1): **Have Compassion**

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. Please share about your experience with your previous assignment.
3. How should a disciple of Jesus help the ones who are in need?

The Teaching of Jesus – Matthew 6:1-4

After teaching the disciples how to transform their characters of life (see the “Life Transformation” booklet), Jesus continued to talk about three essential spiritual habits to help them become people with good spiritual foundation. Today we will learn about the first spiritual habit. Here is what Jesus said:

When you do good deeds, don’t try to show off. If you do, you won’t get a reward from your Father in heaven.

When you give to the poor, don’t blow a loud horn. That’s what show-offs do in the meeting places and on the street corners, because they are always looking for praise. I can assure you that they already have their reward.

When you give to the poor, don’t let anyone know about it. Then your gift will be given in secret. Your Father knows what is done in secret, and he will reward you.

Discussion:

1. What challenges did Jesus give to His disciples?
2. What is the purpose of the hypocrites giving to the poor?

3. According to Jesus' teaching, how should the disciples think about giving to the needy? Why does Jesus care about the motives of us giving to the poor?
4. What breakthroughs in life do you think Jesus would like to help you to accomplish?

Conclusion:

The greatest characters of Jesus' life are his love and compassion. Through helping and giving to those in need, those who are helped can truly experience the love of Jesus. Hypocritical people give to the poor for everyone to see, and their purpose is to win praise from others. But Jesus' disciples should not show off their good deeds, because the purpose of giving to the needy is to please God.

Action Items:

1. What action or transformation could you have so that Jesus could make you a disciple with good spiritual foundation?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Spiritual Breakthrough (2): **Pray**

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. Please share about your experience with your previous assignment.
3. What spiritual activities should a disciple of Jesus practice?

The Teaching of Jesus – Matthew 6:5-15

Jesus taught His disciples about having compassion towards others in the last session. Today we will continue to learn about the second spiritual habits that Jesus taught about. Here is what Jesus said:

When you pray, don't be like those show-offs who love to stand up and pray in the meeting places and on the street corners. They do this just to look good. I can assure you that they already have their reward.

When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you. When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers. Don't be like them. Your Father knows what you need before you ask.

You should pray like this: Our Father in heaven, help us to honor your name. Come and set up your kingdom, so that everyone on earth will obey you, as you are obeyed in heaven. Give us our food for today. Forgive us for doing wrong, as we forgive others. Keep us from being tempted and protect us from evil.

If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins.

Discussion:

1. What challenges did Jesus give to His disciples?
2. What is the purpose of the hypocrites praying?
3. According to Jesus' teaching, how should the disciples treat prayers? Why does Jesus value the motives for our prayers?
4. Based on the prayer taught by Jesus, what should the disciples first pray about?
5. How should the disciples pray for themselves according to Jesus' teaching?
6. What is the relationship between forgiving people and praying?
7. What breakthroughs in life do you think Jesus would like to help you to accomplish?

Conclusion:

Prayer is the second spiritual habit taught by Jesus. Jesus taught the disciples to pray first for the kingdom of the Father before praying for their own needs. Hypocritical people pray in order to be praised by the people. People who do not know God pray to satisfy their own desires. But the purpose of the disciples' prayer is to please the Father. Truly spiritual people should practice constant, intimate prayers with the right motives, so that their lives can connect with God more closely.

Action Items:

1. What action or transformation could you have so that Jesus could make you a disciple with good spiritual foundation?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Spiritual Breakthrough (3): **Fast**

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. Please share about your experience with your previous assignment.
3. Have you ever practiced fasting? Why or why not?

The Teaching of Jesus – Matthew 6:16-18

In the last two sessions, Jesus taught His disciples about the importance of having compassion and praying. Today we'll continue to learn about the third spiritual habits taught by Jesus. Here is what Jesus said:

When you go without eating, don't try to look gloomy as those show-offs do when they go without eating. I can assure you that they already have their reward.

Instead, comb your hair and wash your face. Then others won't know that you are going without eating. But your Father sees what is done in private, and he will reward you.

Discussion:

1. What challenges did Jesus give to His disciples?
2. What is the purpose of these hypocrites fasting? Why did Jesus call them "hypocrites" or "show-offs"?
3. According to Jesus' teaching, how should His disciples practice fasting?
4. Why does Jesus value the motives for our prayers?
5. What spiritual values do you find in fasting?

6. What breakthroughs in life do you think Jesus would like to help you to accomplish?

Conclusion:

From the three spiritual habits—having compassion for the poor, praying and fasting, Jesus is helping His disciples to see the meaning and value behind these spiritual practices. Having compassion allows the disciples to understand the Father's heart; praying enables them to establish an intimate relationship with the Father; and fasting helps the disciples increase their spiritual hunger. Jesus pointed out that when the disciples are engaging in these spiritual practices, they should have the right motive of pursuing God and not the praises of others. When a truly spiritual person practices these spiritual habits steadily and constantly, the Father will see and reward him or her.

Action Items:

1. What action or transformation could you have so that Jesus could make you a disciple with good spiritual foundation?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Spiritual Breakthrough (4): **Let God be the Master; Don't be Enslaved by Money**

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. Please share about your experience with your previous assignment.
3. How should a disciple of Jesus treat money?

The Teaching of Jesus – Matthew 6:19-24

After teaching the disciples three important spiritual habits, Jesus pointed out that the passion of their lives should be on things of eternal value. Between money and God, the disciples must make the right choice. Here is what Jesus said:

Don't store up treasures on earth! Moths and rust can destroy them, and thieves can break in and steal them. Instead, store up your treasures in heaven, where moths and rust cannot destroy them, and thieves cannot break in and steal them. Your heart will always be where your treasure is.

Your eyes are like a window for your body. When they are good, you have all the light you need. But when your eyes are bad, everything is dark. If the light inside you is dark, you surely are in the dark.

You cannot be the slave of two masters! You will like one more than the other or be more loyal to one than the other. You cannot serve both God and money.

Discussion:

1. What challenges did Jesus give to His disciples? What do you think “storing up your treasures in heaven” mean?
2. What is the difference between “storing up treasures on earth” and saving? What does “storing up treasures” mean?
3. Why did Jesus say “your heart will always be where your treasure is”?
4. What did Jesus mean by “eyes” and “light”?
5. Why did Jesus tell His disciples not to serve money?
6. What breakthroughs in life do you think Jesus would like to help you to accomplish?

Conclusion:

Jesus taught His disciples that for them to become truly spiritual people, they could only choose between pursuing money and pursuing God. Money has only a temporal value, but God's kingdom has eternal value. If the disciples are slaves to money, they cannot truly follow Jesus, the master of our lives. The disciples should look with their eyes and pursue with their hearts the things of God's kingdom.

Action Items:

1. What action or transformation could you have so that Jesus could make you a disciple with good spiritual foundation?
2. With whom can you share the teaching of Jesus that you learned today? How do you practice what you have just learned?

Spiritual Breakthrough (5): **Care for What the Father Cares, And He Will Care for What You Care**

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. Please share what opportunity Jesus gave you to share His love with the others in the previous week.

The Teaching of Jesus – Matthew 6:25-34

According to the last session, Jesus pointed out that the passion of His disciples' lives should be on the kingdom of God and not material things. In today's lesson, Jesus explained to His disciples that they should first seek God's kingdom, so that they would not need to worry about things that they need in life. Here is what Jesus said:

I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns. Yet your Father in heaven takes care of them. Aren't you worth more than birds?

Can worry make you live longer? Why worry about clothes? Look how the wild flowers grow. They don't work hard to make their clothes. But I tell you that Solomon with all his wealth wasn't as well clothed as one of them. God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. He will surely do even more for you! Why do you have such little faith?

Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these. But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well. Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

Discussion:

1. What objects did Jesus compare life with?
2. What do the birds in the sky and the wild flowers represent?
3. Why shouldn't the disciples worry about what they eat, drink, or wear? What kind of people would worry about these things?
4. What did Jesus want His disciples to seek more than anything else? What promise did He give to the disciples?
5. What breakthroughs in life do you think Jesus would like to help you to accomplish?

Conclusion:

According to the teaching today and the last session, Jesus helped His disciples to understand the importance of seeking God's kingdom and putting His work as a priority of our lives. His disciples do not need to worry about what they need in life. If the Heavenly Father could take care of the birds in the sky and the wild flowers, He would have no problem taking care of His children. When the disciples care for what the Father cares, He will care for what they care.

Action Items:

1. What action or transformation could you have so that Jesus could make you a disciple with good spiritual foundation?
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>

Or you may contact us via:

Website: www.sunrisela.org

Email: admin@sunrisela.org

Phone: (626) 281-3406

Address: 8618 Mission Dr.,

Rosemead, CA 91770

Copyright © 2019 Sunrise Christian Community & Missions Center

This booklet is free of charge. You can also download other discipleship training materials for free at www.sunrisela.org. Please feel free to share this booklet with anyone who might be interested. You are welcome to give online if you would like to support our vision.

All rights reserved. This book is protected by the copyright laws of the United States of America. This book may not be copied, reprinted, used in any form for commercial gain or profit.