

Transformation

1:8

“Making disciples of Jesus Christ for the transformation of the world.”

The resources used in this short book have been pulled together from various sources to help with a wholistic view of discipleship and spiritual growth.

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My prayer is that we all seek to imitate Jesus Christ in our everyday lives and live out the Great Commission (Matthew 28:19-20) through the power of the Holy Spirit (Acts 1:8).

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INTRODUCTION

We are committed, all-in, followers of Jesus Christ. We are not just *fans* of Jesus Christ. This means we have an opportunity to show the world how our lives are different because of the power and presence of the Holy Spirit working in and through us.

Yes, our world is marred and marked by sin and turmoil. But there is always hope. Why? Because of the presence of Jesus Christ, still alive and working, in the world. We have been invited on *his* mission in the world. So, if it ever seems as if we stress the importance of mission, you're right! We get to live out the mission of God in this life.

Remember, we have been given the presence of the Holy Spirit living and working in and through us. The same command Jesus gave his disciples is the same one he gives today: to be his “witnesses in Jerusalem, Judea and Samaria, and to the ends of the earth.” For us this means we get to be his witnesses in our context: our city, the state and nation, and to the ends of the earth. The impact we make here will have a ripple effect around the world and the kingdom of God will be known and shown.

THE PURPOSE

Plain and simple. The purpose is to show the world how a *community* of faith can love the community and the world by doing simple, random acts of kindness, generosity, and love—all in the name of Jesus Christ. In other words, this is a *discipleship* book to help us live out our faith in intentional ways in our homes and in the community.

THE CHALLENGE

We have discipleship goals for this church. (See page 7) The challenge will be to live out the goals and use this book as a journal for you to write down your thoughts and anything God may be speaking to you through this journey.

This is a self-paced journey as a disciple (apprentice/follower) of Jesus Christ, so be sure to be intentional. As you seek to “check-off” the

“tasks” be sure to spend time beforehand seriously thinking about how much God loves you. Afterwards spend time thinking and writing about what you are sensing and feeling within your spirit. Be sure to thank God for the opportunity to live out your faith in this way.

This will not be a new way of life for many people. The difference will be that *when* a person begins to thank you for what you have done, you say something to the effect of, ***“You are welcome. Because God loves you, (Church Name) wants you to know how much we love you.”***

I am honored to be with you on this journey and I challenge you to live out your faith, in this particular manner. I am praying for you daily and am trusting that God will continue to reveal himself to you and demonstrate his incredible love through you.

In Christ’s Love,
Pastor Ryan

DISCIPLESHIP GOALS

- Pray 5 times a day and worship weekly
- Read, at least, 5 verses of the Bible daily, and form a small group community (more on this later in the book on page 22)
- Practice 5 acts of intentional kindness a week and find a way to serve in the community
- Extend 5 acts of generosity toward others each month
- Give generously to God through the church
- Be part of a community service mission as part of the church
- Let others know you are a Christian and invite 5 people to church each year

*Note: These discipleship goals were adapted from the book “The Walk” by Adam Hamilton.

PRAY THE LORD'S PRAYER

This may seem like an easy exercise, but I invite you to take your time between each phrase and see what God may be speaking to you. Also, write down anything God is asking you to pray for.

One of the ways to pray the Lord's prayer is by dividing it into six sections and pausing to contemplate upon that theme. An example of how to do this follows:

Our Father, who art in heaven,
hallowed be Thy name

Thank God for who He is and His abundant faithfulness. Contemplate God's many attributes and praise Him.

Thy Kingdom come, Thy will be
done on earth as it is in heaven

Pray for God's rule and reign to become a reality in our lives, city, nation, and world. Ask for God to bring miracles and salvation.

Give us this day our daily bread

Pray for God's daily provision in your life. Take some time to verbally bring your requests before the Lord.

Forgive us our trespasses as we
forgive those who have
trespassed against us

Engage in a few moments of silence to allow the Holy Spirit to convict you of sin. Confess those sins to the Lord. Also, be still and allow the Holy Spirit to bring to mind those that have sinned against you so that you can forgive others and not allow a seed of bitterness to grow in your heart.

Lead us not into temptation

Ask for God to guide you in "paths of righteousness for His name sake". Pray that He may give you the discernment and knowledge of His will in the decisions you make today.

Deliver us from evil

Pray for God's protection against any of the strategies of Satan. The Devil wants to kill, steal, and destroy. Ask God to be your strong tower and mighty deliverer.

For Thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

PRAY 5 TIMES A DAY

What are some things you should pray for? Let the Spirit guide your time.

As we pray, at least once a day, find a quiet space and place. Ask God to open your mind, heart, and spirit to his Spirit.

I highly recommend beginning by thanking and praising God for who he is before going in to any requests.

(Remember 3 meals a day counts as 3 of your prayers 😊. We thank God for what he has prepared for us.)

Some considerations for prayer focuses:

Self: confession of sin, ask God for healing (physically, mentally, emotionally, relationally, spiritually)

Concerns about others: (use this space to write down your requests and hopefully when/how God answered your prayer)

Church: be a faithful witness in the community, unity, spiritually alive, numerical growth due to spiritual growth, etc.. How is God calling us to reach out?

Ask God to reveal how you can be part of life transformations. Ask God to send people to be baptized.

The nation: our leaders, healing in relationships, mourn for any loss, value human life, seek the common good, etc.

The world: peace, healing, redemption, etc.

Your family: healing, reconciliation, love to be shown powerfully, etc.

BREAKTHROUGH PRAYER

God of love and power,
We know that you are with us
And you are for us.
Breakthrough into our lives
And into your church.

Fill us with the grace, mercy, and power of Jesus.
Help us to discern where your Spirit is leading.
Open doors that lead us into a new season
Of faithfulness and fruitfulness
For your Kingdom.

Give us faith and courage to step through
The doors that you open. Amen.

Scripture examples:

Ephesians 3:20
Glory to God, who is able to do far beyond all that we could ask or
imagine by his power at work within us;

Revelation 3:7-8
7 “Write this to the angel of the church in Philadelphia:
These are the words of the one who is holy and true, who has the key
of David. Whatever he opens, no one will shut; and whatever he shuts,
no one opens. 8 I know your works. Look! I have set in front of you an
open door that no one can shut. You have so little power, and yet you
have kept my word and haven’t denied my name.

INTENTIONAL KINDNESS

Use this space to write down *how* you would like to be kind to another person (both in and out of the church). Then, record what and when you accomplished this act of kindness.

For example: phone call, letter, buy meal, send flowers, send card, text, buy/send Bible, open door, etc.

INTENTIONAL GENEROSITY

How can you be generous (cheerfully)? What are some things you can do? Use this space to write down how the Holy Spirit is leading you to be generous to others.

Maybe it's extending forgiveness, maybe it's offering hope, maybe it's...

GIVE GENEROUSLY TO GOD THROUGH THE CHURCH

We have been given a mission and ministry for this community of faith. It takes all of us to come together to fund the ministry God has set for us. Jesus told his disciples they must give up everything to follow him. If we try to hold on to what we think we own, and give Jesus stipulations, we miss out on being fully shaped into his character and image.

Questions to consider:

If I'm not giving 10% of income, to God's mission, what's holding me back?

Is there anything I need to ask God for his grace to help me trust him more?

What do I value?

All of these issues and concerns are addressed in scripture.

COMMUNITY MISSION

It is vital, as a community of faith, to serve Christ together. Matthew 25 is a perfect example of how we can serve our community.

Take time to pray about and ask the Spirit what he is leading you to be part of and to help this church be part of *with* you and God to serve the community.

For example: serve a food pantry, build wheelchair ramps, read to children at a school or library. Just see what the Spirit is placing on your heart!

WHO WILL YOU INVITE TO WORSHIP?

(Keep in mind, to think outside the normal Christian people you know. Who is God asking you to invite to be part of this community of faith?)

Name:

Date invited:

Result (circle one): showed up no show

If attended, what did they think?

Are they a Christian?

Do they have a Bible?

Have they been baptized?

How is God asking me to be part of their faith journey?

Name:

Date invited:

Result (circle one): showed up no show

If attended, what did they think?

Are they a Christian?

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Do they have a Bible?

Have they been baptized?

How is God asking me to be part of their faith journey?

NEXT STEPS

This very short book is *not* the end all to how a Christian lives out his/her faith. It is also not meant to be a checklist with things to “check off” as if we can earn God’s grace.

The point of this short book is to help us evaluate where we are in our discipleship with Jesus Christ, personally. Hopefully we grow in joy, grace, love, and generosity every time we serve and do things to show our lives align with what we believe.

Some things we can do to help us further our faith growth (individually *and* as a community) are:

Wesleyan Class Meetings (Small Groups for accountability and faith growth)

Bible Studies

Bible Reading Challenges

And more!

These are all called Means of Graces.

The Wesleyan Means of Grace

(taken from <https://www.umc.org/en/content/the-wesleyan-means-of-grace>)

Courageous and forward-leaning mission congregations practice spiritual disciplines. Our vital work is a spiritual adventure based in John Wesley's means of grace. John Wesley taught that God's grace is unearned and that we were not to be idle waiting to experience grace but we are to engage in the means of grace. The means of grace are ways God works invisibly in disciples, hastening, strengthening; and confirming faith so that God's grace pervades in and through disciples. As we look at the means of grace today, they can be divided into works of piety and the works of mercy.

Works of Piety

Individual Practices – reading, meditating and studying the scriptures, prayer, fasting, regularly attending worship, healthy living, and sharing our faith with others

Communal Practices – regularly share in the sacraments, Christian conferencing (accountability to one another), and Bible study

Works of Mercy

Individual Practices - doing good works, visiting the sick, visiting those in prison, feeding the hungry, and giving generously to the needs of others

Communal Practices – seeking justice, ending oppression and discrimination (for instance Wesley challenged Methodists to end slavery), and addressing the needs of the poor

Making disciples, growing vital congregations and transforming the world is part of a spiritual adventure that is empowered and guided by the Holy Spirit as churches engage in the means of grace. Spiritual goals are accomplished by connecting the means of grace with proven vital church practices such as planning, strategic direction, prioritization, clear focus and alignment.

Wesleyan Class Meetings

Small groups have *always* been a key component to the Methodist Movement.

How's your spiritual life? The Class Meeting for today

(taken from <https://www.umc.org/en/content/how-your-spiritual-life-the-class-meeting-for-today>)

Into their already jam-packed schedules, many United Methodists are setting aside time to connect with other Christians, to receive encouragement to grow in their discipleship, and to spiritually mentor one another.

The typical Sunday morning interactions that occur in the church narthex after worship are unsatisfying for some. We talk about the weather or sports, but when asked how we are doing, many of us automatically reply, “Fine. How are you?” no matter how rough the week may have been.

The Rev. Michael Zdorow, Pastor of Connecting and Leadership Ministries at Christ Church, a United Methodist congregation in Fort Lauderdale, Florida, says, “I’ve observed that there is this veneer over our souls. We have the Christian answer or the automatic Christian response to some things.”

To grow, we need to go deeper.

In the 1990s, Christ Church invited members to come together in what they call Wesley Fellowship Groups. Each Wesley Fellowship Group is “a covenant relationship group where the goal is sanctification. According to Zdorow, “It is more, ‘How is it with your soul?’ And then holding each other accountable in our daily walk with God and being in ministry with the church.”

The Class Meeting

This is not the latest innovation in church growth, but an adaptation of what John Wesley, the founder of the Methodist movement, was doing in 1700s England.

Methodism began with a small group. Then, as the movement spread, a specific type of gathering called the Class Meeting became central to what it meant to be a Methodist.

Historically, Class Meetings “made sure that every Methodist was connected to other Methodists, so no one was left out, ignored, or overlooked,” notes the Rev. Kevin Watson, a United Methodist elder and Assistant Professor of Wesleyan and Methodist Studies at Candler School of Theology. “They relentlessly focused every Methodist on the current state of their relationship with God. And they connected people to others who were at different stages of the Christian life.”

Both Wesley in England and Asbury in America considered Class Meeting attendance mandatory. Admittance to the larger Society Meeting required a ticket from a Class Leader, validating one’s faithful participation in a Class Meeting.



Admittance to a Society Meeting required a ticket from a Class Meeting. Around the edges of this ticket from 1814 are several reminders of acts of piety. Photo courtesy of the General Commission on Archives and History.

“Class Meetings were required, because they were believed to be particularly helpful in people’s growth in the Christian life, at any stage,” explains Watson.

This commitment to growing people into disciples of Jesus Christ helped the movement spread on both sides of the Atlantic Ocean then, and in other parts of the world today.

The mission statement of The United Methodist Church—*To make disciples of Jesus Christ for the transformation of the world. Local churches provide the most significant arena through which disciple-making occurs*—continues to call us to this work today.

As it was in the days of Wesley and Asbury, Class Meeting-style groups, like Christ Church's Wesley Fellowship Groups, still make and shape disciples by connecting people to one another, helping them grow in their discipleship, and encouraging them to mentor each other spiritually.

Going deeper

All of this happens through a very simple structure. A group of about a dozen people gathers weekly to take turns answering a single question. In 18th century English, Wesley asked, "How does your soul prosper?" or "How is it with your soul?" Today we might say, "How's your spiritual life?"

The conversations that follow are powerful.

"I have never been in a Class Meeting where people ran out of things to talk about," Watson says. "On the contrary, I have often heard people express the challenge of not letting the groups run over too much."

It doesn't happen overnight, but through answering that question together Class Meeting members grow closer to one another and closer to Christ. They begin to "watch over one another in love."

Zdorow shared the example of a participant who came to a meeting frustrated with something in his life. The group members listened, but kept asking soul questions.

"People in the group gave this person space to vent and talk about this," Zdorow recalls, "but then we got past that superficial stuff and

next thing you know, we're starting to really get to matters of the heart."

Living your faith

When we enter into these types of conversations regularly, lives are changed. Zdorow sees the evidence.

Wesley Fellowship Group members are "very active in the life of the church," he emphasizes. "They have the whole components of serving together [and] growing together. They really do care for one another."

For example, when Christ Church needed hospitality at a second campus, a Wesley Fellowship Group recognized an opportunity for mission. "They were never part of that campus," Zdorow reports, "but they saw the need and started stepping up to help out with the hospitality and make that a welcoming place."

Connecting, growing, and journeying together forms disciples as they reflect on and share their answers to a single question.

To start a similar group, simply invite some friends together and ask the question, "How's your spiritual life?" Then see where the Holy Spirit leads.

A great resource to learn about what Wesley's Class Meetings looked like then and could look today, is Kevin Watson's *The Class Meeting: Reclaiming a Forgotten (and Essential) Small Group Experience*. The book includes a study guide that helps groups begin the transition from being information-driven to transformation-driven and watching over one another in love.

Bible Studies

Maybe God is asking you to lead a Bible Study, at the church, in your home, somewhere in public?

In addition to in-person Bible Studies, Pastor Ryan will also periodically offer online Bible Studies. Look on Facebook: *Online Bible Study with Pastor Ryan*

Join the group and you can be part of this online Bible Study which you can facilitate in your home with people who are seeking to learn more about what the Christian faith is and how we can live it out.

BIBLE CHALLENGE

You are invited to read through these specific Biblical books over the next few months:

Genesis

Exodus

Job

Psalms

Proverbs

Jonah

Matthew

Mark

Luke

John

Acts

Galatians

Ephesians

Philippans

Colossians

1 John

2 John

3 John

As you read, ask yourself these questions as you read:

1. Ask God to open your heart, eyes, mind, and spirit to his voice.
2. What is this teaching you about who God is?
3. What is this teaching you about who God says you are?
4. How is God asking me to live out my faith and encourage others?
5. Can I sense the incredible love God has for me?

DAILY OFFICE

A good way to read through the Bible is to read as much as you can absorb. Hopefully this will be, at least, 5 verses per day. But read as much as the Spirit is leading.

To help with reading, thinking, and praying through the scripture this *daily office* exercise is something that can be useful to help in your quiet time.

DAILY OFFICE Morning Prayer

Opening Verses:

Sunday: (Psalm 122:1)

Monday: (Psalm 19:14)

Tuesday: (Psalm 43:3)

Wednesday: (Habakkuk 2:20)

Thursday: (John 4:23)

Friday: (Isaiah 57:15)

Saturday: (Psalm 105:1)

Confession of Sin

Take a few moments to pray to confess your sins and acknowledge your need for God's grace and forgiveness

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

End by acknowledging God's mercy and realizing that He has forgiven your sins in Christ Jesus.

May Almighty God have mercy on us, forgive us our sins, through Jesus Christ our Lord, and strengthen us to live in the power of the Holy Spirit, all our days. Amen.

The Invitatory

Move to a time of praise by praying the Invitatory and then the Gloria.

Lord, open our lips and our mouths shall proclaim your praise.
Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The Psalm

You are invited to read a Psalm. Begin with Psalm 1 and work your way through.

The Reading

At this time, you may read one or more additional readings from the Old Testament, New Testament, and the Gospels.

The Apostles' Creed

Read and Apostles' Creed. As you recite these words you are acknowledging the universal truths of the Christian faith.

I believe in God, the Father Almighty,
maker of heaven and earth;

And in Jesus Christ his only Son, our Lord;
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;*
the third day he rose from the dead;
he ascended into heaven,
and sitteth at the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit,
the holy catholic** church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Lord's Prayer

Pray the Lord's Prayer, taking your time and meditating on each line as you pray.

Our Father, who art in heaven, hallowed be thy Name;
thy kingdom come; thy will be done; on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who
trespass against us.

And lead us not into temptation; but deliver us from evil.

For thine is the kingdom, the power, and the glory, for ever and ever.

Amen.

The Intercession

Use the following intercessory prayer to help you focus your specific concerns.

Show us your mercy, O Lord; And grant us your salvation. Clothe your ministers with righteousness; Let your people sing with joy. Give peace, O Lord, in all the world; For only in you can we live in safety. Lord, keep this nation under your care; And guide us in the way of justice and truth. Let your way be known upon earth; Your saving health among all nations. Let not the needy, O Lord, be forgotten; Nor the hope of the poor be taken away. Create in us clean hearts, O God; And sustain us with your Holy Spirit.

Take some time to pray for yourself and others. Let the Spirit lead you and guide you as you pray.

- The Church Universal, it's members, and it's mission
- The Nation and all in authority
- The welfare of the world
- The concerns of the local community
- Those who suffer and those in any trouble

Benediction

Conclude with the following benediction.

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. Amen.

(2 Corinthians 13:14)

DAILY OFFICE: Mid-Day Prayer

The Invitatory

Move to a time of praise by praying the Invitatory and then the Gloria.

O God make speed to save us. O Lord make haste to help us.
Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The Psalm

You are invited to read a Psalm. Begin with Psalm 1 and work your way through.

The Prayers

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Our Father, who art in heaven, hallowed be thy Name;
thy kingdom come; thy will be done; on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who
trespass against us.
And lead us not into temptation; but deliver us from evil.
For thine is the kingdom, the power, and the glory, for ever and ever.
Amen.

Lord, hear our prayer;
And let our cry come to you.

The Collect

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. Amen.

Let us bless the Lord.
Thanks be to God.

DAILY OFFICE Evening Prayer

Opening Verses:

Sunday: (Psalm 141:2)

Monday: (Philippians 1:2)

Tuesday: (Psalm 96:9)

Wednesday: (Psalm 74:16-17)

Thursday: (Psalm 16:7-8)

Friday: (Amos 5:8)

Saturday: (Psalm 139:11-12)

Confession of Sin

Take a few moments to pray to confess your sins and acknowledge your need for God's grace and forgiveness

Almighty and most merciful Father, we have erred and strayed from your ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against your holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But you, O Lord, have mercy upon us, spare those who confess their faults, restore those who are repentant, according to your promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may here after live a godly, righteous, and sober life, to the glory of your holy name. Amen.

End by acknowledging God's mercy and realizing that He has forgiven your sins in Christ Jesus.

May Almighty God have mercy on us, forgive us our sins, through Jesus Christ our Lord, and strengthen us to live in the power of the Holy Spirit, all our days. Amen.

The Invitatory

Move to a time of praise by praying the Invitatory and then the Gloria.

O God make speed to save us. O Lord make haste to help us. Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The Psalm

You are invited to read a Psalm. Begin with Psalm 1 and work your way through.

Evening Prayer

O gracious light, pure brightness of the ever-living Father in heaven, O Jesus Christ, holy and blessed! Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises, O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised by happy voices, O Son of God, O Giver of Life, and to be glorified through all the worlds.

The Reading

At this time, you may read one or more additional readings from the Old Testament, New Testament, and the Gospels.

The Apostles' Creed

Read and Apostles' Creed. As you recite these words you are acknowledging the universal truths of the Christian faith.

I believe in God, the Father Almighty,
maker of heaven and earth;

And in Jesus Christ his only Son, our Lord;
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;*
the third day he rose from the dead;
he ascended into heaven,
and sitteth at the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit,
the holy catholic** church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Lord's Prayer

Pray the Lord's Prayer, taking your time and meditating on each line as you pray.

Our Father, who art in heaven, hallowed be thy Name;
thy kingdom come; thy will be done; on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who
trespass against us.

And lead us not into temptation; but deliver us from evil.

For thine is the kingdom, the power, and the glory, for ever and ever.
Amen.

The Intercession

Use the following intercessory prayer to help you focus your specific concerns.

Show us your mercy, O Lord; And grant us your salvation. Clothe your ministers with righteousness; Let your people sing with joy. Give peace, O Lord, in all the world; For only in you can we live in safety. Lord, keep this nation under your care; And guide us in the way of justice and truth. Let your way be known upon earth; Your saving health among all nations. Let not the needy, O Lord, be forgotten; Nor the hope of the poor be taken away. Create in us clean hearts, O God; And sustain us with your Holy Spirit.

Take some time to pray for yourself and others. Let the Spirit lead you and guide you as you pray.

- The Church Universal, it's members, and it's mission
- The Nation and all in authority
- The welfare of the world
- The concerns of the local community
- Those who suffer and those in any trouble

Benediction (Conclude with the following benediction.)

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. Amen.

(Romans 15:13)

21 DAILY QUESTIONS

Here is a list John Wesley encouraged his people to ask, each day. I challenge you to ask yourself these questions, daily, and see how the Holy Spirit is working in you. Especially find time to ask these questions in your small group (Class Meeting) and also be prepared to answer.

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts & words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give it time to speak to me everyday?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?
10. Do I pray about the money I spend?
11. Do I get to bed on time & get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?

15. Am I jealous, impure, critical, irritable, touchy, or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the tax collector?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward, or disregard? If so, what am I going to do about it?
20. Do I grumble & complain constantly?
21. Is Christ real to me?

METHODIST CATECHISM

(Questions, Answers, and Scripture References about the Christian Faith)

This comes from *John Wesley's revision of Martin Luther's Shorter Catechism*. A catechism is a system of questions and answers to teach the Christian faith.

This catechism would be something good to go through, question by question to teach a person, new to the Christian faith, what Christianity (and of course JESUS!) is all about.

This catechism is also a good resource for those who already profess the Christian faith to gain a deeper understanding of what it is we believe as followers of Jesus Christ.

NOTE: When going through the questions, be sure to have a Bible (or Bible app) ready to look up the scripture references. Also, it is okay to take your time when going through each question. Be sure not to rush. Allow time for the Spirit of God to work through the time of going through the questions.

Question 1. What is the purpose of humanity?

Answer. The purpose of humanity is to glorify God, and to enjoy him forever.

(1 Corinthians 10:31; Romans 11:36; Psalm 73:25–28)

Q. 2. What rule has God given to direct us how we may glorify and enjoy him?

A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy him.

(2 Timothy 3:16; Ephesians 2:20; 1 John 1:3–4)

Q. 3. What do the Scriptures principally teach?

A. The Scriptures principally teach what man is to believe concerning God, and what duty God requires of man. *(2 Timothy 1:13; 2 Timothy 3:16)*

Q. 4. What is God?

A. God is a spirit, infinite, eternal, and unchangeable; in his being, wisdom, power, holiness, justice, goodness, and truth.

(John 4:24; Job 11:7–9; Psalm 90:2; James 1:17; Exodus 3:14; Psalm 147:5; Revelation 4:8; Revelation 15:4; Exodus 34:6–7)

Q. 5. Are there more Gods than one?

A. There is but one only, the living and true God.

(Deuteronomy 6:4; Jeremiah 10:10)

Q. 6. How many persons are there in the Godhead?

A. There are three persons in the Godhead—the Father, the Son, and the Holy Spirit; and these three are one God, the same in substance, equal in power and glory.

(1 John 5:7; Matthew 28:19)

Q. 9. What is the work of creation?

A. The work of creation is God's making all things out of nothing, by the word of his power, in the space of six days, and all very good.

(Genesis 1; Hebrews 11:3)

Q. 10. How did God create man?

A. God created man male and female, after his own image, in knowledge, righteousness, and holiness with dominion over the creatures.

(Genesis 1:26–28; Colossians 3:10; Ephesians 4:24)

Q. 11. What are God's works of providence?

A. God's works of providence are his most holy, wise, and powerful preserving and governing all his creatures, and all their actions.

(Psalm 145:17; Psalm 104:24; Isaiah 28:29; Hebrews 1:3; Psalm 103:19; Matthew 10:29–31)

Q. 12. What special act of providence did God exercise toward man in the estate in which he was created?

A. When God created man, he entered into a covenant of life with him, upon condition of perfect obedience; forbidding him to eat of the tree of the knowledge of good and evil, upon the pain of death.

(Galatians 3:12; Genesis 2:17)

Q. 13. Did our first parents continue in the estate in which they were created?

A. Our first parents, being left to the freedom of their own will, fell from the estate in which they were created, by sinning against God.

(Genesis 3:6–8, 13; Ecclesiastes 7:29)

Q. 14. What is sin?

A. Sin is a transgression of the law of God.

(1 John 3:4)

Q. 15. What was the sin by which our first parents fell from the estate in which they were created?

A. The sin by which our first parents fell from the estate in which they were created was their eating the forbidden fruit.

(Genesis 3:6, 12)

Q. 16. Did all mankind fall in Adam's first transgression?

A. The covenant being made with Adam, not only for himself, but also for his posterity; all mankind, descending from him by ordinary generation, sinned in him, and fell with him, in his first transgression.

(Genesis 2:16–17; Romans 5:12; 1 Corinthians 15:21–22)

Q. 17. Into what estate did the fall bring mankind?

A. The fall brought mankind into an estate of sin and misery.

(Romans 5:12)

Q. 18. Wherein consists the sinfulness of that estate into which man fell?

A. The sinfulness of that estate into which man fell, consists in the guilt of Adam's first sin, the want of original righteousness, and the corruption of his whole nature, which is commonly called Original Sin; together with all actual transgressions which proceed from it.

(Romans 5:12,19, Romans 5:10–20; Ephesians 2:1–3; James 1:14–15; Matthew 15:19)

Q. 19. What is the misery of that estate into which man fell?

A. All mankind by their fall lost communion with God, are under his wrath and curse, and so made liable to all the miseries in this life, to death itself, and to the pains of hell forever.

(Genesis 3:8, 10, 24; Ephesians 2:2–3; Galatians 3:10; Lamentations 3:39; Romans 6:23; Matthew 25:41, 46)

Q. 21. Who is the Redeemer of mankind?

A. The only Redeemer of mankind is the Lord Jesus Christ, who, being the eternal Son of God, became man, and mankind so was, and continues to be, God and man in two distinct natures, and one person, forever.

(1 Timothy 2:5–6; John 1:14; Galatians 4:4; Romans 9:5; Luke 1:35; Colossians 2:9; Hebrews 7:24–25)

Q. 22. How did Christ, being the Son of God, become man?

A. Christ, the Son of God, became man, by taking to himself a true body, and a reasonable soul, being conceived by the power of the Holy Spirit, in the womb of the Virgin Mary, and born of her, yet without sin.

(Hebrews 2:14, 16; Hebrews 10:5; Matthew 26:38; Luke 1:27, 31, 35, 42; Galatians 4:4; Hebrews 4:15; Hebrews 7:26)

Q. 23. What offices does Christ execute as our Redeemer?

A. Christ, as our Redeemer, executes the offices of a prophet, of a priest, and of a king, both in his estate of humiliation and exaltation. (*Acts 3:21–22; Hebrews 12:25, compared with 2 Corinthians 13:3; Hebrews 5:5–7; Hebrews 7:25; Psalm 2:6; Isaiah 9:6–7; Matthew 21:5; Psalm 2:8–11*)

Q. 24. How does Christ execute the office of a prophet?

A. Christ executes the office of a prophet in revealing to us, by his Word and Spirit, the will of God for our salvation. (*John 1:18; 1 Peter 1:10–12; John 15:15; John 20:31*)

Q. 25. How does Christ execute the office of a priest?

A. Christ executes the office of a priest in his once offering up of himself a sacrifice to satisfy divine justice, and reconcile us to God; and in making continual intercession for us. (*Hebrews 9:14, 28; Hebrews 2:17; Hebrews 7:24–25*)

Q. 26. How does Christ execute the office of a king?

A. Christ executes the office of a king in subduing us to himself, in ruling and defending us, and in restraining and conquering all his and our enemies. (*Acts 15:14–16; Isaiah 33:22; Isaiah 32:1–2; 1 Corinthians 15:25; Psalm 110*)

Q. 27. In what did Christ's humiliation consist?

A. Christ's humiliation consisted in his being born, and that in a low condition; made under the law; undergoing the miseries of this life, the wrath of God, and the cursed death of the cross; in being buried, and continuing under the power of death for a time. (*Luke 2:7; Galatians 4:4; Hebrews 12:2–3; Isaiah 53:2–3; Luke 22:44; Matthew 27:46; Philippians 2:8; 1 Corinthians 15:3–4; Acts 2:24–27, 31*)

Q. 28. In what consists Christ's exaltation?

A. Christ's exaltation consists in his rising again from the dead on the third day, in ascending up into heaven, in sitting at the right hand of God the Father, and in coming to judge the world at the last day. (*1 Corinthians 15:4; Mark 16:19; Ephesians 1:20; Acts 1:11; Acts 17:31*)

Q. 29. How are we made partakers of the redemption purchased by Christ?

A. We are made partakers of the redemption purchased by Christ, by the effectual application of it to us by his Holy Spirit.

(John 1:11–12; Titus 3:56)

Q. 30. How does the Spirit apply to us the redemption purchased by Christ?

A. The Spirit applies to us the redemption purchased by Christ by working faith in us, and thereby uniting us to Christ in our effectual calling.

(Ephesians 1:13–14; John 6:37, 39; Ephesians 2:8; Ephesians 3:17; 1 Corinthians 1:9)

Q. 32. What benefits do those who truly believe partake of in this life?

A. Those who truly do in this life partake of justification, and sanctification, and the several benefits which in this life do either accompany or flow from them.

(Romans 8:30; Ephesians 1:5; 1 Corinthians 1:26, 30)

Q. 33. What is justification?

A. Justification is an act of God's free grace in which he pardons all our sins, and accepts us as righteous in his sight, only for the righteousness of Christ imputed to us, and received by faith alone.

(Romans 3:24–25; Romans 4:6–8; 2 Corinthians 5:19, 21; Romans 5:17–19; Galatians 2:16; Philippians 3:9)

Q. 34. What is adoption?

A. Adoption is an act of God's free grace by which we are received into the number, and have a right to all the privileges of the sons of God.

Q. 35. What is sanctification?

A. Sanctification is the work of God's free grace by which we are renewed in the whole man after the image of God, and are enabled to die unto sin, and live unto righteousness.

(2 Thessalonians 2:13; Ephesians 4:23–24; Romans 6:4, 6)

Q. 36. What are the benefits that in this life do accompany or flow from justification adoption, and sanctification?

A. The benefits that in this life do accompany or flow from justification adoption, and sanctification are assurance of God's love, peace of conscience, joy in the Holy Spirit, increase of grace, and perseverance therein to the end.

(Romans 5:1–2, 5; Romans 14:17; Proverbs 4:18; 1 John 5:13; 1 Peter 1:5)

Q. 37. What benefits do believers receive from Christ at death?

A. The souls of believers at their death pass into glory; and their bodies rest in their graves till the resurrection.

(Hebrews 12:23; 2 Corinthians 5:1, 6, 8; Philippians 1:23; Luke 23:43; 1 Thessalonians 4:14; Isaiah 57:2; Job 19:26–27)

Q. 38. What benefits do believers receive from Christ at the resurrection?

A. At the resurrection, believers being raised up in glory shall be openly acknowledged and acquitted in the day of judgment, and made perfectly blessed in the full enjoying of God to all eternity.

(1 Corinthians 15:43; Matthew 25:23; Matthew 10:32; John 3:2; 1 Corinthians 13:12; 1 Thessalonians 4:17–18)

Q. 39. What is the duty that God requires of man?

A. The duty that God requires of man is obedience to his revealed will.

(Micah 6:8; 1 Samuel 15:22)

Q. 40. What did God at first reveal to man for the rule of his obedience?

A. The rule that God at first revealed to man for his obedience was the moral law.

(Romans 2:14–15; Romans 10:5)

Q. 41. Where is the moral law summarily comprehended?

A. The moral law is summarily comprehended in the Ten Commandments.

(Deuteronomy 10:4; Matthew 19:17)

Q. 42. What is the sum of the Ten Commandments?

A. The sum of the Ten Commandments is: to love the Lord our God with all our heart, with all our soul, with all our strength, and with all our mind; and our neighbor as ourselves.

(Matthew 22:37–40)

Q. 43. What is the preface to the Ten Commandments?

A. The preface to the Ten Commandments is in these words, “I am the Lord your God, who has brought you out of the land of Egypt, out of the house of bondage.”

(Exodus 20:2)

Q. 44. What does the preface to the Ten Commandments teach us?

A. The preface to the Ten Commandments teaches us that because God is the Lord, and our God, and Redeemer, therefore we are bound to keep all his commandments.

(Luke 1:74–75; 1 Peter 1:15–19)

Q. 45. Which is the first commandment?

A. The first commandment is, “You shall have no other gods before me.”

(Exodus 20:3)

Q. 46. What is required in the first commandment?

A. The first commandment requires us to know and acknowledge God to be the only true God, and our God; and to worship and glorify him accordingly.

(1 Chronicles 28:9; Deuteronomy 26:17; Matthew 6:10; Psalm 29:2)

Q. 47. What is forbidden in the first commandment?

A. The first commandment forbids the denying, or not worshipping and glorifying, the true God as God, and our God; and the giving of that worship and glory to any other, which is due to him alone. *(Psalm 14:1; Romans 1:21; Psalm 81:10–11; Romans 1:25–26)*

Q. 48. What are we specially taught by these words [before me] in the first commandment?

A. These words [before me] in the first commandment teach us that God, who sees all things, takes notice of, and is much displeased with the sin of having any other God.

(Ezekiel 8:5–18; Psalm 44:20–21)

Q. 49. Which is the second commandment?

A. The second commandment is, “You shall not make unto you any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down yourself to them, nor serve them: for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and showing mercy unto thousands of them that love me, and keep my commandments.”

(Exodus 20:4–6)

Q. 50. What is required in the second commandment?

A. The second commandment requires the receiving, observing, and keeping pure and entire, all such religious worship and ordinances as God has appointed in his Word.

(Deuteronomy 32:46; Matthew 28:20; Acts 2:42)

Q. 51. What is forbidden in the second commandment?

A. The second commandment forbids the worshipping of God by images, or any other way not appointed in his Word.

(Deuteronomy 4:15–19; Exodus 32:5, 8; Deuteronomy 12:31–32)

Q. 52. What are the reasons annexed to the second commandment?

A. The reasons annexed to the second commandment are God’s sovereignty over us, his propriety in us, and the zeal he has to his own worship.

(Psalm 95:2–3, 6; Psalm 45:11; Exodus 34:13–14)

Q. 53. Which is the third commandment?

A. The third commandment is, “You shall not take the name of the Lord your God in vain: for the Lord will not hold him guiltless who takes his name in vain.” *(Exodus 20:7)*

Q. 54. What is required in the third commandment?

A. The third commandment requires the holy and reverent use of God's names, titles, attributes, ordinances, Word, and works.

(Matthew 6:9; Deuteronomy 28:58; Psalm 68:4; Revelation 15:3–4; Malachi 1:11, 14; Psalm 138:1–2; Job 36:24)

Q. 55. What is forbidden in the third commandment?

A. The third commandment forbids all profaning or abusing of anything by which God makes himself known.

(Malachi 1:6–7, 12; Malachi 2:2; Malachi 3:14)

Q. 56. What is the reason annexed to the third commandment?

A. The reason annexed to the third commandment is that however the breakers of this commandment may escape punishment from men, yet the Lord our God will not suffer them to escape his righteous judgment.

(1 Samuel 2:12, 17, 22, 29; 1 Samuel 3:13; Deuteronomy 28:58–59)

Q. 57. Which is the fourth commandment?

A. The fourth commandment is, “Remember the Sabbath day, to keep it holy. Six days shall you labor, and do all your work: but the seventh day is the Sabbath of the Lord your God, in it you shall not do any work—you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: therefore the Lord blessed the Sabbath day, and hallowed it.”

(Exodus 20:8–11 Answer 58. Deuteronomy 5:12–14)

Q. 58. What is required in the fourth commandment?

A. The fourth commandment requires the keeping holy to God such set times as he has appointed in his Word; expressly one whole day in seven, to be a holy Sabbath to himself.

Q. 59. Which day of the seven has God appointed to be the weekly Sabbath?

A. Till the resurrection of Christ, God appointed the seventh day of the week to be the weekly Sabbath; and the first day of the week ever since, to continue to the end of the world, which is the Christian Sabbath.

(Genesis 2:2–3; 1 Corinthians 16:1–2; Acts 20:7)

Q. 60. How is the Sabbath to be sanctified?

A. The Sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days; and spending the whole time in the public and private exercises of God's worship, except so much as is to be taken up in the works of necessity and mercy.

(Exodus 20:8, 10; Exodus 16:25–28; Nehemiah 13:15–19, 21–22; Luke 4:16; Acts 20:7; Psalm 92; Isaiah 66:23; Matthew 12:1–31)

Q. 61. What is forbidden in the fourth commandment?

A. The fourth commandment forbids the omission or careless performance of the duties required, and the profaning the day by idleness, or doing that which is in itself sinful, or by unnecessary thoughts, words, or works, about our worldly employments or recreations.

(Ezekiel 22:26; Amos 8:5; Malachi 1:13; Acts 20:7, 9; Ezekiel 23:38; Jeremiah 17:24–26; Isaiah 58:13)

Q. 62. What are the reasons annexed to the fourth commandment?

A. The reasons annexed to the fourth commandment are God's allowing us six days of the week for our own employments, his challenging a special propriety in the seventh, his own example, and his blessing the Sabbath day.

(Exodus 20:9, 11)

Q. 63. Which is the fifth commandment?

A. The fifth commandment is, "Honor your father and your mother; that your days may be long upon the land which the Lord your God gives you."

(Exodus 20:12)

Q. 64. What is required in the fifth commandment?

A. The fifth commandment requires preserving the honor, and performing the duties, belonging to everyone in their several places and relations, as superiors, inferiors, or equals.

(Ephesians 5:21; 1 Peter 2:17; Romans 12:10)

Q. 65. What is forbidden in the fifth commandment?

A. The fifth commandment forbids the neglecting of, or doing anything against, the honor and duty that belongs to everyone in their several places and relations.

(Matthew 15:4–6; Ezekiel 34:2–4; Romans 13:8)

Q. 66. What is the reason annexed to the fifth commandment?

A. The reason annexed to the fifth commandment is a promise of long life and prosperity (as far as it shall serve for God's glory and their own good) to all who keep this commandment.

(Deuteronomy 5:16; Ephesians 6:2–3)

Q. 67. Which is the sixth commandment?

A. The sixth commandment is, "You shall not kill."

(Exodus 20:13)

Q. 68. What is required in the sixth commandment?

A. The sixth commandment requires all lawful endeavors to preserve our own life, and the life of others.

(Ephesians 5:28–29; 1 Kings 18:4)

Q. 69. What is forbidden in the sixth commandment?

A. The sixth commandment forbids the taking away of our own life, or the life of our neighbor unjustly, or whatsoever tends unto it.

(Acts 16:28; Genesis 9:6)

Q. 70. Which is the seventh commandment?

A. The seventh commandment is, "You shall not commit adultery."

(Exodus 20:14)

Q. 71. What is required in the seventh commandment?

A. The seventh commandment requires the preservation of our own and our neighbor's chastity, in thought, speech, and behavior.

(1 Corinthians 7:2–3, 5, 34, 36; Colossians 4:6; 1 Peter 3:2)

Q. 72. What is forbidden in the seventh commandment?

A. The seventh commandment forbids all unchaste thoughts, words, and actions.

(Matthew 15:19; Matthew 5:28; Ephesians 5:3–4)

Q. 73. Which is the eighth commandment?

A. The eighth commandment is, “You shall not steal.”

(Exodus 20:15)

Q. 74. What is required in the eighth commandment?

A. The eighth commandment requires the lawful procuring and furthering the wealth and outward estate of ourselves and others.

(Genesis 30:30; 1 Timothy 5:8; Leviticus 25:35; Deuteronomy 22:1–5; Exodus 23:4–5; Genesis 47:14, 20)

Q. 75. What is forbidden in the eighth commandment?

A. The eighth commandment forbids whatsoever does or may unjustly hinder our own or our neighbor’s wealth or outward estate.

(Proverbs 21:17; Proverbs 23:20–21; Proverbs 28:19; Ephesians 4:28)

Q. 76. Which is the ninth commandment?

A. The ninth commandment is, “You shall not bear false witness against your neighbor.”

(Exodus 2:16)

Q. 77. What is required in the ninth commandment?

A. The ninth commandment requires the maintaining and promoting of truth between man and man, and of our own and our neighbor’s good name, especially in witness-bearing.

(Zechariah 8:16; 3 John 12; Proverbs 14:5, 25)

Q. 78. What is forbidden in the ninth commandment?

A. The ninth commandment forbids whatsoever is prejudicial to truth, or injurious to our own or our neighbor’s good name.

(1 Samuel 17:28; Leviticus 19:16; Psalm 15:3)

Q. 79. Which is the tenth commandment?

A. The tenth commandment is, “You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is your neighbor’s.”

(Exodus 20:17)

Q. 80. What is required in the tenth commandment?

A. The tenth commandment requires full contentment with our own condition, with a right and charitable frame of spirit toward our neighbor, and all that is his.

(Hebrews 13:5; 1 Timothy 6:6; Job 31:29; Romans 12:15; 1 Timothy 1:5; 1 Corinthians 13:4–7)

Q. 81. What is forbidden in the tenth commandment?

A. The tenth commandment forbids all discontentment with our own estate, envying or grieving at the good of our neighbor, and all inordinate motions and affections to anything that is his.

(1 Kings 21:4; Esther 5:13; 1 Corinthians 10:10; Galatians 5:26; James 3:14, 16; Romans 7:7–8; Romans 13:9; Deuteronomy 5:21)

Q. 83. Are all transgressions of the law equally heinous?

A. Some sins in themselves, and by reason of several aggravations, are more heinous in the sight of God than others.

(Ezekiel 8:6, 13, 15; 1 John 5:16; Psalm 78:17, 32, 56)

Q. 84. What does every sin deserve?

A. Every sin deserves God’s wrath and curse, both in this life, and that which is to come.

(Ephesians 5:6; Galatians 3:10; Lamentations 3:39; Matthew 25:41)

Q. 85. What does God require of us, that we may escape his wrath and curse due to us for sin?

A. To escape the wrath and curse of God due to us for sin, God requires of us faith in Jesus Christ, repentance unto life, with the diligent use of all the outward means by which Christ communicates to us the benefits of redemption.

(Acts 20:21; Proverbs 2:1–5; Proverbs 8:33–36; Isaiah 55:3)

Q. 86. What is faith in Jesus Christ?

A. Faith in Jesus Christ is a saving grace, by which we receive and rest upon him alone for salvation, as he is offered to us in the gospel.

(Hebrews 10:39; John 1:12; Isaiah 26:3–4; Philippians 3:9; Galatians 2:16)

Q. 87. What is repentance unto life?

A. Repentance unto life is a saving grace, by which a sinner, out of a true sense of his sin, and apprehension of the mercy of God in Christ, does, with grief and hatred of his sin, turn from it unto God, with full purpose of, and endeavor after, new obedience.

(Acts 11:18; Acts 2:37–38; Joel 2:12; Jeremiah 3:22; Jeremiah 31:18–19; Ezekiel 36:31; 2 Corinthians 7:11; Isaiah 1:16–17)

Q. 88. What are the outward means by which Christ communicates to us the benefits of redemption?

A. The outward and ordinary means by which Christ communicates to us the benefits of redemption are his ordinances, especially the Word, sacraments, and prayer.

(Matthew 28:19–20; Acts 2:42, 46–47)

Q. 89. How is the Word made effectual to salvation?

A. The Spirit of God makes the reading, but especially the preaching, of the Word an effectual means of convincing and converting sinners, and of building them up in holiness and comfort, through faith, unto salvation.

(Nehemiah 8:8; 1 Corinthians 14:24–25; Acts 26:18; Psalm 19:8; Acts 20:32; Romans 15:4; 2 Timothy 3:15–17; Romans 10:13–17; Romans 1:16)

Q. 90. How is the Word to be read and heard, that it may become effectual to salvation?

A. That the Word may become effectual to salvation, we must attend to it with diligence, preparation, and prayer; receive it with faith and love; lay it up in our hearts; and practice it in our lives.

(Proverbs 8:34; 1 Peter 2:1–2; Psalm 119:18; Hebrews 4:2; 2 Thessalonians 2:10; Psalm 119:11; Luke 8:15; James 1:25)

Q. 91. How do the sacraments become effectual means of salvation?

A. The sacraments become effectual means of salvation, not from any virtue in them, or in him who does administer them; but only by the blessing of Christ, and the working of his Spirit in them who by faith receive them.

(1 Peter 3:21; Matthew 3:11; 1 Corinthians 3:6–7; 1 Corinthians 12:13)

Q. 92. What is a sacrament?

A. A sacrament is a holy ordinance instituted by Christ in which, by sensible signs, Christ, and the benefits of the new covenant, are represented, sealed, and applied to believers.

(Genesis 17:7, 10; Exodus 12; 1 Corinthians 11:23, 26)

Q. 93. Which are the sacraments of the New Testament?

A. The sacraments of the New Testament are baptism and the Lord's Supper.

(Matthew 28:19; Matthew 26:26–28)

Q. 94. What is baptism?

A. Baptism is a sacrament in which the washing with water in the name of the Father, and of the Son, and of the Holy Spirit, does signify and seal our grafting into Christ, and partaking of the benefits of the covenant of grace, and our engagement to be the Lord's.

(Matthew 28:19; Romans 6:4; Galatians 3:27)

Q. 95. To whom is baptism to be administered?

A. Baptism is not to be administered to any that are out of the visible church, till they profess their faith in Christ, and obedience to him; but the infants of such as are members of the visible church are to be baptized.

(Acts 8:36–37; Acts 2:38–39; Genesis 17:10, compared with Colossians 2:11–12; 1 Corinthians 7:14)

Q. 96. What is the Lord's Supper?

A. The Lord's Supper is a sacrament in which, by giving and receiving bread and wine, according to Christ's appointment, his death is showed forth; and the worthy receivers are, not after a corporal and carnal manner, but by faith, made partakers of his body and blood, with all his benefits, to their spiritual nourishment, and growth in grace.

(1 Corinthians 11:23–26; 1 Corinthians 10:16)

Q. 97. What is required to the worthy receiving of the Lord's Supper?

A. It is required of them that would worthily partake of the Lord's Supper, that they examine themselves of their knowledge to discern the Lord's body, of their faith to feed upon him, of their repentance, love, and new obedience; lest, coming unworthily, they eat and drink judgment to themselves.

(1 Corinthians 11:28–29; 2 Corinthians 13:5; 1 Corinthians 11:31; 1 Corinthians 10:16–17; 1 Corinthians 5:7–8; 1 Corinthians 11:28–29)

Q. 98. What is prayer?

A. Prayer is an offering up of our desires unto God for things agreeable to his will, in the name of Christ, with confession of our sins, and thankful acknowledgment of his mercies.

(Psalm 62:8; 1 John 5:14; John 16:23; Psalm 32:5–6; Daniel 9:4; Philippians 4:6)

Q. 99. What rule has God given for our direction in prayer?

A. The whole Word of God is of use to direct us in prayer; but the special rule of direction is that form of prayer that Christ taught his disciples, commonly called the Lord's Prayer.

(1 John 5:14; Matthew 6:9–13, compared with Luke 11:2–4)

Q. 100. What does the preface of the Lord's Prayer teach us?

A. The preface of the Lord's Prayer (which is, "Our Father in heaven") teaches us to draw near to God with all holy reverence and confidence, as children to a father, able and ready to help us; and that we should pray with and for others.

(Matthew 6:9; Romans 8:15; Luke 11:13; Acts 12:5; 1 Timothy 2:1–2)

Q. 101. What do we pray for in the first petition?

A. In the first petition (which is, “Hallowed be your name”), we pray that God would enable us and others to glorify him in all by which he makes himself known; and that he would dispose all things to his own glory.

(Matthew 6:9; Psalm 67:2–3; Psalm 83)

Q. 102. What do we pray for in the second petition?

A. In the second petition (which is, “Your kingdom come”), we pray that Satan’s kingdom may be destroyed; and that the kingdom of grace may be advanced, ourselves and others brought into it, and kept in it; and that the kingdom of glory may be hastened.

(Matthew 6:10; Psalm 68:1, 18; Revelation 12:10–11; 2 Thessalonians 3:1; Romans 10:1; John 17:9, 20; Revelation 22:20)

Q. 103. What do we pray for in the third petition?

A. In the third petition (which is, “Your will be done in earth, as it is in heaven”), we pray, that God, by his grace, would make us able and willing to know, obey, and submit to his will in all things, as the angels do in heaven.

(Matthew 6:10; Psalm 67; Psalm 119:36; Matthew 26:39; 2 Samuel 15:25; Job 1:21; Psalm 103:20–21)

Q. 104. What do we pray for in the fourth petition?

A. In the fourth petition (which is, “Give us this day our daily bread”), we pray that of God’s free gift we may receive a competent portion of the good things of this life, and enjoy his blessing with them.

(Matthew 6:11; Proverbs 30:8–9; Genesis 28:20; 1 Timothy 4:4–5)

Q. 105. What do we pray for in the fifth petition?

A. In the fifth petition (which is, “And forgive us our debts, as we forgive our debtors”), we pray that God, for Christ’s sake, would freely pardon all our sins; which we are the rather encouraged to ask, because by his grace we are enabled from the heart to forgive others.

(Matthew 6:12; Psalm 51:1–2, 7, 9; Daniel 9:17–19; Luke 11:4; Matthew 18:35)

Q. 106. What do we pray for in the sixth petition?

A. In the sixth petition (which is, “And lead us not into temptation, but deliver us from evil”) we pray that God would either keep us from being tempted to sin, or support and deliver us when we are tempted.

(Matthew 6:13; Matthew 26:41; 2 Corinthians 12:7–8)

Q. 107. What does the conclusion of the Lord’s Prayer teach us?

A. The conclusion of the Lord’s Prayer (which is, “For yours is the kingdom, and the power, and the glory, forever, Amen.”) teaches us to take our encouragement in prayer from God only, and in our prayers to praise him, ascribing kingdom, power, and glory to him. And, in testimony of our desire, and assurance to be heard, we say, Amen.

(Matthew 6:13; Daniel 9:4, 7–9, 16–19; 1 Chronicles 29:10–13; 1 Corinthians 14:16; Revelation 22:20–21)

CONCLUDING THOUGHTS

Use this space to record how this journey, through this book, has helped your own discipleship and faith life. What was challenging? What was the Holy Spirit working in you? How will you continue to grow closer in your relationship with God through Jesus Christ empowered by the Holy Spirit?

Concluding Reflections continued...

BLESSING

The Lord bless you and keep you;

the Lord make his face to shine upon you, and be gracious to you;

the Lord lift up his countenance upon you, and give you peace.

Amen. (NUMBERS 6:24–26)

May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice, oppression and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears to shed for those who suffer from pain, rejection, starvation, and war, so that you may reach out your hand to comfort them and turn their pain to joy.

And may God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim cannot be done.

Amen.