

DISCIPLESHIP LESSON 30

1	PRAYER
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Pray for God’s guidance through his Spirit, for awareness of his presence and for listening to his voice. Dedicate this lesson about disciple making to the Lord.

2	SHARING (20 minutes) <i>[QUIET TIMES]</i> EXODUS 4:1 – 7:13
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Take turns and *share (or read)* from your notes) in short what you have learned from one of your quiet times out of the assigned Bible passages (Exodus 4:1 – 7:13). Listen to the person sharing, take him serious and accept him. Do not discuss what he shares.

3	MEMORISATION (20 minutes) <i>[THE GOSPEL]</i> (3) ROMANS 5:8
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A. MEDITATION

Read Romans 5:6-10. “You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! For if, when we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!”

(3)

Write the following memory verse on a white or black board as follows:

Atonement of sin Romans 5:8
But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

Write the Bible reference on the back of your card.

1. The love of God.

How did God love us? God does not simply love us with words, but with deeds. In Romans 5:8, God loves us by making the biggest sacrifice possible. God took on the human nature in Jesus Christ and in Jesus Christ God gave his life in our place! God gave himself in Jesus Christ as a sacrifice of atonement for sins.

2. The death of Jesus Christ.

What kind of a death did Jesus die?

(1) Jesus died for the sins of others, not because of personal sin.

Death is the consequence of sin (Romans 6:23a). But Jesus was without sin (Hebrews 4:15). He died for the sins of the world. John 1:29 says, “Look, the lamb of God who takes away the sin of the world!”

(2) The death of Jesus Christ was God’s punishment for our sins.

Jesus Christ did not die a natural death. He did not die in an accident. He died as punishment for sins according to the demands of God’s law. He died completely willingly by sacrificing himself in order to pay for the sins of others.

- **Jesus was sentenced to death by human law.** He was not sentenced to death for any crime that *he* himself had committed. His opponents could not find a single offence and several times the judge, Pontius Pilate, declared him innocent! Nevertheless, Pontius Pilate sentenced Jesus Christ to death, because he feared what the Jews could do to his political career. By condemning the innocent, Pilate condemned himself as well as human justice by the way he applied it.
- **Jesus was sentenced to death by divine law.** At the same time God the Father sentenced God the Son to death for the sin of the whole world. By his death, Jesus Christ became a sacrifice of atonement for sins, by which he removed the holy and just anger of God against the sin of those people in the whole world that accept Jesus Christ.

(3) Jesus died by crucifixion.

It is significant that Jesus Christ did not die by being beheaded or stoned to death, but by being crucified. Crucifixion was not a Jewish, but a Roman form of punishment. It was regarded to be so infamous, that it was not applied to Roman citizens, but only to the scum of mankind, to the meanest criminals and slaves. By dying on the cross, Jesus met the extreme demands of human law. At the same time Jesus met the extreme demands of divine law: he died as an accursed by man and God (Galatians 3:13).

(4) In death, Jesus was not forsaken by God.

Eternal death consists of God forsaking man forever (Matthew 25:46; 2 Thessalonians 1:8-9; Revelation 21:8). Before Jesus Christ died, he was forsaken by God as a punishment for our sins (Matthew 27:46).

However, at death and in death God the Father did not forsake Jesus Christ, nor withdrew his love and good pleasure from him. When Jesus Christ died on the cross, he did not despair, but prayed to God the Father and committed his spirit into the hands of God the Father (Luke 23:46). While his human body lay in the grave for three days, his human spirit remained in the hands of God¹. Also in his human death his divine nature remained united to his human nature, because he rose from the death by his own divine power (John 10:17-18).

3. The meaning of the death of Jesus Christ.

What were the results of the death of Jesus Christ?

(1) Christ died to make atonement for sins (1 Peter 2:24; 1 John 4:10).

God's righteous requirement is: that the 100% holy and righteous God requires (demands) that all people should also be 100% holy and righteous and that all sins must be 100% punished. If God would not uphold his righteous requirement, he would no longer be holy and righteous!!!

The death of Jesus Christ was a sacrifice of atonement for our sins. Through his sacrifice Jesus Christ fulfilled God's righteous requirement and turned God's righteous anger (wrath) against sinners away. "The cross" is the only place in human history where God's righteousness (or justice to punish sins) and God's love (to save sinners) are reconciled with each other!

The sacrifice of atonement of Jesus Christ ended all previous animal sacrifices in the temple of Jerusalem and in the heathen religions. Since the crucifixion of Jesus Christ all animal sacrifices and all human actions as sacrifices (for example, good works and religious duties) are completely useless. This is symbolised by the tearing of the curtain in the temple (Matthew 27:51). From that moment onwards everyone who believes in the death (sacrifice of atonement) and resurrection of Jesus Christ in his place has direct and complete access to God through the Holy Spirit (Ephesians 2:18).

(2) Christ died to justify sinners in God's eyes (1 Peter 3:18a; Romans 5:8-9).

"Justification" is a judicial term and means that God declared the believer completely righteous (forgiven, innocent) in his eyes, is therefore reconciled to the believer and continues to regard and treat the believer as forgiven (exempt from eternal doom/hell). From the moment someone believes in Jesus Christ, God sees the believer only "in Christ Jesus" (Colossians 1:2). Jesus Christ himself is "the righteousness, holiness and salvation" of the believer (1 Corinthians 1:30).

The death of Jesus Christ *in the place of* the believer is the only place where the believer can be reconciled to God!

B. MEMORISATION AND REVIEW

1. Write. Write the Bible verse on a blank card or on one page of your small notebook.
2. Memorise. Memorise the Bible verse in the right way. (3) Atonement of sin. Romans 5:8.
3. Review. Divide into twos and check one another's last memorised Bible verse.

4	BIBLE STUDY (70 minutes) [THE CHURCH] (3) THE MISSIONARY TASK OF THE CHURCH: MATTHEW 28:18-20
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Make use of the five steps method of Bible study and study Matthew 28:16-20 together.

STEP 1. READ.	GOD'S WORD
Read. LET US READ Matthew 28:16-20 together. Let us take turns to read one verse each until we have completed the reading.	

STEP 2. DISCOVER.	OBSERVATIONS
Consider. WHICH TRUTH IN THIS PASSAGE IS IMPORTANT FOR YOU? Or WHICH TRUTH IN THIS PASSAGE TOUCHES YOUR MIND OR HEART? Record. Discover one or two truths that you understand. Think about them and write your thoughts in your notebook.	

¹ His spirit did NOT descend into hell to preach the gospel to those who have not heard it before – as some false teachers teach. His spirit remained in the hands of God! Jesus never went to the place called "hell" and never gives people a second chance to repent after their death!

Share. (After the group members have had about two minutes to think and write, take turns to share).

Let us take turns to share with one another what each of us has discovered.

(The following are examples of people sharing what they have discovered. Remember: In every small group, the group members will share different things, not necessarily these things)

28:18-19

Discovery 1. The authority that accompanies the Great Commission.

In verse 18, Jesus claims that all authority (power) in heaven and on earth has been given to him. This means that there is no authority or power that is greater than his anywhere in the universe. This also means that he has authority and power over all other natural (human) and supernatural (demonic) authorities and powers in the whole universe. By his death and resurrection Jesus Christ “bound” the devil (Matthew 12:29; Revelation 20:3) so that he can no longer keep the gospel away from the nations and stop them from turning to Christ.

Thus, when Jesus Christ gave the great commission to Christians to make disciples in all the nations of the world, the task is not too difficult, but can be accomplished! It is only difficult and impossible to accomplish when I depend on my own authority and power. Jesus Christ only gives a task, when it is also possible to accomplish it! That is why he first states the possibility to accomplish the task in verse 18 and then the command to carry it out in verse 19. Jesus Christ gives a Christian the authority, the power and the wisdom to carry out the task. He does this because all authority and power has been given to him.

28:19-20

Discovery 2. The promise that accompanies the Great Commission.

In verse 19, Jesus Christ commands a Christian to get involved in the greatest and most important task for people in the history of missions! He desires that all Christians make disciples of him among people in all nations. This is the missionary task of the Christian Church and of each Christian! He does not send the Christian out alone, because in verse 20 he promises to be with him every day until his second coming! Jesus Christ never gives someone a task without going with him in carrying out this task (cf. Exodus 3:10-12)! He does this because he has been resurrected from the dead and lives!

STEP 3. QUESTION

EXPLANATIONS

Consider. WHICH QUESTION ABOUT ANYTHING IN THIS PASSAGE WOULD YOU LIKE TO ASK TO THIS GROUP?

Let us try to understand all the truths in Matthew 28:16-20 and ask questions about the things we still do not understand.

Record. Formulate your question as clearly as possible. Then write your question in your notebook.

Share. (After the group members have had about two minutes to think and write, let each person first share his question.)

Discuss. (Then, choose a few of these questions and try to answer them by discussing them together in your group.)

(The following are examples of questions the students might ask and some notes about the discussion of the questions.)

28:18

Question 1. Was there a time when Jesus did not have all authority?

Notes.

(1) The authority of Jesus *before* his incarnation.

Before his incarnation Jesus Christ *possessed* all authority and power in the universe, because he created the universe and the earth (John 1:3). All visible and invisible things have been created by him and for him. He existed already before everything and in him all things hold together (Colossians 1:16-17). He also sustains all things by his powerful word (Hebrews 1:3). Jesus Christ possessed the divine glory (Being and Existence) before the world came into existence (John 17:5).

(2) The authority of Jesus Christ *during* his incarnation.

Although Jesus Christ possessed the very nature of God and was equal with God, he nevertheless emptied himself (from this glorious form) by taking the very nature and form of a servant and becoming like man (Philippians 2:6-8). During his life on earth he did not discard his divine nature (being and existence), because “in him the fullness of the Deity lives in bodily form” (Colossians 1:19; Colossians 2:9). He chose not to show his unlimited divine power, because he chose to die for the sins of people. “Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels? But how then would the Scriptures be fulfilled that say it must happen in this way?” (Matthew 26:53-54) (that is, the Scriptures prophesied that Jesus Christ had to die, Isaiah 53:5; Luke 24:44). During his life on earth he gave a glimpse of his sovereign power by driving out demons, healing the sick, raising the dead and conquering the forces of nature (Matthew 11:5).

(3) The authority of Jesus Christ *after* his death, resurrection and ascension.

After his ascension into heaven, Jesus Christ is seated at the right hand of God the Father, the position of honour and executive power. All authority in heaven and on earth has been given to him (Matthew 28:18) as a reward for his completed work of salvation.

- In Revelation 20:3 we read that an angel bound Satan for a symbolic period of 1000 years “to keep him from deceiving the nations until the 1000 years were ended”. Because all authority and power belongs to Jesus Christ, the gospel is proclaimed to all the nations and people from all the nations are converted (Colossians 1:13). During the period from his first to his second coming Jesus Christ is occupied with saving people from every nation, tribe and language on earth!
- And in Philippians 2:9-11 we read, “Therefore (because of what he did in Philippians 2:6-8) God exalted him to the highest place and gave him the name that is above every name, that in the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.”
- In Revelation 5:1-14 Jesus Christ receives from the hand of God the Father the scroll with writing on both sides and sealed with seven seals, because only he had the authority and power to break the seals. This is a symbol that only Jesus Christ has authority and power to reveal and to execute the contents of the scroll. The contents consist of the important principles that operate from the time that Jesus Christ rides out as Conqueror bent on conquering (Revelation 6:2) until the final judgment (Revelation 6:12-17), that is, from his first coming until his second coming.
- In Daniel 7:13-14 we read, “In my vision at night I looked, and there before me was one like a son of man, coming with the clouds of heaven. He approached the Ancient of Days and was led into his presence. He was given authority, glory and sovereign power; all peoples, nations and men of every language worshipped him. His dominion is an everlasting dominion that will not pass away, and his kingdom is one that will never be destroyed.” (cf. Isaiah 9:7).

(4) The authority of Jesus Christ *at* his second coming.

The second coming of Jesus Christ is described in Matthew 13:24 and 25. At his second coming his power over all people will be visible from the following tremendous events:

- The salvation of an uncountable number of people within the history of the world (Revelation 7:9)
- The shaking of the powers within the universe (Matthew 24:29)
- His second coming accompanied by a host of angels (Matthew 24:30)
- His victory in the final battle/war (Revelation 19:11-21)
- The resurrection of the dead (John 5:28-29)
- The last judgment of all people (Matthew 25:31-46)
- The renewal of the earth and the universe (2 Peter 3:10-13).

Jesus Christ together with God the Father will reign over the eternal kingdom on the new earth (2 Peter 1:11; Revelation 22:1).

28:19

Question 2. How do the five verbs in this command relate to one another?

Notes. The command is: “Go and make disciples within all nations, by baptising them in the name of the Father and the Son and the Holy Spirit, and teaching them to obey all that I have commanded you” (Matthew 28:19-20).

The word “therefore” is important. It connects the command in verse 19 with the authority in verse 18 and the promise in verse 20. It shows that Christians are enabled to carry out this command. Disciples of Jesus Christ can be made and will be made in every nation on earth! Without his authority (verse 18) and presence (verse 20) the great commission would not be carried out! But now with his sovereign power and continual presence the great commission can be carried out and will be carried out!

The five verbs are: “go”, “make disciples”, “baptise”, “teach” and “obey”. The main verb is “make disciples”. It is a command and is continually applicable (because it stands in the present tense)! The first disciples of Jesus Christ must make more disciples everywhere in the world between his first and second coming! The three verbs: “go”, “baptise” and “teach” are participles dependent on the main verb “make disciples” and therefore also have the sense of commands. The making of disciples of Jesus Christ requires a special approach. The disciples of Jesus must not wait for people to come to them, but take the initiative and go to people in all the nations of the world. They must proclaim the gospel to them (Mark 16:15), call them to repent and believe the gospel (Mark 1:15), baptise them with water in the name of the One God who exists in three ways and then equip them to become disciples of Jesus Christ. All Christian can and must work together to make people disciples of Jesus Christ.

28:19

Question 3. What is a disciple of Jesus Christ?

Notes. “A disciple” of Jesus Christ is more than “a convert”. A disciple is a *follower* of Jesus Christ who *learns* from him as he follows in order to *develop the specific characteristics* of a disciple (which we studied in manual 2, lesson 23).

It is the task of all Christians to make people in all the nations of the world “mature, functioning and persevering followers of Jesus Christ” and not to make them members of a particular church denomination!

28:19

Question 4. In which nations must disciples be made?

Notes. The word “nation” (Greek: *ethné*) in the Bible does not simply refer to the inhabitants of a country or nation. It refers to “a people group” within modern countries or nations. Today “countries” are so large that they contain several “people groups”.

In the Bible a “nation” (Greek: *ethné*) is a group of people with customs that give them a sense of unity. The people in the people-group have a common affinity with each other and share a common way of life.

- Usually a people-group is characterised by a common language, origin and history.
- But a people-group may also be characterised by a common occupation or economic state, as farmers, factory workers, restaurant workers, taxi chauffeurs, university students, etc.
- A people-group may be characterised by a common geography, as a mountain tribe or inhabitants of an island,
- or a common religion, as Hinduism, Buddhism or Islam.

Today most countries have several people-groups that live within their borders. Christians must make disciples in each of these people-groups!

28:19

Question 5. Why are Christians baptised with water?

Notes. The baptism with water is the visible sign and seal of the baptism with the Spirit (Acts 10:47-48). The baptism with the Holy Spirit (regeneration, rebirth) is the responsibility of Jesus Christ and not of a human being (bishop, priest or pastor) (Matthew 3:11-12). But the baptism with water is the responsibility of the disciples of Jesus Christ (Matthew 28:19). The baptism with water is a command and institution of Jesus Christ himself. People who have heard and believed the gospel, have been baptised with the Spirit (John 1:12-13; Acts 19:2; 1 Corinthians 12:13; Ephesians 1:13), that is, they have been “born again” by the Holy Spirit (John 3:3-8; Titus 3:4-8). They should be baptised with water as a visible sign and seal that they have been baptised with the Holy Spirit.

The baptism with the Holy Spirit requires “repentance” (a change of mind) and “the acceptance” (Greek: *apodechomai*, aorist tense) of the Word (Acts 2:38-41) and consequently “acceptance” (Greek: *lambanó*) of Jesus Christ (John 1:12-13)! But repentance and acceptance of Jesus Christ and his message must be sincere and the baptising with water must be sincere. Someone who desires to become a Christian from false and hidden motives (e.g. because he desires to receive the status of an asylum seeker or a residence permit) “is in danger of being cursed and will be burned in the end” (Hebrews 6:4-8). His deceitful life leads to hell. (Revelation 21:8). Nothing is as deceitful as the heart of man. It is beyond cure and who can understand it? “I the LORD searches the heart and examines the mind, to reward a man according to his conduct, according to what his deeds deserve” (Jeremiah 17:9-10).

The Christian baptism with water is in the Bible the outward and visible sign of the inward baptism with the Holy Spirit (Acts 10:47-48; cf. Mark 1:8). It is a sign which Jesus Christ gave to the Church that seals the fact that God the Father has accepted the believer into his family (people, Church, Kingdom); that Jesus Christ has redeemed him; that the Holy Spirit has come to live in him and sanctifies him. It is an outward sign of the inward work of the Holy Spirit in the believer which the Bible calls “the baptism with the Spirit” (Mark 1:8; 1 Corinthians 12:13) or “regeneration by the Spirit” (being born again)(Titus 3:5).

The Christian baptism with water is also an outward seal of the inward assurance and affirmation from the Holy Spirit (Romans 8:15-16; 2 Corinthians 1:21-22; Ephesians 1:13-14) that all the sins of the believer has been forgiven (Acts 2:38; Acts 22:16), that is, that the believer has been perfectly justified in God’s eyes (Romans 6:3,7), that he now belongs to God’s covenant people (Galatians 3:26-29; 1 Peter 2:9-10) and that God will carry to completions what he has begun (John 17:12; Philippians 1:6).

The Christian baptism with water is finally a commitment and proclamation of the believer that he or she has broken with the sinful world (cf. Romans 6:3,6,13,19), has been brought into a vital relationship with the Triune God of the Bible and has become a follower-learner (disciple) of Jesus Christ (Matthew 28:19).

28:20

Question 6. Why are new Christians taught to obey?

Notes. The disciples of Jesus must teach these people in the nations to obey all that Jesus Christ commanded. Because the teachings of Jesus Christ get their true meaning in the context of the history of the whole Bible, the disciples must teach the will of God in the whole Bible to people. In Acts 20:27, Paul says, “I have not hesitated to proclaim to you the whole will of God.”

Moreover, Jesus commands his disciples not only to teach them the truth, but also to teach them to obey the truth! True followers of Jesus Christ are characterised by obeying the teachings of Jesus Christ. The truth they have learned must be practised. Their mind, heart and will must appropriate the truth, so that they always remain in the truth. According to Matthew 7:21,24 and Philippians 4:9, knowledge and obedience are inseparable.

28:19

Question 7. Does Jesus Christ want every Christian to become a disciple of him?

Notes. Yes. Merely to believe in Jesus Christ, but not to follow or obey him, is not pleasing to Jesus Christ. He expects every Christian to believe in him, to follow him, to learn from him and to develop the characteristics of a disciple. In short, Jesus Christ expects every Christian to believe in him, to obey him and to follow him as his disciple!

28:19

Question 8. Do all Christians in the world become his disciples?

Notes. No. Already during the lifetime of Jesus, many so-called disciples stopped to follow him, because they thought that his teachings were too hard (John 6:66). Not everyone who confesses with his mouth that Jesus is “Lord” will enter into the kingdom of God. Jesus Christ says that he does not know (have a relationship with) nominal Christians who rely on so-called Christian works and traditions, but have no personal relationship with him) (Matthew 7:21-23). Only Christians who do the will of God are genuine Christians.

And in the parable of the wedding banquet, not everyone who enters the banquet hall will qualify to stay. Those who have not clothed themselves with Jesus Christ will be thrown out in outer darkness on the last judgement day (Matthew 22:11-14; Romans 13:14)! Only Christians who have personally received Christ into their hearts and lives are genuine Christians.

28:19

Question 9. Should all Christians in the Church be involved in making disciples?

Notes. Yes. In Matthew 28, Jesus gives this command to his eleven disciples. They have to go and make disciples of all the nations. They make disciples by teaching them to obey all the commands of Jesus Christ. One of the commands that these new disciples should obey is this command, “Go and make disciples of all the nations.” Therefore, the command to make disciples is a command to all Christians in the world! Every Christian should first become a disciple of Jesus Christ and then should help other Christians to become disciples of Jesus Christ! This command goes beyond the limits of any individual local congregation. Every individual local congregation must make disciples in other places and every Christian must be involved in helping others to become disciples. No leader in the church may be disobedient to this great commission of Jesus Christ!

28:20

Question 10. What does Jesus Christ promise to Christians who make disciples?

Notes. Jesus Christ promises, “And surely I am with you always, to the very end of the age.” A better translation for the word “surely” is “keep on remembering”. Jesus Christ urges his disciples to keep in mind the reality that Jesus Christ is present the whole day and every day. The word “always” in the original says “all the days”. It means that Jesus promises to be with his disciples day in and day out. The emphasis is on one day following the other. Each day will have its own trials and troubles, but also the assurance that Jesus Christ himself in that day will be with his disciples! This will continue until his second coming, when he will bring this age to an end and inaugurate the age of the new heaven and the new earth. Jesus Christ promises his disciples, that as they obey his command to go and make disciples in all the nations, he himself will be with them every day in their ministry. He will be with them with all his love, wisdom and power. With the love of Jesus Christ, the disciples can love people who are destroyed by hatred. With the wisdom of Jesus Christ, the disciples can make wise and practical decisions in the midst of a complex world. With the power of Jesus Christ, the disciples can overcome the evil of this world and the forces of demons.

28:18-20

Question 11. Thus, what is the missionary task of the Church?

Notes. The missionary task of the Church is given in Matthew 28:18-20.

- Every congregation should go to people who have different languages and cultures, economic and social structures
- and make them disciples of Jesus Christ.

This missionary task is possible, because Jesus Christ himself is present with all his authority!

STEP 4. APPLY.

APPLICATIONS

Consider. WHICH TRUTHS IN THIS PASSAGE ARE POSSIBLE APPLICATIONS FOR CHRISTIANS?

Share and record. Let us brainstorm with one another and record a list of possible applications from Matthew 28:16-20.

Consider. WHICH POSSIBLE APPLICATION DOES GOD WANT YOU TO TURN INTO A PERSONAL APPLICATION?

Record. Write this personal application down in your notebook. Feel free to share your personal application.

(Remember that people in every group will apply different truths or even make different applications of the same truth. The following is a list of possible applications.)

1. Examples of possible applications from Matthew 28:18-20.

28:18. Never fear other people or difficult circumstances, because Jesus has been given all authority on the earth.

28:18. Believe that you can accomplish the task that Jesus Christ assigns to you, because he has all authority.

28:19. Take the initiative and go to make disciples where people have never heard the gospel.

28:19. Teach new Christians the important truths of the Bible and teach them to obey the commands of Jesus Christ.

28:20. Remember every day that Jesus Christ with his wisdom and power is with you.

2. Examples of personal applications from Matthew 28:18-20.

I want to take the initiative and go to people in my city who have never heard the gospel. I want to preach and teach the gospel to them. I want to make them disciples of Jesus Christ.

I want to continue to teach Christians to obey the teachings of Jesus Christ. Every week some of us take younger Christians out to preach and teach the gospel to people who have never heard the gospel before. Together with us they learn to obey what Christ taught.

STEP 5. PRAY.

RESPONSE

LET US TAKE TURNS TO PRAY ABOUT ONE TRUTH THAT GOD HAS TAUGHT US in Matthew 28:16-20.

(Respond in your prayer to what you have learned during this Bible study. Practise to pray only in one or two sentences. Remember that people in every group will pray about different issues.)

5

PRAYER (8 minutes)

[INTERCESSION]

PRAY FOR OTHERS

Continue to pray in groups of two's or three's. Pray for one another and for the people in the world (Romans 15:30; Colossians 4:12).

6

PREPARATION (2 minutes)

[ASSIGNMENT]

FOR NEXT LESSON

(Group leader. Give the group members this preparation for at home in writing or let them copy it down).

1. **Commitment.** Be committed to make disciples.

Preach, teach or study the Bible study of Matthew 28:18-20 together with another person or group of people.

2. **Personal time with God.** Have a quiet time from half a chapter of Exodus 7:14 – 10:29 each day.

Make use of the questions method of quiet time. Make notes.

3. **Memorisation.** (3) Atonement of sin. Romans 5:8. Daily review the last 5 memorised Bible verses.

4. **Prayer.** Pray for someone or something specific this week and see what God is doing (Psalm 5:3).

5. **Update your notebook** on making disciples. Include the notes on your personal time with God, memorisation notes, Bible study notes and this preparation.