

DISCIPLESHIP LESSON 17

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	WORSHIP (20 minutes)	[CHARACTERISTIC OF GOD] GOD IS FAITHFUL
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Meditation.

Theme: God is faithful.

Read the Bible passages and the explanation or explain it in your own words.

- 1. Exodus 34:6-7.** God is faithful to his compassion, grace, love and forgiveness. But God also remains faithful to his threat of punishment for those who do not repent of their guilt.
- 2. Numbers 23:19.** God is faithful to his words, decisions and promises in the Bible.
- 3. Psalm 33:4-5.** God is faithful in everything he does. He loves to do what is right and just.
- 4. Psalm 33:10-11.** God is faithful to the plan and purposes that he revealed in the Bible (cf. Jeremiah 29:11).
- 5. Psalm 40:1-3,9-10.** God is faithful in saving you out of the pit of mud.
- 6. 1 Corinthians 10:13.** God is faithful and will provide a way of escape from every temptation.
- 7. Philippians 1:6 (1 Thessalonians 5:23-24).** God is faithful and will certainly complete what he has begun in you.
- 8. 2 Timothy 2:13.** But when you become unfaithful to God, God will remain faithful in his condemnation and judgement.
- 9. Hebrews 10:23.** God is absolutely faithful to his promises in the Bible.
- 10. Hebrews 11:6.** God will faithfully reward everyone who earnestly seeks him.
- 11. Hebrews 13:5-6.** God will never leave you and never forsake you.

Worship.

Ask each group member to use his Bible verse to worship God.

Take turns to worship God with your assigned Bible verse and thank him for his faithfulness.

3	SHARING (20 minutes)	[QUIET TIMES] ACTS 8:1 – 11:18
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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 (Acts 8:1 – 11:18).

Listen to the person sharing, take him serious and accept him. Do not discuss what he shares.

4	TEACHING (70 minutes)	[RELATIONSHIPS] FALLING IN LOVE, COURTSHIP, ENGAGEMENT
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All of human life is holy and precious to God. Also the special relationship between a man and a woman can glorify God by relating to one another in a holy and honourable way. This study supplies information and practical suggestions (tips) that may apply in three areas of your life: getting acquainted (friendship) with someone of the opposite sex, courting and engagement.

This study is the result of an earnest desire to glorify God in this special friendship relationship.

The practical applications are only suggestions that you may prayerfully consider within your culture.

A. FALLING IN LOVE AND GENUINE CHRISTIAN LOVE

1. Falling in love.

We live in "the age of romanticism". People expect an immediate intimate relationship with one another. Many people believe that when their relationship *feels* good and especially when their physical relationship feels satisfying, they will have a good marriage. Nevertheless, the frightening increase in broken marriages in all cultures show that intimacy by physical or emotional means does not bring ultimate fulfilment. Being in love is that kind of love (Greek: *erós*) in which a man and a woman feel attracted to one another in the social, physical and emotional areas of their lives. They begin to dream and to create fantasies about one another. They want to be together all the time and even touch one another.

During the teenager years, the hormones in your body begin to develop and they let you know that they are present. As a teenager, you can fall in love several times with different people before you become an adult. Every time you fall in love, you think, “This is the right person for me! With this person I would like to get married!” But later, when you get to know the other person better, the attraction fades and your romantic feelings disappear. Only then you discover that your feelings have misled you! Falling in love is a very nice feeling, but a bad counsellor. Feelings are unpredictable, unstable and changeable. Feelings of being in love are actually directed on your needs and not on the welfare of the other person. In order to make important decisions with regard to marriage, you need another unshakeable and unchangeable foundation, namely “agapé”-love!

2. “Agapé”-love.

There are four words for “love” in the Greek language:

- **(Greek: storgé)** Affection = the love between parents and children
- **(Greek: filia)** Friendship = the love between friends
- **(Greek: erós)** Erotic/passionate love = the love between a man and a woman
- **(Greek: agapé)** Self-sacrificial love = the love of God which he also pours into the hearts of his children.

Natural man possesses the first three kinds of love, but because man is sinful, these three kinds of love are also sinful (they miss God’s goal). For example, the affection of a mother cannot let go of her child; the friendship between a few friends can degenerate into a clique in which other people are excluded; men and women are able to have sex without being married. The three natural loves need the fourth self-sacrificial love of God in order to become balanced and very beautiful. The fourth love (agapé) is not natural, but is only poured into the heart of a born-again Christian by the Holy Spirit (Romans 5:5).

‘Agapé’ is the Greek word that is most used for the word “love” in the Bible. Agapé is the love God has for us and we should have for one another! God’s nature is agapé-love (1 John 4:8). God loves us with agapé-love (John 3:16) and commands us to love our neighbour with agapé-love (Mark 12:30-31). When God pours his agapé-love into our hearts, we also want to love others with this agapé-love, we can love others with this agapé-love and we will love others with this agapé-love. The agapé-love is patient, kind, generous, modest, humble, courteous, unselfish, meek, forgiving, sincere and protective (1 Corinthians 13:4-8). Agapé-love is unselfish and never self-centred.

Agapé-love loves the other person, not for what you can get out of the relationship, but for what you can contribute to the relationship. It is unselfish and self-sacrificial. Agapé-love builds the other person, instead of breaking her (him) down. Agapé-love helps the other person to become the best person possible. While romantic love storms uncontrollably ahead, agapé-love can wait to show romantic love. While romantic love generally lasts for about a year or two, agapé-love can become a permanent part of your character and life!

Physical intimacy should never become the goal in the relationship between a man and a woman, but rather be the fruit of agapé-love. When two people get to know one another with a view to marriage (also called “dating” one another) they should make it their goal to develop a healthy agape-love relationship with one another. In such a relationship, they will share their thoughts (including their convictions and motives), their feelings (including their emotions and attitudes) and their decisions (including their plans, wishes and choices) more and more with one another. They will also share with one another their most significant relationships, like their relationship with God (Christ), their relationship with their parents and their relationships with their friends. The purpose for a man and a woman getting to know one another is to develop such a relationship of agape-love and thus to find out whether God wants them to marry or not. The result of a healthy agapé-love relationship is genuine friendship (see the Bible study in lesson 16) and genuine unselfish intimacy.

B. START WITH A PERIOD OF GETTING ACQUAINTED: GOAL: MAKE FRIENDS AND GET TO KNOW ONE ANOTHER

1. Exercise your responsibility as a born-again Christian, as a Christian brother or sister and as a Christian friend.

Man and human life is holy and precious in God’s eyes. It does not matter whether we work, study, are engaged in sport, in spiritual activities or making friends. That is why the way we make use of our senses and circumstances has such a great influence on whom we are and what we do.

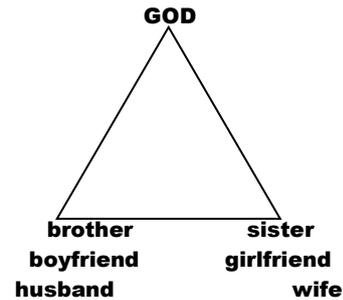
What we think (the truth or lies) has a great influence on how we feel.

And how we feel, has a great influence on how we dress and behave ourselves. The condition of our human spirit has a great influence on how we relate to other people.

What we do (right or wrong) has a great influence on how we think and feel.

We can’t do things to our bodies without this having a great effect on how we think and feel.

Friendship among Christians is to relate to one another as Christians, that is, that we relate to one another as family members: brothers and sisters. Out of this friendship relationship between Christians a special relationship with a friend can develop. This “relationship as Christians” remains when you go out with friends, when you date a special friend, when you court someone of the opposite sex, when you are engaged and when you are married. Besides being a friend, the other person always remains your sister or brother in Christ. The goal of a healthy friendship between Christians is always to build one another up and never to tear one another down. This is also how the Body of Christ (the Church) is being built up.



What does this mean?

This means that you have the following responsibilities as a Christian:

- to be a born-again Christian (in the period before you begin a relationship with another person)
- to also be a Christian brother or sister (in the period you get acquainted with one another)
- to also be a special Christian boyfriend or girlfriend (in the period you are courting)
- and finally to be a Christian husband or wife (in the period you are married)!

As the relationship progresses, the responsibilities increase!

(1) Your responsibility as a Christian (a believer).

- You must be born-again (John 3:7)
- You must do the will of God (Mark 3:35)
- Add you must follow Jesus Christ as his disciple (Luke 9:23-26).

(2) Your responsibilities as her brother (his sister)

- You must see to it that she (he) does not turn away from the living God or get hardened by sin’s deceitfulness (Hebrews 3:12-15).
- You must spur one another on to love (in relationships) and good deeds (in activities) (Hebrews 10:24-25).
- You must teach and admonish one another (Colossians 3:16).
- You must pray for one another (Romans 15:30).
- You must contend as one man for the faith of the gospel and suffer together (Philippians 1:27-29).
- You must relate with respect and absolute purity to people of the other sex (1 Timothy 5:1-2).

(3) Your responsibility as her boyfriend (his girlfriend).

- Real friends are also friends of God (James 4:4). Friends walk with the wise (Proverbs 13:20). Friends give and receive advice (Proverbs 27:5-6,9-10,17). Friends lay down their lives for one another, pull one another up to God’s standards for living and share openly with one another what they have learned from God (John 15:13-15).
- “Understand what the Lord’s will is” (Ephesians 5:17): to marry or not to marry.
- Remember that a good marriage is made in heaven. “What God has joined together, let man not separate” (Matthew 19:6)
- Remember that the LORD is the most important Witness at your wedding. “The Lord is acting as the witness between you and the wife of your youth”, ... your partner, the wife of your marriage covenant” (Malachi 2:14).

(4) Your responsibility towards someone who is insincere with regard to his faith.

- You must refrain from contact with someone who has a bad influence on you (Proverbs 4:14-15, Ephesians 5:3-7)
- You must withdraw from every person or situation that desires to seduce you (2 Thessalonians 3:6-7; 1 Corinthians 5:9-13).

2. Practical suggestions to develop friendship between believers.

If your culture promotes arranged marriages, let the elders of your congregation (if possible, in cooperation with your parents) find a suitable sister as wife or brother as husband for you. Then you should develop a healthy friendship with one another *after* your marriage.

If the culture of your country allows young men and women to associate with one another in a healthy way, then the following will contribute to the development of healthy friendships between Christian men and Christian women *before* they consider marriage.

(1) Join a group of Christians.

Only after you have developed friendships with several men and women within a Christian group will you be able to discern the differences between one Christian friend and another Christian friend. As you grow spiritually within a group of Christian friends and serve together in different Christian tasks, you are able to compare the strengths and weaknesses of one Christian friend with that of another Christian friend. It takes time and involvement in one another’s

lives within the Christian group to get to know one another's personality, one another's character, the influence a person has on others and the relationship each one has with God.

(2) Learn to talk within a Christian group about all kinds of subjects.

Talk especially about your relationship to God and discuss the truths in the Bible with one another. If you do these things within the Christian group, you will also continue to do these things when you are married.

(3) Do things together as a Christian group.

Take part in spiritual activities, like a Bible study group, a prayer group, teaching children, a youth club, etc. Undertake various activities. Take part in social activities like group games, eating together as a group and group outings.

3. Make seven important decisions before you begin a relationship with a person from the other sex. (The word "he" includes "she")

Because Christian marriage is for life (Malachi 2:14-16), both of you must make seven very important decisions *before* you engage in a relationship. These seven decisions are all based on the Bible.

(1) Decide whether you want to marry or not.

Read 1 Corinthians 7:1-7,32-35; Matthew 19:10-12).

The advantage of remaining single is that you can devote yourself undivided to Jesus Christ and the extension of his kingdom in the world. People who have no physical children can have many spiritual children (Isaiah 54:1-5)! The disadvantages of remaining single are possible loneliness, missing a helpmate in times of need and burning with passion (1 Corinthians 7:9).

You could decide with God not to court someone in order to develop yourself, to complete your study, to gain experience abroad or to earn enough to marry.

(2) Decide to marry only with another believer (Christian).

Read 1 Corinthians 7:39; 2 Corinthians 6:14 to 7:1.

God forbids a marriage between a Christian and a non-Christian. An unbeliever usually draws a believer away from Jesus Christ (Deuteronomium 7:3-4). A Christian marriage is a continual testimony to the world about the relationship between Jesus Christ and the Church (Ephesians 5:22-25) and this testimony should be clear!

(3) Decide to marry only with a person whom you know quite well.

Read Proverbs 27:19,23.

It is important that you get to know the other person very well, especially his heart (mind, emotions/feelings, decisions and choices) and his spiritual condition. Never even consider marrying a person you don't know well enough.

Discover whether there are particular problems within the other family: spiritually (for example, belonging to a sect or cult), socially (for example, a divorce), psychologically (for example, depression, autism) or physically (for example, addiction or sexual immorality).

Get to know the history of the other's life: his education, culture, conversion, convictions, values, strengths and weaknesses, personality, character, family and friends.

(4) Decide to marry only with a person that has self-control.

Read 1 Thessalonians 4:3,4,7; Hebrews 13:4.

Discover whether the other person has self-control in the following areas: emotions (anger), passion (sex), eating and drinking, spending money, etc. "A man reaps what he sows" (Galatians 6:7-8).

(5) Decide to marry only with a person that has the same life-goals.

Read Amos 3:3; Matthew 6:33; Philippians 1:27.

When you do not have the same life-goals, you will pull in different directions and pull one another apart. Above all, a Christian first seeks the kingdom of God and what is right in his eyes (Matthew 6:33). He contends together with the other person for the faith of the gospel (Philippians 2:2-4).

(6) Decide to marry only with a person who has cleared his dark past life.

Read Exodus 20:5-6. Compare 2 Samuel 11:2-4,15,27 with 2 Samuel 13:10-14.

Read the principle illustrated in 2 Chronicles 22:2-4.

Compare 2 Chronicles 25:2 with 26:4.

Notes. The principle of *unresolved problems* that is taught in Exodus 20:5-6 is illustrated in the life of David and his son Amnon (2 Samuel 11:2-4,15,26 and 2 Samuel 13:10-14) and in the history of Attaliah and her son Ahaziah (2 Chronicles 22:2-4). The principle is that *the unresolved problems* between you and your parents (brothers and sisters, friends, teachers, colleagues, former boyfriend or girlfriend, etc.) later become the problems within your own life and marriage relationship, unless you have faced it and resolved it!

How can wrong relationships in the family of your parents influence the relationships within your own family later?

For example, the way a person treats his parents will probably become the way he will later treat his spouse! If you cannot forgive someone who wronged you, God will also not forgive you (Matthew 6:14-15). An unforgiving person becomes a bitter person who defiles all people around him (Hebrews 12:15).

The cause of a problem and its bad result in the past needs to be faced and resolved! The broken relationships need to be restored. The hurt feelings need to be healed. God's grace is more than sufficient to forgive every dark sin of the past, to restore every broken relationship and to heal every hurt (for example, sexual immorality, addiction to drugs, financial corruption, broken relationships, etc.) God's grace will help you to grow spiritually and emotionally to a healthy and mature person.

(7) Decide to marry when it is the right time.

Read Ecclesiastes 3:5; 8:5-6; 1 Corinthians 13:4

“There is a time for everything. ... A time to embrace and a time to refrain (from embracing).” “The heart of the wise will know the proper time and procedure. For there is a proper time and procedure for every matter.” For example, consider to only marry when you have completed your studies, are earning sufficient money, have gained enough wisdom in life and have become a disciple of Jesus Christ. Genuine love can wait before marriage (1 Corinthians 13:4).

4. Suggestions for the time you fall in love.

When you fall in love, first differentiate between your feelings and the facts. Are your feelings stirred because of her outward beauty or his outward appearance or do you genuinely like her or his personality and character? The Bible warns that you should not be hasty and miss the way (Proverbs 19:2-3), but also urges you to investigate and search out the facts (Ecclesiastes 7:25-26).

Therefore, before you decide to get to know a person from the opposite sex with a view to marriage, you need to do the following.

(1) Pray to God about this person.

Ask God to help you to really get to know her and to give you genuine love (agap ) for her if that is what he desires. Or else ask God to reduce your feelings for her. Pray that you may be able to see further than merely your feelings.

(2) Get to know this person.

Get to her in various group activities and circumstances, *without* revealing your feelings to her. Observe, listen and pray. Discover who this person really is in her relationship to God (Christ), to other people and to herself. Get to know her personality, character, strengths and weaknesses, on you and on others.

You can know that you have good influence on one another when you grow more and prosper more due to the relationship with one another. For example: when she prevents him from revenge (1 Samuel 25:32-34); or when he causes her to be radiant (in her Christian character) (Ephesians 5:26-27).

How do you know when someone is doing you good? Ask yourself the following questions:

- Does she have biblical convictions and does she stimulate me in my relationship with God (Jesus Christ)?
- Does she have good influence on me? Do I become happier? Is my life more meaningful? Have I become more creative and capable?
- Does she possess self-control? Does she require me to have self-control?
- Does she always support me and build me up?
- Does she listen to me, take me serious and accept me?
- Is she too busy with things or is she readily available?
- Does she withdraw or is she approachable? Can I always talk to her and ask her advice?
- Do I always feel at home in her presence? Can I laugh or cry in her presence? Can we enjoy doing things together?
- Is she truthful and sincere, or does she pretend to be someone else?
- Does she possess a healthy self-esteem?
- Does she possess self-respect and does she respect other people?
- How does she talk about other people (for example about her family and friends)?
- Does she want to share her friends with me?
- Does she always include me in relationships or does she tend to go it alone?
- Do I see whether I do her good and contribute to her welfare?

(3) Ask advice with regard to this person.

Ask advice concerning your relationship to God and your relationship to the opposite sex from a person that is really mature and has a close relationship with Christ. Preferably this person should know both of you well (Proverbs 19:20-21). Gather *facts* with regard to the person you consider so that you can determine whether your feelings are based on facts and reality or not.

(4) Never go out with (date) an unbeliever.

When you nevertheless fall in love with an unbeliever, do NOT go out with this person and keep your distance from this person in all circumstances (2 Corinthians 6:14 – 7:1; Deuteronomy 7:3-4). Invite this person to Christian meetings or introduce her to your female Christian friends. Let others try to win her to Christ. It is better to only meet unbelievers of the opposite sex, in whom you have a personal interest, in a group setting. Never agree to leave the group.

C. THEN ONLY BEGIN AN ACQUAINTANCE AND COURTSHIP PERIOD

If you fall in love with a fellow Christian, the following practical ideas may help you to start “a getting acquainted period” and “a courtship period”. Each period has a clear beginning and clear end, a clear goal and clear practical steps to reach that goal.

1. Suggestions for a getting acquainted period.

“Acquaintance” refers to the phase that follows friendship in a group setting. Then the two of you meet one another, get to know one another and develop your friendship without exchanging intimacy.

The goal is to gather enough facts that will help you decide whether you want to continue the relationship or not.

(1) The approach.

When you are genuinely interested in someone or when you fall in love with someone, you could do the following:

- Differentiate between your feelings of love and genuine Christian love (agapé).
- Ask advice from people who know you and the other person.
- Ask her (him) whether she (he) would be willing that you get acquainted with one another. (In some cultures the girl may never take the initiative).
- If she (he) agrees, then agree to meet one another at a set time (for example once a week) at a set public place where there are other people present.
- In some cultures it is not acceptable to meet one another publicly. Then meet one another in a house under supervision of an elder (of the church) or the parents.
- When your families want to arrange the marriage, meet one another in the house of one of the parents, in their presence or under their supervision in order to get acquainted with one another. Then ask the other person many questions and tell the other person your convictions and beliefs, especially that you are a practising Christian. Make very sure you know whether the other person is born again or not!

(2) The practical activities.

Do not forget to get to know the beliefs, convictions, dreams and other particulars about the other person.

The following are practical suggestions to exercise self-control.

- No physical contact. It is better to have no physical contact at all, because it makes both of you a prisoner of your feelings. You want to be free to develop your own convictions and make good decisions!
- No binding relationship. It is better not to have any official or binding relationship or to have specific expectations from one another. Talk about your relationship as “friendship” and not as “courtship”. This can help you to lessen the social pressure, which other friends may exercise on you. Also do not talk about marriage or your dreams or plans about marriage. This creates unrealistic expectations with the other. You are friends and nothing more than that!
- No expression of feelings. It is best not to create fantasies about one another, not to talk about your feelings for one another and not to express your feelings for one another in any way. Wait until you both are ready for that phase. “Do not arouse or awaken love until it so desires” (Songs 2:7). If you start too early with speaking about your feelings or giving expression to them (by touching), you only create unrealistic expectations that hinder the development of a genuine spiritual relationship and later will hurt the other person. You are friends and no more than that.

(3) The termination.

This period of consideration ends when one or both of you feel or believe that you ought to stop meeting one another. You remain brother and sister.

But if both of you believe that you need to change your friendship into a special friendship with a view to marriage in the future, you may decide together to begin “a courtship relationship”.

2. Suggestions for a courtship period.

“Courtship” means winning one another’s respect and affection and building up a strong friendship with a view to a possible marriage in the future.

The goal is to discover whether it is God’s will that you marry one another or not (Ephesians 5:17).

(1) The approach.

- Agree together that from now on you are officially courting and are boyfriend and girlfriend.
- Communicate clearly to one another and to others that you are special friends and are courting one another.
- Develop your courtship relationship openly, but within clearly defined and agreed boundaries.
- In a culture where you may not meet one another in public, meet one another only in the house and under the supervision of an elder of the church.
- If your marriage is arranged by family, meet one another only in the house and under the supervision of one of the parents

(2) Practical activities.

- Draw up clearly defined and agreed boundaries for your courtship relationship that are based on the teachings of the Bible, is appropriate within your culture and beneficial for you both.
- The following boundaries are wise:
 - Time.** How often and how long do you meet one another? At what time in the evening should you leave?
 - Place.** Where do you meet one another? To which places have you decided not to go?
 - Physical contact.** What kind of physical contact is right in God's eyes, acceptable in your culture and builds one another up? Which kind of touching may be acceptable in the Bible, but is not helpful for your friend? Which forms of physical contact is unacceptable within your culture? Discuss and agree about what you may do and what you will avoid.
 - Activities.** What things do you do together? What things have you decided **not** to do?
- Promise one another in God's presence (with God as your Witness) never to lower your standards and to encourage one another to maintain these standards (1 Thessalonians 4:3-8). Then your respect for one another will increase.
- Spur one another on to grow spiritually; build one another up in character; serve God together and develop new friendships together with other men and women.
- Do not create expectations. Discuss a possible marriage only when both of you are ready to do so. Otherwise you create expectations that cause tensions and make promises that you cannot fulfil later.

(3) Termination.

This period ends when one or both of you feel or believe that you ought to stop the relationship. You are under no obligation to give your reasons. You could then decide not to see one another anymore or to return to just being friends. It can be very painful, but is much better than a painful divorce.

However, when both of you are sure that God wants you to get married, you may get engaged. If you do not get engaged, you still have to prepare for marriage and prepare your wedding day together.

3. Suggestions for an engagement period.

"Engagement" means that you have expressed your intention to marry one another and that you are busy to prepare for your coming marriage and the wedding day. Engagement means that with regard to marriage you are no longer available for others.

The goal is to prepare your marriage and wedding day.

(1) The approach.

- Make a solemn promise to one another to marry one another for life.
- It is very helpful to set a date for your wedding day and make a concrete plan for your wedding preparations.
- Your family and friends would probably feel very honoured when you ask them to have a part in your wedding preparations.
- Start immediately with your preparations for marriage and limit the duration of the engagement period, because it will help you not to fall into temptation.

(2) Practical activities.

- Discuss your expectations with regard to living and working together. Openly discuss your expectations with regard to every important area of your relationship. For example, discuss your future home and future life-style, your future congregation (church) and service for God, your relationship to your parents and parents-in-law, your job or career, your finances and the issue of sex and children.
- Do not hide any dark secret in your past from one another. Be honest about the bad experiences you have had in the past and if necessary, confess your sins to one another and forgive one another (James 5:16).
- Continue to maintain your agreed physical boundaries. You will need more self-control and commitment to keep one another pure until the wedding day.
- It is advisable to involve your parents and the elders of your congregation in your wedding plans.

(3) The termination.

This period ends when one or both of you feel or believe that you ought to stop the relationship altogether. Although this can be very painful, it is much better than a painful divorce.

However, when both of you remain completely convinced that you want to marry one another, marry and have a great wedding feast!

5	PRAYER (8 minutes)	[REACTIONS] PRAYER IN RESPONSE TO GOD'S WORD
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Take turns in the group to *pray short* to God in response to what you have learned today.
Or divide the group into two's or three's and pray to God in response to what you have learned today.

(*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 teaching of “Men-women relationships” together with another person or group of people.
2. Personal time with God. Have a quiet time from half a chapter of **Acts 11:19 – 14:28** each day.
Make use of the favourite truth method. Make notes.
3. Bible study. Prepare the next Bible study at home. (3) **1 Thessalonians 4:1-8**. Theme: “The Christian relationship to the opposite sex” Make use of the five steps method of Bible study. Make notes.
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 worship notes and teaching notes and this preparation.