

(T) Welcome to **Discipleship training On The Air**. In this teaching series you may learn to become a disciple of Jesus Christ. Two teachers will teach from the Bible what is a disciple of Jesus Christ. As you listen to this programme, make notes in a notebook or record the programme. Today's teaching is: A DISCIPLE HAS DAILY FELLOWSHIP WITH JESUS.

Having a daily quiet time is the most important spiritual discipline of every day. We will learn another method of quiet time and practise this method by having a quiet time together.

(S) **POINT 1. METHOD. HOW TO HAVE A DAILY TIME OF FELLOWSHIP WITH GOD**

There are different good ways of having a daily time of fellowship with God. You could fellowship with God through reading the Bible, through prayer and through service. Setting aside a special time to fellowship with God, is called a "quiet time". You have already learned "The favourite truth" method of quiet time. Today you will learn "The questions" method of quiet time.

(T) **Step 1. Pray to God.**

Pray a short prayer that helps you to direct your thoughts to God. For example, you could pray, "Lord, reveal to me who you are. Teach me to do your will. Show me the way I should go." (Psalm 143:8,10)

(S) **Step 2. Read your Bible.**

Read a passage or a whole chapter of your Bible. A "Bible reading plan" can help you to read systematically through the Bible. A "Bible marking system" can help you to think while you read. A small group of Christians can meet together every day and have a quiet time together as a group. This will help everyone to have daily fellowship with Jesus.

(T) **Step 3. Choose questions.**

Choose one or several questions about topics from which you want to learn more.

Make use of one or several of the following questions:

Question 1. What do I learn about *God* in the Bible? Or about Christ or the Holy Spirit? What is he like?

What does he do? What does he say?

Question 2. What do I learn about the *people* in the Bible? What are they like? What do they do? What do they say?

Question 3. What do I learn about *myself* in the Bible? Who am I? Why am I here? Where am I going? What do I think and believe? What do I do or neglect to do? What could I become?

Question 4. What does God intend me to know or believe? What does God intend me to be or do? What *response* does God require of me?

You could devise your own questions. For example:

Question 5. Where do I stand in *relationship to Jesus*? And where would I like to stand in relationship to Jesus?

Question 6. What don't I *understand* that I would like to ask my group about?

Question 7. What do I *feel* about what I read? Does it scare me or give me hope? Does it make me feel uneasy or encourage me?

Question 8. *How does Jesus* teach and train people? How does Jesus answer people's questions? How does Jesus react to difficulties?

Question 9. *How should I relate* to other Christians? How should I relate to evil people? How should I relate to oppressed people?

Question 10. Which *character virtue* should I develop?

(S) **Step 4. Meditate on your discoveries.**

You meditate on God's Word because you want to understand the truth, receive renewal or strength from it, and apply or use it. Christian meditation has the following 4 steps:

First. *You want to understand the truth.* So think about the meaning of the important words in your favourite truth. Ask yourself questions like "Who? What? Where? When? Why? How?"

Second. *You want to know what God is saying to you.* So pray softly in your heart and ask God what he intends to say to you. Ask him to explain and apply this truth to your mind and heart. Prayerfully discuss your favourite truth with God.

Third. *You want to practise this truth.* So relate the truth of your favourite truth to your personal life and to the world in which you live. Ask yourself one of the following questions: "What is my need in the light of this verse?" "Which truth renews or strengthens me?" "What does God want me to do?"

Fourth. *You want to remember this truth.* So write the most important thoughts of your meditation in a notebook.

(T) Step 5. Pray about your answers.

Pray about the most important thoughts of your meditation. Remember, “prayer” is a response to what God said to you.

(S) POINT 2. PRACTISE, LET US PRACTISE ONE QUIET TIME TOGETHER

Join with us in the following quiet time.

(T) Step 1. Pray to God.

“Dear Father in heaven, please reveal to me who you are. Teach me to do your will and show me the way you want me to go today. In Jesus’ name. Amen.”

(S) Step 2. Read your Bible.

Let us read Psalm 23 together. Listener, if you have a Bible, then read Psalm 23 together with us.

Psalm 23. “The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, and he restores my soul. He guides me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

(T) Step 3. Choose questions.

(S) The question I choose today is, “How does God shepherd me in this Psalm?”

(T) The question I choose today is, “What does the rest of the Bible teach about God as the shepherd?” I would like to know how God acts towards people as a shepherd. I will try to remember all the Bible passages I have read before about God as the shepherd and make discoveries about what God is like.

(S) Step 4. Meditate on your discoveries.

Let me share what I thought about. Psalm 23 says three important things to me about what God does as a shepherd to me. One. He restores my soul, he guides me in paths of righteousness and he is with me in the valley of shadows. He restores my relationship to himself as well as my inner personality, my thought life, my feelings with regard to hurts and even many consequences of wrong decisions I have made. Two. He guides me always in the right paths and never in the wrong paths. He does this through his revealed word and through his Holy Spirit living in me. Three. His presence is with me especially in difficult and dangerous situations. As my shepherd, he never abandons me in my sufferings. He protects me and he guides me even when I cannot see the path because of the shadows.

(T) I found the following 9 passages about God as a shepherd. Let me share the thoughts I wrote down in my notebook after meditated and prayed about them.

One. Jeremiah 31:10-11. “The Lord ... will gather them and will watch over his flock like a shepherd. He will ... redeem them from the hand of those stronger than they.” God gathers for himself a people by redeeming them from the hand of other people who are stronger than they. God the shepherd is stronger than any other enemy and saved me from the hand of people who were stronger than me. I became one of his followers only because he saved me.

Two. Ezekiel 34:16. God says, “I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak. ... I will shepherd the flock with justice.” When I was lost, he searched for me and found me. When I strayed away from him, he searched for me and brought me back to himself. When I am injured by my own foolishness or by difficult circumstances of life, he binds up my wounds. When I am weak, he strengthens me. God really cares for me personally.

Three. Isaiah 40:11. God “tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.”

When I am a very young Christian or still a child, he picks me up and carries me. And when I have a task of caring for other little ones, he walks slowly so that I can keep up with him. God never runs too fast for me and when I can’t walk anymore, he carries me.

Four. Genesis 48:15. At his deathbed, Jacob said about God, “God has been my shepherd all my life to this day.” God is such a faithful shepherd that he never abandons me, but cares for me right through my old age until the end of my life.

Five. John 10:11. Jesus says, “I am the good shepherd. The good shepherd lays down his life for the sheep.” God in Jesus Christ reconciled me to himself. Jesus died on the cross and paid the penalty for my sin. Nothing was too great a sacrifice to be my shepherd. God loves me with self-sacrificial love.

Six. John 10:3-4. The shepherd “calls his own sheep by name and leads them out ... and goes on ahead of them.” God in Jesus Christ knows my name and calls me by my name. I am so important for him that he cares for me in a personal relationship with him. He does not drive me on from behind, but leads me by going in the front. God as shepherd leads me to where he knows is the best for me.

Seven. John 10:27-28. Jesus says, “My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand.”

God in Jesus Christ is my eternal security. No matter the difficult circumstances or evil people, nothing and nobody can ever separate me from my shepherd.

Eight. 1 Peter 2:25. Peter says about us, "You were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls." God in Jesus Christ is the Head of the Church and Leader of the Church. He oversees my life and my service for him and with him.

Nine. Revelation 7:17, John says, "The Lamb at the centre of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes." Now my Shepherd sits on the throne of the universe and rules the world and history in the interest of his people. He leads me to where there is life and comforts me when I am suffering.

(S) Step 5. Pray about your answers.

Dear Father in heaven, thank you for restoring the broken parts of my personality, giving me positive thoughts and feelings, healing my hurts and disappointments, and causing me to make wise decisions and responsible choices. I pray that I may more consciously realise your presence with me when I walk through valleys of shadows and allow you to guide me in the right path.

(T) Dear Father in heaven, thank you for knowing me by name and for walking before me in the way you want me to go. Thank you for carrying me in your arms when I am too weak to walk. Thank you for never allowing any difficult circumstance or evil person to snatch me away from you. Thank you for wiping away the tears in my suffering. Help me to listen to your voice and follow close to you every day of my life. In Jesus' name. Amen.

(S) POINT 3. PRACTICAL. SUGGESTIONS FOR QUIET TIME

One. Have a daily quiet time.

Make regular use of the Question method of quiet time. You can have a quiet time alone or together with a group. Choose a suitable time and place where you can meet God without interruption.

Two. Keep a quiet time notebook.

Make a habit of writing down the following: The date. The Bible reference of the passage you read. Your question or questions. The most important discoveries and thoughts God wants you to remember. Your notebook will help you to remember what God said to you in the past and help you to recognise a pattern in God's guidance. It will also help you to share your quiet time with other people.

Three. Share your quiet time every week.

Every time your group meets together, use the first part of your time to take turns to share your best quiet time of the past week. Then take turns and pray shortly a prayer of response to God.

(T) POINT 4. ASSIGNMENT FOR NEXT WEEK

First. Use the question method to have a quiet time as a group from Psalm 34. Use the question method to have a daily quiet time for the next week.

Second. See the workbooks "Go and make disciples" and Internet on www. Etc.

Third. Listen on short wave radio every SATURDAY to WEDNESDAY to "Discipleship training on the air".