The Great Seven of Jesus Christ

GUIDELINES FOR DISCIPLES OF JESUS CHRIST
TO HELP ONE ANOTHER BEAR FRUIT IN ALL AREAS OF THEIR LIVES FOR THEIR FATHER'S GLORY

HCFI
HEALTHCARE CHRISTIAN FELLOWSHIP INTERNATIONAL

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Table of Contents

Introduction **5**
A vision for the future 5
The goal 5
Lifestyle 5
The Great Seven of Jesus Christ **5**
Together in a small group **Error! Bookmark not defined.**
Discovery Groups **6**
Definition: 6
Format: 6
Role of the facilitator: 7
Role of the coach / responsible leader 7
1. The Great Commandment: Love God and your neighbour as yourself **8**
Look Back: Celebration and Fellowship (1/3 of your time) 8
Facilitate the discussions on the following questions: 8
Look Up: Listen to God's Word (1/3 of your time) 9
Luke 10:27 (Please read aloud twice) 9
1. Love God: 10
What could we do to help us grow in loving God? 10
2. Love your neighbour: 11
3. Love yourself 12
What will be the result if I love God and my neighbour as myself? 13
Discussion based on the Scripture and the related input 14
Look Forward: Bless one another to obey (1/3 of your time) 15
Session 2. The Great Prayer: Pray "Our Father…" **16**
Look Back: Celebration and Fellowship (1/3 of your time) 16
Facilitate the discussions on the following questions: 16
Look Up: Listen to God's Word (1/3 of your time) 17
Read Matthew 6:9-13 (Please read aloud twice) 17
Discussion based on the Scripture and related input 18
How you could pray for the coming of God's kingdom in your five social circles 19
Lost List: 19
Look Forward: Bless one another to obey (1/3 of your time) 20
Session 3. The Great Commission: Make disciples of all nations **21**
Look Back: Celebration and Fellowship (1/3 of your time) 21
Facilitate the discussions on the following questions: 21
Look Up: Listen to God's Word (1/3 of your time) 22

Read Matthew 28:18-20 aloud twice 22
Why the Great Commission? 23
1. The power of In-depth disciple making 23
2. The power of multiplying of disciple makers (inter)nationally 23
3. The power of multiplying disciple makers in your social circles 24
Discussion based on the Scripture and related Input 25
Look Forward: Bless one another to obey (1/3 of your time) 26
Session 4. The Great Priority: Seek first God's Kingdom 27
Look Back: Celebration and Fellowship (1/3 of your time) 27
Facilitate the discussions on the following questions: 27
Look Up: Listen to God's Word (1/3 of your time) 28
Read Matthew 6:32b-34a aloud twice 28
1. Seek first God's kingdom through prayer: 28
2. Seek first God's kingdom through sowing: 29
Discussion based on the Scripture and input 31
Look Forward: Bless one another to obey (1/3 of your time) 32
Session 5. The Great Lifestyle: Live the Beatitudes 33
Look Back: Celebration and Fellowship (1/3 of your time) 33
Facilitate the discussions on the following questions: 33
Look Up: Listen to God's Word (1/3 of your time) 34
Read Matthew 5:3-11 (Please read aloud twice) 34
What does it mean to be blessed? 34
Eight characteristics of Christlikeness 35
Discussion based on the Scripture and related Input 36
Look Forward: Bless one another to obey (1/3 of your time) 37
Session 6. The Great Calling: As the Father has sent Me... 38
Look Back: Celebration and Fellowship (1/3 of your time) 38
Facilitate the discussions on the following questions: 38
Look Up: Listen to God's Word (1/3 of your time) 39
John 20:21 and Luke 4:16-21 (Read aloud twice) 39
Discussion based on the Scripture and related Input 41
Look Forward: Bless one another to obey (1/3 of your time) 42
Session 7. The Great Focus: You have done this to Me... 43
Look Back: Celebration and Fellowship (1/3 of your time) 43
Facilitate the discussions on the following questions: 43
Look Up: Listen to God's Word (1/3 of your time) 44
Read Matthew 25:31-46 CJB aloud twice 44
The target groups that are important to Jesus Christ 45

Discussion based on the Scripture and related Input 46
Look Forward: Bless one another to obey (1/3 of your time) 47
There are other series your group could follow if you would like to: 48
Addendum 1: SOAPS **49**

Introduction

A vision for the future

What would your world be like when it is in full bloom because God's kingdom is coming everywhere? Would you like to see healthcare in your community and country be an inspiring example of compassionate care provided by thriving care workers? Where good care includes physical, psychological, spiritual, and social aspects? Where high ethical standards are consistently applied? Where Jesus Christ is transforming the physical, psychological, spiritual, and social aspects of the lives of the people in your world? Where you take your place in it all with joy?

There is only one way to make significant and lasting progress towards such a future: the Jesus Christ way, implemented by His disciples who collaborate with one another and with all people of good will.

What does that mean for me? We invite you to start on an exciting journey of discovering together with us what it means – by focusing on the Great Seven of Jesus Christ.

The objective of the lessons in this booklet is not only to pass on knowledge, but to bring us into a deeper relationship with Jesus Christ. As we discover His heart, we are inspired to let our lives be transformed by Him and thus reflect His love more and more wherever He has placed us.

The goal

To become a network / community / movement of disciples of Jesus Christ who join Him in His great enterprise of furthering the Kingdom of God globally, with a special focus on our families, our friends, our neighbourhoods, and our (healthcare) workplaces.

Lifestyle

Remember, being a disciple of Jesus Christ is a lifestyle; it is all about processes of transformation towards becoming more Christ-like. It is not a program or a project. Once you embark on your pilgrimage through life together with Jesus Christ, the journey never ends...

The Great Seven of Jesus Christ

We selected seven key elements of the teachings of Jesus Christ as foundational building blocks for the lifestyle of His disciples

1. The Great Commandment: Love God and our neighbour
2. The Great Prayer: Pray “Our Father...”
3. The Great Commission: Make disciples of all nations
4. The Great Priority: Seek first God’s kingdom and His righteousness
5. The Great Lifestyle: Reflect the Beatitudes in daily life
6. The Great Calling: As the Father has sent Me...
7. The Great Focus: You have done this to Me...

Discovery Groups

If we really want to see the kind of inside-out transformation that Jesus Christ brings, we cannot do it alone. That is why we will join hands and hearts in a small group to learn together how to put the Great Seven of Jesus Christ into practice. The small group format we will be using is known as Discovery Groups.[1]

Definition of a Discovery Group:

A Discovery Group is two to four seekers / believers who learn together to love God, to love their neighbour and to intentionally multiply maturing disciple makers in obedience to Jesus Christ.

- Two to four: This is the optimal size for a group of busy people
- Seekers / Disciples: When Jesus Christ called people to follow Him, none of them were believers. They became believers on the way as they discovered He is the Way
- Jesus Christ: He is the Central Person in Discovery Groups
- Learn together: all participants help one another to learn from Jesus Christ
- Love God and your neighbour as yourself: This is what life is all about according to Jesus Christ
- Obedience: Those who believe in Jesus Christ obey Him[2]
- Intentional multiplication of maturing disciple makers: the practical implication of one of the key commands of Jesus Christ, namely, to make disciples of all nations
- This series of sessions will emphasize being disciples of Jesus Christ in our families, among our friends, as well as in our neighbourhoods and (healthcare) workplaces

Format:

- Frequency: meet once a week or once every two weeks as a rule. During holidays or emergencies, the time between meetings might be longer
- When: it is very important to meet only when all the members of the group can be present. This is the best way to develop depth of relationships between the participants
- Where: face to face at someone's home (preferred) or online (saves traveling time), or a hybrid: for example, meet online regularly and face to face once every three or four months
- Meeting elements: each meeting has three parts – Look Back; Look Up; Look Forward. This will be described in more detail further on
- Duration: Each of the three parts takes about 30 minutes ➔ 90 minutes in total

[1] Some use the term Discovery Bible Studies but that gives the wrong impression that Discovery Groups are that same as Bible Study groups and they are not.
[2] Discovery Groups use an obedience-based approach to disciple making – we habitually obey Jesus Christ as His disciples

Role of the facilitator:

Each group has a facilitator who initiates the meetings. After a facilitating a few times, the group members start taking turns to facilitate the meeting. This way they learn how to facilitate their own groups once that becomes possible. The facilitator:

1. Provides an example of some-one who wants to learn as much as possible from Jesus Christ and who applies what has been learnt in daily life and work
2. Promotes a culture of honouring one another in the Discovery Group
3. Is a co-learner together with the rest of the group; not the "great expert"
4. Is a meeting organizer/scheduler; not the "spiritual superstar"
5. Makes sure all Discovery Group members participate; not the "centre of attention"
6. Facilitates learning experiences by asking questions; not the "great preacher"
7. Furthers formation of new Discovery Groups; not the "gatherer of admirers"
8. Promotes and practices two spiritual disciplines that are vital for every follower of Jesus Christ: First, daily devotional time – using of S.O.A.P.S.[3] Second, daily prayer time – praying for the people on your Lost List and for those in your social circles
9. Checks regularly how the group members are doing in these two spiritual disciplines and inspires them to develop these habits if they are not yet part of their lives

Role of the coach / responsible leader

1. Coaches facilitators who have started new Discovery Groups
2. Organizes leadership training for the next generations of Discovery Group facilitators
3. Starts to coach coaches once the spiritual multiplication processes make it possible

Suggestion:
Print out this document and write down your notes about these sessions in the printout. This will help you to remember what you have learnt, to record your intended action steps and what you have prayed about. Later you can refer to your notes for prayer

Let us begin to explore what it means to put the Great Seven of Jesus Christ into practice.

[3] SOAPS is explained in an addendum at the end of this document

1. The Great Commandment: Love God and your neighbour as yourself

Look Back: Celebration and Fellowship (1/3 of your time)

If this is the first time you meet, welcome everybody and open with prayer.

Then invite the participants to introduce themselves to one another and to share why they decided to join this Discovery Group.

Who are they and why are they in this group?

Facilitate the discussions on the following questions:

1. What happened in the past week that makes you grateful?

2. What challenges / struggles are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Luke 10:27 (Please read aloud twice)

You shall love the Lord your God

with all your heart, with all your soul,

with all your strength and with all your mind

and your neighbour as yourself.

Note: From this point on, group members take turns reading successive sections of the workbook aloud. This prepares the group members to become facilitators of their own groups as a possible next step.

Pay attention to the order and sequence that Jesus uses.

- Order:
  a. First commandment is about loving God (very comprehensive).
  b. Second commandment is about loving our neighbour and loving ourselves (two in one)
- Sequence:
  a. First love God.
  b. Then love your neighbour.
  c. Then love yourself.

The construction of these two love commandments reflects Jesus Christ's vision of life, including His view of spirituality. In short, He declares that life is about relationships in which God clearly takes first place.

Together we look up to learn from Him.

1. Love God:

Why should we love God?

- He loves us first
- He deserves our love with His perfect character
- He created us for Himself
- He bought us for Himself through the blood of Christ
- He adopted us to Himself

To love God: what does it mean to you? Something to prayerfully explore in the time to come.

What could we do to help us grow in loving God?

A. Spend time with God daily in our Devotional Time: S.O.A.P.S.[4]

S = Scripture: Read one chapter of the Bible daily. Write down the verse(s) that strike you.

O = Observation: What does God say through these verses?

A = Application: How does God want me to do respond to what He said?

P = Prayer: Lord, help me to put Your Word into practice in my life

S = Share: Who could I bless by sharing what I learnt today?

How is it going with your daily devotional time? Would it be possible for you to try out SOAPS if you have not been using this approach?

B. Periodically spend an extended period with God

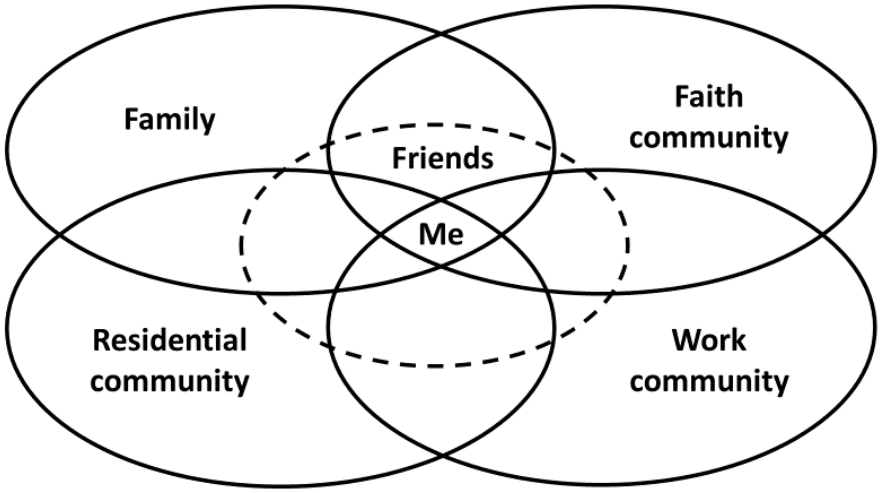
Begin your year with an annual week of prayer / retreat
Half/whole day of fasting/prayer once a month / quarter

What would be do-able for you? Something to explore prayerfully…

[4] See Addendum 1: SOAPS

2. Love your neighbour:

Where is my neighbour? In my five social circles. I am a neighbour to these people…



Let us take a closer look at our five social circles:

Social Circle number	A: Nearest neighbour	B: Neighbour	C: Neighbour further away	D: Neighbour (inter)national
1. Family	Direct family	Extended family	Tribe / People group	All tribes (inter)national
2. Friends	Closest friends	Good friends	Friends	Acquaintances
3. Faith community	Discovery Group	Home group / cell group	Local congregation	Body of Christ (inter)national
4. Workplace	Direct colleagues	Other colleagues	Institution/ Business / Clinic / etc	Professional world (inter)national
5. Neighbourhood	Direct neighbours	Neighbourhood / suburb	Town / city	Country / World

My responsibility to love my neighbour starts with my nearest neighbour in each of my social circles. I am learning to have more and more room in my heart for more and more people = the heavenly antidote to the deadly poison of selfishness/egoism.

The real question to ask is this: Whose neighbour am I? I

In this way we become disciples of Jesus Christ who share His heart for the whole world.

Personal action point:

Indicate per social circle who is closest to you and who is furthest away from you. What does the Lord want to make clear to you about this? Is somebody too far away? Is somebody taking the rightful place of another? You might want to prayerfully explore these questions.

3. Love yourself

Unhealthy self-love

- Interpreting / considering everything in relation to yourself and not to other people or things
- Tunnel vision for one's own interests and no eye for the other
- Put yourself on the throne of your heart as a matter of course; my will must be done
- Pride (comparing yourself with others and finding yourself superior)
- Inferiority (comparing yourself to others and finding yourself inferior)
- ?
- ?
- ?

Healthy self-love

- Legitimate and appropriate attention to your own interests
- Good stewardship of your health in four areas: physical, psychological, spiritual, social
- Accepting your responsibility to grow to maturity by loving God and your neighbour as yourself
- Aim to grow in wisdom, maturity, and Christlikeness
- ?
- ?
- ?

Some questions to help you discern between healthy and unhealthy self-love

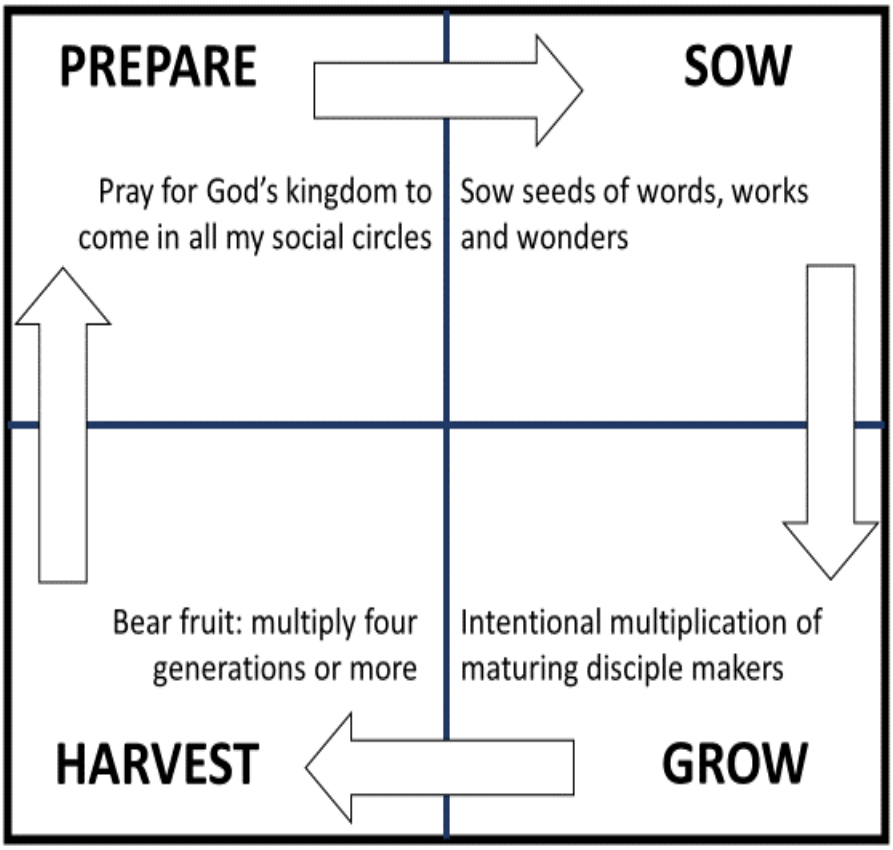
- Do you want to make yourself look better than others?
- Are you more concerned about how good you look than about how well you perform?
- Do you act in order to be praised by others?
- Do you tend to have too high expectations of others, thus making sure they fall short of the mark?
- Are you more interested in people doing things your way than in working together to find the best ways?

Suggestion: Include enough re-creation / relaxation in your diary to charge your batteries and prevent burn-out

What could you do to improve your health in these four areas (physical, psychological, spiritual, social)? Something to prayerfully explore in the coming period.

What will be the result if I love God and my neighbour as myself?

We will see growth moving through continuing cycles of prepare, sow, grow and harvest. God will give the growth as we prepare, sow, disciple, and harvest.



What progress are you making in these four process areas?

Discussion based on the Scripture and the related input

- What insights from this lesson have meant the most to you?

- What did you learn about God / His ways / Jesus Christ?

- What did you learn about people / yourselves?

- How could we apply what we have learnt about loving God and our neighbour as ourselves? In our personal lives? In our five social circles?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow in loving God, in loving your neighbour, and in loving yourself? "With God's help, I will…"

2. Pray for God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

3. Pray for lost persons (each participant gives two names - one person from your family and one person from your workplace.) At future meetings you report to one another how these persons are doing and pray for them again. This information is confidential and not to be shared outside the group. This is the beginning of your personal Lost List.

4. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles; E = exalting God

Session 2. The Great Prayer: Pray "Our Father…"

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

- What happened in the past week that makes you grateful?

- How did it go with the implementation of your "I will…" statements?

- What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Read Matthew 6:9-13 (Please read aloud twice)

Father of us who is in Heaven
Your Name be hallowed
Your kingdom be coming
Your will be done on earth as it is in heaven
Give us this day our daily bread
Forgive us our debts as we forgive those that trespass against us
Lead us not into temptation but
Deliver us from evil
Your kingdom it is
Your power it is
Your glory it is
For ever and ever, Amen

Key points to discuss about praying as Jesus taught us to pray
All the key elements of what prayer is really about are included in this inspired prayer.

Father of us who is in Heaven	God exists, He is where He was when He created the universe = outside it
Your Name be hallowed	His character is revealed in His Name – it is glorious!
Your kingdom be coming	Therefore, only His rule is acceptable
Your will be done On earth as it is in heaven	His rule comes when we do what He wants
Give us Our daily bread today	Petition 1: We come with empty hands for everything we need; we are poor
Forgive us Our debts as we forgive our debtors	Petition 2: We need to be reconciled with God and with our neighbor
Lead us Not into temptation but	Petition 3: We need God's guidance in the right ways and wisdom to avoid the wrong
Deliver us From evil	Petition 4: We need to be delivered from everything that prevents us from doing the will of our Father: our flesh, sin of ourselves and others, devil and demons, world and its seductions
For:	
Your kingdom it is	We seek His kingdom first
Your power it is and	We can do this only in the power He gives
Your glory it is	Therefore, He gets all the glory
For ever and ever, Amen	In all eternity. Yes, so it is!

Discussion based on the Scripture and related input

1. What was the most valuable insight for you about the “Our Father” prayer?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

How you could pray for the coming of God's kingdom in your five social circles

Ministry Fields / Social Circles	**Preparing Field** Pray for God's kingdom to come in all social circles	**Sowing Field** Sowing seeds of God's kingdom through words, works and wonders	**Growing Field** Intentional multiplication of maturing disciple makers	**Harvest Field** Multiply four spiritual generations or more
1. Family				
2. Friends				
3. Faith community				
4. Workplace				
5. Neighbourhood				

You could also use the above table for a prayerful evaluation how much progress you have made toward multiplication of maturing disciple makers in each of your social circles. Maybe something to do when you are alone with the Lord?

Lost List:

Start with one or two persons from your social circles 1, 2, 4 and 5. Grow the list gradually as your personal prayer life develops

4. How could we apply what we have learnt about "Our Father"? In our personal lives? In our social circles?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow your prayer life, especially with regards to your relationship with your Heavenly Father and with the people in your five social circles? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

Session 3. The Great Commission: Make disciples of all nations

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

- What happened in the past week that makes you grateful?

- How did it go with the implementation of your "I will…" statements?

- What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Read Matthew 28:18-20 aloud twice

And Jesus came and spoke to them, saying,

"All authority has been given to Me in heaven and on earth.

Therefore, as you go, make disciples of all the nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you;

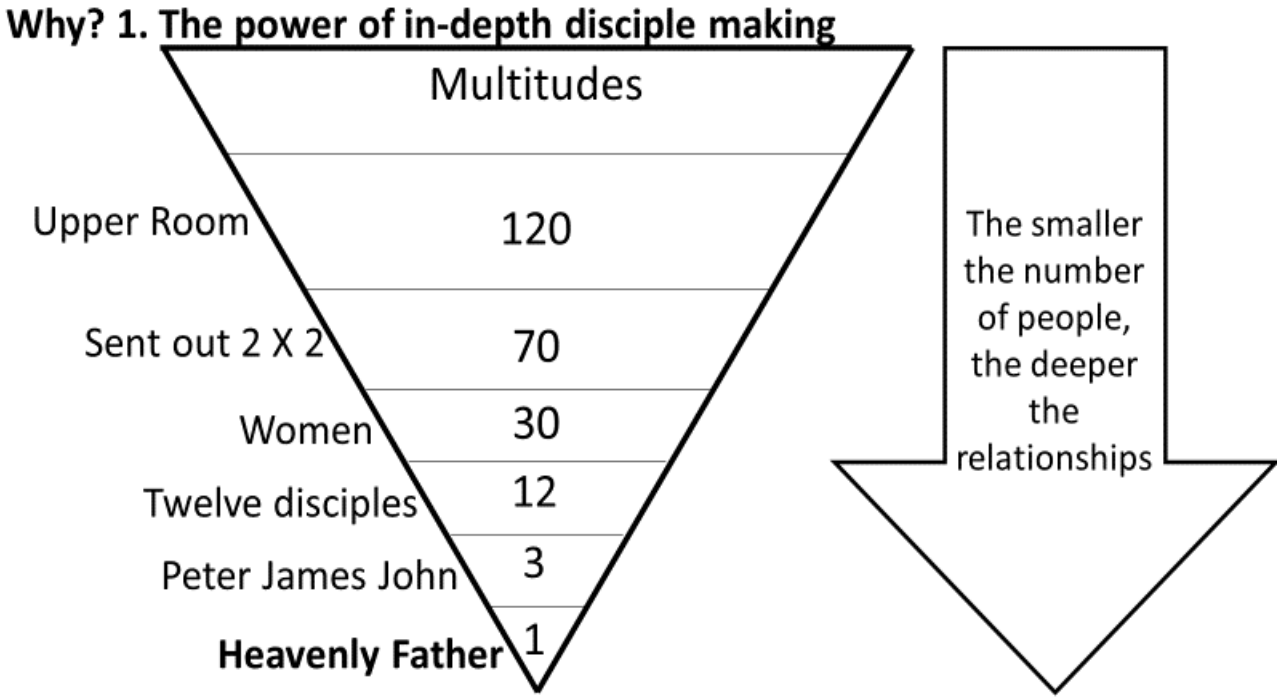
and lo, I am with you always, even to the end of the age."

Amen.

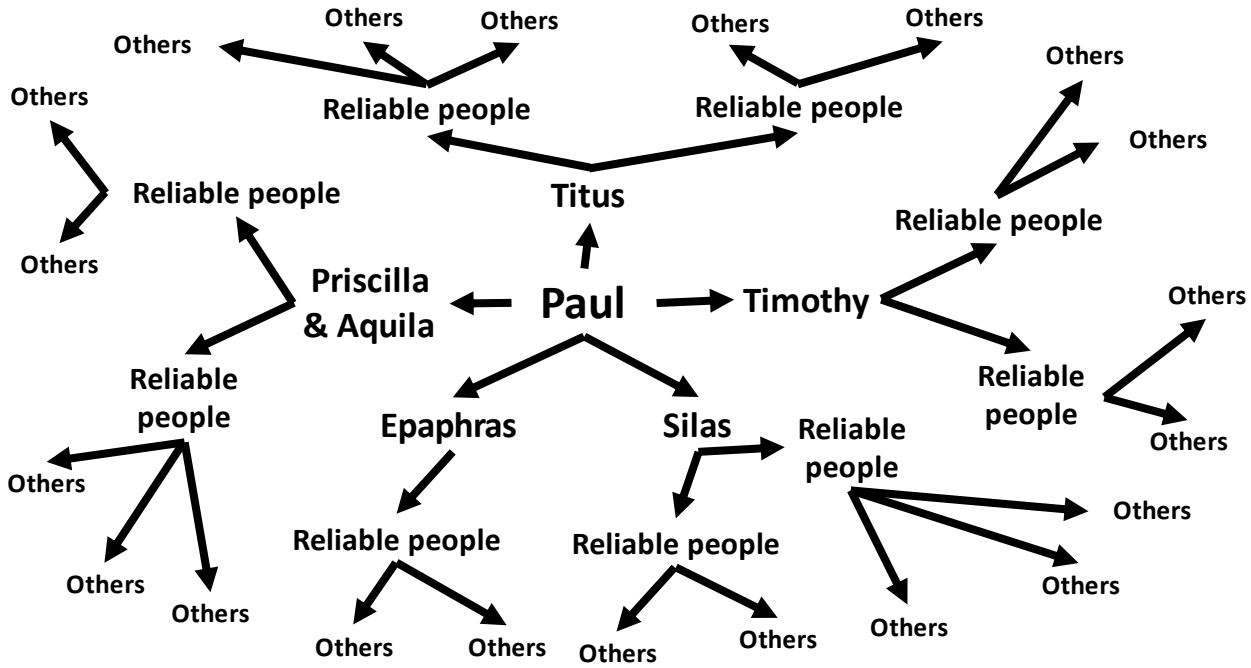


Why the Great Commission?

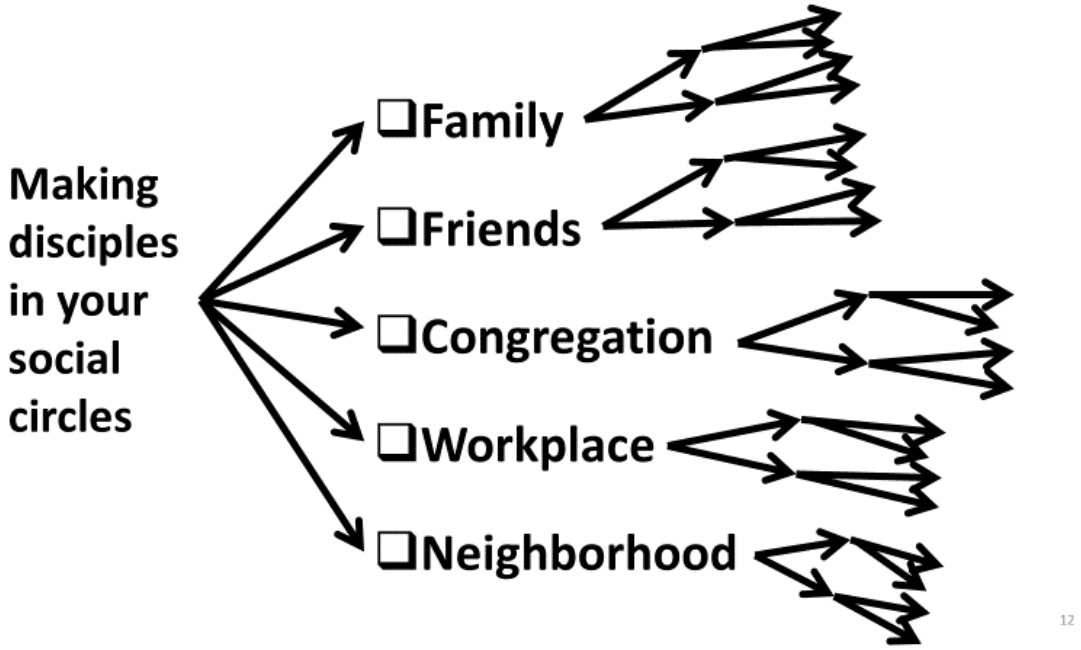
1. The power of In-depth disciple making



2. The power of multiplying of disciple makers (inter)nationally



3. The power of multiplying disciple makers in your social circles



Why does the Lord want you to become involved in the intentional multiplication of disciple makers?

Discussion based on the Scripture and related Input

1. What was the most helpful insight you gained from this lesson?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

4. What could we do about this lesson about the intentional multiplication of disciple makers? In our personal lives? In our five social circles?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow in the intentional multiplication of disciple makers? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

Session 4. The Great Priority: Seek first God's Kingdom

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

- What happened in the past week that makes you grateful?

- How did it go with the implementation of your "I will…" statements?

- What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Read Matthew 6:32b-34a aloud twice

> *For your heavenly Father knows that you need all these things.*
>
> *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*
>
> *Therefore, do not worry about tomorrow, for tomorrow will worry about its own things…*

The purpose of this meeting is to help you focus on two Kingdom of God priorities:

1. Preparing the field through prayer, and

2. Sowing seeds of God's kingdom

1. Seek first God's kingdom through prayer:

How do you pray for His kingdom to come in your social circles? Any progress? Helpful discoveries? Do you have encouragement or advice you can share with us? Group members share with one another.

Ministry Fields / Social Circles	**Preparing Field** Pray for God's kingdom to come in all social circles	**Sowing Field** Sowing seeds of God's kingdom through words, works and wonders	**Growing Field** Intentional multiplication of maturing disciple makers	**Harvest Field** Multiply four spiritual generations or more
1. Family				
2. Friends				
3. Faith community				
4. Workplace				
5. Neighbourhood				

2. Seek first God's kingdom through sowing:

You can sow seeds of God's kingdom through sharing Good News

Sharing Good News has three elements: Their Story; Your Story, the Big Story.

Their Story = their situation; Your Story = your testimony; the Big Story = the Gospel.

First find out what Their Story is. Then share appropriate elements from Your Story. When the Lord gives the opportunity, share the Big Story.

Their Story

We need to learn to listen well because we want to connect to what God is already doing in their lives. Do this by asking open-ended questions such as the two key questions we ask at the beginning of each meeting:

- What happened this past week that makes you grateful?
- What are you struggling with? What challenges are you facing?
- Please tell me more about yourself
- How do you see the purpose of your life?
- Where do you go for answers when you face difficult decisions?

Your Story

You need to learn how to share Your Story in fifteen seconds and in two minutes. It is helpful to learn to share your story in two ways.

1. The first way is the **Three-Part Story**: A. Before Jesus, my life was like this. B. Then Jesus became involved. C. Now my life looks like this.
   The main point here: you want to emphasize the significant difference Jesus Christ has made in your life.
   - Application: Share the fifteen second version of your Three-Part Story with one another in the group right now.

2. The second way is the **Why Jesus Story**: The reason why I am a disciple of Jesus Christ is…
   The main point here: you want to explain why it made sense to you to become a disciple of Jesus Christ.
   - Application: Share the fifteen second version of your Why Jesus Story with one another in the group right now.

How to make a good connection between Their Story and Your Story

The flow of the conversation: Everyday topic ➔ meaningful topic ➔ spiritual topic. Avoid the mistake of jumping into a spiritual conversation before people are ready for it. Remember, we are witnesses of Christ who share about Him with permission, respect, and sensitivity.

First, listen to Their Story until you get an impression of what God is already doing in their lives.

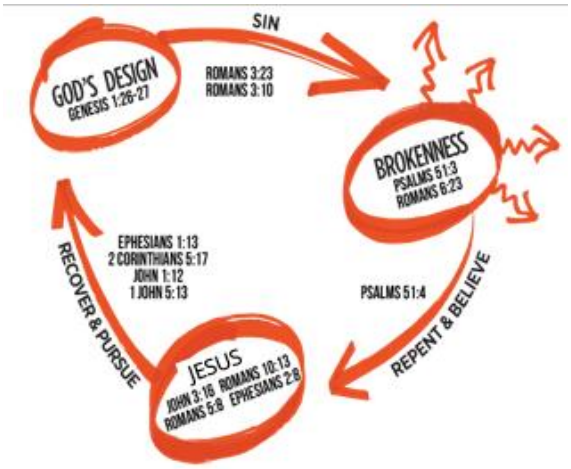
Then select an appropriate part of Your Story and share it in fifteen seconds. The Three-Part Story works well here.

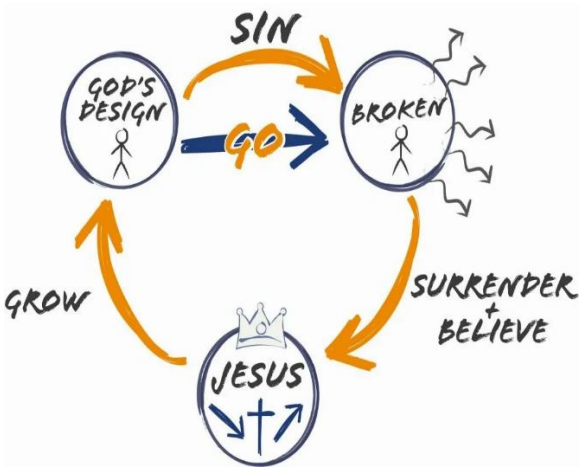
Get their feedback about what you shared. If their response indicates that they are interested, ask whether they would like to hear the Big Story.

If they agree to hear the Big Story, share it with them.

The Big Story

A helpful way to share the Big Story is to use the Three Circles presentation. You can watch various versions on YouTube. This is one possibility: https://www.youtube.com/watch?v=5W8ynRMr59k





Application: Watch the video and practice how to share it on some of your friends and/or family members. Next time each member of the group will get the opportunity to share the Three Circles Big Story with the group

You can sow seeds of God's kingdom through B.L.E.S.S. prayers

If they agree to be prayed for, pray a B.L.E.S.S. prayer for them.

- B = Body ➔ Healing, physical well-being
- L = Labor ➔ Work / finances
- E = Emotional ➔ Psychological well-being
- S = Social ➔ Relationships in 5 Social Circles
- S = Spiritual ➔ Growth in knowing / loving God

Make it a habit to pray BLESS prayers for the people in your five social circles or whenever somebody asks you to pray for them. A BLESS prayer demonstrates an integral approach to prayer

Discussion based on the Scripture and input

1. What has been the most helpful lesson you learnt in this meeting?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

4. What could you do about your priorities in the light of "The Great Priority"? What could we do regarding preparing the field and about sowing seeds of God's kingdom?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to seek God's kingdom first through preparing and sowing? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

Session 5. The Great Lifestyle: Live the Beatitudes

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

1. What happened in the past week that makes you grateful?

2. How did it go with the implementation of your "I will..." statements?

3. What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Read Matthew 5:3-11 (Please read aloud twice)

> *Blessed are the poor in spirit, for theirs is the kingdom of heaven.*
>
> *Blessed are those who mourn, for they shall be comforted.*
>
> *Blessed are the meek, for they shall inherit the earth.*
>
> *Blessed are those who hunger and thirst for righteousness, for they shall be filled.*
>
> *Blessed are the merciful, for they shall obtain mercy.*
>
> *Blessed are the pure in heart, for they shall see God.*
>
> *Blessed are the peacemakers, for they shall be called sons of God.*
>
> *Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.*

The main point of this session is to make clear that blessedness/happiness is not a goal to aim for. Rather, it is the fruit of having a Christlike character. That is what we should aim for! In the Beatitudes we learn about eight key characteristics of Christlikeness.

What does it mean to be blessed?

"Blessed" = 'makarioi' in original Greek language of New Testament. Root words of 'makarioi' = 'me' (not) + 'ker' (death / fate) ➔ not enslaved by death or fate.

Two-fold meaning of 'Blessed':

1. The profound eschatological religious joy of the citizens of the kingdom of God that transcends even adverse circumstances
2. A person of whom Jesus Christ says:
    1. You are singularly favoured
    2. You are graciously approved
    3. You are a liberated heir of My abundant life

Note: Jesus said, "Blessed are…" and not "Blessed will be…"

In summary: In Christ we already have fulness of blessing. We already "are blessed" if we have Christlike character. This is where we need growth – to become more like Jesus.

Eight characteristics of Christlikeness

Instead of reading this whole page aloud, take some time to pray read this page silently and prayerfully for yourself. Ask the Lord what He wants to say to you personally about these characteristics. Anything He wants you to repent of? Priorities you should put right? Restitution to make? Forgiveness to be extended? Forgiveness to be asked? Reconciliation to be pursued?

Blessed are **the poor in spirit**

The poor in spirit deeply realize they are unable to save themselves, unable to buy their salvation, unable to merit their salvation. They also deeply realize that Jesus Christ is the only one who can save them. Therefore they repent of their sin, they accept His rule as Lord and Saviour, and give their lives to seek God's kingdom first

Blessed are **those who mourn**

Those who mourn are grieving because of the destructive power, presence, and impact of sin, sinful nature, Satan, and the world

Blessed are **the meek**

The meek are those who persevere in using the minimum power needed in to bring about justice and agape love in relationships, thus promoting the coming of God's kingdom

Blessed are **those who hunger and thirst for righteousness**

Those who seek, proclaim, and demonstrate God's kingdom and His righteousness with everything they have and are

Blessed are **the merciful**

Those who extend mercy and forgiveness because they have received the same from the Lord, and as a result demonstrate the Lord's compassion with words, works, and wonders.

Blessed are **the pure in heart**

Those who have been cleansed from sin and sinful behaviour on the inside and who have been set apart for God to be used for His purposes, and who have given themselves fully to Biblical processes of becoming more Christlike.

Blessed are **the peacemakers**

Those who in the power of the Holy Spirit bring God's shalom into situations of conflicts, problems, hindrances, alienation, and enmity.

Blessed are **those who are persecuted for righteousness' sake**

Those who persevere in obeying the Lord and in doing what is right in God's eyes, regardless of the amount of persecution they experience in the process of doing so.

Discussion based on the Scripture and related Input

1. What did you like most about this Bible passage?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

4. What could you do to become more Christlike? How could the people in your social circles become aware of your growth towards Christlikeness?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow towards Christlike character? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

Session 6. The Great Calling: As the Father has sent Me…

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

1. What happened in the past week that makes you grateful?

2. How did it go with the implementation of your "I will…" statements?

3. What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

John 20:21 and Luke 4:16-21 (Read aloud twice)

"Shalom!" Jesus repeated.

"Just as the Father has sent Me,

even so I myself am sending you."

So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read. And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

"THE SPIRIT OF THE LORD IS UPON ME, BECAUSE HE HAS ANOINTED ME TO PREACH THE GOSPEL TO THE POOR; HE HAS SENT ME TO HEAL THE BROKENHEARTED, TO PROCLAIM LIBERTY TO THE CAPTIVES AND RECOVERY OF SIGHT TO THE BLIND, TO SET AT LIBERTY THOSE WHO ARE OPPRESSED; TO PROCLAIM THE ACCEPTABLE YEAR OF THE LORD."

Then He closed the book and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. And He began to say to them, "Today this Scripture is fulfilled in your hearing."

The main point of this session is that Jesus Christ is sending each one of us out to continue in the calling He Himself has received.

Every one of us is called to full-time service in the Kingdom of God: in family, among friends, in the congregation, in the workplace, in the neighbourhood and to the ends of the earth – wherever He wants to place and use us.

The calling of Jesus included four pillars of ministry that are automatically part of our calling. We will explore these elements briefly.

As you explore the four pillars, remember to consider the four aspects of integral ministry: physical, psychological, spiritual, social.

Pillar 1: Preaching (Preach the Gospel to the poor)

Proclaiming and demonstrating the Good News of the Kingdom of God through words, works and wonders.

Wise witnesses who are Christ's ambassadors with respect, permission, and sensitivity

Pillar 2: Healing (Heal the broken-hearted; recover sight to the blind)

Integral healing: physical, psychological, spiritual, and social

We cannot always heal, but we can always care

Good palliative care turns a deathbed into a doorway of hope

Pillar 3: Deliverance (Liberty to the captives)

Setting people free from the power of sin, self, Satan and the world

Pillar 4: Justice (Set at liberty those who are oppressed)

Proclaiming and demonstrating God's justice in personal and corporate life

Furthering Biblical Christian ethics in healthcare

For personal application: Take some time alone with the Lord and ask Him what He wants to say to you about these four pillars of ministry in your life and calling. Make sure you promote and practice integral ministry: physical, psychological, spiritual, and social.

Discussion based on the Scripture and related Input

1. What did you like most about these two Bible passages?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

4. How could we grow in fulfilling our calling as disciples of Jesus Christ? In our personal lives? In our five social circles?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow in the fulfilment of your calling as disciple of Jesus Christ? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

Session 7. The Great Focus: You have done this to Me…

Look Back: Celebration and Fellowship (1/3 of your time)

Welcome everybody and open with prayer.

Facilitate the discussions on the following questions:

1. What happened in the past week that makes you grateful?

2. How did it go with the implementation of your "I will…" statements?

3. What challenges are you facing?

Look Up: Listen to God's Word (1/3 of your time)

Read Matthew 25:31-46 CJB aloud twice

When the Son of Man comes in his glory, accompanied by all the angels, he will sit on his glorious throne. All the nations will be assembled before him, and he will separate people one from another as a shepherd separates sheep from goats. The 'sheep' he will place at his right hand and the 'goats' at his left. Then the King will say to those on his right, 'Come, you whom my Father has blessed, take your inheritance, the Kingdom prepared for you from the founding of the world. For I was hungry, and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you made me your guest, I needed clothes and you provided them, I was sick and you took care of me, I was in prison and you visited me.' Then the people who have done what God wants will reply, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and make you our guest, or needing clothes and provide them? When did we see you sick or in prison, and visit you?'

The King will say to them, 'Yes! I tell you that whenever you did these things for one of the least important of these brothers of mine, you did them for me!'

Then he will also speak to those on his left, saying, 'Get away from me, you who are cursed! Go off into the fire prepared for the Adversary and his angels! For I was hungry, and you gave me no food, thirsty and you gave me nothing to drink, a stranger and you did not welcome me, needing clothes and you did not give them to me, sick and in prison and you did not visit me.' Then they too will reply, 'Lord, when did we see you hungry, thirsty, a stranger, needing clothes, sick or in prison, and not take care of you?' And he will answer them, 'Yes! I tell you that whenever you refused to do it for the least important of these people, you refused to do it for me!' They will go off to eternal punishment, but those who have done what God wants will go to eternal life.

Main point of this meeting: Our Lord takes it very personally how we treat other people. He focuses our attention on target groups that are very important to Him. We need to understand His heart for people so that our lives and ministries reflect His focus.

The target groups that are important to Jesus Christ

Go through the list of target groups below. What examples of these target groups do you see in your family, among your friends, in your workplace, in your neighbourhood/city? Remember to consider their needs in an integral way: physical, psychological, spiritual, and social.

The hungry: Those who need healthy food

The thirsty: Those who need safe drinking water

The stranger: Those who need social integration

The naked: Those who need to have their shame covered

The sick: Those who need compassionate care

The prisoner: Those who need to face the consequences of their sin, make restitution, be reconciled with those they have harmed and eventually be reintegrated into society

Discussion based on the Scripture and related Input

1. What did you like most about this Bible passage?

2. What did you learn about God / His ways / Jesus Christ?

3. What did you learn about people / yourselves?

4. What could you do about your ministry among the target groups that are important to Jesus Christ?

Look Forward: Bless one another to obey (1/3 of your time)

1. How will you seek to grow in ministry to the target groups that are important to Jesus Christ? "With God's help, I will…"

   Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting

2. Pray for one another:
   - For God's help to obey Him as summarized in our "I will" statements.
   - For the people in your Lost Lists
   - For one another's challenges/struggles mentioned at the beginning of the meeting

3. Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

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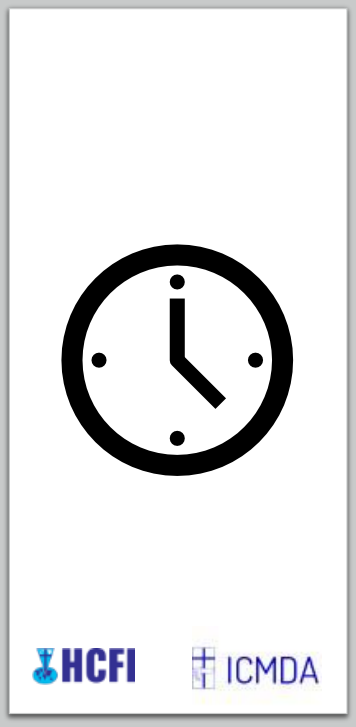
Congratulations, you have completed the series: The Great Seven of Jesus Christ.

There are other series your group could follow if you would like to:

- Growing as Witnesses in the health field (18 meetings)
- The Great 7 of God's Kingdom (7 meetings, can be extended to 21 meetings)
- From Creation to Christ (24 meetings)

For the latest list of materials that are available: www.hcfglobal.org/discipleship

Addendum 1: SOAPS



S.O.A.P.S.

Daily Devotional Time

Use a systematic approach to go through the whole Bible in your daily devotional times

To start with, prayerfully read one chapter a day and use a devotional notebook to write down your SOAPS notes

Option one: Start at the beginning of the Bible and proceed from there

Option two: Switch between a chapter in the Old Testament and one in the New Testament on alternate days

Option three: The Seven Sections Approach, which is explained later

Choose the option that works best for you

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Use a Devotional Notebook to record the five elements of your SOAPS

HCFI ICMDA

1. **S = Scripture**: Prayerfully read one chapter of the Bible. Write down the portion of that chapter that speaks to you
2. **O = Observation**: What does this portion of the Bible say about God, His ways, people, you?
3. **A = Application**: How does God want you to respond to what He said to you through His Word?
4. **P = Prayer**: Ask God to help you to respond to Him in a way that brings Him joy.
5. **S = Share**: With whom will you try to share what you learnt during your SOAPS time?

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The Seven Sections Approach

1. Genesis to Deuteronomy
2. Joshua to Job
3. Psalms
4. Proverbs to Song of Solomon
5. Isaiah to Malachi
6. Matthew to Acts
7. Romans to Revelation

Practical Tip:

You might want to make seven book markers, one for each section

How to go through the Seven Sections:

- **Week 1**

1st day: Read chapter 1 of section 1
2nd day: Read chapter 1 of section 2
3rd day: Read chapter 1 of section 3, etc.

After one week you will have read the first chapter in each of the seven sections

- **Week 2**

1st day: Read chapter 2 of section 1
2nd day: Read chapter 2 of section 2
3rd day: Read chapter 2 of section 3, etc.

At the end of the second week, you will have read the second chapter in each of the seven sections

- In week 3 you read chapter 3 in each of the seven sections. Continue using the same systematic approach to read the whole Bible

Once you have completed a section, go through it again. You will read some sections more frequently but that is fine