

NEXT STEPS



*First Baptist Church of
District Heights*

**THE
HEIGHTS**
F B C D H

A 10-Week Journey for STRONG Christians

FIRST BAPTIST CHURCH OF DISTRICT HEIGHTS
"Next Steps" Covenant

Purpose of the Group:

- Together, we will take our "next steps" of growth in our walk with Jesus through instruction, community and accountability.
- We will study biblical principles from this curriculum to assist us in this journey.

Time Commitment:

- 10 Total Sessions
- Weekly gathering for approximately 90 minutes.
- Time between sessions to complete assignments and scripture memory.
- Time between sessions regularly praying with a prayer partner.

Our Commitment to Each Other:

1. **Priority** – I will make every effort to attend our group meetings; except when illness, travel or work commitments make attendance impossible. If unable to attend I will contact the group in advance and schedule a time to make up the session.
2. **Punctuality** – The group meetings will begin and end on time.
3. **Protection** – I will listen to my brothers and sisters without judgment, fight the urge to "fix" problems without invitation, honor differences of opinion, and hold everything shared with confidence. I will not share with anyone outside the group in order to create a safe environment to express our issues.
4. **Prayer** – I will connect with a prayer partner within the group and pray regularly for my brothers and sisters.
5. **Preparation** – I will arrive at each session having prepared everything necessary for a productive meeting time.
6. **Personal Devotions** – I will have regular Bible reading and prayer between group meetings.
7. **Pass Rule** – No one will be pressured to share or speak until and unless they are comfortable doing so. Saying "I pass" is acceptable.

Signature: _____

Date: _____

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Session 1: My Walk With Jesus

Jesus' Call to Discipleship includes three important elements (Matthew 4:19):

A. KNOW: What Happened to Me?

1. I have placed my _____ in Jesus Christ, so I am now _____.
(Romans 10:9)
2. Now that I am in Christ, I am a _____.
(2 Corinthians 5:17)
3. Although I was spiritually _____ in my sins, God has made me _____ through Jesus Christ! (Ephesians 2:1)
4. Although I am still _____, my sins have been covered by Jesus' _____ on the cross.
5. The fact that Jesus has forgiven my sin doesn't mean that I can purposely _____ in sin. (Romans 6:1)

B. GROW: What Do I Do?

1. Establish New _____.
 - a. Weekly Worship: Gathering with the body of Christ every weekend.
 - Make it a _____ practice to connect in corporate worship. (Luke 4:16)
 - _____ for worship beforehand, ready to _____ from the Lord.
 - b. Daily Devotion: Undistracted time of meeting with God through Bible reading, prayer and worship.
 - Decide on a _____ every day that works best for you.
 - Find a quiet _____ to spend time with God daily.
 - _____ your Bible every day
 - Spend time in _____ every day
 - Use _____ as an aide to your quiet time.
2. Establish New _____.
 - a. Godly relationships encourage my _____. (Hebrews 10:24-25)
 - b. Godly relationships help my _____ with God.
(Ecclesiastes 4:9-12)
 - c. Ungodly relationships can pull me off track. (1 Corinthians 15:33)
 - d. We build these relationships through intentional _____.

C. SHOW: What Is My Purpose?

1. Jesus' first and final instructions to His disciples was to _____
_____. (Matthew 28:19)
2. This includes _____ the gospel with people who are not yet Christians, and helping other Christians _____ in their walk with Jesus.
3. My growth process doesn't end with my spiritual growth, but it _____ as I help others grow. (2 Timothy 2:1-2)
4. You don't hit the _____ point of your discipleship until you have disciples that you're pouring into.

Homework: (1) Invest in a good Bible. Write your name in it. Begin reading it every day! Bring it with you to the next session. (2) Pray with your prayer partner at least 3 times this week.

Memory Verses: 1 Corinthians 15:33; 2 Corinthians 5:17

Session 2 – SHARING LIFE: Authentic Community

A. God's Design for Community

1. God designed us to be _____ with other humans. (Genesis 1:26)
2. God designed the local church to be a _____ place to find restoration and _____. (Galatians 6:1-3)

B. Benefits of Community

1. When we are in community, we can be _____ about our flaws in a safe environment where we can find encouragement and restoration. (Romans 7:15-19)
 - Be _____: No one is perfect!
 - Be _____: The only way to deal with the real me is to take off the mask!
 - Be _____: Everyone doesn't need to know your business... but someone does!
2. When we are in community, other disciples _____ us up when life is _____ and we are spiritually _____. (Ecclesiastes 4:9-12)
 - When life is tough (v. 9)
 - When life knocks me down (v. 10)
 - When life is cold (v. 11)
 - When life is overwhelming (v. 12)
3. When we are in community, other disciples _____ us to live according to the Word of God (Hebrews 10:24-25)
4. When we are in community, other disciples help to make sure that no need goes unmet in the body! (Acts 2:44-45)
5. When we are in community, we operate with the _____ that God has given us to build the body of Christ. (Romans 12:4-8)

C. Methods of Community

1. Life Groups
2. Prayer Partners
3. Fellowships

Homework: Pray with your prayer partner about a conflict you have with someone.

Memory Verses: Hebrews 10:24-25

Session 3 – SHARING LIFE: Conflict Resolution

A. *What is Conflict?*

1. Conflict is a mental, emotional or physical _____ resulting from incompatible or opposing needs, drives, wishes or external and internal demands.
2. The root source of conflict is human _____. (James 4:1-3)
3. Conflict arises when _____ viewpoints are not willing to find _____.

B. *How Do I Resolve Conflict?*

1. Important Attitudes
 - a. Take the _____ in resolving conflict.
 - b. Let others have _____, even if that means not getting what we want.
 - c. Put _____ above personal desires.
 - d. Solving conflict takes _____, a desire to see peace more than personal victory. (James 4:6)
 - e. Find _____ bigger than your differences. (2 Samuel 3:1)
2. Keep it from Getting Out of Control
 - a. Words can be used as _____ or _____ and therefore must be used carefully. (Proverbs 12:18)
 - b. We are not to _____ or _____ conflicts, but rather to take immediate steps to resolve them.
3. Jesus' Process (Matthew 18:15-17)
 - a. _____ the contact (v. 15).
 - b. Confront the person in _____ (v. 15).
 - c. If no resolution comes, meet again with one or two more people (v. 16).
 - d. Confirm the _____ in the meeting and work toward a _____ (v. 16).
 - e. If no resolution comes, bring the issue before the _____. (v. 17)
 - f. Agree upon the truth and the appropriate options for the offender (v. 17).

4. SBI Approach

- a. _____ – state the facts relevant to the situation.
- b. _____ – describe the specific behavior without accusation of intent..
- c. _____ – describe the effect of the situation and how the behavior impacted you.

Memory Verses: *Psalm 133:1; Proverbs 12:18*

Session 4 – TEACHING: Reading My Bible

A. *What is the Bible?*

- The Holy Bible is complete, written Word of God which fully captures God's _____ and _____ to humanity and is the final _____ for Christian faith and practice.

B. *Who Wrote the Bible?*

1. Using the experiences of **humans** who followed Him, God **breathed** the words of Scripture through them. (2 Timothy 3:16-17)
2. Each person heard directly from God, walked with Jesus Himself, or gathered information of Jesus' life from those who walked with Him

C. *Structure of the Bible*

- There are 66 “books” of the Bible separated into two major sections. The Old Testament (39) and The New Testament (27).
1. The Old Testament begins with _____ and tells of God's interaction with his chosen people, _____.
 2. The New Testament begins with the coming of _____ and tells of His life and ministry as well as that of His _____ as they carried on after his death & resurrection.

C. *Tips to Reading the Bible*

1. Invest a good “Study Bible”
2. Study a _____ at a time
3. Use _____ and study guides.
4. Study with others
5. _____ Scripture (Psalm 119:11)
6. Listen to the Bible
7. Listen to _____

Memory Verses: Psalm 119:11

Session 5: REPRODUCING: Sharing My Faith

A. The Gospel

1. _____
 - *“As it is written: There is no one righteous, not even one.” (Romans 3:10)*
 - *“For all have sinned and fall short of the glory of God.” (Romans 3:23)*
2. _____
 - *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23)*
 - *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” (Romans 5:8)*
3. _____
 - *“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:9)*

B. My Story

1. My life before meeting Jesus (Acts 9:1-3; Galatians 1:13-14)
Tips:
 - a. Be real about how you used to be.
 - b. Don't glamorize your sinfulness.
2. My salvation experience (Acts 22:6-11; Galatians 1:15-16)
Tips:
 - a. You have NOT been a Christian all your life. There was some point where you placed your trust in Christ.
 - b. Avoid using “churchy” words.
3. My life since I've been a Christian (Acts 22:12-21; Galatians 1:17-24)
Tips:
 - a. Tell us how Jesus has changed your life.
 - b. Emphasize how knowing Christ has made the difference in your life.
 - c. Be real about how you still make mistakes.

Homework: Write out your “story” in one paragraph. Be sure to include each of the three elements discussed in today's session.

Memory Verses: Romans 3:23; Romans 5:8; Romans 6:23; Romans 10:9

Session 6 – OVERCOMING: Spiritual Exercises

A. Prayer

1. Why Should I Make Prayer a Priority?
 - a. Jesus _____ your access to God with His life!
(Hebrews 4:16)
 - b. Jesus instructs his _____ to pray (Matthew 6:5-6)
 - c. The Bible teaches that I should be _____ in prayer.
(Colossians 4:2; Luke 18:1-8)
 - d. Prayer brings me _____. (Philippians 4:6-7)
2. Jesus' Blueprint for Prayer (Matthew 6:9-13)
 - a. Begin each prayer by identifying your _____ with God as your Heavenly Father. (v. 9)
 - b. Spend moments _____ God for His goodness. (v. 9)
 - c. While making your _____ for provision, yield to God's _____ and His perfect _____. (v. 10-11)
 - d. _____ from your sinful acts. (v. 12)
 - e. Ask that God will lead you in the _____.
(v. 13)
3. Tips:
 - a. Practice
 - b. Find a quiet place to spend time with God daily.
 - c. _____ on Scripture & _____ to God about it
 - d. Pray with _____ (James 5:16)
 - e. Use a prayer _____
 - f. Keep a _____ of people and things to pray for.

B. Fasting

1. Definition: a Christian's voluntary abstinence from _____ needs or desires for _____ purposes
2. Why Should I Fast?
 - a. Jesus instructs his _____ to Fast (Matthew 6:16-18)
 - b. It increases your spiritual _____. (Mark 9:29)
 - c. It increases your spiritual _____.

d. When you are _____ for something very important.
(Esther 4:16)

e. When seeking the _____. (Acts 9:9)

3. Types of Fasts

a. _____ Fast: Abstinence from food

b. _____ Fast: Limitation of certain types of food

c. _____ Fast: Abstinence from food and drink

d. _____ Fast: Fasting together with one's church

e. _____ Fast: Abstinence from another physical
need or desire

Homework: Try fasting one day this week. Be prepared to share what the experience was like.

Memory Verses: Philippians 4:6-7

Session 7 – OVERCOMING: The War Within Myself

A. The Battle

1. There is now an ongoing battle between your _____ and the _____ (Galatians 5:16-18)
2. Your flesh represents the sinful _____ you are born with and the sinful _____ that we established before placing our faith in Jesus. (Romans 7:15-18)
3. The Holy Spirit now lives in you, drawing you away from your _____ and helping you to become more like _____.

B. The Flesh vs. The Spirit

1. Your flesh has been _____ with Christ. (Galatians 2:20)
2. Living according to the flesh puts us _____ God (Romans 8:7-8)
 - a. A fleshly person is _____ with God.
 - b. A fleshly person is _____ God's law.
 - c. A fleshly person cannot _____ God.
3. If I live according to the Spirit, certain traits will _____ in me. (Galatians 5:22-23)

C. Getting The Victory

1. _____ your flesh daily. (Galatians 5:24; 1 Corinthians 9:26-27)
2. Allow the Holy Spirit to _____ your actions (Ephesians 5:18)
3. Reject your former _____. (Ephesians 4:21-24)
4. Be _____ by renewing your mind (Romans 12:1-2)
5. Let _____ and _____ be reminders to live your life new!

Homework: Complete the Spiritual Gifts Inventory and bring the results back to the next session.

Memory Verses: Romans 12:1-2;

Session 8 – NETWORKING: Serving The Kingdom

A. *What is a Kingdom Mindset?*

- A Kingdom Mindset is when we make building God’s Kingdom a _____ over building our own kingdoms. (Matthew 6:25-33)
- A Kingdom mindst is realizing that God is doing something _____ than you that _____ you.
- God’s Kingdom is expressed through the _____ _____, and is experienced by disciples who are _____ of that church. (1 Corinthians 12:14-22)
- The “church body” is _____ without each member serving where God has called them!

B. *Every Member is Called to Ministry*

1. I’ve been _____ for Kingdom ministry. (Ephesians 2:10)
2. I’ve been _____ for Kingdom ministry. (1 Peter 4:10)
3. The church _____ my Kingdom ministry. (1 Corinthians 12:18-22)
4. God will _____ me for my Kingdom ministry. (Colossians 3:23-24)

C. *How My SHAPE fits the Kingdom Puzzle*

1. Spiritual Gifts (1 Corinthians 7:7)
 - a. Every Christian has at least one gift. (1 Corinthians 7:7)
 - b. We must _____ the gifts God has given. It is _____ to waste them. (1 Timothy 4:14; 1 Corinthians 4:1-2)
 - c. Using my gifts glorifies God, not me. (John 15:8)
2. Heart (Philippians 2:13)
 - a. What am I _____ about?
 - b. The Bible uses the term “heart” to describe your desires, inclinations and motivations.
 - c. If something _____ you or _____ you, that’s probably an area where our church _____ you!

3. Abilities (Exodus 31:3)

- a. What am I _____ at?
- b. Your abilities are those _____ and _____ that seem to come naturally to you.
- c. God gave you these abilities to use for His _____.

4. Personality

- a. How do I _____ with people?
- b. Introvert *or* Extrovert
- c. Dominant *or* Passive
- d. Influencer *or* "Go with the flow"
- e. Out in Front *or* Behind the Scenes
- f. Work in Groups *or* Work Alone

5. Experiences (Romans 8:28)

- a. What _____ experiences have I had?
- b. What _____ experiences have I had?
- c. What _____ experiences have I had?
- d. What _____ experiences have I had?

Homework: Identify one FBCDH Ministry that you would like to try for a 60 day period. Contact that ministry leader before next session.

Memory Verses: Ephesians 2:10; Romans 8:28

Session 9 – GLORIFYING: Worship

A. Personal Worship

1. True worship doesn't just happen in church, but at _____.
_____. (Psalm 34:1)
2. We must implement worship and _____ into our daily spiritual disciplines. (Psalm 100:1-2)
3. We worship God by living a _____ that pleases him. (Romans 12:1-2)

B. Corporate Worship

1. Your _____ worship should overflow into your _____ worship (Psalm 34:1-3)
2. Corporate worship is vital to igniting our spiritual _____.
(Acts 2:42; 46)
3. The fellowship of corporate worship invites God's _____ and _____. (Matthew 18:19)
4. There is power in worship through corporate _____ and _____. (Ephesians 5:18-21; Acts 16:25-26)

C. Ordinances

- An ordinance is a symbolic observance of a spiritual truth.
 - As a church, we observe two ordinances:
1. Baptism
 - a. Baptism is the _____ in water of a believer in Jesus Christ.
 - Jesus set the example by being baptized. (Matthew 3:13-17)
 - Jesus commanded us to baptize new disciples. (Matthew 28:19-20)
 - b. Water Baptism is an _____ expression of an _____ change.
 - c. We are not saved by water baptism. It is _____ of a change that has already taken place.

2. Holy Communion

- a. Holy Communion is the observance of "The Lord's Supper."
- b. It represents the _____ and the _____
_____ of Jesus. (1 Corinthians 11:24-25)
- c. It reminds us of the _____ of Jesus on the cross.
- d. This is a time of _____. (1 Corinthians 11:27-31)

Session 10 – GLORIFYING: Stewardship

A. Definition

1. A steward is one who _____ and _____ what belongs to another person; one who is entrusted with caring for a superior's goods.
2. Biblical Principles of Stewardship
 - a. God has called me to steward what _____ to Him. (Psalm 24:1-2; Psalm 50:10-11)
 - b. God has called me to be a _____ steward. (Matthew 25:14-30; 1 Corinthians 4:1-2)
 - c. Good stewardship is a requirement for _____ in the Kingdom of God. (Matthew 25:14-30; Titus 1:7)

B. My Stewardship

1. As I properly steward my _____, I will make myself available to consistently be present for _____ and _____.
(Ephesians 5:16; Ecclesiastes 9:10; Romans 13:11; Colossians 4:5; Hebrews 10:24-25)
2. As I properly steward _____, I will make myself available to _____ in ministry. (1 Peter 4:10; Romans 12:6-8)
3. As I properly steward my _____, I will support my church through _____ and _____. (Malachi 3:8-12; 2 Corinthians 9:6-8; Proverbs 3:9-10)