

ABUNDANT LIFE: The Life of Jesus in You

Sample Lesson



Isaiah 40:31



GOLD



This sample lesson is from the **Abundant Life** course and is offered in partnership with SEAN UK and with permission of SEAN International. This course can also be obtained from SEAN UK. For further details see www.sean.uk.net

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Welcome

Welcome to this sample lesson from the course: “Abundant Life”. The course contains teaching on how to live as a Christian. It is used in many parts of the world to help new believers grow in their faith. It is also used as a refresher course for those who have been Christians for some time.

The Method

The course uses a very simple method. It is specially aimed at ordinary people with a basic school education but is useful for all types of people. All our GOLD Project courses are designed to help you learn by means of:

Home Study
plus
Group Meetings
and
Practical Application

Home Study

This course is made up of **18 lessons**. You will need to complete each lesson on your own at home. These lessons require you to read and interact with the course material as well as with your Bible. They are deliberately repetitive to help you remember what you learn.

To get the maximum benefit it is important that you use the course in the way it was intended:

1. Read each numbered section.
2. Write the correct answers to the questions in the spaces provided or tick the correct answers where there is a choice.
3. After you have completed each answer, check that your answer corresponds with the answers given at the end of this Student Workbook.
4. Proceed to the next section.

There are Bible verses in the lessons for memorising. These are clearly indicated. We have used the New International Version of the Bible throughout this course. If you use a different version, you will find that the course does not match your Bible.

At the end of each lesson, we encourage you to spend some time in reflection on how what you have learnt applies to you in the situation where God has placed you. If you have any difficulties talk them over with your Group Leader.

Group Meeting

After each lesson, you will have a group meeting. The group meetings give the opportunity for you to clarify ideas and to share your own thoughts and to listen to the ideas of others. The process of learning from the Bible in a group is an essential part of the programme. It is here that you are able to think through areas of application and to pray and support each other in your studies.

The aim of this method is that:

1. you can check frequently that you have understood the material presented;
2. you are stimulated to active thinking;
3. you reinforce what you learn and are better able to remember it.
4. you are able to learn with others and be guided by your Group Leader.

Practical Application

During each group meeting, you will discuss what practical application task you will try and complete before you next meet. You will have an opportunity to review the practical application each time you meet.'

Additional instructions are provided in these boxes. Please pause to read them thoroughly. Now it's time to get started!



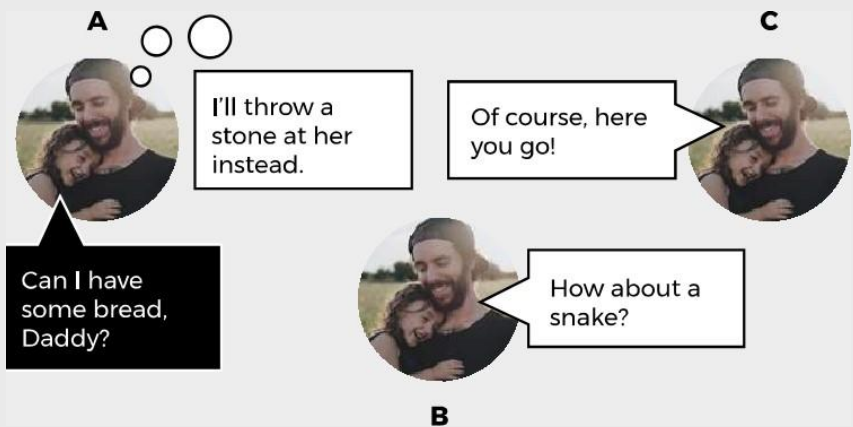
1. a) What did you become when you received Jesus as your Saviour and Lord? _____
b) To what family do you now belong? To the family of _____
c) Who is your Father in this new family? _____

Our Heavenly Father

2. Unless he is very evil, a human father loves and cares for his children. I am sure that you must agree with that.

Which of the pictures below shows a normal father, A, B, or C?

Picture _____



Abundant Life

3. These three examples were given to us by the Lord Jesus Christ himself when he was teaching about our heavenly Father's love and care.

Which of the pictures above is most like our heavenly Father?

Picture _____

4. Jesus said:



"If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!" (Matthew 7:11)

According to Jesus' words, is our heavenly Father more or less loving than a human father? _____

5. Because we know that our heavenly Father loves and cares for us, we do NOT need to worry. Jesus said:



"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' " (Matthew 6:31)

In this verse Jesus mentions three things that we should NOT worry about. What are they?

- a) What we shall _____
b) What we shall _____
c) What we shall _____

6. Perhaps you are thinking that it is very difficult not to worry about things. Jesus gives us the reason why:



"So do not worry, ... your heavenly Father knows that you need them. " (Matthew 6:31, 32)

If God is our heavenly Father, why should we not worry about such things?

Because he k_____ all of our n_____

7. Now memorise the words from the verse in **No.6.**

"So do not _____, ... your _____

_____ that you _____."

(_____ : _____ and _____)

8. If a child of God is in a position where they don't know where they can get enough food and clothing, what should they do?
- a. Trust their heavenly Father to provide these things.
 - b. Begin to worry and fret about it.
 - c. Go out and steal what they need from someone else.

9. Of course, as we saw in the last lesson, we have to play our part too. Jesus also said:



"But seek first his kingdom and his righteousness, and all these things will be given to you as well. " (Matthew 6:33)

Our Father in heaven has promised to play his part faithfully and to provide all the things we really need. But we, for our part, as his obedient children, must be concerned above everything else with his _____

10. The great advantage that a child of God has is that he believes that Jesus said that our heavenly Father k_____ all the things we _____.
11. But the Bible teaches us something more about our heavenly Father:



"... be content with what you have, because God has said, 'Never will I leave you;...'" (Hebrews 13.5)

Human parents sometimes abandon their children. Of course, our heavenly Father is not like that. This shows us the second reason why you, as a child of God, need not worry. What is this reason?

Because your Father in heaven has promised he will never _____ you.

12. What are two good reasons why as children of God we need never worry?
- a) Because our _____ in _____ knows all that we n_____.
- b) Because our _____ in _____ has _____ he will never _____ us.

- 13.** In the following pictures, who has learned what it means to trust in their heavenly Father?

A



I can't go to church wearing this!

B



I just don't know what I'm going to do if I don't get a job.

C



We've done all we can for our sick child. Let's keep on praying for him.

- 14.** Once more, what are two good reasons why, as children of God, we should not worry about things? Because our heavenly Father

a) knows _____

b) has _____

- 15.** Go over the verse you memorised with its reference, using the guide in **No.7** of this lesson.

New Brothers and Sisters

- 16.** What a wonderful relationship we now have with the creator of the universe! You can look up into his face and call him "Father" (just as a child says "Daddy") and he loves to call you "My child".

However, belonging to God's family means that we also have new brothers and sisters as well as a heavenly Father. Who are they?

- a. All those that live in our country.
- b. All those who have the same human father.
- c. All those who have received Jesus as Saviour and Lord.

- 17.** Why are they our new brothers and sisters?

Because all those who have believed in Christ have become God's _____ like us. We all therefore have the same heavenly _____.

- 18.** Who are our new brothers and sisters?

All who have _____ Jesus as their _____ and _____

- 19.** Jesus gave the following command to his followers. It shows what our attitude ought to be towards our new brothers and sisters in Christ."



My command is this: 'Love each other as I have loved you'. " (John 15:12)

According to this command, what should be our attitude towards those who are our brothers and sisters in Christ?

Answer: _____

- 20.** Of course, the child of God must love ALL people, not just other Christians.

However in this lesson we are thinking especially about our love to those within the family of God.

This means that we should love our Christian _____ and _____.

- 21.** Who are our new brothers and sisters?

Answer: _____

- 22.** Go back and read Jesus' command in **No.19** once again. According to this command, how should we love our Christian brothers and sisters?

Answer: Just as _____

- 23.** Jesus said that we ought to love like he does. We know that Jesus not only loves those people who are good looking and nice to be with. He loves ALL people.

Which of the following persons should we love, then?

- a. Only the nice ones and not the difficult ones.
- b. Only those who treat us well and who do us no harm.
- c. Everyone, including the unlikeable people.

- 24.** a) Who are our new brothers and sisters?

Answer: _____

b) What attitude should we have towards them?

Answer: _____

25. Love can be shown in many ways. Think back to our example of the father providing good things for his daughter. Suppose he had given her some chocolates for her birthday. How could the daughter then show her love towards her little brother?

- a. By keeping the chocolates all for herself.
- b. By sharing the chocolates with her little brother.
- c. By pretending that she didn't have enough to share.

26. Our heavenly Father has given us so much that we can share with others.

In the following list are examples of both material and spiritual things that we can share with our brothers and sisters in Christ.

Tick the things which show ways in which we can share with others in Christ's love.

- a. Help out when someone is in financial need.
- b. Pass on bad news in order to discourage someone.
- c. Pass on good news in order to encourage someone.
- d. Crumble at the way someone does things.
- e. Forgive someone, even if they've done you harm.
- f. Spend the morning looking after the children of a busy mother.
- g. Help the father of a family to find work.

27. The Bible says:



"This is how we know what love is: Jesus Christ laid down his life for us." (1 John 3.16)

What was the priceless thing that Jesus gave in order to show his love for us? _____

28. Who is the greatest example of love? _____

29. If God is our Father in heaven, what are two good reasons why we should not worry? Because God, our heavenly Father,

a) _____

b) _____

In this way you can know the joy of being a contented and useful member of God's family.



Now do the Lesson Review at the back of the book

Answers to Lessons

Lesson 5

1. a) A child of God b) God c) God
2. C
3. C
4. More loving
5. a) eat b) drink c) wear
6. knows/ needs
8. a.
9. kingdom
10. knows/ need
11. leave
12. a) father/ heaven/ need b) father/ heaven/ promised/ leave
13. C
14. a) all that we need b) promised never to leave us
15. No answer
16. c.
17. children/ Father
18. received/ Saviour/ Lord
19. Love
20. brothers/ sisters
21. All those who have received Jesus as their Saviour and Lord
22. he loves us
23. c.
24. a) All those who have received Jesus as their Saviour and Lord b) Love
25. b.
26. a. c. e. f. g.
27. His life
28. Jesus
a) knows all that we need
b) has promised never to leave us

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