

## **FAST-TRACK GUIDE WEEK THREE AND FOUR**

Welcome to week 3 and 4 of Fast-Track! We trust that you have been experiencing much life and impetus in your following of Jesus over the past two weeks. The next fortnight that lies ahead is in a sense a vitamin B injection of the simple Gospel and how to get moving with it. The daily application points are still deeply connected to developing habits that lead to intimacy with Christ, but will also stretch us a little more as we put into practice some of the things we will learn in the two sessions as well as the scriptures we read each day. Jesus said, “come follow me and I will make you fishers of men”. Let’s trust that these next two weeks will push us along that journey more and more.

**To get the most out of this course we ask you to do 3 things:**

**1. Make every effort to attend all ten weeks**

-each week builds upon itself

**2. Bring your bible and a notepad and pen**

-come to engage with the scriptures and to write down observations, thoughts and questions as you go

**3. Do the take-home work and application points**

-faith is a muscle and it can only grow when it is worked and stretched.

## How to be a blessing to your life-group:

### 1. Be serving

-Come early and help set up the room. Offer to bring snacks. Don't leave until the coffee cups and tea utensils have been washed up

### 2. Be praying

-Pray for your leaders. Pray for the others attending the group. Pray for the meeting before you arrive.

### 3. Be inviting

-Keep an eye open at church on Sunday's for people who are not already in a life-group and invite them to yours. Offer them a lift there if they need. Take their number and send them the starting time and address.

## WEEK THREE

### The Gospel and Living on mission

(Matthew.28:18-20)

“Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you.”

Called not just to have a knowledge of the scriptures but to \_\_\_\_\_ the scriptures

Living on mission is beginning to embrace the heart of the Father for the world and people he so loves

Our goal is to every single day to plant \_\_\_\_\_, to \_\_\_\_\_ and to \_\_\_\_\_

### The Gospel in a nut-shell:

**G** \_\_\_\_\_ **about God**

-being a witness is an \_\_\_\_\_ of your personal relationship with Jesus

-you can't give away anything you haven't encountered or experienced yourself

**O** \_\_\_\_\_ **separates us** \_\_\_\_\_

-sin in its essence is disobeying God

“The wages of sin is death”(Romans.3:23)

Sins cannot be removed by \_\_\_\_\_ or \_\_\_\_\_  
but only by a \_\_\_\_\_ named Jesus

“while we were yet sinners Christ demonstrated his love for us by sending His son for us” (Romans.6)

**P** \_\_\_\_\_ **for our sins**

“by grace you are saved through faith” (Ephesians.2:8)

-Paid in \_\_\_\_\_, not in \_\_\_\_\_

-Receive it by grace and faith

**E** \_\_\_\_\_ **and** \_\_\_\_\_ **life**

“I came so that you may have life and life to the full” (John.10:10)

**L** \_\_\_\_\_ **for Christ**

**How do we begin to live this out?**

The bible has called us as Christians to be \_\_\_\_\_ and \_\_\_\_\_ (Matthew.5:13)

**Your Salt-Route**

We sprinkle our ‘salt’ by our \_\_\_\_\_, our deeds and our \_\_\_\_\_

As you daily deepen your life in him, you become aware of your ‘Salt-routes’

- Our neighbourhoods
- Our sports and hobbies
- Our office blocks
- Our schools and universities

Daily salted scripted prayers  
(Ephesians.6:18-20)

Paul here prays for three things:

- boldness
- open doors
- courage to fearlessly proclaim the Gospel of the Lord

Ambassadors of Christ  
Fragrance and aroma of Christ

### **“Salt” Acronym**

S \_\_\_\_\_ a conversation

A \_\_\_\_\_ questions

- find out where people are and know better how you can direct them to the Lord

L \_\_\_\_\_ carefully

- what’s the cry of their heart and offer hope

T \_\_\_\_\_ them your story

- in a very ordinary and non-religious manner let them know the difference Jesus has made in your life

### **To live on mission allow the Holy Spirit to:**

- flood our hearts with His love and power
- open our eyes to the harvest field around us
- give us courage

**Application Questions Individuals to answer before leaving:**

What one step can you take this week towards your disciple goal (and Jesus' command) to make disciples?

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Write out the names of your neighbours or work colleagues that you commit to start praying for. Ask Jesus which ones you need to focus on by way of visiting or inviting to your home for tea or a meal.

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## WEEK THREE NOTES (to reflect on after the session)

### Questions and application:

Read Matthew.28:18-20

-In week one of fast-Track we learnt that a disciple had four goals. Can you remember them?

- To be with their rabbi

- To learn their rabbis teachings

- To become like their rabbi

- To carry on their rabbi's teachings in the world

-Which one of these goals is Jesus appealing to in the above Matthew.28 scripture?

-What part of Jesus' opening words to his disciples ("come follow me and I will make you fishers of men") is this Matthew.28 scripture emphasizing?

-What does it mean to you "to make disciples"?

-Why is it easier to embrace the call to be a disciple than it is to take up the call to make disciples?

-The Gospel is both simple and profound. What scriptures come to mind that help you understand the essence of the Gospel?

-Why do you think Jesus described those who would be his disciples as "salt" in Matthew.5:13?

- Read Matthew.5:13-16 together to get context

-What does it mean to "sprinkle our salt" by our words, deeds and conduct?

-In 2.Corinthians.5:20 we are called to be "ambassadors for Christ". What does this mean to you?

- How can you engage with your neighbours in your street/block of flats?

- what inhibits you or intimidates you from getting to know your neighbours?

# TAKE HOME APPLICATION POINTS:

## WEEK THREE

**GOAL=** Commit to **taking one step closer** in the four goals of a disciple

- To be with Jesus
- To learn His teachings
- To become more like Him
- To carry out His teaching in the world

### HELPFUL TIPS TO ACHIEVE THIS GOAL THIS WEEK=

- Set your alarm for 30 minutes earlier than your usual wake up time. (and refuse the snooze!)
- Get a cup of tea/coffee, your bible and your notepad and pen. Find a comfortable (but not put-you-back-to-sleep comfortable) chair.
- Before you read anything, close your eyes and ask the Holy Spirit to help you stay awake, keep you focused and most importantly to help you encounter Jesus as you read and pray.
- Read the prescribed scripture for the day. (see bible reading plan at back of this booklet)
- Use the REAP method (Read, Examine, Apply and Pray)
  - Look for context (see your guide notes for extra help with this)
  - Look for Jesus (see your guide notes for extra help with this)
  - Look for application (see your guide notes for extra help with this)
- Step out in boldness with each practical application as well as applying the "SALT" principles from session three with your neighbours, colleagues, team-mates and people God brings along your path.

## DAY FIFTEEN

**Read** – Psalm 15 and John.3:1-21

**Watch** – The Bible Project – The Animated Explanation of ‘The Covenants’

**Apply** –

- Write out a brief explanation in your own words answering the question of what it means to you for someone to be “born again”
- Spend 10 minutes in silence marvelling at God and the fact that we can be “born again”

## DAY SIXTEEN

**Read** – Psalm 16 and John.4:1-42

**Take Note** – Take special note of the conversation that Jesus has with the Samaritan woman at the well. How does Jesus start the conversation? What were her responses to each of Jesus’ questions and statements to her? What lead her to run back to her village with full excitement?

**Apply** –

- What is a modern day “well” where people gather in your life that God can use for you to engage with people? (e.g. Water cooler at work, hairdresser, lift-club, bus trip etc.)
- Commit to start a conversation today with someone who you necessarily wouldn’t engage with or speak to. Don’t be dissuaded if they aren’t that engaging at first

## DAY SEVENTEEN

**Read** - Psalm.17 and Mark.4:1-20

**Take Note** – Jesus tells the parable in the first half of this passage in Mark before explaining what it means to his disciples in the second half.

**Apply** –

- What is the “seed” representative of in this parable?
- Out of the four soils Jesus, which one has best described your life up to this point?
- Ask God to transform your heart into the “good soil” that hears and accepts God’s Word and then bears much fruit!

## DAY EIGHTEEN

**Read** - Psalm.18 and Mark.4:21-41

**Take Note** – When Jesus is describing the Kingdom of God in the New Testament, he often uses the words, “the kingdom of God is like...” before using a metaphor or parable to bring greater clarity for the listener.

**Apply** –

- Write down the two metaphors Jesus uses to describe the Kingdom of God in the Mark.4 passage above.
- Meditate (to focus one’s thoughts, to ponder, think on, ruminate over, remember) on these two pictures and ask God what He means by describing The Kingdom of God in these ways.
- As you go about your Sunday, try and keep off all social media platforms. Use that time you would normally spend on social media praying and engaging with Jesus. As you do this you are setting the tone for your week ahead where you are in a sense pushing the pause button in order to get filled for the week to come.  
#NoSocialMediaSunday

## DAY NINETEEN

**Read** – Psalm.19 and Genesis.12:1-20

**Watch** - The Bible Project – Genesis 12-50

**Apply** –

-Psalm 19 leaps from emphatic praise and exaltation of God to deep personal introspection. This is an example of a man who knew how to pray and have fellowship with God.

-Strengthen your prayer muscle today by committing to pray throughout the day.

-Here are some practical ways to exercise this prayer muscle:

-If you drive to work, pray every time you stop at a red traffic light. Take a break when it goes green

-If you are at school, pray every time the siren goes at the end of a lesson and pray until the next siren goes for the start of the next lesson.

-If you are at home throughout the day, set a reminder on your phone for 10am/12pm/2pm/4pm and commit to pray for 10 minutes when your reminder alerts you

-These are just small practical ways to develop the habit of praying.

## DAY TWENTY

**Read** – Psalm.20 and Genesis.15:1-21

**Take Note** – Abraham is called the Father of our Faith. As you Read, Examine, Ask and Pray through Genesis.15, look for evidences of Abraham's faith

**Apply** –

-Underline Genesis.15:6 in your bible and make a note next to it of Galatians.3:6-9

-In light of these scriptures, how would you define "faith"?

-What one practical way can you live in faith today?

## DAY TWENTY-ONE

**Read** - Psalm.21 and Genesis.21:1-6 and Genesis.22:1-18

**Compare** – Compare the blessings God speaks to Abraham in Genesis.12, 15 and 22

**Apply** –

-Read Hebrews.11:8-19 for the highlights package of Abraham and Sarah's faith.

-In Genesis.22 Abraham's faith is tested by him laying down the promise because he trusted God as the promise-keeper more than the actual result of the promise.

-What are you potentially holding onto that God is calling you to lay down in faith, in order to walk into the greater inheritance? (write what it is down in your journal and ask the Holy Spirit for courage to lay it down fully.

## WEEK FOUR NOTES

### Your own personal testimony

-Vital as we begin to live lives on \_\_\_\_\_

**Luke 8:26-39** mad man of the Gaderenes

“return home and **tell how much the Lord has done for you.**” So he went.

**Rev 12:11** “They overcome the devil by the blood of the lamb and

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Jesus showed them the scars in his hands and feet

Your story / testimony are about the battle scars, of your life, literal, emotional, of soul (betrayals, bruising etc.) and how God healed and revealed Himself to you! And how now He reflects Himself through you!

#### **Your story:**

- is one of God at work in your life.
- proof He is alive and He is real and changing lives.
- makes God accessible and real to others.

#### **Why is our STORY so important?**

**1** Honours God.

(Acknowledging Him before men)

Luke 12:8-9

**2** Reminds the devil of his defeat.

(Is a powerful weapon.)

Rev 12:11

**3** It strengthens you in what you believe.

Phil 1:6

**4** It gives others opportunity to believe.

1 Cor 3:6-8

**5.** Your story can correct misconceptions about who God is.

**6.** Your story God wants to duplicate & multiply again & again.

### Examples of the power of testimonies:

1. **John.4:39- 42** Many Samaritans believe because of the woman's story
2. **John 9:1-41**, The Messiah was to open the blinds eyes. Isa 35:5-6
3. **John 11:45-53, John.12:9-11** \*re Lazarus

### Why do people hold back from telling their stories?

-Shame and \_\_\_\_\_ of what I have done or what has happened to me.

-Fear of \_\_\_\_\_. Fear of what people will think of them

- \_\_\_\_\_ your story to someone else's

-My story is \_\_\_\_\_

**Your story is how "Your low lights of life became God's High & Bright Lights."**

## How to put your testimony together:

### “BEST” ACRONYM

**B**\_\_\_\_\_ you believed in Jesus

- basically your life in a “**nutshell**” without the xxx details
- how you were spiritually, mentally, emotionally, physically etc
- lonely, introvert, ashamed, insecure, lacked confidence etc

**E**\_\_\_\_\_ leading to salvation experience

- God’s drawing, His goodness
- Correcting misunderstandings about who God is

**S**\_\_\_\_\_ experience of meeting Jesus Christ

- personal change
- not just becoming a good or nice person
- relationship with Jesus

**T**\_\_\_\_\_ on-going transformation what Jesus is busy doing.

## **PRACTICALLY SHAPING YOUR STORY**

Write down the **“High Lights & low lights”** of your life.

- “What happened” outside & within!
- Reflect how God intervened
- Be 100% honest and truthful
- Have a mini version and an amplified version (depending on time to talk)
- Don’t be religious or use Bible terms people are clueless about
- Engage listener (if they are listening intently, tell more, if disengaged ask a question)
- Don’t preach, talk down to, tell did you know, can I tell you, ..... dialogue.

### **Application Questions Individuals to answer before leaving:**

What do I feel held-back by, or disqualified by, in terms of telling my story to others?

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Who do I commit to sharing my story with this week that needs to hear about what God has done and is doing in my life?

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# TAKE HOME APPLICATION POINTS:

## WEEK FOUR

**GOAL=** Commit to **taking one step closer** in the four goals of a disciple

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  - Look for Jesus (see your guide notes for extra help with this)
  - Look for application (see your guide notes for extra help with this)
- Step out in boldness with each practical application by sharing your story (by using the “BEST” approach) with your neighbour, colleague, team-mate or friend this week

## DAY TWENTY-TWO

**Read** - Psalm.22 and Mark.5:1-20 and 2.Cor.5:11-21

**Take Note** – The next three days of Psalms (22,23,24) have often been read as Friday, Saturday and Sunday of Jesus’ death, burial and resurrection. Look for verses in them that support this way of reading these Psalms.

**Apply** –

- The Mark reading deals with a demon-possessed man who encountered Jesus and then was instructed to go and tell his story to his family
- The reading from 2.Corinthians.5 is the ministry this demon-possessed man (and us who have encountered Jesus) have been given
- Select 3 verses from 2.Corinthians.5:11-21 and craft a “salty” prayer where you can declare over your-self what God has called you to do

## DAY TWENTY-THREE

**Read** - Psalm.23 and Mark.5:21-43

**Take Note** – In this famous pastoral Psalm, take note of the emphasis on God in it. Underline all the things that God is described as doing

**Apply** –

- In Mark.5:36 we read that Jesus ignored what the men were saying, and then in Mark.5:40 we find that the family even laughed at Him.
- Dealing with the fear of what people think of you is of utmost importance in following Jesus
- Ask the Holy Spirit to deal with the fear of man in you
- In response to this prayer, commit to having a conversation with someone about Jesus today at work, school, shops etc. Ask the Holy Spirit for an opportunity and for boldness to take it

-If you have children, read Psalm.23 together with them and ask them to close their eyes and to picture the images as you read them. Ask them which part was their favourite and then get them to turn that picture into a prayer.

## DAY TWENTY-FOUR

**Read** - Psalm.24 and Matthew.10:1-42

**Take Note** – As you read the Psalms you will notice the word “selah” appears from time to time. This word means “pause” and is inserted in order to let the reader (or singer) know that this is a great moment to pause, worship and reflect. Take note of where this word appears in Psalm.24

**Apply** –

- Read Psalm 24 deliberately and slowly, and pause, reflect and engage with Jesus when it instructs you to Selah
- Take a little extra time to really study and examine the Matthew.10 chapter.
- This chapter contains Jesus’ instructions to his disciples as He sent them out
- Search Matthew.10 on Google and read The Message version of it (The Message is a more colloquial translation of the bible)

## DAY TWENTY-FIVE

**Read** - Psalm.25 and Mark.6:1-13

**Take Note** – Jesus was only ever amazed twice in scripture. Once was at someone's great faith, and we find the other here in Mark.6:6 at the people's lack of faith. Take note that their lack of faith was linked to their lack of honour towards Jesus

**Apply** –

- What does it mean to honour someone?
- Why would honour and faith be linked?
- Send a text-message to a few people that you want to honour in your life for the role they play in your faith. (e.g. leaders, friends, spiritual moms and dads)
- Honour is specific so let them know what you are honouring them for.
- Pray for these people and thank God for them

## DAY TWENTY SIX

**Read** - Psalm.26 and Mark.6:14-44

**Take Note** – John the Baptist was imprisoned and then killed in a diabolical fashion. John the Baptist could have easily said "this is not what I signed up for!" Take note that following Jesus doesn't always go the way we plan.

**Apply** –

- In Mark.6:34 we find that Jesus has compassion on the crowd
- Feeding the 5000 miracle is driven by Jesus' compassion
- God's power is linked to His heart
- Today, ask God for His compassion to flood your heart for the people you haven't had compassion for before
- Step out in compassion towards someone today and trust for the miraculous to follow it

## DAY TWENTY-SEVEN

**Read** - Psalm.27 and Genesis.25:19-34

**Be Challenged** – In Psalm.27:4 David says, “One thing I ask, this is what I seek”. What is THE ONE THING that captivates you? Trace your thoughts, your spending habits, your anxieties and your desires and you will be able to find that one thing

**Apply** –

- Psalm.27:14 calls us to wait patiently for the Lord. We often aren't good at waiting, so we need to practice!
- Spend 10 minutes with your eyes shut and meditate on (ponder, reflect, mull over, put to memory) Psalm.27:4
- Put “waiting for the Lord” to practice throughout your day by bringing this Psalm to memory every time you feel rushed, stressed or anxious

## DAY TWENTY-EIGHT

**Read** - Psalm.28 and Genesis.27:1-40

**Remember** – What's going on in this crazy story of favouritism, deception, a dying father and a first-born blessing? As you read, examine, apply and pray, make sure you remember to apply the 3 helpful lenses to read scripture through: Look for context, look for Jesus, look for application

**Apply** –

- Where can you see Jesus in this passage of scripture?
- Search for scriptures that talk about Jesus being our older brother, the firstborn son etc.
- Ask the Holy Spirit to make Jesus clear to you as you go about your day. In the confusion, the busyness, the stress etc., make sure you apply the bible reading lens of looking for Jesus to the actual outworking of your day to day activities