

# fasttrack<sup>o</sup>

**GUIDE**  
WEEK 1 & 2



**LIFE CHANGERS**

1 CHURCH - 2 LOCATIONS - 3 CONGREGATIONS

### DAY THIRTEEN

**Read** - Psalm.13 and Mark.2:18-28 and Mark.3:1-19

**Take Note** – Three stories appear in the 19 verses of Mark that you read this morning: the healing of a man with a shrivelled hand, crowds following Jesus and Jesus appointing the 12 apostles. Which of the 3 stories catches your attention the most and why?

**Apply** –

-In Mark.3:14-15 Jesus gives the 12 Apostles 3 distinct things to do. Write out what these 3 were and write out why each one would be important.

-Jesus has given us the exact same 3 instructions. They are not just for superstars. Ask God for faith to grow as you ask Him to use you and grow you in all 3 areas

### DAY FOURTEEN

**Read** - Psalm.14 and Mark.3:20-35

**Prepare** – Once you've read the passages above, pray for your Fast-Track evening ahead with the rest of your group. Pray for the people in your group and ask God to prepare their hearts for the evening ahead. Praying for your group is a great habit to learn and develop.

**Apply** -

Sometimes you may stumble upon a passage like the one in Mark.3 that seems hard to understand or that you struggle to come to grips with. Commentaries are often a helpful tool in getting some insight into them. Why don't you look up the commentary for this passage by searching for it on the internet? This is a helpful website for quick insightful comments on bible passages.

[www.studylight.org/commentaries/mhn/mark-3](http://www.studylight.org/commentaries/mhn/mark-3).

### **Apply –**

- The bible teaches that confession and bringing things into the light brings freedom and robs Satan of his hold over us (1.John.1)
- Most often our hiding and blaming is empowered by a lack of transparency and our secrets eventually cripple us from moving forward.
- We believe that confession breaks the obsession, so why don't you put the Word of God to the test and confess that sin, addiction, pain, wrong-thinking to your group leader or friend you trust today?
- It takes courage but confession is a gift from God so that we can step more freely into our purpose

## **DAY ELEVEN**

**Read –** Psalm.11 and Matthew.4:1-17

**Underline –** Take a pen, a pencil or a highlighter and underline the words "it is written" in the passage we have just read in Matthew

### **Apply –**

- In Matthew.4:1-17 we find Jesus withstanding scripture by using the Word of God as His defence.
- Find out what scriptures Jesus was quoting and then read each of their context.
- Think about the areas in your life that Satan tempts you the most in. Search by using Google (e.g. type in scriptures on overcoming lust) or your concordance at the back of your bible to find scriptures that will help you overcome these temptations.

## **DAY TWELVE**

**Read –** Psalm.12 and Luke.4:1-30

**Take note –** In Luke.4 Jesus quotes the prophet Isaiah. Go read the full quote in Isaiah.61:1-2 and take note of the one phrase Jesus leaves out when He quotes

### **Apply –**

- In Luke.4 we also see that Jesus fasted and prayed for those 40 days in the wilderness. Why don't you give up food for the day until evening time and spend the time you would have been eating by praying and engaging with God today? Trust him to speak as He did to Jesus as shown in the passage above. #NoFoodMonday

## **FAST-TRACK GUIDE**

Welcome to Fast-track! We are so excited to have you join us on this journey as we dig into what it really means to be a follower of Jesus Christ in this fast-paced world we live in. Our prayer is that by the end of the next 10 Wednesday nights you will have more clarity as to what we believe as Christ followers, greater conviction from the Holy Spirit as He awakens a deeper desire for Jesus, the Word and following Him with everything you have, and finally a radical sense of courage to actually put into practice the things Jesus and His Word call us to do. We don't want to be just hearers of the Word but doers of it! In a sense, Fast-Track is all about helping us put feet to our faith.

**To get the most out of this course we ask of you 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  
- don't be afraid to ask the questions you have!
3. **Do the take-home work and application points**  
- faith is a muscle and it can only grow when it is worked and stretched.

## WEEK ONE NOTES

**“Come follow me and I will make you fishers of men”  
(Matthew.4:18-22)**

Other words to describe a “disciple of Jesus”:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

Four goals of every disciple:

1. To \_\_\_\_\_ their rabbi
2. To \_\_\_\_\_ their rabbi’s \_\_\_\_\_
3. To \_\_\_\_\_ their rabbi
4. To \_\_\_\_\_ their rabbi’s teaching in the \_\_\_\_\_

AW Tozer “pick up the danger-encircled path of obedience”

## THE WORD OF GOD

3 Big ideas when reading the bible:

**1.Look for** \_\_\_\_\_

-The bible is a library of books

-Old Testament has \_\_\_\_\_ books while the New Testament has \_\_\_\_\_ books

Understanding the genre of each book in this library:

Fully inspired by \_\_\_\_\_, but written by different \_\_\_\_\_

-written into different contexts, times, people-groups and answering specific questions

-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)

## DAY EIGHT

**Read** – Psalm.8 and Genesis.1:1-31

**Watch** - The Bible Project – Genesis 1-11

**Apply** –

-As both the Psalm and the Genesis passage speak of God’s creating work, write out your own “Psalm” to God worshipping Him and thanking Him for the beauty and majesty you see in what He has made. Use Psalm.8 as a guide but allow worship and gratitude flow from your time of reading and seeking Him today. Writing your praise down might seem hard at first but you will be amazed at what bubbles up as you put pen to paper in faith.

## DAY NINE

**Read** – Psalm.9 and Genesis.2:1-25

**Watch** - The Bible Project – The Animated explanation of the Messiah (Why not watch this one with your kids?)

**Apply** –

-As man was placed in a garden and given authority to rule and tend it, as well as to walk with God in it, we still today often find that God’s voice can be more clearly heard when we are in nature. Nature after all is an advert pointing to the Creator! Plan to take a walk on the beach, in the park or even just around your block as soon as you get home from work in the evening. Do it with your family or on your own, but as you do it, be aware that God can speak to you as you do so, so keep your heart open.

## DAY TEN

**Read** – Psalm.10 and Genesis.3:1-24

**Take Note** - Note how the Psalmist feels that God is far away from him in times of trouble. See how the Genesis 3 passage shows how different God is in reality in the fact that he pursues us and comes close in times of trouble.

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

Where in my life have I been hiding or blaming that I need God’s forgiveness and strength to overcome?

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Where are you in terms of intimacy with God? (“Where are you Adam?”)

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**TAKE HOME APPLICATION POINTS:**

**WEEK TWO**

GOAL= Commit to Refuse the Snooze and to get into a bible reading and prayer habit.

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)

1. What genre is it written in?
2. Who wrote it?
3. When did he write it?
4. Who was it written to?
5. What reason did the author write it?

2 great resources to help understand context as you read the bible:

The Bible Project (easy find with Google)  
Unlocking the Bible (by David Pawson)

**2. Look for \_\_\_\_\_**  
“I pick any text and I make a beeline for Christ”  
-Ask the Holy Spirit as you read to reveal Jesus to you!  
-The two greatest forces in the universe are \_\_\_\_\_  
(from God’s end) and \_\_\_\_\_ (from our end)

**3.Look for \_\_\_\_\_**  
“Faith is like a \_\_\_\_\_. It grows as you \_\_\_\_\_ it”

a) **Read with application in mind**  
-Use the REAP method as you read

R \_\_\_\_\_ the text once (slowly), and then again a second time  
E \_\_\_\_\_ the text.  
A \_\_\_\_\_  
P \_\_\_\_\_

b) **Write with application in mind**  
-Write out any questions you have as you read  
-Write down your thoughts on the text and highlight key words and phrases that stick out to you  
-Write down your prayers  
-Write down how you will apply it

c) **Just do it!**  
-Step out the boat!

The bible is less an ATM where you make \_\_\_\_\_ and more a bank vault where you make \_\_\_\_\_

What are you believing for in your life for the next 10 weeks?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How would you like your life to look different after these next 10 weeks?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TAKE HOME APPLICATION POINTS:**

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HELPFUL TIPS TO ACHIEVE THIS GOAL THIS WEEK=

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- 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)

God has given us \_\_\_\_\_ on the earth. God was saying to mankind, "represent me in this world"

**OUR SIN AND GOD'S PURSUIT**

Then we get to Genesis 3 and things change drastically!

Satan (The Second Preacher) comes into the story and accuses God of being a liar. He sows doubt into man's minds about who God says He is. Adam and Eve believe Satan and sin against God.

The enemy always comes against what God has already \_\_\_\_\_.

He attacks that intimacy with God that we were created for by putting doubt about who God says we are.

The enemy has distorted \_\_\_\_\_ and \_\_\_\_\_.

First two things that Adam and Eve did after their sin was to \_\_\_\_\_ and \_\_\_\_\_ to \_\_\_\_\_ one another.

Sin \_\_\_\_\_ us from God but also from one another.

The first thing God does after man's sin is to \_\_\_\_\_ them.

God call's out to them, " \_\_\_\_\_ "

God wants to cover your shame and guilt. He wants to restore you back to intimacy with you and He wants to restore your authority on this earth. God is the only one who can restore us to who we were created to be.

b. Write it out in your note-book but insert your own fears and pressures where verse 1 and 2 would be, and then see them in the light of the next 5 verses

c. Read 2.Samuel.15 (it is after this passage that David wrote this Psalm)

#### DAY FOUR

**Read** – Psalm.4 and Mark.1:21-45

**Take Note** – In between the mighty miracles that Jesus performed in the reading from Mark, Jesus took time to get up early and go to an isolated place to pray. Jesus modelled for us that His authority and power came from His intimacy with His Father

**Apply** –

-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.

-Why not make this an every Sunday habit for you and your family?  
#NoSocialMediaSunday

#### DAY FIVE

**Read** – Psalm.5 and Matthew.3:1-17

**Take Note** – The Psalm kicks off with David praying and appealing to God to hear him. The portion of scripture in Matthew ends off with God speaking and declaring truth over Jesus.

**Apply** –

-After you have Read, Examined, Applied and Prayed (REAP method), use the last 5 minutes of your time to close your eyes, sit still and be quiet. Focus your thoughts on Jesus.

-It might even help to set a 5 minute timer.

-Your thoughts will probably wonder onto other things, but don't be hard on yourself. Just catch your wondering mind and re-fix them onto Jesus.

-As you do this, keep your heart open and expectant to hear God speak to you.

#### DAY SIX

**Read** – Psalm.6 and Luke.3:1-22

**Compare** – What are the extra details about what John the Baptist says that Luke writes in his account that Matthew (the scripture you read yesterday) does not say?

**Apply** –

-If you are married (and have kids) or live with other family members or room-mates, ask the members of your family what they are most excited about and most nervous or daunted by for the day ahead. Then pray a short prayer thanking God for what lies ahead and asking God for courage for them to tackle the challenge that waits for them.

-If you've never done this before, make sure you keep your prayers short. You don't have to be eloquent, you just need to have faith.

-Your family might think it strange, but don't be dissuaded. Step out in faith!

#### DAY SEVEN

**Read** – Psalm.7 and Mark.2:1-17

**Take Note** – In verse 5 of the passage from Mark, Jesus heals the paralytic on the basis of his friend's faith! Who can you stand in faith for today? A sick friend? A family member in crisis? As you pray trust that Jesus would see your faith on their behalf.

**Apply** –

-Once Jesus called Matthew the tax-collector to follow him, Matthew responded by inviting Jesus to his home to have a dinner along with tax collectors and disreputable sinners.

-Why don't you begin to plan to invite friends who do not know Christ over for a dinner sometime later this month?

-Pick a date. Send the invite. Start praying that God would use the dinner for His glory.

## WEEK TWO NOTES

This week's video centres on Genesis 1-3 and looks at the big ideas of God, man and sin.

### THE CREATOR AND THE CREATION

"In the beginning God..."

It doesn't take long for us to see who the main Character of the Bible is. The Bible is ultimately about God.

God introduces himself to humanity as a \_\_\_\_\_.  
God creates everything out of \_\_\_\_\_.

There was nothing going on before God \_\_\_\_\_ into it! God speaks and things are created out of nothing. This is massive for us, because God had no manual for how to do it, He spoke and things became. When He spoke the nothingness \_\_\_\_\_ Him.

On Day Six God creates the pinnacle of his creation which is \_\_\_\_\_.  
-We have a worth to God that supersedes creation.

God leans in close and \_\_\_\_\_ His life into Adam. The very first face mankind saw was the face of God, the Father.

### OUR PURPOSE

"The chief end of man is to \_\_\_\_\_ God by \_\_\_\_\_ Him forever."

We were created for \_\_\_\_\_ with God.

We were also created to have \_\_\_\_\_ from God.

### DAY ONE

Read – Psalm.1 and Mark.1:1-20

Watch - The Bible Project – The Psalms

Apply -

-What verse of scripture that you have read today can you meditate on?

-To meditate means to focus one's thoughts, to ponder, think on, ruminate over, remember.

-A good place to start is to memorize it and turn it into a prayer

### DAY TWO

Read – Psalm.2 and Luke.5:1-11

Watch - The Bible Project – The Gospel of Mark

(Why not watch this one with your kids?)

Apply -

– If married, have a significant other and/or have kids, plan a time for the evening where you will watch the video above together and then read Mark.1:1-20 with them, before asking what stuck out the most to them.

-If single, block out an hour between the end of work and your evening plans to be still with God as you reflect on the Day one and two passages you have read.

### DAY THREE

**Read** – Psalm.3 and John.1:29-51

**Compare** – Compare and contrast the similarities between Mark's, Luke's and now John's description of Jesus calling the first disciples. What differences strike you as interesting?

**Apply-**

-In Psalm.3 the writer starts by acknowledging the facts of his foes and the pressure around him (vs.1-2) before launching in a "But God" moment of declaration and faith as he takes the next 5 verses to craft a prayer of victory despite the difficulty he faced. Why don't you own this Psalm as your personal prayer by:

a. Read it out loud as passionately as you can as a prayer to God