

## **FAST-TRACK GUIDE WEEK 9 AND 10**

Welcome to the final two weeks of Fast-Track, week 9 and 10! Over the past couple months we have endeavoured to answer the question, “what does it look like for individuals and a community when they take Jesus’ words of ‘come follow me’ seriously?” Our prayer is that you have grown in your desire and practice of being a disciple, follower, student and apprentice of Jesus.

Our prayer is that you have gained greater clarity as to what we believe as Christ followers, greater conviction from the Holy Spirit as He has awakened a deeper desire for Jesus, the Word and following Him with everything you have, and finally picked up the 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! Fast-Track is all about helping us put feet to our faith, and we are trusting that this is just the beginning of a real and deep walk with Jesus.

### **FOUR GOALS OF EVERY DISCIPLE**

- 1. BE WITH THEIR RABBI**
- 2. LEARN THEIR RABBI’S TEACHINGS**
- 3. BECOME LIKE THEIR RABBI**
- 4. CARRY ON THEIR RABBI’S TEACHINGS IN THE WORLD**

### **WHAT TO DO AFTER FAST-TRACK?**

1. Get in an on-going small-group/life-group/ cell-group as it is impossible to walk into the fullness of being a Christ follower on your own
2. Continue reading, examining, applying and praying through scripture daily (once the 70 day devotional is up, start reading the book of John and use The Bible Project for any extra help)
3. Keep stepping out in faith. The more you exercise your faith, the more it will grow!

# WEEK NINE - DOING LIFE TOGETHER (NOTES TO BE USED IN THE SESSION)

\*Growth is an \_\_\_\_\_ journey

“The local \_\_\_\_\_ is the hope of the \_\_\_\_\_” Bill Hybels

\*The Christian journey is a journey in \_\_\_\_\_

## An irresistible community

1. Irresistible to \_\_\_\_\_

2. Irresistible to \_\_\_\_\_

### **Acts.2:42-47**

<sup>42</sup>They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. <sup>43</sup>Everyone was filled with awe at the many wonders and signs performed by the apostles. <sup>44</sup>All the believers were together and had everything in common. <sup>45</sup>They sold property and possessions to give to anyone who had need. <sup>46</sup>Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, <sup>47</sup>praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

3. Irresistible to the \_\_\_\_\_

*“Community is not a nice to-do Christian reality, but rather community finds its essence and definition deep within the being of God” Gilbert Bilezikian*

*“It’s more important what you get saved \_\_\_\_\_ than what you get saved \_\_\_\_\_ of” Dudley Daniel*

\*The cross reconciles us to God and to \_\_\_\_\_

\*The cross deals with our relationship with God at a \_\_\_\_\_ level but then we have to outwork that new relationship at a \_\_\_\_\_ level in community

### **Ephesians.3:14-21**

<sup>14</sup>For this reason I kneel before the Father, <sup>15</sup>from whom every family<sup>in</sup> in heaven and on earth derives its name. <sup>16</sup>I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup>may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup>and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

<sup>20</sup>Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

\*One of the greatest signs and wonders is a community who put their \_\_\_\_\_ aside for the sake of the Gospel

It doesn't matter where you come from or where you are going, all that matters is \_\_\_\_\_ is at the centre

When we do life together, Jesus is \_\_\_\_\_.

## WEEK NINE GROUP DISCUSSION QUESTIONS

### Questions and Applications

#### Read

Acts.2:42-47

#### Discuss

\*From the passage in Acts 2, what indication is there that the first church was marked by each of the following:

- Loving acceptance?
- Vulnerability (openly sharing their lives)?
- Mutual service?
- Celebration?
- Evangelistic impact?

\*In the Acts 2 passage we see that they "devoted themselves" to a number of things.

-What do you feel Christ calling you to a greater devotion of yourself to?

\*What does the phrase "doing life together" mean to you?

-How could it practically outwork within your life?

\*What does the quote, "it's more important what you get saved into that what you get saved out of" mean to you?

\*What is the toughest thing about being vulnerable with others for you?

\*Why do you think we tend to shy away from true vulnerability?

## Application Questions (to be answered before you finish)

What area of my life can I be more vulnerable with?

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Which Christian friend will I share my weaknesses, struggles, and worries with this week?

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What can I do to be more connected to the body of Christ?

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## WEEK NINE TAKE HOME APPLICATION POINTS

**GOAL=** Finish Strong! Don't ease off now that the end of Fast-Track is in sight. Rather make every effort to make these last two weeks the best and most consistent in spending time with God each morning.

## 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 and don't shrug them off as optional extras. Embrace the Nike philosophy and "just do it!"

### **Read - Psalm.57 and Pilemon.1**

**Take Note** – There are two distinct parts to Psalm.57 (vs.1-5 and vs.6-11). The first section has a dominant strain of cheerful confidence amid danger, while in the second part the accent is on the expectation of victory, and of God’s vindication. Take note of how each section ends in this Psalm.

#### **Apply –**

- The book of Pilemon is a one chapter letter written by Paul to Philemon about a man named Onesimus
- Read this letter in light of community and doing life together
- Write out a list of every word or phrase where you find a description of what doing life together looks like

### **Day Fifty-Eight**

#### **Read – Psalm.58 and 2.John and 3.John**

**Take Note** - 2.John and 3.John are short letters penned by John to church communities that he loved. Read them as letters addressed to you and your church community.

#### **Apply –**

- Write a letter/email/social media message to a leader that you admire and that has invested into your Christian walk. Thank them for what they have sown into you (be specific) and honour them with your words.
- When we honour someone, that honour paves the way for us to walk into a bigger future.

### **Day Fifty-Nine**

#### **Read – Psalm.59 and Mark.11:1-14**

**Take Note** – Jesus rode into Jerusalem on a donkey. Everyone was cheering for Jesus as He rode in, but nobody took much note of the donkey, as the donkey wasn’t the main attraction. The donkey was just used to carry the King into town.

#### **Apply –**

- What “donkey” has God given you that He wants you to serve Him with?
- What “donkey” have you kept tied up for your own use that Jesus is now wanting for His Kingdom?

### **Day Sixty**

#### **Read - Psalm.60 and Mark.11:15-33**

**Take note** – Verse.20-25 of Mark.11 is Jesus’ answer to what He did with the fig tree in verses 12-14.

#### **Apply –**

- In this chapter in mark, Jesus says “my house shall be a house of prayer for all nations”
- Spend sometime this morning praying for:
  - your church community (it’s leaders, unity, growth, faith etc)
  - your neighbourhood (businesses, salvations, crime-rate etc)
  - your city (local government, police, universities etc)
  - your country (government, honesty, wisdom etc)

### Day Sixty-One

#### Read - Psalm.61 and Mark.12:1-27

**Take Note** – Psalm.61 is a general request for god’s help in times of trouble. At the same time it is certainly not individualistic as verse 6-7 ties royal well-being to the well-being of the whole people and verse 8 looks forward to acts of public worship as the proper result of the help for which the psalm prays

#### Apply –

- Why don’t you SMS 5 friends today and ask them what you can be specifically praying for them
- Once you get the requests, spend 2 minutes praying for each person by name, bringing their request before God
- Once you have prayed, let the people know you have prayed and ask them to give you feedback as they go through their day

### Day Sixty-Two

#### Read - Psalm.62 and Mark.12:28-44

**Take Note** – In Mark.12:28-34 we find Jesus giving us what is the greatest of the commands. Underline these in your bible as you read this morning.

#### Apply –

- Psalm.61:4 urges us to “pour out our hearts to God”
- Take a piece of paper, your diary or a notebook and write out praise to Jesus this morning.
- Let it overflow from the depths of your heart and try stay away from religious jargon.
- Sometimes it is helpful to write these in the form of a letter to God, pouring out your praise, your requests and your heart’s desires

### Day Sixty-Three

#### Read – Psalm.63 and Mark.13:1-37

**Take Note** – Psalm.63 is a prayer of desperation for God that David wrote from the desert. What are your desperation levels like when it comes to God?

#### Apply –

-Read and meditate (pause, think, dwell on) Psalm.63 by reading the message version of the scripture (written out below):

God—you’re my God!

I can’t get enough of you!

I’ve worked up such hunger and thirst for God,  
traveling across dry and weary deserts.

<sup>2-4</sup> So here I am in the place of worship, eyes open,  
drinking in your strength and glory.

In your generous love I am really living at last!

My lips brim praises like fountains.

I bless you every time I take a breath;

My arms wave like banners of praise to you.

<sup>5-8</sup> I eat my fill of prime rib and gravy;

I smack my lips. It’s time to shout praises!

If I’m sleepless at midnight,

I spend the hours in grateful reflection.  
Because you've always stood up for me,  
I'm free to run and play.  
I hold on to you for dear life,  
and you hold me steady as a post.  
9-11 Those who are out to get me are marked for doom,  
marked for death, bound for hell.  
They'll die violent deaths;  
jackals will tear them limb from limb.  
But the king is glad in God;  
his true friends spread the joy,  
While small-minded gossips  
are gagged for good.

## WEEK TEN - PRACTICES OF A DISCIPLE (NOTES TO BE USED IN THE SESSION)

### ***"Come"***

- an invitation to the whosoever
- Jesus is a \_\_\_\_\_ God

### ***"Follow Me"***

- a call that demands a \_\_\_\_\_
- radical \_\_\_\_\_ demand radical \_\_\_\_\_
- On the other side of our obedience, \_\_\_\_\_ are waiting

### ***"I will make you"***

- In the response to our obedience, He pours out His grace

### ***"Fishers of men"***

- Taking our ordinary, and making it \_\_\_\_\_

### **How do we move on from here?**

#### **Practices of a disciple**

1. The \_\_\_\_\_ Factor
  - revelation versus information/ head versus a heart reality
  - God is always \_\_\_\_\_
  - If He is calling, are we \_\_\_\_\_
  - The word "disciple" is a noun

2. \_\_\_\_\_ Habits

- Reading the Word (read, examine, apply, pray)
- Develop a \_\_\_\_\_ of prayer and worship
- Solitude
- Understand how to fill "your bucket"

3. C \_\_\_\_\_

- “Our father” invited us into a \_\_\_\_\_
- Following Christ was never meant to be done on our \_\_\_\_\_
- Community \_\_\_\_\_ us
- Accountability
- Community demands much from us

4. H \_\_\_\_\_

*“In this world you will have trouble, but take heart I have overcome the world”*  
(John.16:33)

- God doesn't remove us from our suffering but walks us \_\_\_\_\_ our suffering

**Hard-Knocks come from three places:**

1. Satan
2. Consequences of decisions we make
3. God

The Great \_\_\_\_\_ and The Great \_\_\_\_\_ have this question that holds them together in tension: *“Who do you say I am?”*

## WEEK TEN GROUP DISCUSSION QUESTIONS

### Questions and Applications

\*How has Jesus' call, "come follow me and I will make you fishers of men" impacted your life over the last 10 weeks?

\*Talk through the phrases:

-radical futures demand radical obedience

-On the other side of our obedience people are waiting

\*How would you explain the word "revelation"?

\*How are you doing in applying the 4 practices of a disciple?

\*What Kingdom habits do you struggle with the most?

-How can you grow in these kingdom habits?

\*How does community feed us, and what does community demand from us in relation to our discipleship journey?

\*What does accountability look like to you?

\*What is your usual reaction when you face "hard-knocks"?

\*Why would "hard-knocks" be a part of our discipleship journey?

\*Discuss the three places suffering can come from.

\*Read James.1:2 and discuss why you think James wants us to consider facing trials "pure joy"

#### **Read:**

Matthew.16:13-19

-Who do you say Jesus is?

-Land your time by filling out the application points below and then by praying for one another as we finish Fast-Track

-Commit your life to following Christ with everything you have and close in prayer

## Application Questions (to be answered before you finish)

What has been the biggest growth point in my life as a disciple of Christ over the past 10 weeks?

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What do I want my walk with Christ to look like in a year's time?

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## WEEK 10 TAKE HOME APPLICATION POINTS

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## HELPFUL TIPS TO ACHIEVE THIS GOAL THIS WEEK=

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## Day Sixty-Four

**Read- Psalm.64 and Ephesians.4:17-32**

**Take Note-** Ephesians chapters 1-3 are purely dealing with theology, whilst chapters 4-6 are practical outworkings of this theology. Paul demonstrates in this letter that what we believe leads to how we behave.

**Apply -**

- Read this morning's passage in Ephesians and write out a list of the imperatives (instructions) that Paul gives this the church in Ephesus
- Rank these instructions in an order with the ones you need the most help with from the Holy Spirit at the top.
- Ask the Holy Spirit to strengthen you in those top areas today
- Be intentional in walking these out with the Holy Spirit as you go through your day
- Reflect at the end of the day on how you've managed to lean into the Holy Spirit for help in this areas throughout the day

### Day Sixty-Five

**Read - Psalm.65 and Ephesians.5:1-33**

**Watch** – An Animated of God's Holiness – The Bible Project

**Apply** –

- In chapter 5 of Ephesians we find this beautiful piece about husbands and wives and how marriage is a metaphor for Christ's relationship with his bride, the church.
- If you are married, how can you live out these instructions towards your spouse today?
- Read Philippians.2:5-11 to see how Jesus put this into practice

### Day Sixty-Six

**Read – Psalm.66 and Mark.14:1-31**

**Take Note** – In Mark.14:1-31 we find a story of lavish devotion towards Jesus as well as Jesus telling Peter that he will deny Him. Right in between true worship and the emphatic denials of a future denial is Jesus' last supper. It's a great reminder that in our moments of true worship and moments of failure Jesus invites us to His table of grace.

**Apply** –

- Read 1.Corinthians.11:17-34 for further instructions on The Lord's Supper (communion)
- Also read this article on The Lord's Supper:  
[www.desiringgod.org/articles/grow-in-grace-at-the-table](http://www.desiringgod.org/articles/grow-in-grace-at-the-table)
- Once you've read the scriptures and the article, plan to have a time of communion with your family, a friend, a community group or even on your own, later in the day
- Buy some grape juice (symbolising his blood) and a loaf of bread (symbolising his body) and when you gather together, read the scriptures above and then go round the table thanking Jesus for His body and His blood. Once you've done this, eat and drink of the elements together.
- After this, share a full meal together, enjoying the richness of God's forgiveness and fellowship as you have communion with Him and each other
- This is something not just reserved for Sunday gatherings or pastors to do, this is something we get to partake in as Christ followers.

### Day Sixty-Seven

**Read - Psalm.67 and Mark.14:32-72**

**Take Note** – Note everything that Jesus says:

- to his Father in the garden
- to the Sanhedrin

**Apply** –

- How do you cope when someone falsely accuses you or speaks ill of you? How do you respond in argumentative situations?

- Jesus remained silent before his accusers. Often times instead of having a clever comeback, sly retort or sarcastic remark, the best wisdom is to bite your tongue.
- Read Isaiah.53 which is a prophetic declaration of Jesus
- As you read it, take note of the opposite spirit that Jesus carried. It is so contrary to the world's way of doing things.
- Ask the Holy Spirit for help in this area as you go about your day

### Day Sixty-Eight

**Read - Psalm.68 and Mark.15:1-32**

**Watch** – Animated Explanation of Sacrifice and Atonement – The Bible Project

**Apply** –

- As you read this passage in Mark.15, close your eyes and picture the scenes playing before you.
- Have communion (The Lord's Supper) quietly on your own and thank Jesus for His body and blood that were given for your freedom.
- Finish your time by worshipping Jesus. Listening to "Majesty" by Delirious on Youtube may help.

### Day Sixty-Nine

**Read - Psalm.69 and Mark.15:33-47**

**Worship** – Listen to "O Praise the name" by Hillsong on Youtube

**Apply** –

- In Mark.15:38 we read that the curtain in the temple was torn from top to bottom. This is a reminder that we are no longer separated from God by man-made obstacles and that our salvation is a "top-down" thing. This means it is something done completely by God.
- Today, remind yourself that being a disciple, follower, apprentice, student of Jesus is all about learning to continually believe and apply the Gospel to every area of our lives.
- Today. how can you apply the Gospel to your:
  - marriage
  - parenting
  - purity
  - vocation
  - friendships

### Day Seventy

**Read - Psalm.70 and Mark.16:1-20**

**Compare** – Read each Gospel writers description of the resurrection of Jesus and compare them to each other (Matthew.28, Luke.24 and John.20)

**Apply** –

- Why is it important for you and I that Jesus rose from the dead?
- What effect does the resurrection of Jesus have on your life once you die?
- What effect does Jesus' resurrection have on your spiritual life today?
- What effect does Jesus' resurrection have on your work, relationship status, friendship circle, hobbies etc?