

Come Follow Me

Sample lessons 1 & 2 for free download

Advisor Guide

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Lesson 1: Becoming Christ's follower

Aims for each learner:

- To consider if he or she is Christ's follower or not.
- If not yet Christ's follower, to know how to become one.
- Memorize Matthew 11:28.

Cultural clues:

- Starting points with BMBs
- New believers and counting the cost

Preparation:

Optional video clip for Q.15-18.

Opening

Lesson 1 home study review:

Question 1: Practise saying together the memory verse (Matt 11:28). Reading it, how do you feel?

Question 2: Ask what the learner(s) wrote in their book.

They can each answer in turn. Or they can swap books and check each other's answers.

Introduce today's topic: Today we learn how Jesus Christ called Simon Peter to become his follower, and how we too can become Christ's followers.

Explain that there isn't enough time to discuss every question. But encourage people to ask about any question you skip if they didn't understand it, and also to raise other questions they have as you go along.

Discussion

Introduction (and Questions 1-2)

Introduction:

Ask two people to read the two men's views of the purpose of life. Ask the teacher's questions in the bubble.

- What is the purpose of your life?

Share your own purpose last.



Becoming Jesus' follower (Questions 3-4)

Question 3: Read together the passage in the box. Ask:



- One person re-tell the event in your own words.
- Imagine you are Simon. What different feelings do you have when you see Jesus do this miracle?
- What four steps did Simon Peter take to become Jesus' follower?

The others can fill any gaps.

Probably: Amazed at his power. Sinful in his presence. Privileged to be called.

- Turn away from sin.
- Understand the cost.
- Entrust yourself to Christ.
- Join Christ's community.

First step: Turn away from sin (Questions 5-11)

Questions 8-10: Read the first paragraph of question 8.

- Ask two people to read the words of Imran and Shafiq. Which one will Jesus wash clean? Why?
- Let's each think about ourselves. Are we more like Imran or Shafiq?
- What is the difference between mere regret and real repentance?
- If Shafiq has truly repented, how will we know?

Shafiq, because he knows he needs Jesus.

Personal responses.

See q.9. Repentance is going in a new direction, a change of lifestyle.

His lifestyle will change.

Second step: Understand the cost (Questions 12-14)

Question 12:

- How do you think Simon felt as he considered the cost of following Jesus?
- Have you faced a similar choice in your own life? Have you made a decision yet?

If the learners trust each other, they may say whether they have already received Christ or are still considering the cost.

Question 13-14: Read Jesus' words in the box.

- In your opinion, what is the meaning of this story?
- What answers did you write for question 13?
- Is it worth this high cost to follow Jesus?
- What answer did you write for question 14?

Following Christ may cost a lot, but he is worth it. He is more precious than the finest pearl! It is worth it to follow him.

He paid an even greater price.

Third step: Entrust yourself to Christ (Questions 15-18)

Play the Trust Game: *This activity could be good for some ages and types of people, but not others. You decide if it is appropriate for your learners. Alternatively watch a youtube clip about Charles Blondin.*



- Put group members into pairs of similar height and weight, and of the same gender. One person is the Faller and one the Catcher. The Faller should stand upright with their feet together, and facing away from the Catcher. The Catcher should have one leg in front of the other, arms extended, ready to catch the Faller.
- The Faller should ask if the Catcher is fully ready, and then start to fall backwards, keeping their body stiff. The Catcher should catch them safely before they fall too far!
- Swap Catchers and Fallers.

Trusting the catcher:

- How did it feel to completely entrust yourself to the Catcher?
- Entrusting ourselves to Jesus Christ is a bit like entrusting ourselves to the Catcher. It can feel scary at first, but when we find he catches us every time, we learn to trust him more.

Question 16: Read the three examples given. *Tired child, patient and passenger.*

- Why do these three people trust the other? *Because they think the other person is trustworthy.*
- Can we trust Jesus in the same way? *Yes, he is more trustworthy than any human.*
- What do we trust him to do for us? *E.g. to forgive our sins, come into our lives, give us power to do good, protect and guide us, bring us safely to heaven.*
- Remember how you felt during the 'falling' activity. Can you trust Jesus in this same way in every area of your life? *Personal responses.*

Fourth step: Join Christ's community (Questions 19-20)

Question 20: Read the teacher's words in the speech bubble.

- Which three kinds of people does the teacher describe?
- Which of these people are you?



Those who are already Christ's followers, those who are ready to become followers, those who want more time to think about it. You decide if it is better for the learner(s) to speak now or just to think about it quietly.

Conclusion

Obeying today's teaching: What difference will today's lesson make for you? **Read together the practical task.**

- Do you have a friend you could do this task with?
- Complete Lesson 2 study before next week.

Pray together:

Thank God that we can know him personally in Jesus Christ

Lesson 2: New life in Christ

Aims for each learner:

- Be excited about their new life in Christ.
- Memorize 2 Corinthians 5:17.
- Understand that we receive a new identity, a new birth and a new nature.
- Be committed to fight a spiritual battle against the old nature.

Cultural clues:

- Jihad
- Postures of prayer

Preparation:

Optional video clip for Q.19.

Opening

Last week's practical task:

- Someone please read the Practical Task from Lesson 1.
- Did you think carefully about this? We will talk about it later in today's discussion.

Lesson 2 home study review:

Question 1: a) new; b) chosen people

Question 2: old, new

Question 3: personal responses *check that all learners wrote something in their books*

Question 4: Christ, new, old, new

Introduce today's topic: Today we will learn about the new life our Lord Jesus Christ gives us. This includes a new identity, a new birth and a new nature. That's exciting!

Discussion

Introduction and Questions 1-4

Questions 1-4: Read together 1 Peter 1:1-2. *If learners don't yet have a Bible, print out the passage.*



- Who wrote this letter under God's guidance? *The apostle Peter. This is the same Simon Peter we learned about in Lesson 1.*
- With what words does Peter describe the people who received this letter? *'God's elect' (chosen ones) but also 'scattered', 'exiles and foreigners', who are not fully at home in this world.*
- How does it feel to be far from home, to be a foreigner? *Personal responses. See question 3.*

Our new identity (Questions 5-7)

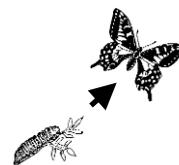
Question 5: Read the whole question.

- Have you ever been called infidel (*kafir*) or apostate (*murtadd*)? *These are common attacks on believers from this background.*
How did it feel?
 - But what is our new identity in God's sight?
 - How does it feel to be "God's chosen people"?
- This is wonderful, especially if our community reject us.*

Our new birth (Questions 8-13)

Question 8: Look at the picture of the caterpillar and butterfly

- When a caterpillar becomes a butterfly, is it the same creature as before or different ?
- How is this example like the new birth we have in Jesus Christ?



In one way it is the same, but it has gone through a kind of 'new birth' so now it looks completely different and can fly high.

In one way we are the same people as before, but the spiritual change in us is as big as when a caterpillar becomes a butterfly. The differences will show in our lives and we will live in a new dimension of God's Spirit.

Question 11: Read the verse in the box (1 Peter 1:3)

- Who gives new birth to those who follow Christ?
- Why does he do this?
- What does this new birth give us?

God himself, the Father of our Lord Jesus.

Because of his great mercy.

A living hope. We can be confident of our new life in Christ. It will continue even after death

Question 12: Read what the doctor says and ask three people to read the three responses.

- Think of the doctor being like Jesus, offering new birth to people who are spiritually sick.
- What kind of person is patient A like?
- What kind of person is patient B like?
- What kind of person is patient C like?
- So, how do we receive the spiritual new birth?



A: Someone who believes Christ but is afraid to follow him.

B: Someone who does not believe Christ at all.

C: Someone who believes Christ's offer and trusts him and receives him into his life.

By trusting Christ's offer, like patient C. We say to him 'please come into my life'. See q.13

Question 13: Read the speech bubble. *Invite anyone who has not taken this step to talk to you in private.*

Our new nature (Questions 14-16)

Questions 14-15: Different learners may read the different comments in the speech boxes.

- What about us, how have our feelings or character changed since we became Christ's followers? What did you write in question 15? *Remind learners to write their personal responses in the study time so they have something ready to share. Any learners who do not yet follow Christ cannot answer this question but they could comment on changes they saw in the life of a believer.*
- After sharing, or at the end of the session, thank God together for these changes in our lives.

Our spiritual battle (Questions 17-20)

Question 17-18: Look at the pictures in question 18.

- Which people are showing their old nature? Which are showing their new nature?
- What 'old nature' things do you struggle with?
- Read the verse in the box in question 17. What must we do to win the battle against our old nature?



Put off the old, put on the new – like changing clothes.

Question 19: Read the farmer's parable.

- What do the goats represent?
- In what ways are you feeding the black goat?
- What kinds of things could you do instead to make the white goat stronger?

Optional: Show video of a black & white goats fighting. Search youtube: goat bucks fighting or visit <http://www.youtube.com/watch?v=HG24G-dGzrQ> As the advisor, you too should share your own struggles. Explain that this is an ongoing battle. God lives in us by his Spirit and gives us strength to win. Philippians 4:13.

Practise together the memory verse: *Question 20 uses the old NIV version for this verse*

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new is here! (2 Cor 5:17)

Conclusion

Obeying today's teaching: Read together the practical task.

- What difference will today's lesson make in your life?
- Keep going with the home study! It's really important that you come prepared each week to share what you have learned.

Pray together:

Thank God for the changes he has made in us, and ask him to help us fight daily the spiritual battle.