

A BASICS4LIFE DISCIPLESHIP RESOURCE

The Commands OF Christ

Equipping a follower of Jesus to simply obey his commands

Ten short studies to do together, one each week, in a simple gathering.

COMMAND OF CHRIST 01

Repent & Believe

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Mark 1:15
2. **Tell the story:** Zacchaeus – Luke 19:1–10, or The Sinful Woman – Luke 7:36–50
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story.

EXPLORE MORE *optional*

What does "repent" mean?

- Repent means turning from sin and following Jesus.

What does "believe" mean?

- Believe means choosing to trust Jesus as Lord.

Why should we repent?

- Read Romans 3:23; 6:23; 10:9.

Who should repent?

- Acts 2:38–41 – everyone must repent for forgiveness.

What is assurance?

- 1 John 1:9 – when we confess our sins, he is faithful to forgive us.
- John 10:28 – our salvation belongs to Jesus.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 02

Be Baptised

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

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VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 28:19
2. **Tell the story:** Philip and the New Believer – Acts 8:26–39
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story.

EXPLORE MORE *optional*

What is baptism?

- Romans 6:3–4 – baptism is a symbol that we have died to our old life and been raised to a new life in Jesus.

Why should we be baptised?

- Matthew 3:13–15 – Jesus received baptism, so should we. Receiving baptism means we have identified Jesus as our Lord.

Who should be baptised?

- Acts 2:38 – everyone who repents and believes.

How should we be baptised?

- Matthew 3:16 – Jesus went down into the water.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

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COMMAND OF CHRIST 03

Pray

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 6:9–13
2. **Tell the story:** Jesus Teaches about Prayer – Matthew 6:5–15
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story.

EXPLORE MORE *optional*

Why do we pray?

- Matthew 6:9–13 – he hears. We desire his will on earth.

How do we pray?

- By simply talking with God.
- "Our Father…" = God is your heavenly Father.
- "Hallowed be your name…" = ask God to glorify himself through your life.
- "Give us today our daily bread…" = ask for your needs.
- "Forgive us our debts…" = ask for forgiveness of any sin.
- "Deliver us from the evil one…" = pray for deliverance when you face temptation.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 04

Go... Make Disciples

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 28:19–20
2. **Tell the story:** The Samaritan Woman – John 4:4–42
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story and the 3 Circles.

EXPLORE MORE *optional*

Who should we share with?

- John 4:16 – our families, friends and neighbours.

What should we say?

- John 4:29 – the woman shared her story and Jesus' story (the gospel).

Who is qualified to go?

- John 4 – the Samaritan woman was! Every believer.

How should we go?

- In groups of 2 or 3 through our neighbourhood and town: praying, sharing, and looking for "persons of peace" to disciple in the very same things we are learning here.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 05

Love

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 22:37–39
2. **Tell the story:** The Good Samaritan – Luke 10:25–37
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story or the 3 Circles.

EXPLORE MORE *optional*

What is love?

- John 15:13 and 1 Corinthians 13.

Why do we love?

- John 13:34–35 – because Jesus loved us first. Love teaches the world about Jesus.

Who do we love?

- Matthew 22:37–39 – first we need to love God, then we need to love our neighbours.

How do we love?

- John 14:15 – loving Jesus means we obey him.
- John 21:17 – loving others means telling them what God has done for you.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 06

Worship through Perseverance

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer, song

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 4:10
2. **Tell the story:** The Philippian Jailer – Acts 16:25–34
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story or the 3 Circles.

EXPLORE MORE *optional*

Sing

- Ephesians 5:18–21; Colossians 3:16–17.
- We should express worship by singing to God with thankful hearts.

Trials and temptations

- James 1.
- God uses difficult trials to make us more like Jesus. He never tempts us.

Soils

- Luke 8:4–15.
- The soil who perseveres is the one who holds fast to the gospel in a good and honest heart.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 07

Lord's Supper

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer, song, Lord's Supper

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Luke 22:19–20
2. **Tell the story:** Jesus' Last Supper – Luke 22:7–20
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story or the 3 Circles.

EXPLORE MORE *optional*

What is the Lord's Supper?

- 1 Corinthians 11:26 – a symbol of the Lord's death.

Why do we eat the Lord's Supper?

- 1 Corinthians 11:26 – his body was broken and his blood was spilt.

How do we receive the Lord's Supper?

- 1 Corinthians 11:27–29 – we must examine ourselves, confess our sins to God and remember Jesus died to give us forgiveness.

Who should receive the Lord's Supper?

- Acts 2:42; 1 Corinthians 11:27–29 – baptised disciples devoted to Jesus.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 08

Give

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer, song, Lord's Supper, give

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Matthew 6:1–4
2. **Tell the story:** The Widow Gives – Mark 12:41–44
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story or the 3 Circles.

EXPLORE MORE *optional*

What should we give to God?

- Our money, time and our lives.

Why should we give to God?

- 2 Corinthians 9:6–7 – God loves a cheerful giver.

How do we give to God?

- 2 Corinthians 9:7 – cheerfully, not under compulsion.
- Matthew 6:1–4 – secretly, not for recognition.

Who do we give to?

- Acts 4:34–35 – the church gave to all who had need.
- UP = gospel movement · IN = church needs · OUT = community needs.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 09

Gather

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer, song, Lord's Supper, give

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the command:** Hebrews 10:24–25
2. **Tell the story:** The First Church – Acts 2:36–47
3. **Read the story aloud.**
4. **Discover:** Pray, then use the discovery questions to talk about the story and what it means for our lives.

> What do we learn from the story about **God**?

> What do we learn from the **people** in the story?

> Is there anything in the story Jesus wants us to **obey**?

PRACTICE Retell the story or the 3 Circles.

EXPLORE MORE *optional*

Who is the church?

- Acts 2:41 – baptised believers in Jesus.

What does a church gathering do?

- Acts 2:36–41 – see the church circle functions.

When does a church gather?

- Acts 2:46; Hebrews 10:24–25 – regularly.

Where does a church gather?

- Acts 2:46; 5:42; 17:5–7; 18:7; 19:9; 20:20; Romans 16:1–5; 1 Corinthians 16:19; Colossians 4:15; Philemon 1:1–2 – homes.

Why does the church gather?

- 1 Corinthians 10:31; Hebrews 10:24–25 – to glorify God, encourage, and hold one another accountable.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

COMMISSION Pray and ask God for his power to help you obey these goals.

COMMAND OF CHRIST 10

Begin Long-Term Discipleship

← LOOK BACK

CARE "How are you doing?" Share a brief update, listen, pray and encourage.

LOVING ACCOUNTABILITY Give an account of your obedience to the "Fish & Follow" goals you set last week (Mark 1:17).

WORSHIP Prayer, song, Lord's Supper, give

VISION Read Acts 2:36–47 and draw the church circle to cast vision for a healthy church (see page 12).

↑ LOOK UP

SCRIPTURE

1. **Read the Scripture aloud:** Mark 1:1–8
2. **Read it to yourself several times:** Mark 1:1–8
3. **Discover:** Pray, then use these questions and the S.P.E.C. method to talk about the passage and what it means for our lives.

> What does this passage say about **God** (Father, Son, Holy Spirit)?

> What do we learn from the **people** in this passage?

> **S.P.E.C.** Is there a Sin to avoid? A Promise to claim? An Example to follow? A Command to obey?

PRACTICE The 3 Circles, your 15-second testimony, or retelling one of the previous nine stories.

KEEP GOING Continue through Mark's gospel, one passage each week, using this same three-thirds format. When you finish Mark, carry on with another book of the Bible.

→ LOOK AHEAD

SET GOALS **Fish:** Who will you share with this week?
Follow: What from today's lesson does Jesus want you to obey this week?

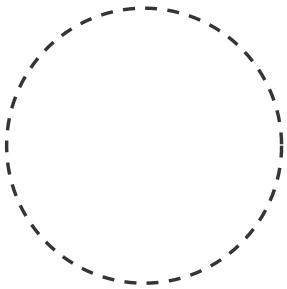
COMMISSION Pray as the Lord leads you. Keep praying for boldness and wisdom to share the gospel and make disciples, for everyone far from God on your relationship map, for fourth-generation disciples and churches, and for labourers. Pray God would accomplish his mission in and through your gathering until there is no place left and Christ returns.

FOR EVERY GATHERING

The Church Circle

Draw the church circle together during Vision to see which functions of a healthy church your gathering already practises.

1 **Draw a dashed circle.** The dashed circle represents a gathering of believers.



2 **Learn the symbols.** They show the basic functions of a healthy disciple and church in Acts 2:36–47. Some you have studied in the lessons; others, like God's Word and worship, you have practised week to week.



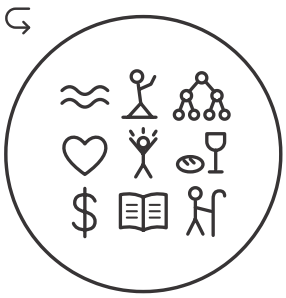
The arrow stands for Jesus' command to **repent and believe**. Most people draw it outside the circle, because this is how someone begins a growing relationship with Jesus and becomes part of his Church.

3 **Draw what you practise.** Draw each function your gathering is consistently practising inside the circle, and the ones you have not yet practised outside it.



In this example the gathering practises many important functions, but not yet baptism, giving or recognising leaders. Make an action plan to begin practising the missing ones.

4 **Make the line solid.** When a gathering has identified itself as a church, make the dashed line solid. The goal is a healthy church practising all the functions modelled by the first church in Acts 2:36–47.



For your records, note the number of **attendees / believers / baptised**, plus the location, start date and leader(s).

QUICK REFERENCE

The ten commands at a glance

1. Repent & Believe

COMMAND Mark 1:15

STORY Luke 19:1–10 (Zacchaeus) or Luke 7:36–50 (The Sinful Woman)

MORE Romans 3:23; 6:23; 10:9–10

2. Be Baptised

COMMAND Matthew 28:19

STORY Acts 8:26–39 (Philip and the New Believer)

MORE Romans 6:3–4; Matthew 3:13–16; Acts 2:38

3. Pray

COMMAND Matthew 6:9–13

STORY Matthew 6:5–15 (Jesus Teaches about Prayer)

MORE Luke 10:2

4. Go… Make Disciples

COMMAND Matthew 28:19–20

STORY John 4:4–42 (The Samaritan Woman)

MORE Luke 10:1–11

5. Love

COMMAND Matthew 22:37–39

STORY Luke 10:25–37 (The Good Samaritan)

MORE John 15:13; 1 Cor 13; John 13:34–35; 14:15; 21:17

6. Worship through Perseverance

COMMAND Matthew 4:10

STORY Acts 16:25–34 (The Philippian Jailer)

MORE Eph 5:18–21; Col 3:16–17; James 1; Luke 8:4–15

7. Lord's Supper

COMMAND Luke 22:19–20

STORY Luke 22:7–20 (Jesus' Last Supper)

MORE 1 Cor 11:23–29; Acts 2:42

8. Give

COMMAND Matthew 6:1–4

STORY Mark 12:41–44 (The Widow Gives)

MORE 2 Cor 9:6–7; Acts 4:34–35

9. Gather

COMMAND Hebrews 10:24–25

STORY Acts 2:36–47 (The First Church)

MORE Acts 5:42; 17:5–7; 18:7; 19:9; 20:20; Rom 16:1–5; 1 Cor 16:19; Col 4:15; Philem 1:2; 1 Cor 10:31

10. Begin Long-Term Discipleship

READ Gospel of Mark

START Mark 1:1–8, then on through Mark

FORMAT Continue the three-thirds format with the discovery / S.P.E.C. questions

This series is adapted from *The Commands of Christ* by No Place Left. Find the original set at **obeychrist.com** (Español: mandamientosdejesus.com).