

# Participants' Notes

# Session 1: Stand up and be counted

Can you think of a cause or campaign (serious or light-hearted) that you feel/could feel particularly committed to?

## Discipleship driving school

On the illustration showing motorists, which image best represents your own discipleship?

How much do you feel you've already learnt?

What things do you feel you still need to discover or learn?

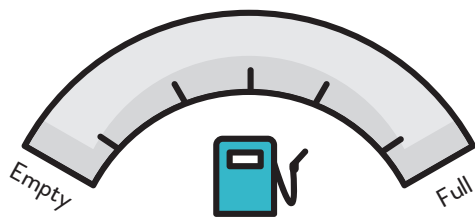
What things make following Jesus easy and difficult?

Where are the particular challenges or issues?

## Dabbling or disciple

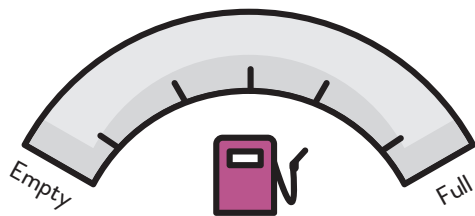
Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it.' (Matthew 16:24-25)

If you were going to rate yourself as a follower of Jesus how 'full' or 'empty' is your commitment? Draw a line on the 'fuel gauge' below.



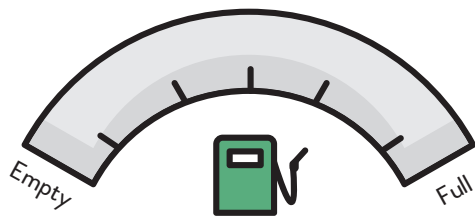
**Christian for life**

**Through thick and thin, through good times and bad.**



**24/7 Christian**

**Monday to Saturday as well as Sundays.**



**Giving and getting**

**Having a two way relationship with God. Following Jesus for what you can give as well as what you get out of it.**

## Telling others

Can you think of three people who are not yet followers of Jesus? Why not start to pray for them on a regular basis and look for opportunities to speak about your own faith with them.

People I am praying for

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### John 6:66-69

From this time many of his disciples turned back and no longer followed him. 'You do not want to leave too, do you?' Jesus asked the Twelve. Simon Peter answered him, 'Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.'

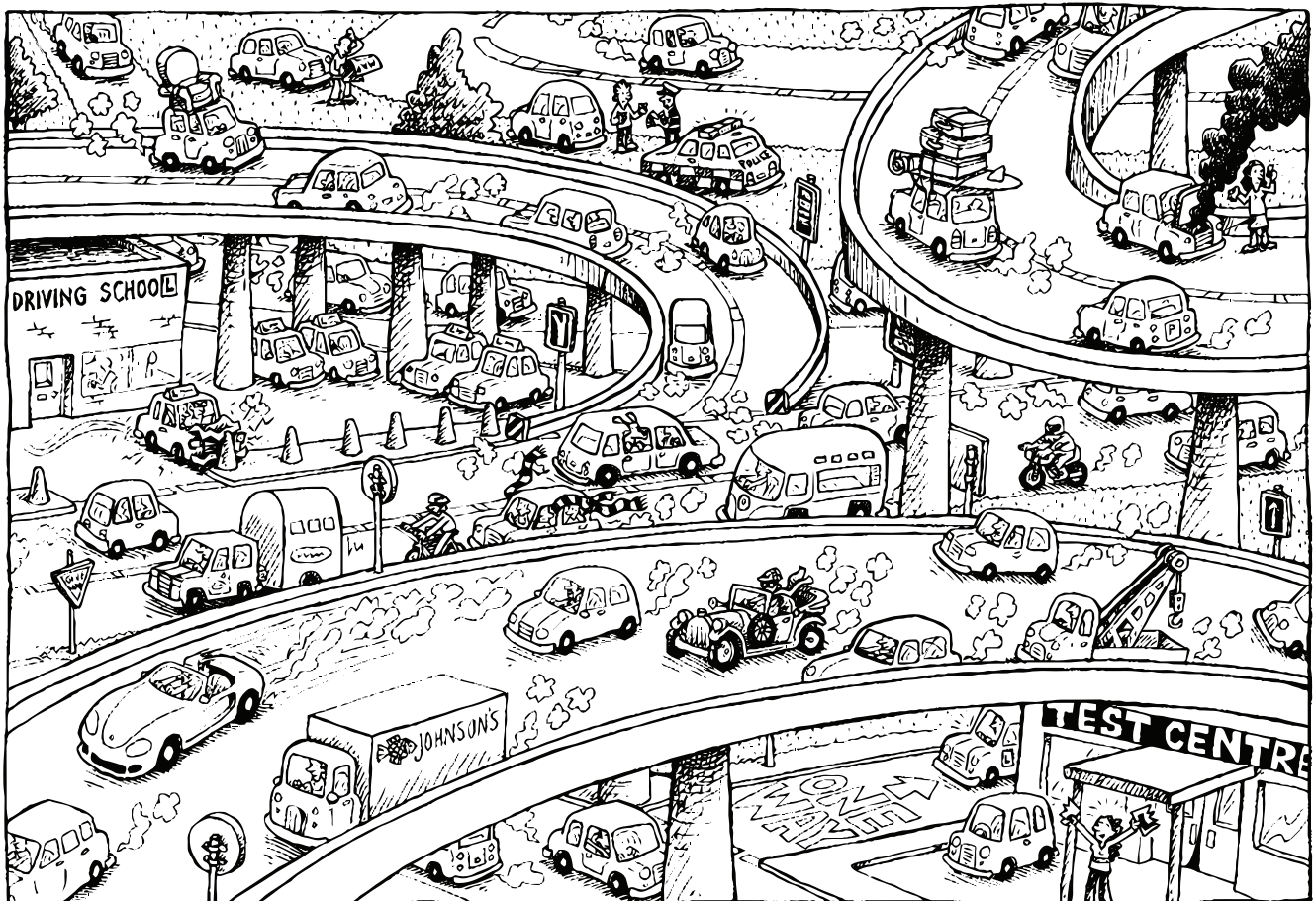


### John 10:10

'I have come that they may have life, and have it to the full.'

You might like to reflect on these words of Jesus in the coming week.

If you would like to follow a set of daily Bible readings following the themes of the Moving On! sessions then do ask your group leader.



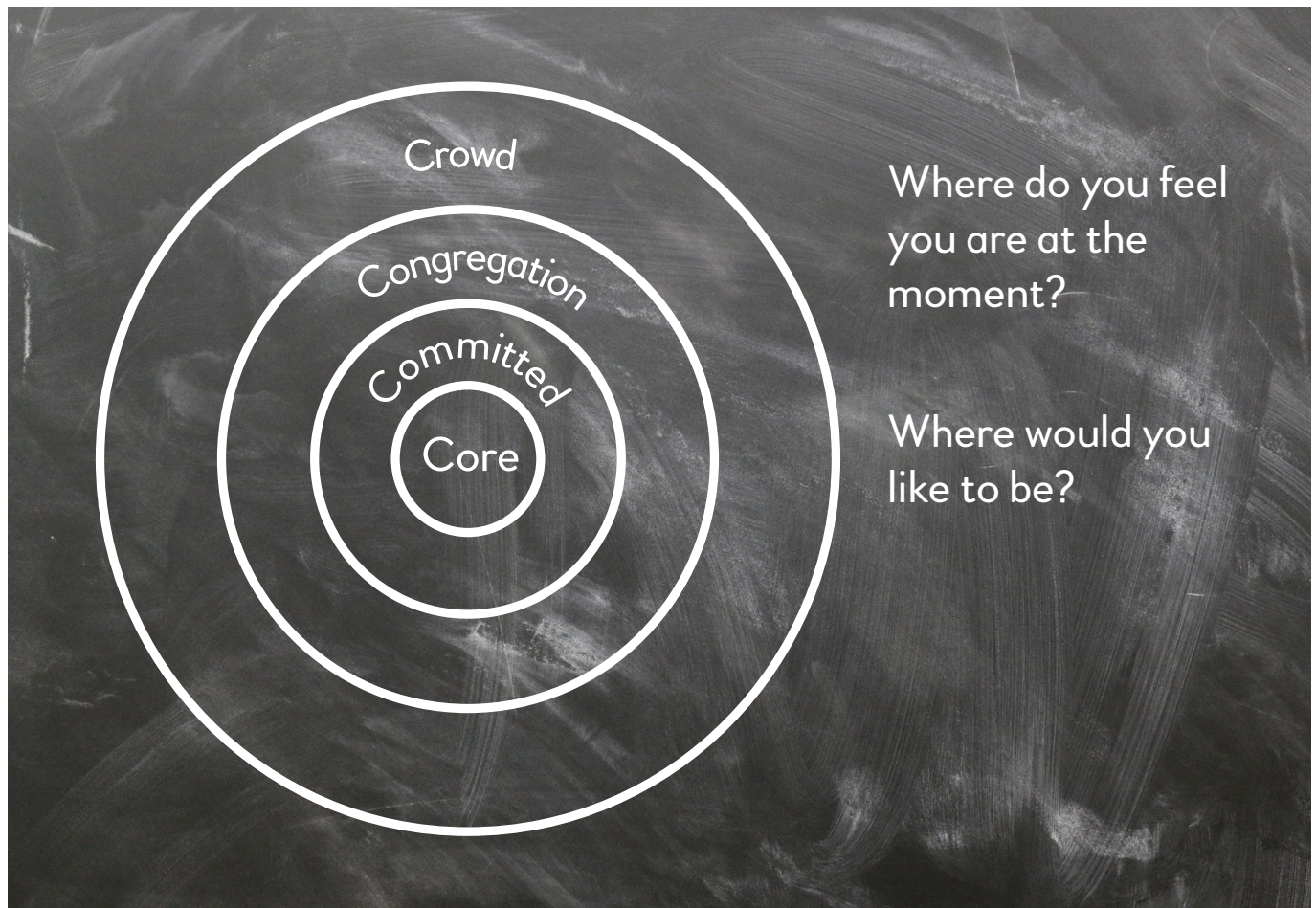
# Session 2: Church - we are family

## Word association

What words, ideas and thoughts do you associate with the word 'church'?

How do you react to the following statement? 'Church is what is left behind when you take away the buildings.'

## Further on and deeper in!



## Body beautiful

Jesus spoke many times about creating a community of believers. There is a clear understanding in the teaching of Jesus that to belong to him and to be his follower also meant being part of a community of faith - the Church.

The Bible contains many pictures or images which are used to describe this community of faith. One of these pictures compares the Church with a human body.



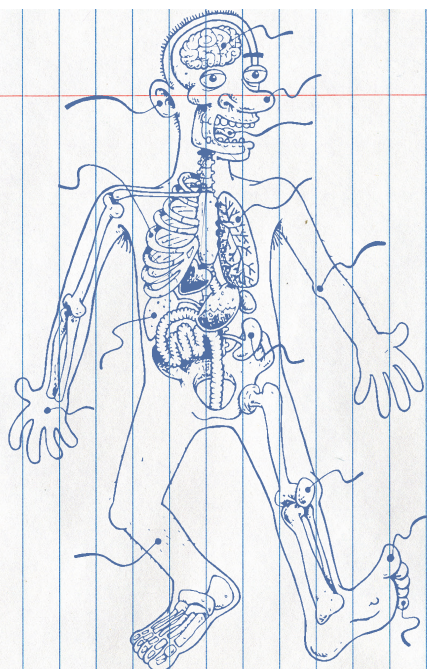
## 1 Corinthians 12: 12-22, 25-27

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptised by one Spirit so as to form one body whether Jews or Gentiles, slave or free - and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.

Now if the foot should say, 'Because I am not a hand, I do not belong to the body,' it would not for that reason stop being part of the body. And if the ear should say, 'Because I am not an eye, I do not belong to the body,' it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!' On the contrary, those parts of the body that seem to be weaker are indispensable, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.

Now you are the body of Christ, and each one of you is a part of it.



**On the picture of the human body label what the different body parts might represent in your church.**

**What part(s) of the body best describes your involvement in the church?**

## Building blocks

Write your name on a sticky label. Attach the named labels to duplo, children's bricks or cards and place the names as if creating a building.

## 1 Peter 2:4-5

As you come to him, the living Stone – rejected by humans but chosen by God and precious to him – you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

## Take it away

You might like to look again at the Bible passages we have read this week.

# Session 3: Church - worship

## Church - How is it for you?

- 'Some people go to church looking like they are on the way to the dentist and come out looking like they have been.'
- 'That was about as interesting as watching paint dry!' - a choral evensong service fails to inspire!
- 'Sunday is the best day of the week! I love worshipping God with my friends at Church'
- Vicar at the church door: 'I guess you found that a bit weird and wonderful?' Visitor: 'Weird? Yes! Wonderful? No!' - a less than positive reaction to a service of prayer and praise.
- 'Daddy is it still Sunday?' - eight year old's comment during a very long and dull service.
- 'I felt like I saw a glimpse of heaven. It was wonderful'

How do you react to the statements above? Do the statements ring any bells?

## In the mix

From the passage above it is possible to identify some of the following ingredients which are part of 'the recipe' that makes up an act of worship. Complete the chart below answering the following questions: Why do you think we do these things? What's your response to that part of a service?



### Colossians. 3:12-17

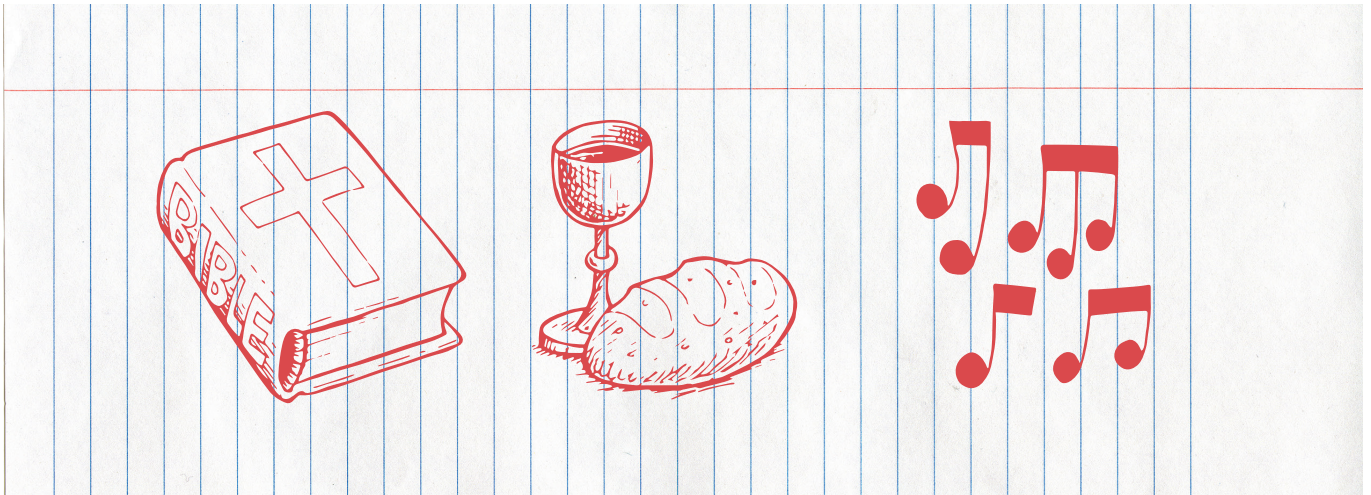
Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Activity	Why do we do this?	My response
Singing/music		
Confession and forgiveness		
Building community/ the peace		
Message of Christ - reading the Bible		
Message of Christ - preaching		
Thanksgiving/Eucharist/ Holy Communion		
Prayers		

## Taste comparison

From the chart you filled in pick two activities which you find easy/enjoyable in worship and one you find more difficult.

## Bible, Holy Communion and music



## Better together

### 1 Peter 2:4-5

As you come to him, the living Stone - rejected by humans but chosen by God and precious to him - you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

### Hebrews 10:22-25

Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching.

## Reflection

### Psalm 100

Shout for joy to the Lord, all the earth.  
Worship the Lord with gladness;  
come before him with joyful songs.  
Know that the Lord is God.  
It is he who made us, and we are his;  
we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving

and his courts with praise;  
give thanks to him and praise his name.  
For the Lord is good and his love endures forever;  
his faithfulness continues through all generations.

## Take it away

You might like to look again at the Bible passages we have read this week.

## Session 4: Growing in God

Just as seeds need good soil, water, light and the 'right' conditions to encourage germination and growth; so too our life with God can be nurtured by creating the right conditions for growth. Ultimately nurturing our relationship with God is like any other relationship; it flourishes through spending quality time with God. There are many things that help us spend time with the Lord.

### Right here, right now

Which of the following phrases best describes your daily relationship with the Lord?

Works when I'm in the mood, good days and bad days, not what it used to be, cooking on gas, regular and fruitful, patchy, deep and meaningful, wearing L plates, non-existent, hmmm!

### God's greenhouse

Fill in parts of the chart to describe your own ways of growing in God. What's going well, what could improve, what could you try, what doesn't work for you?

Activity	Currently	Future
Bible		
Prayer		
Praying at start/end of day.		
Giving the day to God and ending the day with God		
Setting aside a special time of the day to pray		
Special times (retreats or quiet days, Christian celebrations and/or conferences)		
Talking with a Christian friend		
Spiritual mentor/director		
Walking/being outdoors		
Reading Christian books		
Listening to Christian music		
Serving/helping other people Listening to God		
Small groups		
Having somewhere where we feel close to God		
Other		



## Mary and Martha



### Luke 10:38-42)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'

How do you react to this passage? What encourages you? What questions does it raise? What impression do you have of Mary? Martha?

Place an X on the line below which best describes your character/personality.

Mary | Martha

Listener | Doer



### Acts 10:9

About noon the following day as they were on their journey and approaching the city, Peter went up on the roof to pray.

### A time and a place

'A person who is too busy for God is too busy'

How do you react to this statement?

Is there a particularly good time and place for you to have a regular time to pray and read the Bible?

## Reflection



### Philippians 1:6

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Where has God been at work in your life? What areas might he want to work on?

## Take it away

In the coming week you might like to reflect on Philippians 1:6. Perhaps you might want to write the verse out onto a card and then fasten it up in a place where you keep reading it.

You might also like to do some reading or thinking about the Holy Spirit, the theme for the next session.

# Session 5: Life in the Spirit

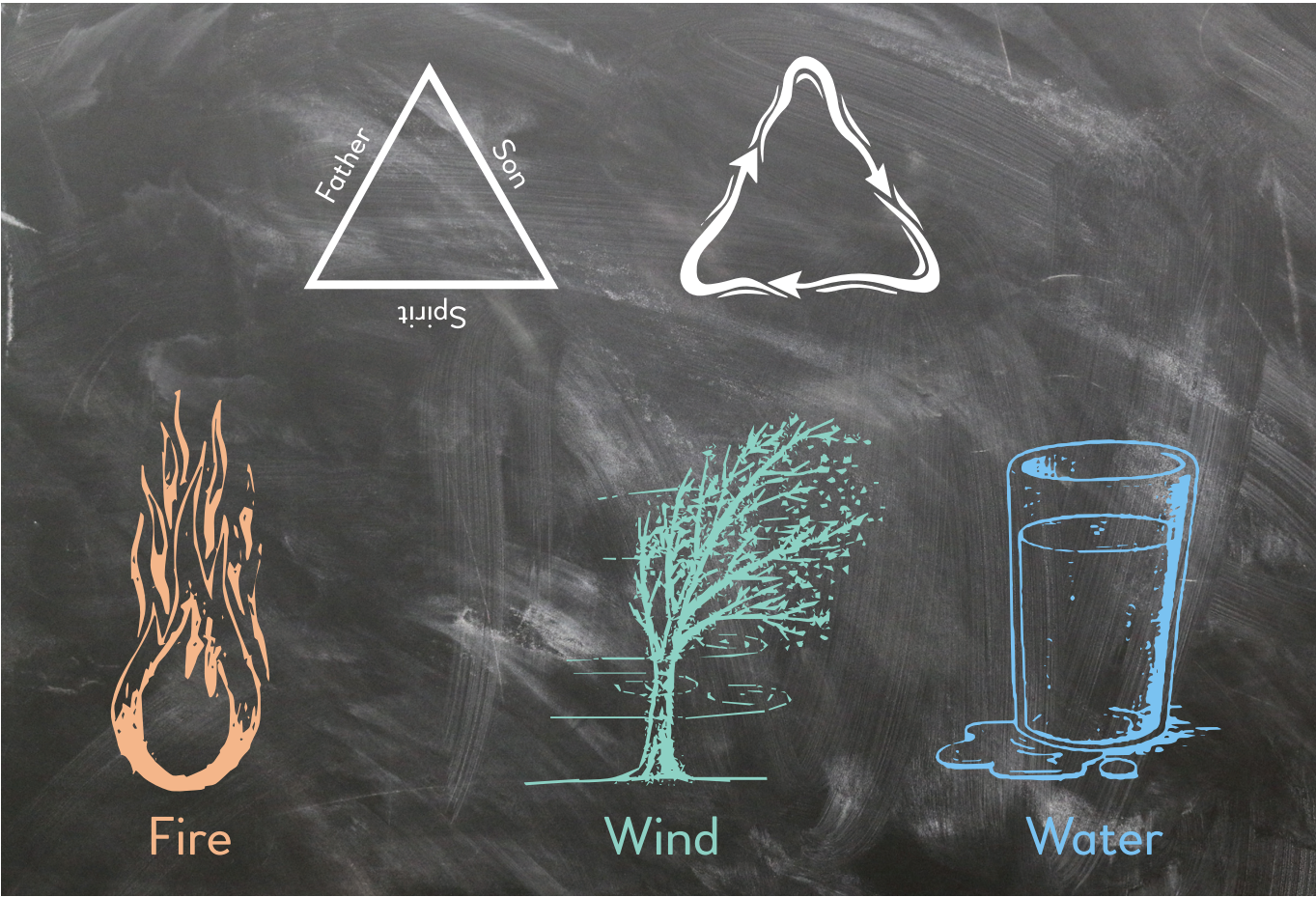
## Who is the Holy Spirit?

He is the third person of the Trinity, an equal partner in the Godhead along with the Father and the Son.

The Father, Son and Holy Spirit can be thought of in terms of an equilateral triangle. All the angles and sides are exactly equal - making it the most stable shape in engineering and building.

But the Trinity, unlike a triangle in building, is not a static object. The Trinity is more like a community-a dynamic relationship between three persons, constantly moving and interacting.

## A picture paints a thousand words



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## My story

What has been your experience of the activity of the Spirit in your own life?

## Being and doing

The New Testament highlights two areas in which the Spirit works in our lives.



### Galatians 5:22-25

Transforming us so we become more like Jesus - fruit of the Spirit.



### Corinthians 12:4-7

Equipping us to carry on the work that Jesus began - gifts of the Spirit:

## Fruit of the Spirit



### Galatians 5:22-25

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

Fruit takes time to grow. How much of the following fruit have developed in your life? You might like to score your self - 0 being barely present in my life to 10, fully formed!

- Love
- Joy
- Peace
- Patience
- Gentleness
- Goodness
- Faith
- Meekness
- Self Control

## Gifts of the Spirit



### 1 Corinthians 12:4-7

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good.

The gifts given by the Holy Spirit are a bit like tools in a toolbox

- they help us to do the jobs that Jesus gives us to do.

What gifts, talents, abilities and skills do you think you have?

## Take it away



### John 7:37-38

'If anyone is thirsty, let him to and drink. Whoever believes in 'as the Scripture has said, streams come of me living water will flow from within him.'

The Holy Spirit plays an important role in helping people to become followers of Jesus. Think of the people you started to pray for on Session 1 of Moving On! who aren't yet followers of Jesus. You could pray that the Holy Spirit will give you opportunities to share your faith with them. You could also pray that they would become thirsty for Jesus.

In the coming week you might like to reflect on the passages above. You might like to consider the words when you are drinking water, tea, coffee, beer, wine ...



# Session 6: Cheerful giving - time, talents, money

## Your money and your life!

The world-wide Church, the church in this country and your local church exist because previous generations of Christians gave their time, money and talents. In doing this they were responding to God's goodness to them and sharing in his great work of salvation.

## Giving and receiving

Think about the best gift someone has ever given you. What made it special?

Think about a gift that you have given to someone else that you know they appreciated. What made the gift special?

What has been the most special thing that God has done for you?

## Money matters

Jesus seems to indicate that one of the biggest challenges for us is around the issue of money and possessions.

Underline parts of the text that encourage you, challenge you or raise questions for you.



### (Matthew 6: 1-4, 19-21, 24-34)

'Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honoured by men. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.'

'Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.'

'No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.'

'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.'

How do you react to thinking through these issues?

Is your response to Jesus teaching 'bang on target'? Do you think you are wide of the mark?

Or are you 'there or thereabouts'?

## Principles and practicalities

The Bible talks about giving a proportion of your income to God's work. Some groups suggest that this should be 5% of our income and others recommend following the Bible's teaching about tithing which involves giving 10% of what we have to God. The Bible teaches that our giving to God should be realistic, planned, generous, regular and cheerful.

In most churches about 85% of the time, money, energy and prayer is given by about 15% of the people. Why do you think this is?

## I will offer up my life

Giving isn't just about money; it's about offering ourselves totally to God. So as well as money we need to offer our time, talents, energy etc. to God. Underline some of the lyrics from these two hymns that you feel best express this idea.

I will offer up my life  
In spirit and truth,  
Pouring out the oil of love  
As my worship to You  
In surrender I must give my every part;  
Lord, receive the sacrifice  
Of a broken heart

Chorus:

Jesus, what can I give,  
what can I bring  
To so faithful a friend,  
to so loving a King?  
Saviour, what can be said,  
what can be sung  
As a praise of Your name  
For the things You have done?  
Oh my words could not tell,  
not even in part  
Of the debt of love that is owed  
By this thankful heart

You deserve my every breath  
For You've paid the great cost;  
Giving up Your life to death,  
Even death on a cross  
You took all my shame away,  
There defeated my sin  
Opened up the gates of heaven  
And have beckoned me in  
Matt Redman

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Were the whole realm of nature mine  
That were an offering far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.

From: When I survey the wondrous cross  
- Isaac Watts

In the boxes below write down some of the things that you feel you could offer to God and his church.

Time

Talents

It would also be a good idea to consider what you are able to give financially to the work of the church.

# Session 7: New life, new lifestyle

24/7/365

God is not just concerned what we do in church on Sunday but how we live from Monday to Saturday. Being a follower of Jesus is about being a disciple 24/7/365.

- Inside thoughts as well as outward appearances
- What we say with our tongue as well as what we do with our hands
- Habits, old and new
- How we use our home, time and money
- The quality of our relationships
- It's about joy as well as duty, receiving alongside giving.

## New creation

Since choosing to follow Jesus in what ways do you feel like a new creation?

### 2 Corinthians 5:16-17

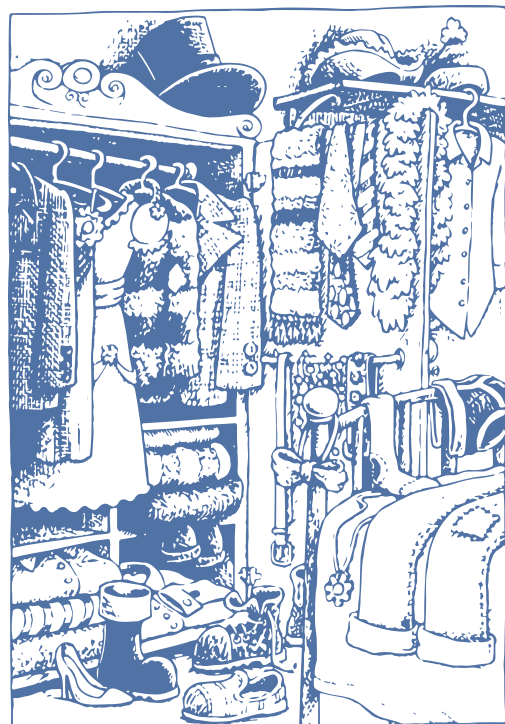
So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

### Colossians 3: 12-17

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

## Spring cleaning

Imagine your life is like a wardrobe full of clothes. The different 'clothes' in the wardrobe represent different attitudes, habits and values in your life.



Going through your 'life wardrobe' what might need to go? What can stay? What might need to change?

Write in the boxes aspects of your life that can stay, need to be removed from your life or that might need to be altered.

Go

Keep

Change

Some of the areas you might like to consider include the issues listed under the heading 24/7/365 and some of the following:

Attitudes at work, swearing, use of time and money, being open about being a Christian, attitudes to the occult, honesty, family life, relationships, anger and patience.

## Discipleship driving school

Look again at the picture of motorists we used in Sessions 1. If discipleship is about being a learner, which car best represents our own journey with Jesus?

## Jesus is Lord!

In the box below write down the various things that make up your life. You might like to write in different size print according to how important they are to you. You might also like to place them in the box according to whether they are central to your life and very important or just a fringe interest. Rather than using words you could draw pictures if you wish.

## Act of commitment and take it away

You might like to use the words of the song to put Jesus at the centre of your life.

Jesus, be the centre. Be my source, be my light, Jesus.

Jesus, be the centre. Be my hope, be my song, Jesus.

Be the fire in my heart, be the wind in these sails

Be the reason that I live, Jesus, Jesus

Michael Frye

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You also might also like to look again at the Growing in God session (Session 4) and take some positive steps to help your faith flourish and grow.





# Holy Spirit

For Christians, the Holy Spirit or Holy Ghost is the third person of the Trinity: Father, Son, and Holy Spirit. As such he is personal and also fully God.

Most Christians today understand Jesus the Son, and God the Father as two very distinct Persons within the Trinity; the Holy Spirit is also a part of the Holy Trinity and there is a dynamic relationship of love between the three persons of the Trinity. However, there has been much confusion over the identity of the Holy Spirit.

Perhaps some of this dates back to the King James translation of the Bible where the word "Holy Ghost" is used to describe the Spirit. In any case, many people throughout the ages have thought of the Holy Spirit more as a thing than a Person. Nothing could be further from the truth, and in fact as we begin to know the Person of the Holy Spirit we will want to have a closer relationship with Him just as we would the Father or Son.

In the Old Testament the Hebrew word (ruwach, pronounced roo'-akh) is used when talking about the Spirit. This word literally means 'wind', even the wind associated with a breath. In the New Testament the Greek word (pneuma, pronounced pnyoo'-mah) is used which means breath, breathe or a breeze. In other parts of Scripture, the Holy Spirit is described using picture language and he is portrayed as a dove, water, fire and light.

In the book of Galatians Paul writes about the Fruit of the Spirit, indicating the way in which the Holy Spirit helps to form the life and character of Jesus within Christians. Likewise, at a number of points in his letters Paul writes about the Gifts of the Holy Spirit. These gifts equip Christian believers to carry on the work of Jesus.

The Holy Spirit plays a crucial role in helping Christian to read and understand the Bible. The Spirit also works in numerous ways to help Christians discern God's will for their lives.

Four important principles to remember

- 1) The Holy Spirit is God, but He is a distinct Person within the Trinity, not a force, a thing, or an "it".
- 2) The Holy Spirit's mission is to reveal Jesus.
- 3) The Holy Spirit transforms us to be more like Jesus.
- 4) The Holy Spirit gives gifts for use in service of others and empowers effective ministry.