

FOUNDATIONS FOR CHRISTIAN LIVING

LEADERS NOTES[®]

Ken Moser

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LEADER'S NOTES

Dear Youth Leader,

Welcome to Effective Youth Ministry Press free leader's notes!

These leader's notes are for the Youth Bible study booklet *Foundations for Christian Living* that is for sale from www.effectiveyouthministry.com

These notes are designed to assist your in preparation and enable you to get the most out of your Bible study time.

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Regards,
Effective Youth Ministry Press Team

www.effectiveyouthministry.com

FOUNDATIONS FOR CHRISTIAN LIVING • leader's notes: **dear leader,**

Welcome to Foundations for Christian Living!

The goal of this study series is to equip the young people in your group to live effectively for Jesus. These studies are designed to help them to read their Bibles, pray, meet with other Christians regularly and tell their friends about Jesus.

These leader's notes are designed to give you a brief yet clear help as you go through the questions.

Please note a couple of important things:

1. You may find that these studies have too much content! I wrote them this way because many of us have had the horrible experience of realizing that the study was moving too quickly and we were soon going to run out of time! With this in mind I decided that "more may be helpful" and erred on giving too many questions, Bible passages etc. If you have time, you may want to quickly go over the study beforehand to decide if there is indeed, too much content for your group. You can simply trim the studies by dropping out a sharing question or one of the Bible passages (there are usually three to look at, two may be more appropriate- you'll soon figure this one out!)
2. Some groups may find it helpful to do the studies in advance. In other words, if your group is comfortable with this, have them do it before they come to the weekly group (kind of like homework!) This will give them time to reflect on the study and be prepared.
3. Remember, it is ok to not know all the answers. Young people are good at asking tough questions. Your job is to help them get to know our Lord. God doesn't expect you to know everything! Tell them that "that is a great question, I'm not sure I know the answer to this. Can you give me a week to check it out?" You can then find someone who may know the answer and report back to the group.

I do hope you enjoy these studies and that they are a real blessing to your group!

Press on,

ken moser

FOUNDATIONS FOR CHRISTIAN LIVING * leader's notes:

the bible part 1 ©

This study is designed to:

1. Help your group to see that the Bible is God's way of showing us how to live.
2. Understand that it is a "light to our path" (Psalm 119: 105).
3. See that it is the sword of the Spirit- it will help us to defend ourselves from Satan and it will cut deep into us spiritually (Ephesians 6:17).
4. Encourage us that we must read the Bible and then put what it says into practice (James 1:22-25)

Remember, if you think there is too much here you will need to cut out one of the sections. Please note, you will also need an Old Testament for your group.

going deeper

Read Psalm 119:105. (God's Word is like a lamp!)

Why do you think the author of the Psalm says this? What does a lamp and light do?

- It shows us how to live in a way that pleases God.
- It shows us how to be wise.
- It shows us what sin is and how we should avoid it.

If God's word is a light, what does this mean we need to do?
Get to know it and use it.

Let's go to the New Testament.

Read Ephesians 6:17. (God's Word is like a sword!)

Why do you think Paul (he's the author) says this?

Because God's word is sharp active, and a weapon.

What does a sword do? How is God's word like this?

- A sword is an offensive and defensive weapon.
Offense = it can be used to cut 'inside' our own hearts and to fight against satan.
- Furthermore, it cuts deep and helps us to look deep inside our hearts to see sin and how we must change.
- Against satan's attacks: it helps us to know what sin is and how to stand strong.
Knowing the truth can be used to repel satan's lies.

How do you think the Bible can be like a weapon for the Christian person?

If we know the word we can use it in every situation- (i.e. doubt, fear, temptation).

- We can use it when we are discussing with non-Christians about the faith.
- Remember the model of Jesus, when he was tempted by satan he quoted the bible (Luke 4:1-13)

Read James 1:22-25.

Try to sum up what this says in one sentence.

"Put the Bible into practice" or "Do what God says" or "don't forget what God tells you" etc.

What is the difference between a 'hearer only' and a 'doer'? Can you give practical examples? A 'hearer' doesn't do what the bible says. A 'doer' hears it and does it!

What things must we do to make sure that we put into practice what we read from the Bible? Learn what it says, then strive to remember it. (This may mean we have to work to memorize scripture). We need friends/ people around us who will encourage us to live out what we read. Go to youth group as well!

getting active

In light of what we have just read from the Bible:

What things can we do to make sure we read the Bible regularly?

Set aside a time each day (or several times a week). Meet with friends to read it. Go to youth group.

What things stop you from reading the Bible?

Being too busy, bad relationships (with people who may try and keep you from reading it). Laziness.

What do we do if we find it hard to understand?

Speak to your youth leader, Buy some good Christian resources, Talk with older Christians.

What things can this group do to keep the light shining, the sword active and to be doers and not just hearers of the word? Keep meeting regularly. Pray for each other.

let's pray

Pray for the points listed. Also ask the group to share some other matters for prayer.

stay tuned

Next week we will look at the Bible Part II. We will see how God really wants us to live according to his word.

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse.

FOUNDATIONS FOR CHRISTIAN LIVING* leader's notes:

the bible part 2 ©

DEAR LEADER,

This study is designed to:

1. Encourage the group to read their Bible and put what it says into practice.
2. See that Jesus wants us to do what he says (Matthew 7:24-29).
3. See that the Bible is able to make us wise in living the Christian life (2Timothy 3:14-17)

This study is a bit shorter than the usual one (there is a "thinkspot" if you need more to do!) Enjoy!

QUICK QUIZ In one minute write down as many Bible stories (or memory verses) that you can think of:

Have each person write down as many stories and verses that they can remember. If you think it would be easier, have them do this in pairs.

going deeper

Make sure you do what Jesus says! Read Matthew 7:24-29.

Give practical examples of the two kinds of people described in this passage:

1. Someone who hears Jesus' words and puts them into practice (verses 24-25)

Here are 2x examples:

1. Jesus tells us to pray- therefore we do this.
2. Jesus tells us to be generous so we give money away.

2. Someone who hears Jesus' words and doesn't put them into practice (verses 26-27)

For example, Jesus tells us to forgive, and we do not forgive a friend.

What do we need to do to be "building on the rock" each day? How can this group help each other to do this? Give some practical examples.

Learning Jesus' words and then doing them. This means we must be reading the bible and then looking out for opportunities to do what he says (i.e. At school / home etc.) Encourage each other to do the right thing. When someone does the wrong thing we gently instruct and help them to change.

Reading the Bible will make us wise about how to live as a Christian. Read 2 Timothy 3:14-17. What does v. 14 urge us to do? What is the Bible able to do? (v. 15) Continue in what we've learned and become convinced of

What does v. 16 tell us about the source of Scripture ('Scripture' = another word for the Bible)? God breathed- that is, it comes from God through His Spirit (see 2 Peter 1:20-21)

What are the four things Scripture is useful or profitable for?

Teaching, rebuking, correcting, training in righteousness

Do you know what each of these means?

Teaching = telling us the truth about God & His world

Rebuking = pointing out wrong behavior or actions- telling someone the right way

Correcting = bringing truth where there was error

Training in righteousness = teaching someone how to live in a way that pleases God

Why is the Bible important for someone who wants to be a strong Christian? (v. 17)

It equips them to live a life that pleases God

getting active

In light of what we have read from the Bible:

What do we do if things keep getting in the way of reading the Bible?

- Pray.
- Try and keep your schedule free.
- Try reading it with a friend.
- Don't give up- keep trying to find a right time.

What do I do if...

I find the Bible hard to understand?

- Write your questions down and bring them to youthgroup/weekly bible study.
- Buy/borrow some books that may help you.
- Seek out an older & wiser Christian and meet with them to ask questions.
- Have a Q & A in youth group.

I find the Bible boring?

- Ask God to help you.
- Make sure you start at books that are a little less intimidating- books like the gospels are a good place to start.
- Try reading some of the shorter books in the new testament as well.
- Try your best to stay with it, we all struggle from time to time.

My friends give me a hard time because I read the Bible

- Learn to stand strong in the face of joking or persecution.
- Try to witness to them by the way you live and the way you take the hard time.
- Try your best not to fight back or lash out at them.
- The longer you stay with your bible reading the less they may trouble you.

let's pray

Pray for the points listed. Also ask the group to share some other matters for prayer.

stay tuned

Next week we will look at prayer

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse.

FOUNDATIONS FOR CHRISTIAN LIVING • leader's notes:

Prayer ©

DEAR LEADER,

This study is designed to:

1. Encourage the group to pray regularly and effectively.
2. Help the group to avoid praying ineffectively (Matthew 6:5-8).
3. Help them to pray like Jesus taught us to (Matthew 6:9-13).
4. Stay with it even when it looks like God isn't listening (Matthew 7:7-11).

There are three Bible passages to look at- you may need to trim Matthew 7:7-11.

going deeper

This is how we are *not* supposed to pray! Read Matthew 6:5-8.

What is the wrong way to pray (what are we not to do)? (v. 5 and v. 7-8)

We are not to be like hypocrites who love to be seen praying in public.

What is the right way to pray? (v. 6) Pray privately. Just you and God

What is the main point Jesus is making? That prayer is a time for you to communicate with God. It is not a "show" or something you do to get others to notice how spiritual you are.

This is how we are supposed to pray! Read Matthew 6:9-13.

Go through this famous prayer phrase by phrase.

What is the main point of each part of this prayer?

- **Our Father in heaven**= God is our heavenly father who cares for us like a good father. He eagerly waits to hear our prayers
- **Hallowed be your name**= he is totally free from sin and completely, utterly holy. This means we must go to him with respect and reverence as he is God, not us
- **Your kingdom come your will be done on earth as it is in heaven** = please bring your kingdom here on earth. In the same way that you rule heaven we ask you to rule here on earth. Help us to live the way you want us to and please bring more people into your kingdom as we seek to tell them about you
- **Give us today our daily bread**= please take care our needs like food and clothing
- **Forgive us our debts, as we also have forgiven our debtors**= please forgive us for the sins we commit. Please do this because we have forgiven those people who have sinned against us
- **And lead us not into temptation, but deliver us from the evil one**= keep us free from sin and from satan's tricks and lies

Keep on praying! Read Matthew 7:7-11.

What does this teach us about prayer?

We must stay with it. Keep praying- don't give up

How can we put this into practice?

Regular times each day. Praying with friends. Keeping a prayer diary.

What does it tell us about God?

He delights in answering our prayers

getting active

let's pray Spend a few minutes *thanking* God and then asking for his help.

Thanks: What things can you thank God for? (What good things has he brought into your life lately?)

Help: Make a list of things to pray for each other. This can include things for yourself, for your family and friends, and for issues in our world. Then pray as a group. Next week we will look at what we do if we want to follow Jesus but we still sin!

stay tuned Next week we will look at going to church and how important it is for your relationship with God!

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (Matthew 7:7).

FOUNDATIONS FOR CHRISTIAN LIVING • leader's notes:

meeting With Other Christians®

Dear Leader,

This study is designed to:

1. Encourage the group to see the importance of meeting with other Christians regularly.
2. Understand what the early church did when they met together (Acts 2:42-47).
3. Understand what we should do when we meet together (Colossians 3:16-17).
4. See the importance of not giving up meeting together (Hebrews 10:23-25).

There is a lot of content here. You may find that Acts 2 contains enough material to keep you going! You will want to discuss this and what it says to us about what we do when we meet together. You may find that you don't have time to do Colossians and Hebrews. You can either drop some things out or stretch it over two weeks.

going deeper

Read what the Bible says about what Christians are to do when they meet together. Read Acts 2:42-47.

(Make a list of everything that the early Christians did when they met together.)

Studied the bible, devoted themselves to each other, "Broke bread"- this probably means they had communion/lord's supper, prayed, the apostles did miracles, The church was generous, they ate together in their homes, they met publicly in the temple, they praised God

Read Colossians 3:16-17. (What does this tell us about our time together?)

- The word of christ (the bible/the gospel) must be central to our gathering
- We must teach and warn each other wisely
- We must be thankful to God
- (Singing is a good thing and God's word must be central to it)

Why is it important to do these things?

It keeps us focussed on God and it helps us to encourage each other to stay Christian

Don't give up! Read Hebrews 10:23-25. What are we told to do in...

v.23 - hold to the hope we have in Jesus

v.24 - think through how we can help each other to be more loving and do great things for Jesus

v.25 - not give up going to church/bible study

Why is what we are told to do in v.25 so important?

If we give up meeting together we cease to encourage other Christians and we stop being encouraged by them

What is the link between what we are told to do in v.25 and the previous two verses?

If we hold on to the hope in christ and we are eager to encourage our brothers and sisters we will be eager to meet regularly with other Christians

getting active

Helping each other

Ask the group to answer the questions about spurring each other on.

let's pray Pray for the two points listed. Also ask the group to share some other matters for prayer.

stay tuned Next week we will look at how we can tell our friends about Jesus!

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (Hebrews 10:25).

FOUNDATIONS FOR CHRISTIAN LIVING* leader's notes:

evangelism

Telling people about Jesus ©

Dear Leader,

This study is designed to:

1. Equip the group to be committed to evangelism.
2. Make sure the group knows the facts of the gospel (1 Corinthians 15:1-8).
3. Show the group the importance of people going out and telling non-Christians about Jesus (Romans 10:9-15).
4. Show the group that they must be ready to answer anyone who questions them about their faith.

As per usual, there is a lot of content here! You may only have time to look at two of the three passages. (I'd suggest making sure you look at 1 Corinthians and 1 Peter). Keep in mind that the next study is on living a life that brings glory to Jesus.

going deeper

Read 1 Corinthians 15:1-8: Before you speak to someone about Jesus it's helpful to be clear on the facts!

Briefly, summarize what this says a Christian believes.

Verse 3: Christ died for our sins

Verse 4: Christ was buried and raised on the third day

Verse 5-8: Christ appeared to Peter/the twelve/500 of the brothers

What happens if you believe these things to be true? (Verse 2) You are saved

Read Romans 10:9-15: It is important to tell people about Jesus!

What does this tell us about people who turn to Jesus (v. 9-13)?

- If you confess with your mouth (Jesus is Lord) and believe in your heart that God raised him- you will be saved.
- If you trust in Jesus will never be put to shame

What is necessary for them to hear about Jesus (v. 14)?

They cannot turn to him ("call on him") if they don't hear about him

What does v. 15 say about those who go and tell this world about Jesus?

They have beautiful feet! They are beautiful in God's sight because they are bringing the good news to those who have never heard it

If it is such a good thing to tell people about Jesus, why is it still so scary?
Fear of ridicule, rejection, persecution

We must be prepared! Read 1 Peter 3:15-16.

According to these verses, why will someone ask you about your faith?

They will see the hope that is in you. In other words, they will see your faith in Jesus lived out

How must we respond to any questions about our faith?

With gentleness and respect

getting active

In light of what we have read from the Bible today:

Ask the group to answer the questions about helping each other practically when it comes to telling others about Jesus.

let's pray Pray for the three points listed. Also ask the group to share some other matters for prayer.

stay tuned Next week we will look at how you must show that you follow Jesus in your actions as well as your words!

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (1 Peter 3:15).

FOUNDATIONS FOR CHRISTIAN LIVING • leader's notes:

evangelism

living for Jesus ©

Dear Leader,

This study is designed to:

1. Equip the group to think about the way they live. Hopefully they will try to live in a way that brings honor to Jesus.
2. Help the group see that they are to be "salt and light" to those around them (Matthew 5:13-16).
3. Help the group to live a life characterized by good deeds and to be ready if someone accuse them of doing wrong (1 Peter 2:11-12).

There is slightly less content here- only two Bible passages. You may need to skip the section "FYI" (why early Christians were accused of doing wrong) if time is tight.

going deeper

Read Matthew 5:13-16: We must be different from the world around us.
How are we described in verses 13 and 14?

Verse 13: We are the salt of the earth

Verse 14: We are the light of the world

What does Jesus say must not happen to us? (v. 13) Why?

We must not lose our saltiness.

It is "no good for anything".

What will happen to you on the Day of Judgment because of this?

You will be rewarded

What does Jesus command us to do in verse 16? What might happen if a non-Christian sees our 'good deeds'? (v. 16)

He/she will praise our father in heaven.

What does it mean to be salty and a light in the following situations?

a) When you are at home

- Try not to be grumpy.
- Speak with your parents.
- Try to do what they ask you to do. (Just to name a few).

b) When you are at school

- Don't join in when friends do things that are wrong.
- Welcome new kids.
- Welcome those who may be "outsiders" or uncool.
- Be kind to teachers (just to name a few).

c) When you are with your friends

- Encourage each other in the faith (if they are christians).
- Don't join in when they do things that are wrong.
- Avoid swearing.
- Try not to speak ill of others (just to name a few).

getting active

In light of what we have read from the Bible:

Ask the group to answer the questions about helping each other be salt and light in the world.

let's pray Pray for the point listed. Also ask the group to share some other matters for prayer.

Encourage the young people to use the personal bible reading plan including learning the memory verse (Matthew 5:16).

Other recommended resources for your youth ministry:

Small Group Bible Studies

Starting Out

By Ken Moser

Young Men

By Ken Moser

Young Women

By Julie Moser

Luke: Who Is Jesus?

By Ken Moser

Luke: Jesus' Parables

By Ken Moser

Luke: Carry Your Cross

By Ken Moser

Death And Resurrection Of Jesus

By Julie Moser

Work Rest Play

By Ken Moser

Big Issues For Today's Youth

By Ken Moser

Studies 2 Go

By Julie Moser

More Studies 2 Go

By Julie Moser

Resources For Leaders

Programs 2 Go

By Ken Moser

Changing the World through

Effective Youth Ministry

By Ken Moser

Creative Christian Ideas for Youth Groups

By Ken Moser

Youth Evangelism: Reaching Young People in a Way that Honours God

By Ken Moser

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