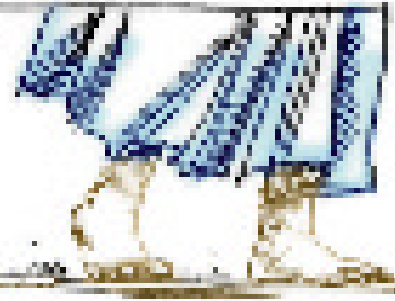


# Learning from Jesus "Follow Me."

...learning to live where the load is light



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## Loving our Lord

Describing God through a list of His attributes is difficult to do. He supercedes any definition we can come up with. Our words are inadequate in describing His love, His sovereignty, His supremacy etc. When it comes to grasping the fact that He is all-powerful, our minds cannot comprehend the magnitude. God's Word sheds some light, but all the words in every language could not begin to give us a full picture of His power.

As you begin this lesson take some time to focus your thoughts on God. Read the following verses about His power, and then take time to meditate (chew on) what they are saying. Briefly describe His power revealed in the following verses:

Psalm 33:8-9 \_\_\_\_\_  
\_\_\_\_\_

Psalm 62:11 \_\_\_\_\_  
\_\_\_\_\_

Psalm 89:11-12 \_\_\_\_\_  
\_\_\_\_\_

Deuteronomy 32:39 \_\_\_\_\_  
\_\_\_\_\_

1 Chronicles 29:7-12 \_\_\_\_\_  
\_\_\_\_\_

Psalm 135:6-7 \_\_\_\_\_  
\_\_\_\_\_

Jeremiah 32:26-27 \_\_\_\_\_  
\_\_\_\_\_

Psalm 19:1-4 \_\_\_\_\_  
\_\_\_\_\_

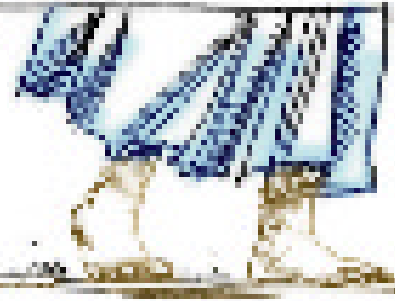
1. What do you know about the power of God according to His Word? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. How does this power become personal to you in the following verses?

a. Isaiah 41:10 \_\_\_\_\_  
\_\_\_\_\_

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b. Ephesians 1:19-20 \_\_\_\_\_  
\_\_\_\_\_

c. Colossians 1:11 \_\_\_\_\_  
\_\_\_\_\_

d. Psalm 27:1 \_\_\_\_\_  
\_\_\_\_\_

The same power that raised Jesus from the dead lives in us. No wonder Paul said, "if God is for us, who can be against us?" (Romans 8:31). What difference does this knowledge of God's power make to you?

## Learning His Word

"Immanuel" means God with us. God has given us Himself. Through His sacrifice on the cross Jesus Christ has made a way for us to be spiritually alive. When we trust Christ as our Lord, His Spirit takes up residence in our hearts. The great news for us is that we now have the person of Jesus Christ living in us. Therefore, all that belongs to Christ now belongs to us including the fruits of the Spirit which are: *love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self control* (Galatians 5:22-23). These characteristics of God become ours as He transforms us to be like Christ. Isn't that amazing? Have you always been short tempered? Now you have the ability through the power of the Holy Spirit to exercise patience! Do you have a mean streak? As you surrender to God's love and rely on His Spirit, He will replace it with kindness. What a privilege it is to be His disciples.

We come to Christ and learn from Him how to walk in His Spirit, meaning we will walk closely with Christ, depending on His Spirit to produce His fruit in our day-to-day lives. We give Him our burdens and He gives us His strength. We exchange our flesh driven desires for His Spirit of self-control.

1. Write out 1 Peter 5:6-7 in the space provided: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

a. In the last few lessons we have learned of God's love, supremacy, and authority. In light of that, what do you think it means to humble yourself under God's mighty hand? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. How does anxiety affect your daily life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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c. When you think of the word "cast" what picture comes to your mind? \_\_\_\_\_

\_\_\_\_\_

2. Many things that cause anxiety in our lives, things are external (i.e., relational, financial, physical) and internal (i.e., sin, weakness, guilt). Jesus does not distinguish between the two when He invites us to come. He wants it all. As disciples of Jesus Christ we have been given a *new way* to live. How does Peter define it in 2 Peter 1:3-4? \_\_\_\_\_

\_\_\_\_\_

3. What does Paul teach in Romans 7:6? \_\_\_\_\_

\_\_\_\_\_

4. Now we are living the *new way* in the Spirit of Christ. Paul elaborates on this back in Galatians 5. Read Galatians 5:16-26. What stands out to you in this passage? \_\_\_\_\_

\_\_\_\_\_

a. In verse 16 we are told to *live by the Spirit*, and in verse 18 he writes that we are to be *led by the Spirit*. As you consider this passage (Galatians 5: 16-26), what do you think that means? \_\_\_\_\_

\_\_\_\_\_

b. How does Paul state this in another way in verse 25? \_\_\_\_\_

\_\_\_\_\_

c. In verse 24 Paul makes a claim that helps define a disciple of Jesus Christ. What is an ongoing practice of a disciple? \_\_\_\_\_

\_\_\_\_\_

d. How does this practice correlate with Jesus' call in Luke 9:23? \_\_\_\_\_

\_\_\_\_\_

5. Read Galatians 5:1. Paul begins his admonition of walking in the Spirit with the goal in mind. What is the goal? \_\_\_\_\_

\_\_\_\_\_

6. What is his warning in Galatians 5:13? \_\_\_\_\_

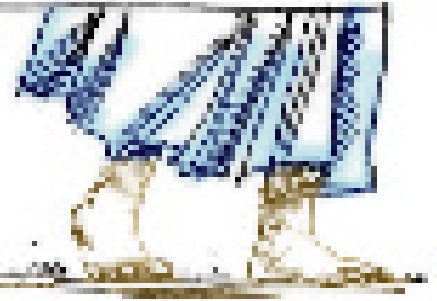
\_\_\_\_\_

a. Now that we are free from the power of sin, what are we able to do according to this verse? \_\_\_\_\_

\_\_\_\_\_

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Lesson 4 / Page 4

7. As disciples of Jesus we are now able to serve and love one another the way He Himself serves and loves us. This is a work of His Spirit. Paul goes on and gives some practical advice in Galatians 6:7-10. In your own words, summarize this passage: \_\_\_\_\_  
\_\_\_\_\_  
a. In verses seven and eight Paul gives us the word picture of sowing and reaping. If you were asked to explain this concept to someone, how would you put it? \_\_\_\_\_  
\_\_\_\_\_  
b. He concludes this passage with a strong admonition to disciples of Jesus Christ. What instruction does he give in verses 9-10? \_\_\_\_\_  
\_\_\_\_\_
8. Paul is simply teaching what Jesus taught. Read John 13:34-35. What will this type of living reveal to everyone who observes us? \_\_\_\_\_  
\_\_\_\_\_

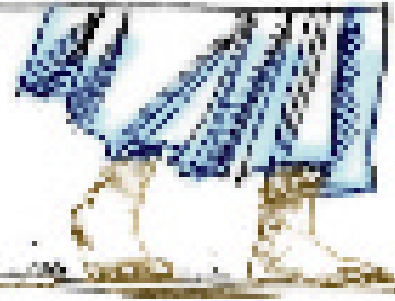
## Living His Way

We can look around and get discouraged thinking about how the Christian community has failed to show Christ's love. However, as a disciple of Jesus, I am not responsible for anyone else's behavior but my own. What is God's Word saying to you? This portion of the lesson is personal, so please take time to process. You may want to answer more thoroughly in your personal journal. However, as we allow ourselves to be more transparent in our small groups, others will be encouraged and in turn encourage us. Without being too specific with details, are there some answers you could share with your small group? You may want to even make it into a prayer request.

1. Is there an area of sin you need to crucify? (review the list from Galatians 5:19-21) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Are you intentionally sowing (or living) to please the Spirit? What changes do you need to make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Is there a brother or sister in Christ you need to love more deliberately? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What might you do to serve someone in love this week? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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5. Is there an area in your life where you know you need to rid yourself of sin and get *in step* with the Holy Spirit by living and responding as Jesus would? \_\_\_\_\_

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6. Think of those in your closest circle (family, neighbors, co-workers etc.) Ask God to lead you in a way that would reveal to these that you are a disciple of Jesus Christ. What ideas come to mind? \_\_\_\_\_

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It's exciting to think that we now have the power to live in a way that pleases God and frees us from our selfish lifestyle. As you conclude this lesson, don't rush. You are *coming to Jesus and learning from Him*. Spend some time talking to God about what you've studied. Ask Him to make you more aware than ever that He is our Immanuel.

## Summary Statement:

In once sentence, summarize what you want to remember from this lesson.

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## Memory verse challenge:

Galatians 6:7-8 — "Do not be deceived: God cannot be mocked. A man reaps what he sows." The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life."