



LESSON 6: GET YOUR EXERCISE

CHRISTIAN FRUITS

Newborn babies start moving as soon as possible; kicking, stretching, rolling, crawling, sitting, standing, walking. This is natural for them. It will be natural for you, too, as a newborn Christian to exercise your faith by witnessing to others about Jesus.

“Strength comes by exercise; activity is the very condition of life. Those who endeavour to maintain a Christian life by passively accepting the blessings - and doing nothing for Christ, are simply trying to live by eating without working. And in the spiritual as in the natural world, this always results in degeneration and decay. A man who would refuse to exercise his limbs would soon lose all power to use them. Thus the Christian who will not exercise his God-given powers not only fails to grow up into Christ, but he loses the strength that he already had.” Steps to Christ, p 80,81.

So get moving with Christ, sharing Him with those around you!

What did Andrew do as soon as he met Jesus? John 1:40-41

What did Philip do after he met Jesus? John 1:45-46

Jesus healed a madman. You can read about it in Mark 5:1-19. This man, when he saw how Jesus had cleansed and changed his life, wanted to stay with Jesus.

But what was Jesus' reply? Mark 5:19

After His resurrection and just before He returned to heaven, Jesus gave similar instructions to all Christians.

What were His directions? Matthew 28:19-20

It sounds hard, doesn't it, to go and teach people about Christ. It even sounds frightening, but when you think of what Jesus has done for you it doesn't seem quite so difficult.

More than a century ago, a traveller hired an old black man to row him across the Mississippi river. Midway through the journey, the boatman dropped his oars and shouted, "Look! Look! There's the captain!"

The traveller looked in the direction of the boatman's excited gestures and saw a man leaning against the mast of a sloop coming towards them.

"Who is that man?" the traveller asked, "and what has he ever done for you?"

“He’s the man that saved me,” the black man answered. “I fell into the water and he jumped in and flung his arm around me and saved me!” Then he added, “I’d like to be his slave all my life, only my rheumatiz’s so bad, I’m no good even for a slave. He runs by here in his boat once a month, and I watch for him. I do love to point him out. Isn’t he the kindest lookin’ man you ever saw? I just love to point him out.”

That’s what witnessing is all about. It’s simply pointing out to others the man who saved you, Jesus Christ.

BUT WHERE DO YOU START? TO WHOM SHOULD YOU GO?

To whom and in what order did Jesus tell His disciples to go? Acts 1:8

- a) _____
- b) _____
- c) _____
- d) _____

The disciples were to begin witnessing where they were, in Jerusalem, and expand their work from there until it encompassed the whole world.

Notice to whom Andrew first went: John 1:41

Your witnessing can start in the same places, with your own family and friends.

“We need not go to the heathen lands, or even leave the narrow circle of the home - in order to work for Christ. We can do this in the home circle, in the church, among those with whom we associate, and with whom we do business.” Steps to Christ, p 81.

WHAT DO YOU SAY TO PEOPLE?

What did Jesus say the ex-madman should tell his friends? Mark 5:19

He was to tell his friends how Jesus had made him a new person. You, too, can tell people how Jesus has made you a new person. Your friends may even ask you what’s happened to you as they see your changed life. That’s your opportunity to explain how Jesus has forgiven your sins, made you right with God, and put new desires into your mind. After you’ve told your listener what’s happened to you through Christ, explain how it can happen to him. To do this, you could take lesson one, “Being Born” and go through the Bible steps to conversion with him. Then ask him if he wouldn’t like to let Jesus into his heart.

WHAT IF SOMEONE TURNS YOU DOWN?

What did Jesus say about those who refuse the invitation to accept Him? Luke 10:16

Jesus said that those who turn you down, actually are turning Him down, not you. But don't forget those people. Pray for them. Your witness has planted seed for thought in their minds. Ask God to water it that it might germinate some other time.

For additional study on how to be an effective witness, read Colossians 4:2-6

Jesus used an interesting illustration to describe the influence His followers will have in the world about them.

What did they say? Matthew 5:14-16

Jesus said our lives will be like lights in a dark world, and our "good works" will help people around us see the Lord. We've heard many times that "actions speak louder than words," so it shouldn't be surprising that our lives will be the strongest witness we can give of what Jesus means to us.

What are some of the "good works" Christians will do?

James 1:27

Matthew 7:12

Micah 6:8

Through neighbourliness, kindness, a loaf of bread, a plate of cookies, a smile as you pass on the street, a helping hand with a yard job, honesty in business dealings, compassion and care for the unfortunate, you can be used by God to reach hearts.

There are many ways you can live a sharing, Christian life. Some families have adopted a lonely grandmother or grandfather, others use their mechanical and handyman skills to help a single mother fix a leaky faucet or change the oil in a car. Why don't you take a few ways you might share yourself with those around you?

Go to the "IN YOUR OWN WORDS" section and use the blank space there to write in your witnessing plans.

IN YOUR OWN WORDS

Write down the names of some of the people with whom you would like to share Jesus:

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Now write down some ways you could share Jesus with those people:

TO MEMORISE

Matthew 28:19-20

Matthew 24:14