# EQUIPPING 1

For Regular members (buddies) in cell/ministry

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Lesson 1: A DISCIPLE OF CHRIST

OBJECTIVE OF SESSION:

1. What is a disciple of Christ?
2. What does following Jesus entail?
3. What is the purpose of discipleship?
4. What is the purpose of a disciple in the cell/ministry?

1. WHAT IS A DISCIPLE OF CHRIST?

A disciple of Christ is a follower of Jesus

Luke 14:27

“And anyone who does not carry his cross and follow me cannot be my disciple”

2. WHAT DOES FOLLOWING JESUS ENTAIL?

✓ Willingness
✓ Cost
✓ Journey

<table>
<thead>
<tr>
<th>Journey</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not arrived yet</td>
<td>Arrived</td>
</tr>
<tr>
<td>Progressive</td>
<td>Stationary</td>
</tr>
<tr>
<td>Moving forward</td>
<td>We stop moving forward</td>
</tr>
<tr>
<td>Takes effort &amp; intentionality</td>
<td>Can relax &amp; be comfortable</td>
</tr>
<tr>
<td>We get inspired</td>
<td>We are retired</td>
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3. WHAT IS THE PURPOSE OF DISCIPLESHIP?

Mark 3:13-14

13 Jesus went up on a mountainside and called to him those he wanted, and they came to him. 14 He appointed twelve that they might be with him and that he might send them out to preach
a. **To be with Jesus**
   Closet time is more important than carpet time

b. **To be send out for the Gospel**
   “Preach the Gospel always, sometimes use words” ~St Francis of Assisi~

b. **To have spiritual authority in our lives**

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4. **WHAT IS THE PURPOSE OF A DISCIPLE IN A CELL/MINISTRY?**
   - To build up **Christ-centeredness** via the **Word, prayer & worship**
   - To reach out to a supportive **Community** through **connecting and buddy groups**
   - To be sent out with a **Commission** to influence and witness to **the lost & needy**

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**REFLECTION:**
What is one portion you would like to focus on building this year and how do you intend to do this?
Lesson 2: BUILD UP THE WORD

OBJECTIVE OF SESSION:

1. How does the Word build Christ-centeredness?
2. How can we study the Bible together?
3. Why S.O.A.P.?
4. How can we run S.O.A.P. in a group?

1. HOW DOES THE WORD BUILD CHRIST-CENTEREDNESS?
   The Word builds Christ-Centeredness when its truth is:
   - Personally relevant
   - Practically lived out
   - Processed against our own value system

2. HOW CAN WE STUDY THE WORD TOGETHER?
   By Applying the S.O.A.P. method.
   SOAP = Scripture, Observation, Application & Prayer
   
   First, do your own personal preparation by:
   1. Reading & meditating on the Scripture and doing own Quiet Time
   2. Praying to God for the direction
   3. Preparing your own S.O.A.P. devotion
   4. Finalizing a take home message.

   Second, journey with others using the S.O.A.P. devotional method

   Scripture
   - Everyone read one chosen passage of Scripture together (take turns reading)
   - The Scripture chosen could come from someone’s personal devotion, a sermon preached or a given portion of text
   - Read the chapters before and after for context (when you are the facilitator)

   Observation
   - What did you observe in this Scripture? What stood out?
   - What is one thing that spoke to you when you read the Scripture? Why?
• What did you observe about God?
• What do you think is the main point of this passage of Scripture?

Application
• How do you think you can personally apply this in your life?
• How do you think this truth you have learnt affects your life?
• What do you think are your challenges to apply this?

Prayer
• Pray a specific prayer according to the truth that you have learnt in response to your situation

3. WHY S.O.A.P.?
   a. It is more engaging because causes everyone to think, share and be involved in the session
   b. Word teaching would demand a theologically sound Word facilitator.
   c. It allows us to journey with others by hearing what is in their heart and what they are going through. Cell becomes more connect-based rather than a mere Bible study group.
   d. It allows us to process people’s understanding of Scripture and help re-direct them if necessary
   e. It removes the pressure of expecting a single Word facilitator to anchor a good Word session. A one-directional
   f. It becomes more personal and relevant rather than just an intellectual Word study.

4. HOW CAN WE RUN S.O.A.P. IN A GROUP?
   **Important Rules**
   a. Keep to time (not more than 3m)
   b. Don’t interrupt others
   c. Switch on video + no background noise (if in Zoom)
   d. Mute Mic when not speaking (if in Zoom)
Facilitation Tips

a. In a group, keep the conversation flowing. If people are quiet, start the ball rolling by sharing about yourself first or calling upon the cores to share first.

b. Do not ask difficult or intimidating questions to new visitors, pre-believers or new believers.

c. Honour every contribution.

d. Don’t let anyone dominate. Tell everyone that there is a fixed time for everyone to share at the beginning. Get a time keeper if necessary.

e. Always refer back to Scripture and ensure people answer based on the Scripture they have read.

f. If people share things that are theologically inaccurate, politely lead the group back to Scripture to correct any wrong ideas.

g. When people state something interesting, you can take note of what is shared and ask others to share.

h. Do not be afraid to not have all the answers. If unsure, tell them you will get back to them after checking.

i. Avoid arguments as much as it is possible. Sometimes there are certain things in the Word that even esteemed scholars disagree upon. Do not allow the conversation to become a debate session.

j. Respectfully challenge people to answer authentically about themselves and not give cliché’ or generic answers that apply to others.

k. Allow people to break into smaller groups to have deeper sharing if needed.

l. Always summarize and conclude what was shared and let the cell go home with one clear take home point.

ACTION PLAN:
Prepare an S.O.A.P. devotion and share it to your buddy group
Lesson 3: REACH OUT TO BUILD A COMMUNITY

OBJECTIVE OF SESSION:

1. What is a community?
2. How can we connect in a community?
3. Why is a small buddy group needed in a community?
4. How do we form buddy groups?
5. What are some ways to build friendship in a buddy group?
6. How can we help people start connecting in a community?

1. WHAT IS A COMMUNITY?
   A community is a group of people who share a commonality.
   Community = Common unity

2. HOW CAN WE CONNECT IN A COMMUNITY?
   Start small - through small Buddy Groups

   A small buddy group is to connect to one another to build friendships.
   The smaller the group, the deeper the connection.
   - Smaller group of 2-4 people within a cell/ministry
   - Usually led by a core
   - Constant & frequent connection
   - Listen attentively to one another (remember details)
   - Care for each other
   - Usually of same gender
   - Generally remain in the same buddy group for a while
   - Have deeper intentional communication starters
3. WHY IS A SMALL BUDDY GROUP NEEDED IN A COMMUNITY?
   - To help people ease into cell
   - To help people belong
   - To ensure everyone is cared for
   - To help build stronger friendships

4. HOW DO WE FORM BUDDY GROUPS?

   a. Leader works with Core to decide where each member will fit
   b. Core will connect with the members. Core can choose to tell the members that they are part of the buddy group or not.
   c. Core will be the point of contact for mobilization and care of member

   Considerations for fit:
   ✓ Ability to connect/chemistry
   ✓ Member’s needs
   ✓ Core’s maturity

5. WHAT ARE SOME WAYS TO BUILD FRIENDSHIP IN A BUDDY GROUP?

   Connect by
6. HOW CAN WE HELP PEOPLE START CONNECTING IN A COMMUNITY?

By having suitable ice-breakers or communication starters

<table>
<thead>
<tr>
<th>Situations</th>
<th>Goal</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Big gathering</td>
<td>Get all to participate and break the ice</td>
<td>- People Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Would you rather?</td>
</tr>
<tr>
<td>Visitors in the group</td>
<td>Visitor to get to know members in a non-threatening way</td>
<td>- 2 Truths 1 Desire</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Character objectification</td>
</tr>
<tr>
<td>Members who are already familiar with one another</td>
<td>To get to know each other deeper or to encourage them to focus on a common goal</td>
<td>- Intentional Communication starters</td>
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<tr>
<td></td>
<td></td>
<td>- Ultimate OCD</td>
</tr>
<tr>
<td>Cell about to multiply</td>
<td>To let the new cell groupings bond together and work together</td>
<td>- Samson, Lion &amp; Delilah</td>
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<tr>
<td></td>
<td></td>
<td>- Finding objects A-Z</td>
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<td>- Untangling</td>
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</table>

Examples of intentional Communication starters:
- *Share what is one of your most embarrassing moments*
- *Share what is one thing that helps you feel appreciated*
- *Share what is one of your major pet peeves*
- *Share how do you like to be cared for*
- *Share what is one thing that discourages you*

Intentional Communication starters help you find out more about the other person in a deeper manner but yet remain light and not overly intrusive.

**ACTION PLAN:**
Connect and build friendship with one person whom you do not know well in cell/ministry (apart from the leader)
Lesson 4: SENT OUT TO THE LOST

OBJECTIVE OF SESSION:

1. What does being sent out entail?
2. How to share your testimony?
3. How to reach out to the lost?

Evangelism is an overflow of the joy of your salvation in you

1. WHAT DOES BEING SENT OUT ENTAIL?

Sent out to share the good news as part of fulfilling the Great Commission

Matthew 28:19-20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

- Help pre-believers discover the Christian faith by sharing the good news
- Lead a new believer to grow in the faith and become a disciple

a) HOW do we do this?

By connecting and building meaningful relationships so that we may share our testimonies and the good news to others.

b) WHO is to do this?

All believers! Not just pastors or leaders (Ephesians 4:12-16)

c) WHY do we do this?

Because people need to hear in order to believe (Romans 10:12-15, 17)

Our mandate is to share the good news. Our main goal is NOT always conversion but to move people ONE step closer to knowing Christ (to introduce people to Christ). The results (e.g. salvation, growth) are ultimately God’s prerogative (1 Cor 3: 6-7).
OIKOS is a New Testament word which describes your network of relationships. These are the people you spend intentional and quality time with on a regular basis (i.e. at least ONE accumulated hour per week).

**Level 5 : Unaware of the Gospel**
- people who have never had the chance to hear about the good news
- people who know very little about Christianity or misconception of Christianity

**Level 4 : Aware but NOT Receptive**
- people who knows about Jesus Christ and why He came but not interested
- people who are hostile and avoid Christians for various reasons like bad experiences, family upbringing, different world views and convictions, etc

**Level 3 : Open to Messenger (open to you as a friend)**
- people who do not mind associating with you as a friend because of work or common interest
- people who have been your friends and accept you for who you are, as long as you don’t push the gospel message

**Level 2 : Open to Message (open to you because of your beliefs)**
- people who are interested to know about who you are and your motivation in life
- people who are impressed by your convictions and values in life
- people who do not mind when you share your beliefs
- people who have needs and struggles in life and searching for answers

**Level 1 : Commitment**
- people who are ready to hear the gospel and may make a decision
- people who will give you time and hear you talk about Jesus Christ
2. HOW TO SHARE YOUR TESTIMONY?

Step 1: Internalize your story and aim to tell it in 3 minutes. Be clear on what Jesus has done in your life.

Step 2: Listen to the other person and reciprocate in a dialogue by sharing your story that is relevant and meaningful.

Step 3: Be sensitive to what God is doing. Give an opportunity for the listener to make a decision about the story you have just shared.

Note: Your testimony can be a salvation story or an event in your life where you experienced God’s goodness.

Introduction: Let me tell you about….

___________________________________________________________
___________________________________________________________

My Life BEFORE becoming a Christian/before encountering Jesus was like this:

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

This is HOW I became a Christian/encountered Jesus:

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

My Life AFTER I became a Christian/encountered Jesus:

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Closing:

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
3. PITFALLS IN SHARING A TESTIMONY

Rev 12:11 - They have conquered him by the blood of the Lamb and by the word of their testimony. And they did not love their lives so as to shy away from death.

- Too long
- Unnecessary details that is not relevant to the hearer
- Puts the focus on you
- Is not attributed to Jesus
- Not being sensitive about the timing of sharing
- Too generic
- Has no redemption or good news
- Not genuine and only interested in conversion
- Too many Christian jargons

4. HOW TO REACH OUT TO PRE-BELIEVERS OR NEW BELIEVERS OR VISITORS?

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<th>Pre-Believers</th>
<th>New Believers/ Visitors /New members</th>
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<tbody>
<tr>
<td><strong>1. SEEK OUT</strong></td>
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<tr>
<td>Seek out/identify pre-believers in your life. “Oikos” encompasses your family, friends, neighbors, colleagues and those with whom we come into regular contact. See appendix.</td>
<td>Seek out/identify new believers or visitors/members in your cell/ministry</td>
</tr>
<tr>
<td>Activity: List down your Oikos.</td>
<td>Activity: List down who you think is a new believer/member or visitor in cell/ministry.</td>
</tr>
<tr>
<td><strong>2. FOLLOW-UP</strong></td>
<td>Be conscious of using Christian jargons</td>
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<tr>
<td>Pray with the cell for your ‘target’ pre-believer.</td>
<td>Get to know the person for who they are</td>
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<tr>
<td>Pray for the right time.</td>
<td>Find out what interests they have, their family, jobs to establish a common ground.</td>
</tr>
<tr>
<td>Pray for the right words.</td>
<td>Enquire on what is their current question or need.</td>
</tr>
<tr>
<td>Pray for the pre-believer’s heart to be open.</td>
<td>Don’t try to give an answer, just listen. Affirm them that you understand or empathize with their question or need.</td>
</tr>
<tr>
<td>Host evangelistic or outreach activities</td>
<td>Let them share openly and try to find a common ground with their question or need.</td>
</tr>
<tr>
<td>Provide avenues to meet new pre-believers.</td>
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</tr>
<tr>
<td>Pre-Believers</td>
<td>New Believers/ Visitors /New members</td>
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<td>---------------</td>
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<tr>
<td>• Sports activities, meals, outings, cooking activities, mission trips, community outreach, etc.</td>
<td>• Find out what brought them to this point of ‘seeking God’ (for new believers).</td>
</tr>
<tr>
<td><strong>Invite them to join you in cell/church</strong></td>
<td><strong>Help them find a belonging in the cell/ministry</strong></td>
</tr>
<tr>
<td>• Cell outings or meals.</td>
<td>• Show them around and explain what is happening in cell/ministry.</td>
</tr>
<tr>
<td>• ‘Big days’ at church.</td>
<td>• Include them in your conversations and activities.</td>
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<tr>
<td>• Watch party services together.</td>
<td>• Connect with them regularly to ask them how they are.</td>
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<td></td>
<td>• Don’t jump straight into asking about their walk with God. Start with asking about their lives. You need to convince them that you are genuinely interested in them as a person.</td>
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<tr>
<td></td>
<td>• Ask them if there is anything they need prayer for. Pray with them and for them.</td>
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### 3. MOVE THEM UP

**Discover what are their current personal beliefs about God**
Understand and empathize on what are some of their challenges or apprehension or blockages in believing in Jesus.

**Share your testimony**
When the time is appropriate, share your *testimony* about Jesus in your life.

**Share the Good News of Jesus.**
If you think they are open, ask them if they would like to receive Jesus and pray for them.

**Invite them to join Alpha**

**Do New Life with the New Believer**
• Journey with them on the New Life material.
• Show new believer how to use the Bible.
• Buy the Bible reference stickers for the new believer.
• Pray with them.
• Recommend a simple quiet time (QT) book (i.e. Our Daily Bread).

**Empower them to...**
• Commit regularly to a cell/ministry.
• Do simple things like planning an outing, bringing food to give them ownership of cell life.
• Do S.O.A.P. devotions.
• Learn how to share testimonies.
• Attend bible classes and equipping trainings in church.
• Serve or go for missions and outreach together.
ICE BREAKER SAMPLES

1. 2 Truths 1 Desire – Think of 2 true events that have occurred to you and 1 you desire. Members to guess which is the “DESIRE”

2. People BINGO – Prepare a sheet of paper with 5x5 squares, each with a statement. Get everyone to find as many people as they can that can do the items stated. First one to form a straight line (diagonal/horizontal/vertical) wins.

3. Would You Rather? – Would you rather lose all your senses or have heightened senses? Why? Would you rather go 5 years in the future or 5 years in the past? Why? Would you rather be invisible or walk through walls? Why?

4. Bible Charades – assign one Bible character to each member. Get them to act out the Bible character they get, and their group to guess who it is. Variation: Stick a post-it note behind each cell members back with a Bible character/superhero/famous person. They are to guess who they are by asking yes/no questions only.

5. Character Objectification – “If you are to pick an object that best describes how you feel today, what would that be? Why?

6. The Ultimate OCD – Divide the cell into 2 groups. Give them items to arrange themselves by, eg. Height, Birth month, First name, etc.

7. Untangling – stand in a circle, stretch out your right hand to grab another hand. Then the left. Try and untangle.

8. Toilet Thankfulness – pull a roll of toilet paper, as you would normally use, and say a few things you are thankful for based on the number of pieces you took.

9. Samson, Lion, Delilah – In the same fashion as paper-scissor-stone.

10. The Never Ending Story – One person starts telling a one sentence of a story, and another continues. Go a few rounds, and add words that must be used in the story.
**SALVATION DURING WATCH PARTIES**

At the end of our service, the speaker will give a salvation call that will be echoed by the emcee for the night. Prepare your cell/co-host to “go for souls” & ask pre-believing family & friends if they want to receive Jesus as their Lord and Saviour. Here are some simple steps to help you.

- Lead a person to Christ
- Guide them on the next step
- Fill in the form & submit it online (so that church is align to this)
- Follow-up on the person if he/she accepted Christ for the 1st time

**LEAD A PERSON TO CHRIST**

**ASK:**

“If you have not received Jesus into your heart yet or you have been far away from Him for whatever reasons, we want to assure you that He loves you and wants to show Himself real to you.”

**ADMIT:**

Admit to God that you are sinner. That you don’t measure up to His perfect standard and deserve punishment. “But God showed His greatest love for us by sending Christ to die for us while we were still sinners.” Romans 5:8

**BELIEVE:**

Believe that Jesus is the Son of God and who died on the cross for your sins and rose again because He loves you. “For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” John 3:16

**CONFESS:**

Confess that Jesus is Lord and our Savior. “If you declare with your mouth, ‘Jesus is Lord’, and believe in your heart that God raised Him from the dead, you will be saved.” Romans 10:9

**COMMIT:**

Commit your life to Jesus, to obey Him and follow Him.
SALVATION PRAYER

Heavenly Father, I come to You admitting that I am a sinner. Right now, I choose to turn away from sin, and I ask You to cleanse me, by Your blood of all unrighteousness. I believe that Your Son, Jesus, died on the cross to cleanse me from my sins.

I also believe that He rose again for the dead so that I may be justified and made righteous through faith in Him. I call upon the name of Jesus Christ to be the Savior and Lord of my life.

I declare right now that I am a born-again child of God. I am free from sins, and full of the righteousness of God. I received Your grace and I am saved in Jesus name. I choose to follow You, and I ask that You fill me with the power of the Holy Spirit, In Jesus name. Amen!

GUIDE THEM ON THE NEXT STEP

PRAYER:
Let them know that they can talk/pray to God all the time and that He wants to hear from them and communicate to them.

BIBLE & OTHER RESOURCES:
Let them know that they can download Bible apps to their smart phone and guide them which version to start with. Do invite them to join our services (online or physical services) and connect them to our Christian Discipleship and the various courses that’s available for them especially like “New Believer Class”.

CHURCH & CELLS:
Get them connected to join cells and attend Services. More information on our website www.sibkl.org.my

SALVATION SLIP [very important]
Immediately, go to this link http://tiny.cc/newbeliever and ask that individual to fill up their details.

Make sure you capture their details and follow-up on them.
WHAT MUST DISCIPLES BE EQUIPPED IN?

MILESTONES POST EQUIPPING 1:
✓ Able to share an S.O.A.P. devotion
✓ Able to connect and build friendship with other cell/ministry members
✓ Able to reach out to a visitor, new-believer, pre-believer or new cell/ministry member

MILESTONES POST EQUIPPING 2:
✓ Able to lead a prayer and worship session
✓ Able to connect meaningfully with other cores and your leader
✓ Able to minister and share the good news

MILESTONES POST LEADERSHIP 1:
✓ Able to do vision impartation and debrief
✓ Able to identify the stages of a group
✓ Able to mobilize for an outreach/evangelistic activity