

DISCIPLESHIP TRACKS



CUP TRACK

A Journey of Spiritual Growth
Student Guide

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Resurrection Christian Outreach
Kirk L. Zehnder

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Growing through God's Word



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**“The soul can
do without
everything
except the
word of God,
without which
none at all of
its wants are
provided for.”**



Martin Luther
On Christian Liberty

“It is fashionable in some academic circles to exercise scholarly criticism of the Bible. In so doing, scholars place themselves above the Bible and seek to correct it. If indeed the Bible is the Word of God, nothing could be more arrogant. It is God who corrects us; we don’t correct Him. We do not stand over God but under Him.”



R.C. Sproul
Five Things Every Christian Needs to Grow

**“Your concept of
the Bible will
determine your
concept of God.**

**Your concept of
God will determine
the depth of your
faith.**

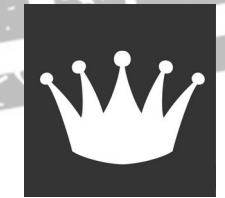


**Your depth of faith
will determine the
degree of victory
you experience
in your life.”**

Kirk L. Zehnder
Discipleship Tracks

2 Timothy 3:16-17:

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. (17) God uses it to prepare and equip His people to do every good work.” (NLT)



Romans 10:17:

“So then faith comes by hearing, and hearing by the word of God.” (NKJV)

Growing Through The Word!

I. GOD GAVE US A HANDBOOK FOR GROWTH & VICTORY - THE BIBLE!

A. The Bible is the Inspired - " _____ " Word of God:
II Timothy 3:16a

B. The Bible was written by God through men as they were "moved"
(_____)by the Holy Spirit: II Peter 1:20-21

C. The Bible (God's Word) is the **INERRANT, INFALLIBLE, ULTIMATELY AUTHORITY** _____ !
II Timothy 3:16b-17 (In all matters of Faith and Practice; also - Matthew 5:17-20; 24:35; John 17:17; Hebrews 4:12).

(Note: *The New Testament authors were not writing down their own thoughts and ideas, but were recording the very mind and will of God with words that were provided and ministered by the Holy Spirit as He moved through their unique personalities.*)

1. **Inerrant**: The original writings of the apostles and prophets were without error, to the very word. Matthew 4:4

2. **Infallible**: The Bible (God's Word) accomplishes all that is sets out to do. Isaiah 55:10-11

3. **Ultimately Authoritative**: It is the absolute word of truth from the Creator of the universe. John 12:47-48; II Corinthians 5:10

D. The Bible can be understood only by the Christian who has the Holy Spirit (_____):
I Corinthians 2:12-14.

Growing Through The Word!

E. The Bible Is A Compilation Of 66 Books Which Were:

1. Written over a _____ year span,
2. By over _____ different authors,
3. In different _____, _____, _____, _____, _____, and _____.
4. In _____ different languages (Hebrew, Aramaic, and Greek),
5. And yet all the Biblical authors wrote of a common "red thread" theme of _____!

II. GROWTH AND VICTORY ARE SUSTAINED BY ABIDING IN GOD'S WORD!

A. SPIRITUAL _____ AND _____ in my daily life!

1. Matthew 4:4; Psalms 1:1-3
2. Ephesians 6:17
3. Joshua 1:8

B. SPIRITUAL _____ AND _____ in my life!

1. II Timothy 2:15: "...rightly dividing the word of truth."
2. Psalms 119:105: "...a lamp unto my feet..."

Growing Through The Word!

B. Cont'd:

3. James 1:5; John 14:26: God gives us wisdom and guidance by quickening certain scriptures to our hearts while reading the Bible and when in need. (However, for God to be able to quicken a scripture to our hearts it must first be read).

C. SPIRITUAL _____ from sin and bondage!

1. Psalms 119:9, 11
2. John 8:31-32: "...and you shall know the truth and the truth shall set you free!"

D. SPIRITUAL _____ (A Growing Faith)!

1. Romans 10:17 (contrast to Hosea 4:6)
2. Hebrews 11:6
3. Romans 4:20-21; I Corinthians 16:13

E. SPIRITUAL _____!

1. II Timothy 3:16-17
2. Bible study keeps one from being led astray by false teachings.
II Timothy 3:16-17; Ephesians 4:14.

F. SPIRITUAL _____!

1. Psalms 119:11; Hebrews 4:12-13
2. John 17:17
3. I Peter 2:1-2
4. II Peter 1:1-11; 3:1



Growing through Prayer



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**"God does
nothing
except in
response to
believing
prayer."**



John Wesley

**"We must begin
to believe that
God, in the
mystery of
prayer, has
entrusted us
with a force that
can move the
Heavenly world,
and can bring its
power down to
earth."**



Andrew Murray

**"Prayer is the
expression of
the human heart
in conversation
with God.**



**The more
natural the
prayer, the more
real He
becomes."**

Roslind Pinker,
"Prayer ---Conversing With God."

Growing Through Prayer!

I. THE MYSTERY OF PRAYER

A. What Is A “Mystery”?

1. Mystery: *musterion* – Something hidden or veiled; _____ to the understanding; the secret counsels of God. (Thayer). **Yet – God reveals it (them) to His children through the Holy Spirit!**
2. **1 Corinthians 2:7-10**: “But we speak the wisdom of God in a **mystery**, the hidden wisdom which God ordained before the ages for our glory, which none of the rulers of this age knew; for had they known, they would not have crucified the Lord of glory. But as it is written: “EYE HAS NOT SEEN, NOR EAR HEARD, NOR HAVE ENTERED INTO THE HEART OF MAN THE THINGS WHICH GOD HAS PREPARED FOR THOSE WHO LOVE HIM.” **But God has (and is) revealed (ing) them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.”**

B. The “Mystery Of Prayer”:

1. Prayer Is God's Means Of Accomplishing His _____ And _____ Here On Earth:
 - a. Matthew 6:10
 - b. Matthew 7:7-11; John 14:12-14
2. Prayer is our “_____” for our future reign with Christ!
 - a. Matthew 16:18-19; 18:18: “_____ ***Of The Kingdom***”
 - b. John 20:21-23

Growing Through Prayer!

II. THE PLACE OF PRAYER:

A. Prayer Is God's Channel For All His Blessings To Us:

1. **Salvation:** Romans 10:9-10; Revelation 3:20
2. **Baptism of the Holy Spirit:** Luke 11:13
3. **Our Daily Needs:** John 16:23-24; Matthew 6:9-13
4. **God's Peace:** Philippians 4:6-8
5. **Healing** (body, soul, spirit): James 5:13-16
6. **Wisdom:** James 1:5

B. Prayer Is To Be A Regular And Continual Practice Of The Christian:

1. I Thessalonians 5:17: Pray without _____.
2. Luke 18:1: Men ought _____ to pray.
3. Colossians 4:2; Romans 12:12: _____ in prayer.
4. I Timothy 2:1-4: Pray for _____...etc.

III. THE DYNAMICS OF PRAYER:

A. Pray to the _____: Romans 8:15

1. John 16:23,27: The Father loves us.
2. Matthew 6:8: The Father knows our needs before we ask Him.

B. Pray in the _____:

1. John 14:13-14; 15:16; 16:23,24,26; Hebrews 10:19-20; 4:14-16
2. John 14:6: We can only come to the Father through Jesus!

Growing Through Prayer!

III. THE POSTURE OF PRAYER:

A. Pray with a _____!

1. I Kings 19:11-13

2. "...and after the (strong wind, earthquake, and...) fire, "...**a still small voice...**"

B. Pray...

1. According to the _____. (*As revealed in Scripture*):

a. **Matthew 6:9-10**

b. I John 5:14-15

2. In _____:

a. **Matthew 6:11**

b. James 1:6-8; Mark 11:24

3. With a _____ heart:

a. **Matthew 6:12**

b. James 4:6-10; I John 1:9

4. With _____:

a. **Matthew 6:13a**

b. Luke 11:4b-10; Gal. 6:9

5. With _____ and _____:

a. **Matthew 6:13b**

b. Philippians 4:6-8

6. With an _____:

a. **Matthew 6:13c**

b. II Cor. 4:10-18

Growing Through Prayer!

IV. THE OPPORTUNITIES FOR PRAYER:

A. **PRAISE:** Hebrews 13:15

B. **THANKSGIVING:** Ephesians 5:20

C. **CONFESSION:** Psalms 38:18

D. **IN THE SPIRIT:** I Corinthians 14:14-15; Romans 8:26

E. **INTERCESSION** (For others): Col. 1:9; Ezkl. 22:30

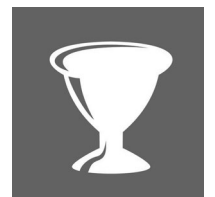
F. **SUPPLICATIONS** (For personal needs): James 1:5; Philippians 4:6

**"Prayer is striking the winning blow....
Service is gathering up the results."**

S. D. Gordon



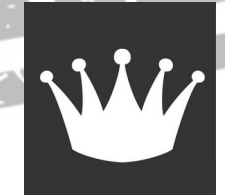
Growing Through Spiritual Discernment



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**We all need help with
direction in our lives!**



"Many may boast in the depth of their Bible knowledge and in the excellency of their theological tenets, but those with spiritual discernment are aware that it is dead."

Watchman Nee



"Discernment is not a matter of simply telling the difference between right and wrong; rather it is telling the difference between right and almost right."

Charles Spurgeon

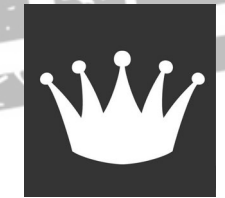
James 1:5

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.” (NKJV)



Isaiah 30:21

“Your ears shall hear a word behind you, saying, “This is the way, walk in it,” Whenever you turn to the right hand Or whenever you turn to the left.” (NKJV)



Growing Through Discernment!

"But as it is written, Eye hath not seen, nor ear heard, neither have entered in the heart of man, the things which God hath prepared for them that love Him. But God has (and is) revealed (ing) them unto us by His Spirit..." I Corinthians 2:9-10

I. PRERQUISITES FOR DISCERNING GOD'S WILL FOR OUR LIVES:

A. We Must Be _____ With God And Ourselves:
Matthew 21:28-32.

1. We should not be trying to seek God's permission to do our own will.
2. We should be sincere about doing God's will when He reveals it to us.

B. We Must _____ With What God
Has Already Told Us To Do If He Is To Continue Revealing His Will To Us:
Proverbs 4:18.

1. We may have been disobedient to God's will for so long that we may need to go back to past times when God revealed His will.
2. These old directions may have to first be followed before God will reveal new directions. Jeremiah 8:4-5 (TLB)

C. We Must Be _____ And _____
_____ God's Will As He Reveals It To Us: James 1:19-22

1. Obedience causes growth in our character.
2. We must realize that God's will is best for us in the long run.
3. Though it may not seem like it, God's will is His best possible expression of love for His children.

Growing Through Discernment!

D. Obeying God's Will Is _____:

John 16:33; Galatians 6:9

1. We must be willing to do it regardless.
2. As we surrender our will to His, we will receive His abundant Grace and strength. I Peter 5:10!
3. The more we surrender and do God's will, the easier it gets.
4. We must not have a set will of our own, but fully desire the will of the Father: John 4:34; 6:38; Matthew 26:39; Psalms 40:8

II. HOW DOES GOD GIVE DISCERNMENT FOR DISCOVERING HIS WILL?

A. God Reveals His Will Through.....

1. _____:
 - a. Romans 12:2; Philippians 1:9-11; James 1:21
 - b. Psalms 119: 9, 105
 - c. Note: God will never tell you to do something that is in contradiction to His Written Word!
 - 1) Psalms 119:21; Romans 1:18
 - 2) Psalms 19:9-11; II Timothy 3:16-17
2. The _____ of the Holy Spirit:
 - a. Romans 8:16: The inner witness of the Holy Spirit.
 - b. I Kings 19:9-13: The still small voice of the Lord (our conscience, Rom 2:15).
 - c. John 14:26-27: Inner Peace.
(Col. 3:15: "_____")
 - d. I Timothy 4:14: Through the gifts of the Holy Spirit in the Body of Christ - I Corinthians 12:7-11.

Growing Through Discernment!

A. God Reveals His Will Through..... CONT'D.

NOTE: Always apply **Principle 1: God's Word**; and, **Principle 2: The Inner Witness of the Holy Spirit**, in discerning direction through the "Gifts of the Spirit" (i.e., prophecy, word of knowledge, word of wisdom). **God is a gentleman. He will never reveal something to someone else before revealing it to you first. The Gifts of the Spirit are to be**

_____!

3. _____ and _____:

a. Revelation 3:7: By opening and closing _____

_____ Acts 14:27.

b. Circumstances confirming God's direction and Word: Luke 22:7-14;
Mark 16:20.

c. Through _____: Genesis 24:42-46.

B. Guidelines For Applying "1 - 3":

1. Be patient and wait on the Lord: Hebrews 6:12-15

2. Let God's will and direction be confirmed through at least two **primary witnesses**:

a. God's _____ **Word**.

b. The _____ of the Holy Spirit.

c. But... ***preferably by all three witnesses***: Matthew 18:16.

3. NEVER MOVE IN ANY DIRECTION THAT _____
THE WRITTEN WORD OF GOD!!

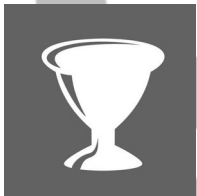
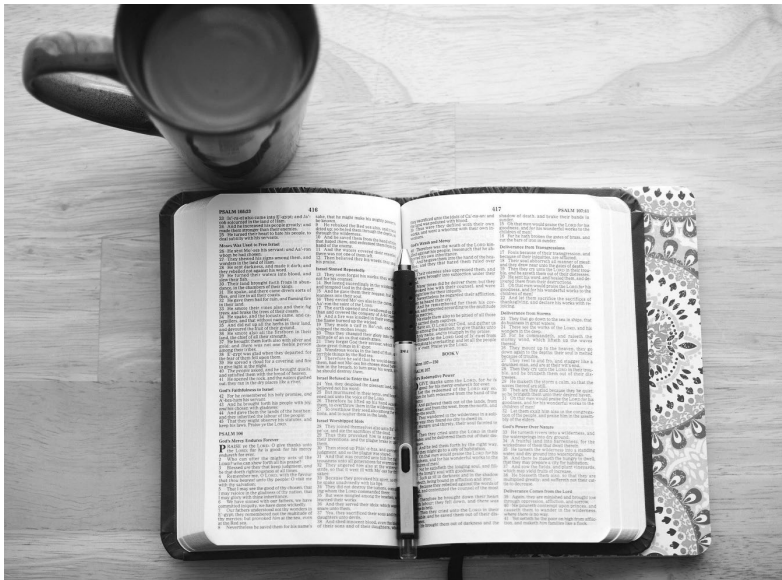
4. _____ THE ADVENTURE!!!!!!



Growing Through Spiritual Disciplines



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**“I must take care
above all that I
cultivate communion
with Christ, for though
that can never be the
basis of my peace -
mark that - yet it will
be the channel of it.”**

Charles Haddon Spurgeon

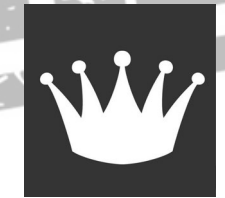
**Here, then, is the real
problem of our
negligence. We fail in
our duty to study God's
Word not so much**



**because it is difficult
to understand, not so
much because it is dull
and boring, but**



**because it is work. Our
problem is not a lack of
intelligence or a lack of
passion. Our problem is
that we are lazy.**



**R. C. Sproul
Ligonier Ministries**

Growing Through Disciplines!

I. REDISCOVERING OUR SPIRITUAL DISCIPLINES:

A. The Four Critical Spiritual Disciplines:

1. _____: Daily seeking the Lord through prayer and intercession – Matthew 6:45-46
2. _____ Daily reading and feeding upon God's Word – Matthew 4:4
3. _____: Daily engaging in worship, praise, and thanksgiving – Matthew 6:9-10
4. _____: Daily putting to practice the things the Lord is teaching us – Matthew 7:24-25

B. Some Reasons Our Devotional Plans Do Not Last:

1. We fail to _____ a plan.
2. Our plans are _____ and "life" overtakes our good intentions.
3. We become _____ with the routine.
4. We do not have a _____ with the Lord.

II. The L.I.F.E. Devotional Guide - Accomplishing 4 Spiritual Disciplines In 1 Daily Exercise:

A. L - _____:

Psalm 119: 17-18: "Deal bountifully with Your servant, *That* I may live and keep Your word. Open my eyes, that I may see Wondrous things from Your law." (NKJV)

1. **Read** your Bible until you have a " _____ " moment from the Holy Spirit (something grabs you from the text).

Growing Through Disciplines!

2. Establish a _____:

- a. You can read through the Bible in one year by reading **3 Chapters** of the OT, and **1 Chapter** of the NT (Literally 297 days! – 1189 Chapters).
- b. Read from a **different version** than the one you are used to reading.
- c. Read from an **unmarked Bible**. This allows you to approach the Word with an open slate, and not immediately think about familiar verses.
- d. **Beginners** – start by reading **2-3 verses** a day in the **New Testament** and continue until you have read the entire New Testament. Then you can begin, at any time, a program to read through the Bible.
- e. **Don't worry if you miss a day.** The key is to build a discipline that does not get derailed if you miss a day. The goal is not to finish the Bible in a year, the goal is to encounter the Lord and experience His life changing presence!

3. _____ to experience a “light-bulb” moment in at least one verse in these chapters! The Bible promises that the Lord will reward those who diligently seek Him (Hebrews 11:6).

B. I - _____:

Psalms 119:23-24: “...Your servant meditates on Your statutes. Your testimonies also *are* my delight *And* my counselors.” (NKJV)

1. **Pray** over the verse or verses **for** _____
_____ and begin to intercede for needs and individuals God places on your heart.
2. _____ your prayer time with your time of reading God's word.

Growing Through Disciplines!

3. As the Holy Spirit begins to _____ the Word, He will give you insight into areas of personal application for your life. He will also make you aware of needs or concerns of others.
4. Let prayer be dynamic and _____ by the Spirit of God.
 - a. The role of intercession is to come before the throne and engage in a conversation with God. This is the heart of prayer.
 - b. **John 15:7-8**: “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this is My Father glorified, that you bear much fruit...”
 - c. **Jude 20**: “But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.

C. F - _____:

Psalms 119:9-11: “How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, That I might not sin against You.” (NKJV)

1. Ask the Lord for His **forgiveness and** _____ in your life. **Praise & Thank** Him for His Grace!
2. As we approach the light of God’s Word, we become keenly aware of our lack, and the Holy Spirit brings _____ in our lives: **John 3:19-21**
 - a. Our _____ is to immediately **seek the forgiveness and cleansing** of the Lord based on His promises: **I John 1:8-9**
 - b. Our **second response** is to **receive** God’s _____ and then to offer **praise and thanksgiving** unto the Lord: **I Thessalonians 5:16-18**
 - c. True worship is in both Spirit and Truth: **John 4:24**

Growing Through Disciplines!

D. E - _____:

Psalm 119:1-8: “Blessed *are* the undefiled in the way, Who walk in the law of the LORD! Blessed *are* those who keep His testimonies, Who seek Him with the whole-heart! They also do no iniquity; They walk in His ways. You have commanded *us* To keep Your precepts diligently. Oh, that my ways were directed To keep Your statutes! Then I would not be ashamed, When I look into all Your commandments. I will praise You with uprightness of heart, When I learn Your righteous judgments. I will keep Your statutes; Oh, do not forsake me utterly.” (NKJV)

1. _____ your thoughts and prayers daily. ***This is the most important step and the hardest to learn.***
2. _____ or verses from your “light-bulb” moment into your journal. (Use a “L.I.F.E.” notebook!)
 - a. Under the verse(s) – **write down your** _____, _____, and _____.
 - b. Write down your _____ to “**engage**” through active obedience, the things the Lord has shown you.
 - We remember 5-10% of what we hear, 30-50% of what we write down or interact with, and **70%+ of those things we put into action!**
 - **James 2:22, 25:** “But be **doers of the Word**, and not hearers only, deceiving yourselves ...But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.”

III. **CONCLUSION:** _____ !

Growing Through Disciplines!

L. I. F. E. DAILY DEVOTIONAL BIBLE READING GUIDE

- ◆ **Light:** Begin reading until you have a “light-bulb” moment from the Holy Spirit (something grabs you from the text).
- ◆ **Intercession:** Pray over the verse or verses for personal revelation, and begin to intercede for the needs and the individuals God places on your heart.
- ◆ **Forgiveness:** Ask the Lord for His forgiveness and cleansing. Praise and Thank Him for His Grace (1 John 1:8-9)!
- ◆ **Engagement:** Write (journal) your personal thoughts and prayers:
 1. Copy the verse(s) from your “light-bulb” moment, into your journal.
 2. Under the verses, write down your observations, thoughts, and prayers.
 3. Write down your plan of action to “engage”, though active obedience, the things the Lord has shown you.

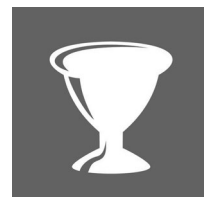
Daily Reading Plan:

- ◆ **Experienced Readers:** Read **3** chapters in the Old Testament and **1** chapter in the New Testament. (You can complete the Bible in a year).
- ◆ **New Readers:** Read **2-3** chapters in the New Testament. Read through the New Testament two times, then begin experienced reading plan.
- ◆ **Enjoy Yourself:** Don't worry if you miss a day. Just pick up the next day where you left off!

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Kirk L. Zehnder



Growing Through Personal Witness



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**“Christians don't do
witnessing, they are
witnesses.”**

(Unknown)



**“Some people never
read the Bible and
seldom attend**



**church. If you want
them to know what**



**Christ can do for
them, let them see
what Christ has
done for you!”**

(Design For Disciples, #2/NVP)

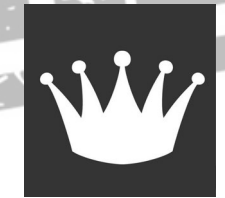
**“And as you go,
preach, saying,
‘The kingdom of
heaven is at hand.’**



**Heal the sick,
cleanse the lepers,
raise the dead,
cast out demons.**



**Freely you have
received,
freely give”**



(Matthew 10:7-8, NKJV)

Cf., Mark 16:15-18

**“Therefore be merciful,
just as your Father also
is merciful. “Judge not,
and you shall not be
judged. Condemn not,
and you shall not be
condemned. Forgive,
and you will be forgiven.**



**Give, and it will be
given to you: good
measure, pressed down,
shaken together, and
running over will be put
into your bosom. For
with the same measure
that you use, it will be
measured back to you.”**

(LUKE 6:36-38, NKJV)

Growing Through Witness!

I. WHAT IS A "WITNESS"?

A. Witness:

1. Greek: "martus" - "One who testifies as being true - something he has, _____, _____, or _____.
2. English: "**martyr**" - "One who bears witness by his death".

B. "That which was from the beginning, which we have **heard**, which we have **seen** with our eyes, which we have **looked upon**, and our hands have **handled** of the Word of life;... That which we have **seen** and **heard** declare we unto you, that you also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ." 1 John 1:1,3

II. WITNESS IS THE _____ OF THE GROWING BELIEVER!

(And it must be sustained for their growth to continue!)

A. Jesus Christ personally has _____ and _____ us to be His witnesses!

1. Matthew 28:19; Acts 1:8
2. Matthew 4:19
3. John 15:16

B. God _____ us so that we can be witnesses.

1. Psalms 107
2. Matthew 5:14-16

Growing Through Witness!

II. WITNESS IS NATURAL EXERCISE OF THE GROWING BELIEVER!

(*And it must be sustained for their growth to continue!*)

C. God _____ us so that we can be witnesses.

1. Acts 1:8
2. Matthew 10:16-20

D. God shares His _____ so that we can be effective in our witness!

1. Matthew 28:18-20
2. John 20:21-23

E. Men and Women are destined for _____ unless they have a personal faith in Jesus Christ as Lord of their lives!

1. John 3:16-18; Revelation 21:8
2. John 14:6; Acts 4:12
3. Romans 10:8-10
4. Romans 10:13-15: **Someone must tell them!**

III. HOW DO WE EFFECTIVELY SHARE OUR WITNESS FOR JESUS CHRIST?

A. By our _____: John 13:34-35; I John 4:11,12,20; 3:16-18

B. By our _____: Matthew 5:16; II Cor. 3:1-3; Hebrews 12:14

C. By our _____: I Peter 3:15; Mark 5:19-20; Acts 26:1-29:
Sharing what Jesus has done for our life!

Growing Through Witness!

TOOLS FOR OUR WITNESS THE ROMAN ROAD

- ❑ God has a wonderful **PLAN** for our lives:
I CORINTHIANS 2:9 (John 10:10; Jeremiah 29:11-14)
- ❑ We are all **SINFUL** and **SEPARATED** from God:
ROMANS 3:23 (Genesis 3:23-24; Isaiah 59:2; Romans 6:23)
- ❑ We are deserving of **DEATH** and punishment:
ROMANS 6:23 (Genesis 2:17; Revelation 20:10,12,15; 21:8)
- ❑ We are totally **UNABLE** to save ourselves:
ROMANS 3:9-20 (Ephesians 2:8-9; Galatians 2:16)
- ❑ Jesus Christ **PAID THE PENALTY** for our sin through His death upon the Cross:
ROMANS 5:6-10 (Galatians 3:10-13; II Corinthians 5:21; I Peter 2:22, 24; Isaiah 53:6,9,12)
- ❑ Jesus Christ **ROSE AGAIN** on the Third Day defeating sin and death:
ROMANS 14:9; 4:25 (I Corinthians 15:17-20, 54-57; Acts 2:24)
- ❑ To experience God's wonderful plan of Salvation we must personally **REPENT** of our sins, **BELIEVE** in His Death and Resurrection, and **RECEIVE** Jesus Christ as our personal Savior and Lord!
ROMANS 10:8-10 (Acts 2:37-38; John 1:12; 3:16-21; I John 1:7-9; Revelation 3:20)

Growing Through Witness!

The Gospel of
Jesus Christ
From Genesis to Revelation



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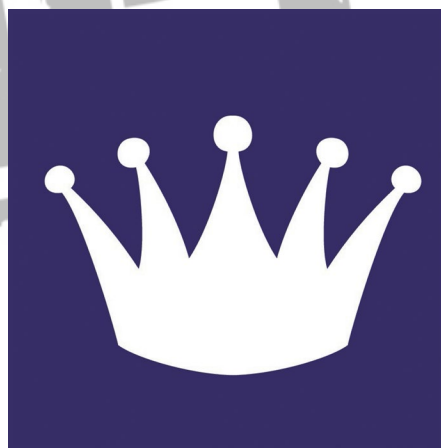
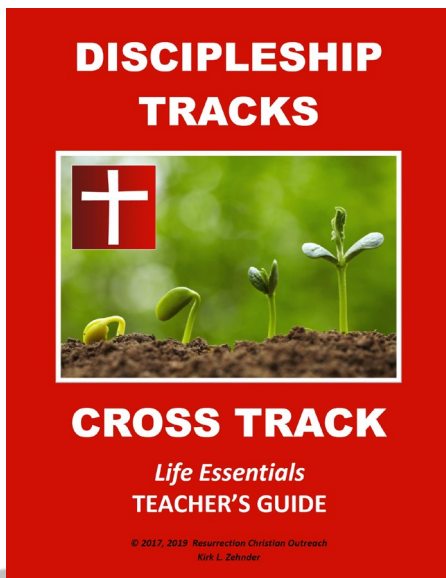
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Kirk L. Zehnder is the Founder and Director of Local Church Dynamics and Resurrection Christian Outreach. With over 40 years of pastoral ministry and business experience, Kirk brings relevant and practical teaching to equip and strengthen the ministry of the local church!



Cup Track Student Guide

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