



# The R'n'B of the Christian Life

## *Volume 1*

Studies on Repenting and Believing in some of life's areas

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Studies on Repenting and Believing in some of life's areas

1. How does God speak?
2. The Person and Work of Spirit
3. Being led by the Spirit - Holiness
4. The Cost of Following Jesus
5. Sex and all that
6. Why does bad stuff happen?



# ***1. How does God speak today?***

**Starter question:** How do you think God speaks? What is your view of the Bible?

**What does it say...?**

**2Timothy3:16-17**

What does this passage say about the Scriptures?

Which Scriptures are spoken of?

What is the function of Scripture? Why is that?

**What does it say...?**

**2 Peter1:16-21 & 2 Peter3:14-18**

Who wrote the Scriptures?

Whose idea was the Scriptures?

What do the above passages say about the Scriptures?

How are the Scriptures open to being twisted? How should one better treat the Scriptures?

## **So what...?**

### **Think through these examples:**

1. Simphiwe has been a Christian for a while but upholds tradition and looks for some sign concerning whether he'll pass or not. How would you advise him to look at Scriptures? Why is that?

2. Thandeka is a Christian who relies on her feelings or experience about God, and tends to get affirmation of her intimacy with God by how she feels. What would you say to her about what the Scriptures say? What would you emphasize as of most importance? Why?

**What does this mean in your life....??**

Why is it important to have the Bible as the final authority? What are the dangers of not putting the Bible as of first importance?

How should the Bible be handled in Christian meetings?

What in your thinking about the Bible needs to be changed? Why is that?

How can the reading of the Scriptures be reflected in your life?



## ***2. The Person and Work of the Holy Spirit***

**Starter question: Talk about what you know of the Holy Spirit**

### **The Person of the Holy Spirit**

#### **John 14:15-17**

**What does it say...?**

1. How is the Holy Spirit described in verse 15-17?
  
  
  
  
  
  
  
  
  
  
2. Who is the Holy Spirit in verse 17?
  
  
  
  
  
  
  
  
  
  
3. What does He do?
  
  
  
  
  
  
  
  
  
  
4. Who is Jesus speaking to in John 14:25-26?  
(Also see John 2:11,22 and John 1:35-43)

## **So what...?**

Can we conclude that the Holy Spirit is a 'force'?

How should you talk about the Holy Spirit?

How should you treat Him (see Ephesians 4:29-32)?

## **The Work of the Holy Spirit**

### **John 3:1-15**

#### **What does it say...?**

1. How is the function of Holy Spirit described in these verses above?

#### **Background: Ezekiel 36:25-27**

2. What is promised to Israel in this passage and why?

3. What does water represent to Israel ?



4. How is Ezekiel fulfilled in John 3:5-6?

5. What birth does the Spirit bring about in John 3:5-6?

### **So what?**

Musa is a Christian who thinks that the Holy Spirit's main work is to give gifts (e.g. prophecy, tongues, other gifts...). How might His perspective need to be reshaped?

### **John 16:7-13**

#### **What does it say...?**

1. How is the work of the Holy Spirit described in verses 7-13?

2. What is meant in verses 8-9 and why?

3. What does Jesus convict the world of and why?

## **So what?**

4. How do these verses challenge the Christian's view of the world and what to pray for people?

## **Receiving the Holy Spirit**

### **Galatians 3:2 and 1 Corinthians 12:3**

#### **What does it say...?**

1. How is the Holy Spirit received?

2. When is the Spirit received?

#### **So what...?**

Zodwa believes that once you have accepted Jesus as your Lord and King it is important to be prayed for so you can receive the Holy Spirit. How can you help her to see that she has a wrong understanding?



### **3. Holiness** ***Keeping in step with the Spirit***

*Starter question: What do you think it means to be holy?*

Look up Galatians 5:16-26

*Context: The Galatian Christians were being led astray by false teachers who said that the Christians needed to be circumcised in order to be saved. Paul writes to remind them of the true gospel, assuring them that they are saved by faith in Jesus Christ, not by any religious ceremony or by anything they do.*

Read the passage.

#### **What does it say...?**

1. What do you know about the Spirit? What do you know about the sinful nature?
2. According to v16-17, why is the Christian life characterised by conflict?

## **So what...?**

1. What are some of the difficulties you face as a Christian - situations where your sinful nature and the Holy Spirit are in conflict?
2. Why should we be concerned if we experience no conflict at all? Who will not experience this sort of conflict?

## **What does it say...?**

1. What types of sin are represented by the acts of the sinful nature (v19-21)?
2. What effect will the Spirit have (v22-23)? What do these qualities have in common?

## **So what...?**

1. Which of these 'acts' (v19-21) do you need to watch out for in yourself?
  
  
  
  
  
  
  
  
  
  
2. Can you see ways in which the fruit of the Spirit is developing your life and your relationships (v22-23)? In what areas do you need to pray for the Spirit to be at work, producing love, joy, peace, etc?

## **What does it say...?**

1. What has already been done and what is an on-going process in the life of a Christian (v24-26)?
  
  
  
  
  
  
  
  
  
  
2. Throughout the passage, Paul urges the Galatians to 'live by the Spirit', to be 'led by the Spirit' and to 'keep in step with the Spirit' (v16, v18, v25). What does he mean? How is this to be done?

## **So what...?**

1. When we are discouraged in the Christian life, how does the fact that the sinful nature has been crucified encourage us (v24)?
  
2. If we're to keep in step with the Spirit, we will need to fight against sin and pursue holiness. What will this mean in practice?

## **And finally...**

*What one thing has particularly struck you from this passage?*

*What are you going to do in response?*

## **Other passages about the work of the Holy Spirit in our lives:**

John 16:7-15; Romans 8:5-17; Titus 3:3-8



## 4. The cost of following Jesus

*Starter question: In evangelism, why do you think it is important to explain the cost of being a Christian to someone?*

Look up      Luke 9:23-26

*Context: In his gospel, Luke presents an account of the birth, life, death and resurrection of Jesus Christ. In the opening chapters, Luke describes Jesus' early years and his ministry to the lost and helpless. Once Jesus' true identity is recognised (9 c18-20), Luke begins to focus on what discipleship means for those who follow Jesus...*

Read the passage.

### What does it say...?

1. What does Jesus predict about his own future (v22)? Why do you think He told His disciples that all this would happen?

2. What does following Jesus involve (v23)?

3. Jesus contrasts two ways of living. What are they? What are the results of each? (v24-25)

### **What does it mean...?**

1. What will it mean for us to deny ourselves? What will it mean for us to follow Jesus? (v23)

2. Taking up the Cross means to (literally) walk the way to death. What do we need to put to death?



## **So what...?**

1. What might being a Christian cost us today?
  
  
  
  
  
  
  
  
  
  
2. In what ways are you encouraged and challenged by v24-25?

## **What does it mean...?**

1. In what ways are people ashamed of Jesus and His words (v26)?
  
  
  
  
  
  
  
  
  
  
2. Why is being ashamed of Jesus and His words such a serious matter?  
How will Jesus be ashamed of someone when He comes again?

**So what...?**

1. When and why are you tempted to be ashamed of Jesus and His words?
  
  
  
  
  
  
  
  
  
  
2. If we are to be with Christ in the future, what will our attitude to Jesus and His words be in the present?

**And finally...**

*What one thing has particularly struck you from this passage?*

*What are you going to do in response?*

**Other passages you could look at:**

Luke 9:57-62; Luke 14:25-33; Daniel 1:6-21

## 5. Sex - and all that



*Starter question: In what ways do you think God's view of sex and relationships differs from those of society today?*

Look up          1 Thessalonians 4:1-8

*Context: Paul had been forced to leave Thessalonica rather abruptly, soon after establishing a church there (Acts 17:1-15). The Christians were having a difficult time and Paul writes to encourage them to keep going. Towards the end of his letter, he instructs them on how they are to live to please God.*

Read the passage.

### **What does it say...?**

1. Why does Paul talk in terms of living 'to please God' (v1)? What does this imply?
  
  
  
  
  
  
  
  
  
  
2. By what authority does Paul instruct the Thessalonians on how they should live (v2)? Why is this important?

3. Why should Christians be holy (v3a)? What does 'be sanctified' mean? How will it be demonstrated?

### **So what...?**

1. To what extent do we think in terms of how we can *please* God in the way we live - or do we think more in terms of what we can get away with? How can we live to *please* God?
2. What has most influence on the way we live - friends? society or culture? family? The Bible?
3. What will it mean in practice for us to live 'holy' lives?

## **What does it say...?**

1. How does Paul continue to develop this theme of being sanctified (v3-8)?
2. How does he describe those who don't like this?
3. What reasons does this whole passage give for living a holy life (v1-8)?
  
4. How does v7 sum up this section?

## **So what...?**

1. What will it mean for us to avoid sexual immorality (v3)? In the Bible, sexual immorality means all sexual activity outside marriage. Why do you think that God designed sex to be enjoyed within marriage?
  
2. In what ways can we wrong or take advantage of others in relationships (v6)?

3. What should characterise Christian relationships? What implications does this have for Christians going out with non-Christians?
  
4. How will this passage apply to someone who is a) married; b) single; c) going out with someone/engaged?
  
5. Will pleasing God be your motivation and influence your decisions or will you let others or yourself decide what 'feels right'?

### **And finally...**

*What one thing has particularly struck you from this passage?*

*What are you going to do in response?*

### **Other passages you could look at:**

Genesis 2:18-25; 1 Corinthians 6:15-20



## **6. Why does bad stuff happen?**

**Why is there suffering in the world?**

How would you describe the world you see around you?

What would you change about it if you could?

**What does it say...?**

**Read Genesis 1:26-31**

How does God feel about his creation?

What is life like for people in the garden?

**Read Genesis 2:15-16**

What does God expect of the man?

What does God tell him not to do? Why?

**Read Genesis 3:6-7**

What do Adam and Eve do?

What happens because of this?

**Read Genesis 3:8-13**

How are their relationships with each other affected?

How is their relationship with God affected?

**Read Genesis 3:16-19**

How is the woman cursed?

How is the man cursed?

How does God keep his promise from Genesis 2:17?

So, what things enter the world because of their sin? Try to make a list...



## **What does it mean...?**

Did God create the world with suffering in it?

Why does death and pain enter the world?

## **So What...?**

Why is there suffering in the world we live in today?

What would you say to someone who thinks that their suffering is God punishing them for something they've done? Also see Luke 13:1-5 and John 9:1-2

## **Read Revelation 7:13-17**

## **What does it say...?**

What does God plan to do about the suffering?

When will suffering come to an end?

How does God achieve this? (v14)

## **What does it mean...?**

When will the suffering in your life end? What makes you think it's all going to end?

## **So what...?**

Sarah is a Christian and she loves Jesus and tries to live a life that will please him, still her life seems to be falling apart, her mom is HIV positive, she's failing her course and her relationship with her sister is strained and difficult.

How would you explain to Sarah why her life is like this? What encouragement is there for her?

## ***And you...***

What can you pray about from this study?

## **Pray :-)**

**“For a Christian, this world is the worst it can get  
but for a non-Christian, it's the best it can get”**





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