

THE FIRST MILE

This short and concise interactive instruction is meant to help you get started in a powerful and lifelong purposeful adventure with Jesus Christ and His people. How we start a journey really sets the tone for how that journey will go. We are confident that **THE FIRST MILE** will be a solid starting point for you to become a man or woman who walks in confidence knowing how to bring glory to God in every area of your life and accurately teach others to do the same.

If we are to be one of Jesus' disciples, it is helpful for us to have a definition of what is a disciple. To call ourselves a Christian leaves the definition too vague. After all, what is a Christian? Is it someone who goes to church? Who owns a Bible? Who said a prayer? The Word of God tells us that the DISCIPLES were first called 'Christians' in Antioch by non-Christians (*Acts 11:26*). Christian is a term given to people who, when they are observed by others, are seen to live distinctly different lives that separate them from the culture around them. Their lives look like Jesus' life. The world sees that and can easily identify them as Christians. Jesus calls these people who live according to His example DISCIPLES. If we will be a true Christian, we will be a disciple of Jesus. Here is our definition of a disciple which we will work with throughout our instruction so we know if we are hitting Jesus' mark.

A disciple is someone who loves God, walks with God, serves God and makes disciples.

This definition is the standard that we are looking to attain when we conclude our time in this booklet. You will be proficient in the concepts and able to teach others what you know and your lifestyle will be in line with the heart of this definition. This instruction is not intended to be a full view of the discipleship process but a foundation to:

1. **Establish your personal relationship with Jesus.**
2. **Establish spiritual disciplines for walking with Jesus in every area of your life.**
3. **Establish an understanding of how to serve God and how He has equipped you for service.**
4. **Equip you to help others become disciples.**

These themes comprise the four sections of this booklet that you will be engaging in over the next four weeks. Over the course of each section you will participate in Biblical instruction, use practical resources and have action steps to apply what you are learning as a disciple.

You will need a Bible, preferably New King James Version but you may use NIV or ESV. We will go into detail on more resources as we continue.

We recommend that you undergo this process with a mentor who will answer your questions, encourage you and challenge you to apply what you are learning even if it is hard or inconvenient. The two of you should meet once a week for four weeks, making sure to have each section completed before the next meeting.

Let us begin our journey. Let us begin **THE FIRST MILE.**

Who will be your mentor as you go through **THE FIRST MILE**? _____

What day and time will you meet each week? _____

SECTION ONE

A DISCIPLE IS SOMEONE WHO LOVES GOD

1 Corinthians 8:3, Mark 12:30, 1 John 4:19

In 1 Corinthians chapter 8 verse 3 tells us, “If anyone loves God, this one is known by Him.” This is the foundation of our walk. If we do not love God, we are not known by Him. We want to determine first that you have entered into a saving relationship with God before we continue on. The goal is to fully understand the Gospel and why it saves you. In this section, we will demonstrate:

1. **Why we must love God.**
2. **What our condition is without God.**
3. **What God did to fix our condition.**
4. **How we can accept His gift of eternal life.**

Complete this section by filling in each question and then meet with your mentor to review.

Why We Must Love God

1. Read 1 Corinthians 8:3 and write it out below:

2. Read Matthew 7:21-23. What will Jesus tell people who claim to be Christians but that He never **knew**?

3. After reading 1 Corinthians 8:3, what would you say is the key to **God knowing** you and therefore having eternal life with God?

4. Your answer above should be loving God. What does that mean? Below, describe what a love relationship (*example - with a spouse*) should look like. Think about time spent together, behavior, passion, what you would do to please them and frequency of communication.

5. Would you say that your relationship with Jesus matches how you defined a loving relationship? Do you spend time with Him daily? Is your behavior pleasing to His standard? Are you passionate about Jesus in telling everyone about Him like you would a husband or wife?

6. According to your own definition, would you say that you Love God?

7. Read Mark 12:28-30. With how much of yourself are you supposed to love God?

What Our Condition Is Without God

Before you can love someone, you need to know about them. Over the next few questions you will examine who God is and who we are.

1. Read Psalm 18:30. What does it say about God's character?

2. There is a list of God's standards for perfection called the 10 Commandments that is found in Exodus 20:1-17. List them below.

1.

2.

3.

4.

5.

6.

7. _____
8. _____
9. _____
10. _____

3. When the natural man or woman breaks God's laws, it shows that they do not love God. It is just as if you were to have an affair on your spouse. It is an act that displays a lack of love and respect for your spouse. Have you broken any of these commands that you listed above?

4. If you had to go to court, it would not be for all the good you have done in your life that you stand before the judge. It is for the crime. In the same way, the natural man is not judged by God according to the crimes he didn't commit, but according to the ones he did. If there is any violation, it is too much with God. If you were to stand before God and be judged according to this standard of perfection would you be found guilty or not guilty?

5. Read Romans 3:10-12. What does it say about man's righteousness and goodness? Is anyone perfect?

6. Read Romans 7:7. It tells us that the law lets us know our true condition of a sinner. If you are honest have you ever made a mistake?

7. Read Romans 3:23. Has anyone ever succeeded in being perfect? What has everyone done?

IMPORTANT DEFINITION

SIN = Missing the mark. It is a hunting term in the Greek which means you are aiming for something and you accidentally miss it. We've all missed the mark, even if it is unintentional a miss is still a miss.

8. Read Romans 5:12. What does sin do to every man?

9. Read Romans 6:23. What do we earn as wages for missing the mark?

IMPORTANT DEFINITION

GIFT = A favor that someone receives from another not purchased by themselves.

10. Read Romans 6:23 again. What gift does God give to people?

11. The gift is conditional upon you being in Relationship with Jesus Christ.

- a. According to what we have learned what do you deserve?

- b. What could you have if you loved Jesus?

- c. What is our fate without receiving the gift of God?

12. Read Ephesians 2:8-9. Can you work to earn the gift?

What God Did To Fix Our Condition

In this section, you will examine how God feels about people and what He did to give us eternal life.

1. Read John 3:16.
 - a. How does God feel about all people?

 - b. What provision did He make so that people would not die and go to Hell?

 - c. This verse says that WHOEVER BELIEVES will not perish. How do you receive eternal life?

2. Without God can we have eternal life?

3. Perfection is the standard for eternal life. The less perfect we are; the less time we live. This is witnessed by birth defects, heart problems, sickness etc. If we were perfect, we would live forever. On the cross when Jesus willingly gave His life, there was a transaction that took place. Read 2 Corinthians 5:21.
 - a. Jesus knew no sin. According to our above definition of sin would you say Jesus was perfect or imperfect?

 - b. God poured out the penalty of our sin on Jesus so that we could become what?

4. Review Romans 3:10-12; 3:23 and 6:23. Fill in the blanks below.
 - a. There is none _____ no not one. (*Romans 3:10*)
 - b. There is none who _____ no not one. (*Romans 3:12*)
 - c. All have _____ and fall short of the glory of God (*Romans 3:23*)
 - d. The wages of sin is _____ (*Romans 6:23*)

5. God dealt with our imperfection on the cross. Our error had to be paid for to make us righteous. Since we couldn't do it in our own power because of our inability, God did it for us through Jesus. Do you understand that you are a sinner?

6. Read Romans 8:3-4. Reflect back to the 10 Commandments. These are part of God's law. Because we have fallen short and can't keep them perfectly God had to send His Son to take care of it.

a. Paul says the law wasn't able to save us because it was weak through the flesh, this means not that the law isn't perfect but people can't possibly keep the law because they aren't perfect which makes the law unable to save. If we can't save ourselves, we need someone to save us. Much like having a broken leg in the mountains miles from anywhere and you can't walk out. I had a friend once who broke his leg while mountain goat hunting and had no ability to get off the mountain. His son ran to the bottom of the mountain, drove to town and called Life Flight. They brought a helicopter up on the cliffs and flew him out. He needed to get out, he knew he had to, but was unable to do so in his own power. We too are broken, which is evidenced by our inability to be perfect, so we need salvation. This is why God sent His Son, Jesus.

b. The righteous requirement of the law is satisfied in those who do not walk _____ but according to the Spirit. (Romans 8:3-4)

c. Read John 3:5-6. Can the fleshly (natural man) enter the kingdom of God?

d. Read John 3:3. What must we be to enter heaven?

IMPORTANT NOTE

TO BE BORN AGAIN = We are all born into the world; however, the way we are born is in a state of moving toward death with no hope of eternal life. Jesus tells us in John 3 that if we will have eternal life we have to be born again or be born from above. He is not talking of another physical birth He is talking about believing in Jesus and receiving the free gift of eternal life. When we are born again it is the beginning of a new life dedicated to God. (see Romans 6:1-14)

e. What does it mean when a debt is satisfied? If you have to be perfect to satisfy the debt you owe God for breaking His law can you do it?

ACTION STEP

God fixed our condition by paying our debt by sending Jesus to the cross. Jesus' death was the payment. He offers this payment to us, like a check to clear us of our debts. But it is a gift and a gift must be accepted. Are you willing to accept this Gift? _____

How We Can Accept His Gift Of Eternal Life

In this next section, we will give clear instruction on how to legitimately accept the gift of God, eternal life and begin your journey as a disciple.

1. Read Romans 10:9-10.

a. What are the two conditions for salvation listed in verse 9?

b. According to verse 10 with a believing heart you are made _____.

Do you remember that no one in the flesh was righteous? _____

Therefore, it is **BELIEF** in Jesus' defeat of death and not being good, that makes us righteous.

c. According to verse 10, when we confess with our mouth what does that produce?

IMPORTANT DEFINITION

CONFESS = To agree with someone else about something specific. Do you agree with God that you need Him and that faith in Jesus is the only way for you to be right with God?

2. Read John 14:6. Is there any way to get to God without going through Jesus?

3. Read Romans 5:6-8. How did God demonstrate His love for us?

God sending Jesus to die for you was His demonstration of His love for you. In other words, it was God saying "I love you." How will you respond to this? Jesus being given was God saying, I love you. Jesus being accepted is you saying, you love Him. It is only on those terms you can love God. This is the only way you are known. Will you love God back? Remember 1 Corinthians 8:3, "*he who loves God is known by Him*" 1 John 4:19 says "*We love Him because He first loved us.*" God has loved you all along, but you have been His enemy. Are you ready to respond to His love and accept His gift of eternal life by Confessing Jesus Christ to be your Lord (*leader of your life*) and believe in your heart that He has defeated death?

Pray the following suggested prayer. It can be with someone or by yourself. You are talking to God and accepting His gift of eternal life.

“Father, God. I come before You a humble man/woman. I realize that I have walked independent of You and Your leadership in my life. I confess that I have resisted You and rejected You in my life. I confess that I am powerless to be right before You and that I need Your gift. I believe that You Love me. I believe that You paid for my sins on the cross and I believe that You defeated death rising from the grave. Father, I know there is no way to You, except through faith in Your only begotten Son Jesus Christ. I am choosing to repent (change direction) from the way I have been living my life and I am choosing now to love You, to submit to Your leadership and to become Your disciple. I will no longer live for myself but for You. Thank You Father for Your gracious and merciful gift to me. Thank You for a new life in Christ. I commit myself entirely to You. In Jesus’ mighty name. AMEN.”

Reflection Questions

Write down the time and date of giving your life to God. Write some specifics of what you are experiencing now.

ACTION STEPS

1. As soon as possible you should be baptized. Baptism is a public proclamation of an inward transformation. It is one of the first steps in being a disciple and proclaiming to the world the mighty things God has done for you! Talk to a friend and a Pastor to get baptized.
2. Find a Bible teaching, solid church and begin to attend. Ask your mentor if they have suggestions. We will go into depth more on this in the following sections.
3. Tell your family about your new life in Christ.

HIKING FURTHER RESOURCES

- Forgiveness and Reconciliation Workbook - www.fdm.world/free-downloads

What have you received?

Not only have you been given a new and eternal life, God has now put His Spirit in you to lead you and guide you. Look at the following questions to understand this.

1. Read John 14:15-18. God’s Spirit will help you and be with you for how long?

2. Read John 16:13 What will His Spirit Guide you into?

3. Read Acts 1:8.

- a. What will you have when you receive the Spirit?

- b. What should you do with that power?

4. Read Romans 8:11.

- a. Where does God's Spirit dwell?

- b. What does he give to you by His Spirit?

5. Read Romans 5:5. What does God pour out in our hearts by His Spirit?

6. Read Romans 8:14. If you are led by God's Spirit what are you?

THE GOSPEL SIMPLY MEANS GOOD NEWS

This Gospel we are told is the power of God to salvation for all who believe in Romans 1:16. How well do you know the Good News? Can you clearly tell someone else about this news that changed your life in a way they can understand it? In the space provided below write out the Gospel in 300 words or less. Then review it with your mentor and rewrite as many times as you need to in order to have a succinct understanding and ability to share this powerful message!

ACTION STEP

Write and share your testimony.

Your testimony is the story of your life and how it was saved by Jesus. A testimony has three basic components:

1. Your life before Jesus.
2. How and why you came to faith.
3. Your life now, with Christ.

Your testimony is **POWERFUL**. Throughout scripture we see people sharing their story and people who hear it come to faith. Your story should not only be written, but shared!

1. In Mark 5:1-20 there is an extreme account of Jesus changing a man's life. Read this radical account.

- a. After saving the demonic, what did Jesus tell him to do in verse 19?

- b. What was the hearer's response in verse 20?

Read about a promiscuous woman who was changed by Jesus in John 4:1-30.

1. Read John 4:39.

- a. Why did many of the Samaritans believe in Jesus?

Do you see how your testimony, no matter how bad the past was, can be powerful in the salvation of others? One way to begin serving God is telling the world what He has done for you.

1. Read 1 Peter 2:9-10.

- a. God says that we are His own special people, that we may do what?

IMPORTANT DEFINITION

PROCLAIM = To tell that world about all God has done for you and what He wants to do for them. This is your **DUTY**. Are you ready to do it?

WRITE YOUR TESTIMONY

Write your testimony below. Remember the three key parts and don't hold back on your past. It doesn't matter what you have done; it matters what you do now. Your testimony is a story of change from the old you to the new you (2 Corinthians 5:17) and the central reason for the change is Jesus.

1. Describe your life before Jesus.

2. Describe how and why you came to faith in Jesus.

3. Describe your life now and the confidence you have in Jesus.

After you are happy with how your testimony reads, be bold and SHARE IT! You can share it one-on-one, on Social Media or even record a video to share!

God is now the leader of your life. You love Him and He knows you. In the next three sections, we will help you begin to form foundations of living true to your new life - a life set apart for God to bring glory to His name. We will teach you to remain with Jesus, serve God and make disciples. Let us now move forward in **THE FIRST MILE.**

REFLECTION QUESTIONS TO GO OVER WITH YOUR MENTOR

1. Note anything that was unclear or confusing in this section.

2. Is there something holding you back from accepting God's gift?

3. What do you need help doing or understanding?

SECTION 2

A DISCIPLE IS SOMEONE WHO WALKS WITH GOD

Matthew 16:24-27, Luke 9:57-62, Luke 14:25-33, John 6:66-69, John 15:1-8, Micah 6:8

In any relationship, if you love someone you live your life with them. You do things together, you learn about them and you spend consistent and considerable time in their presence. The purpose of this section is to give you tools to begin walking with Jesus. It is easy for us to come in contact with Jesus from time to time like on a Sunday morning at church, but we are told that we must abide in Jesus if we will ever have a fruitful relationship with Him.

Read the following words of Jesus from John 15:5-8 ESV

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples."

To abide can be better understood in our culture as "to remain." In other words, if you aren't consistently attached to Jesus as a branch is to a tree, you will have a fruitless walk with God. Abide has the heart of acting in accordance with who you now are. You are someone new, it is time to live that way. It is extremely common to find people who have accepted Jesus, but never learn to live dependent on Him. They go their own way and then wonder why their life is not vibrant and why God always seems so distant. Notice in verse 8 that bearing fruit brings glory to God and also proves that we are His disciples. This all hinges on abiding or remaining in a consistent walk with God.

In this section, we will explore practical principles and resources to help you begin walking with God on a daily basis and to bear fruit.

Three subjects we will examine together are:

1. **How to have a daily devotional time with the Lord.**
2. **Hearing the word of God.**
3. **Consulting God on daily decisions.**

Foundation of Walking with Jesus

Let's examine a few verses to give us a foundation of why biblically we need to abide in Jesus and walk with Him.

1. Read John 15:5-8.
 - a. What is it that proves you are a disciple?

b. How do you bear fruit?

c. Look up the definition of abide in a dictionary and write out what it means.

2. Read James 4:8. If you draw near to God what will He do?

3. Read Micah 6:8. What does God require of you?

4. Read Matthew 16:24-25.

a. Who is Jesus talking to?

b. What is the first step in following Jesus?

c. The right answer is Desire. Do you desire to follow Jesus?

d. Are you ok with losing the life you have been living in favor of this new life that God wants to give you? Write down any reservations or questions and discuss with your mentor.

5. Read Luke 14:25-33.

a. According to verse 26, can you prefer anything above Jesus as a disciple?

IMPORTANT DEFINITION

HATE = This word has the idea of preference. Jesus is not saying that we have to hate everyone, including ourselves, but that a disciple regards their relationship with Jesus to be more important than any other relationship including their own life. Anything we value above God is an idol.

ACTION STEP

Are you ready to place your relationship with Jesus as your top priority, making every other relationship secondary? This is a lifelong commitment to walk with Jesus no matter what comes at you.

Signature _____ Date _____

IMPORTANT NOTE

As you engage this section over the rest of your life you are going to learn things that will demand you to choose whether you will continue living the way you have been or living the way God calls you to live. Every time you learn a new truth from God's word you will be challenged with this choice.

6. Read Isaiah 55:8-9. Would you conclude that God's way of life for you is better than your way, even if you don't understand it?

7. Read Matthew 4:4. What is the disciple supposed to live his life by?

8. Read John 17:17. What is God's word?

9. Read John 6:66-69. What are Jesus' words?

10. Read 1 Thessalonians 2:13. What is the word of God? What do you need to do for it to effectively work in your life?

11. Read 2 Timothy 3:16-17. What will the word of God make you equipped for?

a. If God's word contains instruction to thoroughly equip you for life, how important would you rate engaging His word to understand it?

TRUTH

If you trust that God's ways for your life found in the Bible is better than your way you will desire to follow Jesus. This is a fundamental truth you will have to return to consistently when your way of life is challenged by God's word.

How to do a Devotional

Walking with God is a daily journey that should start first thing every morning. In the church, we call this a devotional time. This is a strange term to some people and a very vague term to almost everyone. For our purposes we are going to define a devotional as:

"a time every day that is spent meeting with God through prayer, studying God's word, and applying a specific truth to our lives."

In this section we will establish how to begin a daily routine of engaging God with a format and resources for doing a powerful devotional in order to be instructed **by God** in truth for living according to His plan for our life. This may seem daunting at first, but as you get the hang of it, you will notice it becomes second nature. You will settle into a rhythm/style that suits you.

To do a devotional you will need the following:

1. A Bible (study Bible if possible)
2. A pen
3. A journal
4. Minimum 15 minutes

Let's Begin

1. Set a time aside every day to meet with God.

The first step in meeting with God is scheduling time that you do not miss. **THIS IS CRITICAL**. This may mean reorganizing your day or getting up a little earlier. Your meeting with God is the most important meeting you have all day. It doesn't need to be long but it needs to be focused. This is a routine and discipline that you are developing, seven days a week. I recommend grabbing a cup of coffee and your Bible and sitting in a comfortable place before everyone wakes up and it gets busy in the house.

- a. What time will you meet with God every day? _____
- b. Where in your house will you meet with Him? _____
- c. **Put it on your schedule and don't stand God up.**

2. Begin your meeting in prayer.

Prayer is a conversation with God. Your prayer can follow this format. Please read through scriptures in parenthesis to understand Biblical precedent for this format.

- a. Start by giving thanks to God for all the blessings in your life and the day He has given you.
(*Psalm 50:23; Psalm 118:24; Philippians 4:6*)

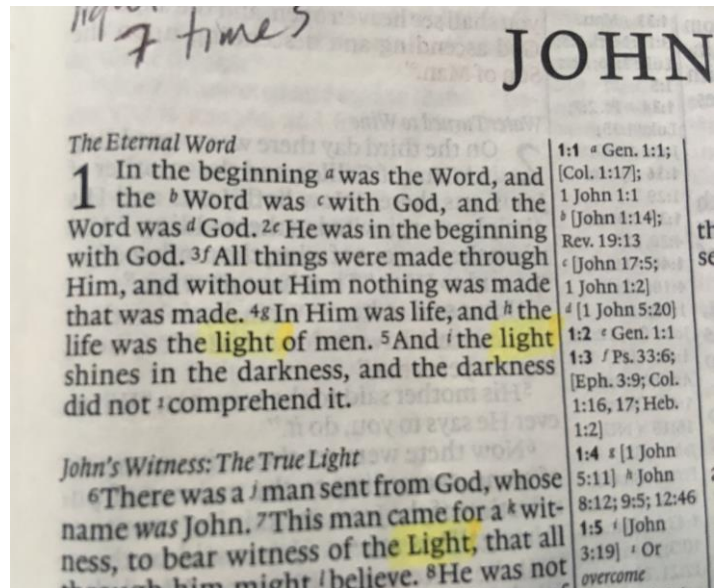
- b. Spend time praying for people in your life, salvation for those you know and specific needs and struggles you know of. (1 Timothy 2:1-4)
- c. Ask God to lead you by the power of His Spirit to a truth that you need to understand and apply to your life. (John 16:13; John 17:17; Ephesians 6:17)
- d. Close your prayer by saying "In Jesus' name I pray, Amen" (John 14:13-14)

3. Studying God's Word.

There is much confusion here, so let us make it as simple as possible. Here are some basic truths.

- a. It is not critical where you read in the word of God.
- b. It is not important to read big chunks of scripture.
- c. It is important to understand what you read.
- d. It is important to remember what you read.
- e. It is important to apply to your life what you read.

Let's begin in the book of John in the New Testament as you learn to do devotions. Start in Chapter 1. Every morning going forward you will do a section at a time. **A section can be defined as a group of verses with a central thought to them.** They are usually not a whole chapter. In John 1, the first section is from verses 1-5. See picture. Most Bibles will have titles describing the section at the top of each one as you see in the picture. Walking through the Bible one section at a time will help you to identify an important truth and apply it without giving you too much to process every day. This is a successful way to begin engaging the word of God.



Follow These Steps When You Study God's Word

1. Read the entire section beginning to end (verses 1-5)
2. Observe the text - What does this text say?
3. Interpretation - What does it mean?
4. Application - What should I do with this information?

A fifth step, which will enrich your devotional time, is **Correlation** - What other passages are being referenced? (You can find these in most Bibles. If you look at the picture you will see references on the right hand side) Go to the referenced passages and read them as well for more insight.

Let's do a study together, walking through each of the steps, so you get a feel for how to do it.

1. Read the Entire Section

It is often helpful to read the whole chapter to get a feel for what is going on around the passage. Otherwise, it is like jumping into the middle of a conversation when you have no idea what anyone is really talking about. Especially in the first chapter of a new book, I recommend reading the whole chapter to get a feel for where things are going. **Read all of John chapter 1 before going to next step.**

2. Observe the Text (what does it say?)

What does this text say? This is where you need to ask questions about what you are reading and also record newly discovered truths that stick out to you. Consider this step like when you are having a conversation with someone and they say something doesn't make sense. Wouldn't you ask a question to understand what they mean before continuing the conversation? This is the same principal found here! When you are reading God's word and He says something you don't understand, you want to pause and ask Him what He means. Then search the answer out before moving on. In the next step, you will work to find answers to questions.

a. Here are some observations and questions to ask:

Who is John talking about?

What was the beginning?

Who is the Word? (*also see John 1:14 to understand who the "Word" is*)

How can the Word be God?

Everything was made through Jesus.

There is nothing that exists that Jesus (God) didn't create.

3. Interpretation (what does it mean?)

In this step, try to understand what this passage means specifically. This is where you begin to answer questions that you had about the passage when you observed the text. This brings clarity to what you are reading instead of leaving important truth cloudy and inapplicable because you are unsure about what to do.

By having a study Bible, you will find lots of information that can help you answer your questions.

HIKING FURTHER RESOURCES

- www.blueletterbible.org
- Study Bible (Either a MacArthur Study Bible or a Thomas Nelson)
 - Available on Amazon, ChristianBook.com or at Mountain Springs Church

The Blue Letter Bible is a free website that you can use. It has a wealth of information. Some of the most valuable content is found in their commentaries. Commentaries are explanations of passages by godly men that can bring clarity to the verses for you. I recommend using David Guzik's study guides as solid resources.

a. To access a commentary:

Go to www.blueletterbible.org

Type a passage into the search bar for example John 1:1-5 and search

The verses will appear and you will see a blue box labeled TOOLS

Click TOOLS tab

Click the green tab that says COMMENTARIES
Many commentaries will appear
Select David Guzik
Select study guide for John 1
Begin reading

4. Application

What did you learn in this passage that you can apply to your life?

A principal truth in this passage is that Jesus is life and light (*verse 4*). This means without Jesus there is no life for us, there is no light, no hope. Therefore, a good application from this passage is that: JESUS IS EVERYTHING TO US. IF ALL WE HAVE IS JESUS THAT IS ALL WE NEED!

How can that apply to your life?

Are you worried about something that is temporary?

Are you pursuing something more than Jesus?

Record these in your journal and decide to live according to what you learned.

ACTION STEP

Today make Jesus the most important thing in your life.

This is a simple process to study the Word of God and apply it to your life in your devotional time. As you become more experienced, this process will become easier and easier for you and more and more fruitful. Turn to page 23 and work through a devotional on your own. Review with your mentor when you meet.

WARNING

Do not reject what you have learned! When you learn a new truth and do not apply it to your life, you are choosing to depart from God's way. You stop abiding. You will become unfruitful and displeasing to God.

1. Read James 1:21-25.

- a. What kind of man hears God's word and doesn't do it?

- b. If you hear the word and do it what will you be? (*verse 25*)

Let's try another devotion on your own.

On this page read the passage, write your observations, interpret and understand what it is saying and write down a truth that you will apply to your life. When you meet with your mentor review this devotional. You may highlight or underline things that stick out to you.

Psalm 1

1. Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
2. But his delight is in the law of the Lord,
And in His law he meditates day and night.
3. He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.
4. The ungodly are not so,
But are like the chaff which the wind drives away.
5. Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
6. For the Lord knows the way of the righteous,
But the way of the ungodly shall perish.

Observations - What does it say?

Interpretation - What does it mean?

Application

Hearing the Word of God - Listening to truth regularly

It is important to regularly listen to the Word of God being read and preached. This grows you in your knowledge of the Bible, as well as your faith.

1. Read Romans 10:17. Where does faith come from?

Key Sources for hearing the word:

- a. Sunday and Wednesday Sermons at your church
- b. Sermons on-line from other Bible teaching preachers (*ask your mentor for some solid ones*)
- c. Audio Bible

HIKING FURTHER RESOURCES

- Download the YouVersion Bible App and listen to Word of God being read
- Mountain Springs Church App - download through idaho.church
- RightNow Media - signup at idaho.church
- Dwell App - God's Word read by different people with music.

Walking with God - Consulting God on daily decisions

Starting the day by meeting with God and hearing from Him is important, but continuing on following Jesus throughout the day is where the rubber meets the road! How do you make decisions that are compatible with the character of Christ? We will walk through a few verses to help you form the habit of consulting God on every decision you make. This is how you walk with God throughout the day. You walk as He would walk.

Three ways to make godly decisions

1. **God's Example**
2. **God's Wisdom**
3. **God's People**

God's Example

1. Read John 13:15.
 - a. What has Jesus given us?

- b. Where can you find more examples of Jesus' actions that you can apply to your life?

2. Read Luke 6:40. If you become a trained disciple who will you be like?

The more you walk with Jesus and learn from Him, the more you will be like Him in all that you do.

A good question you can ask when you need to make a decision is:

Would Jesus do what I am about to do?

As you read through the Bible, you can find many instances of Jesus interacting with people and the way He lived His life. When you come to a place where you are not sure what to do, you can first look to Jesus' life for an example of how to handle many situations. If there is no clear answer, the next step is to acquire wisdom from God.

God's Wisdom (pray about your decision)

1. Read James 1:5-7.
a. If you lack wisdom how can you get it?

- b. If you doubt when you ask will you receive it?

- c. How much wisdom will God give?

2. Read John 16:13. What will God's Spirit lead you into?

3. Read John 17:17. What is truth?

4. Read Ephesians 6:17. What is the weapon that the Spirit of God uses?

TAKEAWAY

When you pray for wisdom from God He will give it, however **it will never contradict the Bible**. Anytime you believe you have received wisdom from God, you need to make sure it does not violate the word of God before making the decision.

God's People

Sometimes it is not clear what you should do and you may be uncertain of yourself. This is a good time to reach out to godly people around you to ask their advice. Remember nothing should ever violate Jesus' example or the word of God. Godly people can be of great assistance with helping you navigate difficult and unclear decisions.

1. Read Proverbs 15:22. Without counselors what can happen to plans?

2. Read Proverbs 12:15. When you heed counsel what are you?

3. Read Proverbs 11:14. What do we find with counsel?

As you go through the day using these three resources together when making decisions, it will result in godly choices that bring glory to God and bear much fruit! James 4:6 says that God resists the proud, but gives grace to the humble. As you humbly walk with the Lord and make decisions according to His will, you are abiding in Him (*Micah 6:8*). You are remaining with Him throughout the day. **This is what walking with God is all about!**

REFLECTION QUESTIONS TO GO OVER WITH YOUR MENTOR

1. Note anything that was unclear or confusing in this section.

2. Did you have difficulties with your devotional?

3. What do you need help doing or understanding?

4. What decisions do you need wisdom for in your life?

5. Do you need help using any of the resources?

SECTION THREE

A DISCIPLE IS SOMEONE WHO SERVES GOD

Genesis 2:15, Joshua 24:14-15, 1 Samuel 12:24, Romans 12:1, 1 Corinthians 15:58, Colossians 3:23-24

You were created to serve God. You can often have a misconception of what it means to serve God. When asked, many people would say that it means to be a pastor or do something in the church. While this can be true of some people, not all people were created to serve God in that capacity, but all people have been created to serve God in some general capacities and some very specific capacities. You will briefly go over those and give some direction on how to honor God in all that you tend to.

1. Read Genesis 2:15. What did God put Adam in the Garden of Eden to do?

IMPORTANT DEFINITION

SERVE = In Genesis 2:15, we see that man was put in the garden to 'tend' or serve God by keeping it in order and taking care of its needs according to God's plan. When we tend to the things God has given to us according to His instruction, we are serving God.

Man was put in the Garden to take care of it. He had a stewardship, a responsibility, to take care of what God had entrusted to him. Throughout this section, you will identify what God has given you to take care of and some basic principles for taking care of them according to God's word. This will just be a foundational look and there are different specific supplemental studies to delve deep into topics such as marriage, parenting and finances.

2. Read Matthew 25:35-40. What is one way that we serve God?

When you serve others in love, you will find yourself serving God. Let's look at some key relationships in which God has a plan and purpose for you to serve others and bring glory to His Name.

We will examine 4 categories of serving God by tending to relationships He has given or will give to most of us in our lifetime.

1. **Our Spouse**
2. **Our Children**
3. **The Church**
4. **Our Job**

Our Spouse

1. Read Ephesians 5:22-33.

a. Who is the leader in the marriage, after the Lord? _____

IMPORTANT NOTE

This does not mean that the husband is superior to his wife. Husbands and wives should willingly serve one another, not in dominance, but in love. (*Ephesians 5:21*)

b. What is a wife's duty? (*verse 22-24*)

IMPORTANT DEFINITION

SUBMIT = This is a military term being used by Paul. It has the idea of when a soldier enlists in the military he submits to his superior officer. The heart behind this is that the soldier is willingly putting himself under the leadership of the officer to be trained up and equipped to become the best soldier he can be. This means he will be effective and ultimately, hopefully, come home from war. This term carries weight for both the man and woman respectively. The woman needs to willingly put herself under her husband's leadership and the challenge to the man is that he should strive to be a man who will make his wife the very best woman of God she can possibly be. This is not always the case. However, it does not negate the command. In fact, in 1 Peter 3:1-6 we see that when a woman submits to a man, even if he is not being a solid leader, God uses that to bring a man in line. When we live by God's word and remain faithful to these truths, God does big things and fruit is present.

c. How are husbands supposed to love their wives? (*verse 25*)

d. What is the specific action given in verse 26?

IMPORTANT DEFINITION

WASHING = Has the idea of bathing. As a man your job is to bathe your wife in the word of God which will make her more like Jesus. This can be done by reading the word together, doing devotionals together and instructing your wife according to godly principles found in the word.

e. How are men to treat their wives according to verses 28-29?

f. Read Matthew 7:12. How should you treat your spouse?

g. According to Ephesians 5:33, how should a man love his wife?

h. According to this verse, how should a wife treat her husband?

IMPORTANT DEFINITION

RESPECT = This has the idea of affirming a husband. Verbally and physically showing him respect; pointing out his qualities and how much you value him. Respect is invaluable to a man; it is more vital to him than sex. If a man is affirmed and praised by his wife, he responds with love. The most disrespectful thing a woman can do to a man is to cut him down in front of others.

Apply It This Week

Men - Begin leading your wife in a time of reading the Bible together daily. Consider the things you say to her and how you treat her. Would you appreciate someone treating you the same way? Is the way you treat her loving? (Read 1 Corinthians 13) Do you love her according to this definition? One great way to share God's Word with your spouse is to write a verse on her bathroom mirror every morning.

Women - Begin affirming your spouse this week. Only tell him things that you admire about him. Tell him how much you value him as a spouse, father and provider. Make a commitment this week to let him lead. If you talk poorly about your husband to anyone else in your life immediately stop. Begin affirming your husband regardless of his display of love for you.

IMPORTANT NOTE

Remember God created man, woman and marriage according to Genesis 2. He knows what the man and woman each need individually and what we have been equipped to do to fulfill each other's needs in the marriage relationship. If we submit to God's instruction for our marriage, it will be blessed. If we do not, it will suffer. Are you ready to commit to God's instruction for your role in the marriage regardless of what your spouse does?

Write Out Your Commitment

HIKING FURTHER RESOURCES

- Marriage Discipleship through Family Discipleship Ministries - www.fdm.world/marriage
- Marriage Life Group - Contact Mountain Springs Church for details, idaho.church

Our Children

1. Read Deuteronomy 6:1-9.
 - a. With what kind of consistency are you to teach your children the word of God?

- b. How often should you be discussing God's word with your children?

- c. Where does He say to write the Word in our house? (*verse 9*)

2. Read Ephesians 6:4. How are you supposed to bring up your children?

3. Read Proverbs 22:6. If you train up your child right what will happen when they are older?

Apply It This Week

- Write verses on chalk boards, mirrors and notes around the house in places where you look often.
- Intentionally direct conversations to talking about God and the Bible.
- Spend time at the dinner table reading a few verses and talking about them. Ask questions.
 - What do the verses mean?
 - What should you do in response?

POWERFUL PRACTICE

The Dinner Table - The dinner table can be one of the most powerful places and times for serving God by tending to your family that you have available to you. Try this format below to make the most of your time at the table.

1. Gather around the dinner table as a family. No exceptions.
2. Before eating, hold hands and pray over the food.
3. As you eat go around the table and have everyone talk about their favorite part of the day. (this may turn into 2-3 things)
4. Go around the table and ask if there were any struggles.
5. Pray over the struggles.
6. As dinner winds down, grab a Bible and read a section.
7. Ask your family questions about what is happening in the passage and how it applies to us.
8. Spend time playing a game and enjoying one another.

HIKING FURTHER RESOURCES

- Parenting Discipleship through Family Discipleship Ministries - www.fdm.world/parenting

The Church

The Church was what Jesus died for, He refers to the Church as His bride. The Church is important to Jesus and we will examine these topics - What is the Church? How we are to engage the Church? How do we tend to our part in the Church that God has given us?

First, we need a definition of Church. If you were to ask the average person what a Church is, they would say it is a building with four walls and a roof where people meet every Sunday. While the Church can meet in a building, it is not a building.

IMPORTANT DEFINITION

CHURCH = It comes from the Greek word ***ecclesia*** which simply means a called out group of people. For us this means that we are a group of people that God has made His own (*1 Peter 2:9-10*). Church is actually a specifically, non-religious term in its original Greek language. The Church is to be a group of disciples that are actively about God's plan for their life. This is distinctly different than what we see of religious practice and routine where people go through the motions but never go anywhere but to a building week after week.

So how can you be a part of a thriving Church? Let's walk through some scriptures to grasp an understanding of your place in the Church and the importance of the Church.

Attending Church

1. Read Hebrews 10:24-25. According to these verses should you be regularly gathering with God's people?

2. Read 2 Timothy 2:15. How should a pastor handle the Word of God?

Selecting a Church

If you find error in the Biblical teaching of the church you are looking to join, it is not a good church. A good way to test a church's beliefs is to go online and review their **statement of faith**. A good church will affirm the Triune God, the authority and inerrancy of the Bible and that Jesus was fully man and fully God, born of a virgin, lived a sinless life and died on the cross for our sins. He raised to life after three days, defeating death and ascended to the Father. It is only by faith in the finished work of Jesus that we can be saved. If a church affirms these things, it is most likely a solid church.

ACTION STEP

- Have you selected a church to attend?
- Write the name of church and the date you started attending. _____

Serving the Church Body

1. Read 1 Corinthians 12:1-31.
- a. According to verse 7, how many people in the church have a Spiritual Gift?

- b. According to verse 7, what is your personal gift supposed to be used for?

- c. According to verse 27, are you a part of the Church?

IMPORTANT DEFINITION

SPIRITUAL GIFT = A spiritual gift is an empowerment given to you by God from His Holy Spirit who dwells in you. In a sense, it is how God works through you to benefit those around you and build His Church up. It is important that you identify and use your gift in the Church and contribute to the body.

2. Read Ephesians 4:16. What happens when every part of the body does its share?

3. If you are part of the Church body, you need to serve to be faithful. Are you ready to become a contributing member of the Church?

4. Read 2 Timothy 1:6-7. What are you told to do with your gift?

5. Read Romans 12:3-8. According to verse 6, what are you supposed to do with you gift?

ACTION STEP

- **Take this test** to help identify your gifts - www.spiritualgiftstest.com. This can give insight into your gifts. It is not always accurate, but it is generally helpful.
- What were your top 3 gifts?
 1.

 2.

 3.

- **Fill out the Volunteer Card** - available at idaho.church or at Mountain Springs Church. This will help you begin to be a part of the life of the church. Select an area you would like to serve in. If you don't see anything that you are interested in, connect with your mentor to find out more options.

Giving to the Church

Not only are you called to be a contributing part of the Church through physical service, but you should become a financial contributor as well. Tithing first reflects a heart that puts God first in every area of your life, including your finances. Secondly, when everyone does their share, the Church is well supplied to advance the Gospel and make disciples. Tithing is a priority for any disciple and tithing should be done to the church body that you belong to.

A basic rule for tithing is 10% of your monthly income. It does not matter how little or much you make. It is not about how much you put in, but the heart behind what you put in.

1. Read Genesis 14:18-20. What did Abraham tithe on? Some or all that he had?

2. Read 2 Corinthians 9:6-7. What kind of attitude are we to have when we give?

3. Read Malachi 3:8-10. When God's people tithe how much blessing does God pour out on the Church?

4. Read Mark 12:41-44. Does it matter how much we have to give?

5. Read Matthew 6:19-21. Where does Jesus say your heart is?

ACTION STEP

- Give your first tithe to the church you attend this week.
- Continue to tithe weekly or monthly.
- Be faithful and cheerful in your giving.

Our Job

Tending to what God has given you can easily be thought of as family, friends and the Church, but did you know that the way you do your job is an act of worship and service to God? In this section, you will examine what God's Word has to say about how you should do your job.

1. Read Colossians 3:23. When you work how are you supposed to work?

2. Read Ecclesiastes 9:10. How hard should you work?

3. Read 1 Timothy 5:8. If you don't do your job and provide for your family what are you?

4. Read 1 Timothy 6:1. How are you supposed to treat your employer?

5. Read 1 Peter 2:18-19. Which masters should you submit to?

ACTION STEP

- Pray about whether you have been serving God in your workplace.
- What do you need to change to be a godly employee or employer?
- Write down specific things you need to do.

REFLECTION QUESTIONS TO GO OVER WITH YOUR MENTOR

1. Did you see anyone in need this week that you could have served? Did you serve them?

2. Was it difficult to work on the marriage step? Why?

3. How did your week go around the dinner table?

4. What church have you decided to commit to as your church family?

5. Have you begun tithing to the ministry?

6. Did you take your Spiritual Gifts test? What were the results and how are you planning to use them?

7. Have you submitted a serve card? Where are you wanting to serve?

8. Have you been a God honoring employer or employee? What is stopping you?

SECTION 4

A DISCIPLE IS SOMEONE WHO MAKES DISCIPLES

Matthew 28:16-20, 2 Timothy 2:2

When you love someone you embrace their mission. We love God and so embrace His mission. We desire to give Him what He desires. Anything that matures reproduces. Jesus' disciples are called to reproduce by making more disciples. In this section, you will look at our Biblical basis for making disciples and you will be challenged to pray about who you will disciple with the material that you have just learned.

1. Read Matthew 28:16-20.

a. Who is Jesus talking to?

b. If you are a disciple, does this apply to you?

c. In verse 19, what does Jesus tell us to go do?

d. In verse 20 what does He tell us to teach them to do?

e. In verse 20, what is Jesus' promise to His disciples?

IMPORTANT DEFINITION

GO = To be about doing something. In other words, Jesus says your life and business needs to be about making disciples. This is the call of every disciple.

2. Read 2 Timothy 2:2.

a. How many generations of disciples do you notice in this verse?

b. When we teach someone to be a disciple what should they do with what they learned?

ACTION STEP

- Identify someone that you will take through **THE FIRST MILE**.
- Write their name here _____
- When will you begin? _____

REFLECTION QUESTIONS TO GO OVER WITH YOUR MENTOR

1. What is the biggest challenge for you making disciples?

2. Is there an area that you would like more discipleship in? Marriage, parenting, finances, forgiveness?

3. What kind of support do you need moving forward?

4. How many of **THE FIRST MILE** books do you need for people you are going to disciple?

CLOSING THOUGHTS AND A CHALLENGE

THE FIRST MILE is intended to be a foundational look at discipleship and a tool to help disciple others. Being a disciple of Jesus is a life-long pursuit of growing, learning and becoming more like Jesus. Continue to learn and grow and press into the Lord as you continue on.

The Apostle Paul says in Philippians 3:12-14 *“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended (achieved); but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead I press toward the goal for the prize of the upward call of God in Christ Jesus.”* We have come this far together now let us continue on for the prize!!

Your Friend and Brother,

A handwritten signature in black ink, appearing to read 'Justin Gibbins', with a large, sweeping flourish underneath.

JUSTIN ALEXANDER GIBBINS

January 30, 2019

THE FIRST MILE

MENTOR GUIDE

This Guide is here to bring direction to your meetings so that they are intentional, thorough and ultimately fruitful. Use this format to guide your time together as you navigate **THE FIRST MILE**.

Before the Meeting

It is important to lay out expectations before you start meeting with the person you will disciple. Here are a few things you should cover:

1. I am committed to taking you through this process.
2. We will meet for a minimum of four weeks, but we can take as long as needed to thoroughly apply the truths in **THE FIRST MILE** to your life.
3. You will need to have each section done before we meet so we can discuss.
4. By the end of our time together you will be equipped to take someone else through **THE FIRST MILE**.
5. Set a time, day and place for meeting weekly.
6. Schedule an hour of time dedicated to this meeting.

Who are you discipling? _____

When and where will you meet? _____

Begin praying for the person you are discipling.

General Meeting Format

For every meeting, you should be prepared to answer questions about the section you are covering. Make sure to have your Bible and a copy of **THE FIRST MILE**.

1. Open in prayer. You pray.
2. Ask them what questions they have from the section they completed.
3. Ask them the mentor questions in this guide for each section.
4. Note any action steps you need to take.
5. **Close in prayer** - You pray first and ask them to close in prayer. Hold hands.

Meeting One

1. Open in prayer.
2. What questions can I help you answer from Section 1?
3. Ask the following:
 - a. Have you accepted Jesus Christ as your Lord and savior?
 - b. When?
 - c. Tell me about your life before Jesus and now.
 - d. Why do you believe you will go to Heaven?
4. Have you been baptized since you accepted Jesus? If not set a date to baptize them.
5. Do you understand you are fully forgiven? Would you like to go through the forgiveness study?
6. **Expectations for next week** - I would like you to engage Section 2 and complete it for our next meeting. One of the things you will encounter this week is learning how to do a devotional. If you have any questions don't hesitate to reach out to me. Make sure to do the devotional on Psalm 1. Bring your notes and questions next time we meet and we will go over it together.
7. **Close in prayer** - You pray first and ask them to close in prayer. Hold hands.

Meeting Two

1. Open in prayer.
2. What questions can I help you answer from Section 2?
3. Ask the following:
 - a. What was the biggest challenge in doing a devotional?
 - b. Do you own a study Bible? (Help them find a study Bible if they do not have one)
 - c. Were you able to use Blue Letter Bible?
4. Review their devotional on Psalm 1 together. Ask them what they learned.
5. Were you able to listen to the Bible or any sermons this week? Do you need help getting the App or any other resources we have?
6. **Expectations for next week** - I would like you to engage Section 3 and complete it for our next meeting. **Please continue to do your devotionals through the book of John this week.** You will be encountering many action steps this week as we look at serving God, it may take us a few meetings to work through this section and help you to fit into your God given place in the Church. Please let me know if I can help with ANYTHING.
7. **Close in prayer** - You pray first and ask them to close in prayer. Hold hands.

Meeting Three

If you want or need to move slower, you can go through Section 3 in four separate meetings listed below. Use your discretion.

1. Open in prayer.
2. How were your devotionals this week?
3. What questions can I help you answer from Section 3?
4. Ask the following:
 - a. **Marriage**
 - What was the most challenging truth you learned about tending to your spouse?
 - Were you able to take action according to God's word?
 - Would you like further discipleship in marriage? (www.fdm.world/marriage)
 - b. **Children**
 - Did you try the powerful practice of using your time at the dinner table?
 - What successes did you have? What struggles?
 - Would you like further discipleship in parenting? (www.fdm.world/parenting)
 - c. **Church**
 - Have you committed to a Church family?
 - What were your results from the gifts test?
 - Are you ready to get involved in the life of the Church?
 - Have you filled out a serve card? (If not, have one available)
 - Do you have any questions on tithing? Have you tithed?
 - d. **Job**
 - What is most difficult to honor about your employer?
 - Are you praying for them?
 - **If they are an employer** - Are you treating your employees in a godly way? How could you be a witness to them?
 - What do you need to change?
5. **Expectations for next week** - I would like you to engage Section 4 and complete it for our next meeting. **Please continue to do your Devotionals through the book of John this week.** I would like you to really be praying about who you can take through this book. This next week is fairly brief but extremely important. You will be looking at our mission of making disciples given to us by Jesus. Let me know if you need anything at all from me.
6. **Close in prayer** - You pray first and ask them to close in prayer. Hold hands.

Meeting Four

1. Have the disciple open in prayer.
2. How were your devotionals this week?
3. What questions can I help you answer from Section 4?
4. Ask the following:
 - a. Have you identified someone to take through **THE FIRST MILE**?
 - b. Have you talked to them yet?
 - c. How can I support you?
5. **Expectations for the future** - Show them how to use this Mentor Guide and let them know you are here to answer any questions they may have as they disciple someone else. **THEY ARE NOT ALONE!** We recommend that you join and guide them as they take someone through **THE FIRST MILE**.
 - a. Set up the next area you will work with them on - marriage, parenting, forgiveness, etc.
 - b. Get them the material and begin engaging.
6. **Close in prayer** - Have the disciple close in prayer. Hold hands.

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