

LIVING
DISCIPLESHIP



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SESSION 1

Thanksgiving

SCRIPTURE

“And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan.”
(Luke 17:15-16)

HYMN OF PRAISE

Thanks to God for My Redeemer

<https://www.youtube.com/watch?v=nmOqs-KMAwc>

- 1.Count the number of “Thanks” in this hymn. Why do we give thanks for the thorns on the rose?
- 2.Take a moment now to reflect and thank God for five things.



OBSERVATION

Please read devotional “Thanksgiving” from Experiencing God Day-by-Day.¹

Thankfulness is foundational to the Christian life. Thankfulness is a conscious response that comes from looking beyond our blessings to their source. As Christians, we have been forgiven, saved from death, and adopted as God’s children. There could be no better reason for a grateful heart!

Lepers in Jesus’ day were social outcasts. This is highly contagious condition ostracized lepers from those they loved. When ten lepers encountered Jesus, they desperately implored Him to show them mercy. Jesus sent them to the priest. As they obeyed, they were healed! These ten men had been forbidden to enter their own villages, to live in their own homes, to work in their own jobs, or even to touch their own children. Imagine what unrestrained joy must have filled them as they ran back home again!

One of the lepers, a Samaritan, stopped and ran back to thank Jesus. Samaritans were normally shunned by the Jews, but Jesus had healed him! Jesus asked him, “Where are the others?” Ten lepers had been healed. Ten lepers were reveling in their new found health. Ten men were joyfully rushing to share the good news with those they loved. But only one considered the Source of that blessing and stopped to

¹ <https://blackaby.org/thanksgiving/>



thank and worship the One who had given him back his life.

We, too, have been healed and made whole by the Savior. We are free to enjoy the abundant life the Savior has graciously given us. Could we, like the nine lepers, rush off so quickly to glory in our blessings without stopping to thank our Redeemer? Our worship, prayers, service, and daily life ought to be saturated with thanksgiving to God (Phil. 4:6).

SCRIPTURE REFLECTION

- 1. Do you remember how many times Jesus told the story of the Samaritans in the Gospels?*
- 2. The more grateful you are, the less you complain; being grateful can improve mental health. Do you agree?*



Journal & Prayer

SESSION 2

Contentment

SCRIPTURE

“Not that I speak from want; for I have learned to be content in whatever circumstances I am.”
(Philippians 4:11) (NASB)

HYMN OF PRAISE

Count Your Blessings

<https://www.youtube.com/watch?v=6bw40Hl5Ozl>

1. Psalm 23:1 “The Lord is my shepherd; I shall not want.” Share your experience.
2. As the saying goes: “Be content and be happy.” Can humans ever be content? Is there a difference between contentment and satisfaction?



OBSERVATION

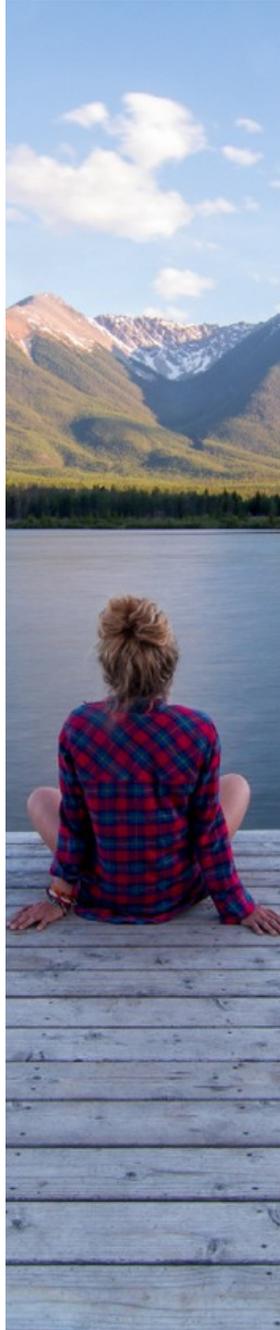
Please read devotional “Contentment” from Experiencing God Day-by-Day.²

Our world promotes dissatisfaction with our lives. We are constantly bombarded with newer and better things that will make our lives more complete if only we would obtain them! If we listen to the world, we will always be comparing the lifestyles and possessions of others with our own, and we will always be dissatisfied. If our contentment comes from possessions, activities, or other people, these can be altered or removed. If our contentment comes from our relationship with Christ, there is absolutely nothing that can take that away.

Paul had enjoyed power and status among his people. He had also been imprisoned and bound in stocks in the depths of a jail cell. He had stood before a king and been stoned almost to death by an angry mob. Paul had enjoyed the benefits and pleasures of life, yet he could give them all up and still be filled with the joy of the Lord. His contentment did not depend on his environment but on his relationship with Christ.

Contentment frees you to enjoy every good thing God has given you. Contentment demonstrates your belief that God loves you and has your best interest in mind. Discontent stems from the sin of ingratitude and a lack of faith that God loves you enough to provide for

² <https://blackaby.org/contentment/>



all that you need. Strive to be grateful for all that God has given you. A grateful heart has no room for envy.

SCRIPTURE REFLECTION

1. The human heart is like a bottomless pit, even if it gained all the material possessions, it can never be satisfied. How can the human heart be satisfied?
2. “But godliness with contentment is great gain” (1 Timothy 6:6). Reflect on this verse. Share your thoughts and feelings this verse stirs up in you.



Journal & Prayer

SESSION 3

Daily Bread

SCRIPTURE

“Give us this day our daily bread.”
(Matthew 6:11)

HYMN OF PRAISE

Thou My Everlasting Portion (Close to Thee)

<https://www.youtube.com/watch?v=umEg3gUQOgc>

1. Have you ever been hungry?
2. Matthew 6:26 tells us that the birds of the sky neither sow nor reap nor gather into barns. So, who has been feeding them? What Truth is Jesus trying to teach us from this verse?



OBSERVATION

Please read devotional “Daily Bread” from Experiencing God Day-by-Day.³

Jesus often reminded His followers not to worry. He told them not to be anxious about tomorrow’s needs or potential problems (Matt. 6:25). Rather, Jesus stressed a daily reliance on the Father, who provides for His children day by day.

As the Israelites wandered in the desert, they had no way to get food. Miraculously, God provided manna that appeared on the ground each morning. God’s provision was sufficient for one day at a time. Each day the children of Israel received fresh manna as a tangible reminder of God’s love for them. If they attempted to store it for the days to come, they found that it had spoiled by the next day. It was impossible to stockpile God’s provision, because God wanted them to trust in Him, not in their pantry. God’s grace was sufficient for each day.

God wants us to trust Him daily with our needs. This trust does not make us poor planners or careless with our futures, unprepared to face what may come. Rather, it keeps our relationship with the Lord in its proper perspective as He reminds us daily of our dependence upon Him. God is aware of what tomorrow will bring and how we should prepare for it. He knows the problems we will face, and He has already made provision for us to

³ <https://blackaby.org/daily-bread/>



overcome them. He asks us to trust in Him daily. Our faith in Him today cannot substitute for our trust in Him tomorrow. If we walk with Him closely today, we will be in the center of His will tomorrow.

SCRIPTURE REFLECTION

- 1. Can I trust that God would supply my daily needs whatever the future holds?*
- 2. Are we enjoying the fruits of our own labour? Why? (Refer to Ecclesiastes 8:15)⁴*

⁴ Ecclesiastes 8:15: "And I commend joy, for man has nothing better under the sun but to eat and drink and be joyful, for this will go with him in his toil through the days of his life that God has given him under the sun."



Journal & Prayer

FAMILY ALTAR

Exceeding Abundantly

Dear leader of the family, please begin with a word of prayer.
Get each one in the family to share,

“What did you find most satisfying in the past week?”

HYMN OF PRAISE

Jesus Is All the World to Me

<https://www.youtube.com/watch?v=jh6TR7Szlgc>

1. God's grace is not only sufficient but also exceeding abundantly. Do we share God's goodness and grace with others?
2. Since faith is the true portrayal of our lives, how can we intentionally "bless" others in our lives?



SCRIPTURE

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.”
(Ephesians 3:20)

OBSERVATION & SHARE

Please read devotional “Exceeding Abundantly” from Experiencing God Day-by-Day.⁵

At times we feel as if we could impress God with all we are trying to do for Him and His church. Yet God has yet to be impressed with even the most grandiose human aspirations (Ps. 8:3-4). You will never set a goal so big or attempt a task so significant that God does not have something far greater that He could do in and through your life. Saul of Tarsus worked harder than anyone else to impress God with his efforts, only to discover that his greatest achievements were but rubbish compared to God’s will for his life (Phil. 3:7-8).

Our problem is that we become too easily enamored with our own plans. If we are attempting to do noble or difficult things, we assume that we must be experiencing the maximum potential for our lives and that God must, therefore, be pleased with us. Until we have heard from God, we cannot even imagine all that our lives could become or all that God could accomplish through us.

⁵ <https://blackaby.org/exceeding-abundantly/>

We need to remind ourselves that the Father sees the “big picture,” that His power far exceeds our limited imagination. We must set aside our own agenda, however lofty. We must never become satisfied with our own dreams, for they are finite at best. When we follow God’s direction we will witness things happening in our lives that can only be explained by His powerful presence. How could we be satisfied with anything less?

REFLECTION

1. God has a unique plan for everyone. Do we understand God's plan for ourselves?
2. In Western countries, Thanksgiving Day is celebrated annually on the fourth week of November. Many people take this opportunity to reflect on and appreciate the positive aspects of their lives. Meanwhile, how can we go further to cultivate an attitude of gratitude, and celebrate thanksgiving every day?

PRAYER