

Disciplines of the Christian Life, Part 1

UOA 101

UNIVERSITY OF ACTS **EPHESIANS 4:11-15**

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INTRODUCTION

University of ACTS

The University of ACTS (UOA) is a program designed to bring biblical training to the local church in an effective and culturally relevant manner. The acronym stands for Adult in-Church Training for Service. It involves elements typically found in a university, such as classroom instruction, testing, and a specific curriculum, as well as elements that are not, such as Bible memorization, personal discipleship, character development, and Christian service.

The University of ACTS is an adult training program. Students as young as 15, however, have successfully participated. Students must have a strong desire to learn and be willing to allow God to make changes in their lives. No prior college experience is necessary.

The UOA is not governed or accredited by any outside organization. This leaves the local church free to adapt the training to the needs of its members. Students can expect to find in the UOA the same biblical principles of love, patience, and kindness found in other ministries of the church.

A registrar at each participating church maintains student records and distributes transcripts annually, so that participants can monitor their progress. Diplomas are also awarded annually, usually at a joint meeting of the churches participating in the program.

The UOA offers seven diplomas.

- ❑ Survey of the Faith
- ❑ Survey of the Bible
- ❑ Studies in Christian Living
- ❑ Studies in Gift and Calling
- ❑ Books of the Bible
- ❑ International Summer Training Program
- ❑ Intern Program

Survey of the Faith

The first diploma offered through the UOA is the Survey of the Faith. Four courses are required for graduation.

UOA 101	<i>Disciplines of the Christian Life, Part I (24 Lessons)</i>
UOA 110	<i>Survey in Basic Christianity (13 Classes)</i>
UOA 120	<i>Basic Christian Training (13 Classes)</i>
UOA 130	<i>Attributes of God Memorization Pack (22 Verses)</i>

Students are also required to attend an annual UOA student body meeting.

A description of the four required courses follows.

UOA 101—*Disciplines of the Christian Life, Part I (24 Lessons)*

This course helps students to develop basic disciplines for godly living. It is a mentored course in which each student is paired up with an experienced Christian. Mentors tailor the training to the student's needs. They also provide personal guidance, accountability, and encouragement as needed. Mentors may choose to meet one-on-one with a student or meet with two or three students together.

The course work for UOA 101 is contained in this book. Each of the 24 lessons corresponds to one meeting of the mentor and student. Some lessons may require additional time. Students should answer each numbered question in a lesson prior to meeting with their mentor.

Lessons are organized under six headings.

“Come, Follow Me” (Luke 18:22)

Under this heading students will learn of the high calling of Christian discipleship. The discipling ministry of the Lord Jesus will serve as our example.

“Pray for One Another” (James 5:16)

The Lord taught His disciples to pray by praying with them. Here mentor and student will do likewise and approach the throne of grace together in prayer.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

The Holy Spirit's primary instrument for our sanctification is the Word of God. Through the Scriptures we come to know God as He truly is and learn to be more like Him. Students will learn how to memorize Scripture and commit 22 Bible verses to memory. In so doing, they will also meet the requirements of UOA 130. This will be explained below.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Time alone with God is indispensable in maintaining a close and holy walk with the Lord. Here students will learn how to establish a daily quiet time with God in prayer and in His Word.

“I Will Build My Church” (Matthew 16:18)

Christ loved the church and gave Himself for it. He now calls us to do the same. We accomplish this as we devote ourselves to corporate prayer, worship, service, giving, and submitting to one another in our God-given roles.

“We Shall be Like Him” (1 John 3:2)

God is committed to changing us to become like Christ. Under this heading, students will evaluate their character strengths and weaknesses. They will also learn how to apply biblical principles to one of their weaknesses that it might become a strength.

UOA 110—*Survey in Basic Christianity* (13 Classes)

Survey in Basic Christianity (SBC) is an introductory course to the Christian faith. It explains the truths of salvation. Whether a student is just getting started or has known Christ for many years, SBC has much to offer. Classroom time is divided between lecture and discussion. Class topics are as follows.

1. Thy Word is Truth—the Bible as God’s unique message to man
2. The Person of God—evidence for the existence of God and a description of His divine nature
3. The Likeness of God—what God is like
4. Understanding Man—what man is like
5. The Problem of Sin—mankind’s greatest problem
6. Considering Eternity—the two destinies
7. Jesus the Messiah—Christ’s coming, deity, and humanity
8. The Meaning of the Cross—what Christ accomplished for us at Calvary
9. The New Birth—what it means to be born again
10. Salvation by Grace—how to get to heaven
11. Believing on Jesus Christ—the meaning of true faith
12. Assurance of Salvation—how to know you are going to heaven
13. Living the New Life—principles of Christian living

UOA 120—*Basic Christian Training* (13 Classes)

Basic Christian Training (BCT) presents the foundational doctrines and disciplines of the Christian life. Classroom time is divided between lecture and discussion. The following topics are discussed.

1. A Gospel Panorama—God’s plan of reconciliation
2. Survey of Christology—Christ throughout eternity
3. Lordship of Christ—the reign of the Lord Jesus over our lives
4. Buried in Baptism—identification with Christ
5. Eternal Salvation—our security in Christ
6. Church Life—the believer’s family
7. Overcoming Temptation—victory over sin
8. Appointment with God—meeting with God daily
9. Eating the Word—applying Scripture to our lives
10. Teach Us to Pray—communicating with God
11. We are His Witnesses—representing Christ to a lost world
12. Personal Testimony—telling others about Christ
13. The Lord’s Supper—remembering Christ as He has requested

UOA 130—Attributes of God Memorization Pack (22 Verses)

Students learn how to memorize and commit 22 verses on various attributes of God to memory. This memory work is intergrated into UOA 101 *Disciplines of the Christian Life, Part I*, and will be completed as the student works his way though the 24 lessons of this book. The verses to be learned are as follows.

Attribute	Reference
1. Eternity	Psalm 90:2
2. Faithfulness	Lamentations 3:22-23
3. Goodness	Psalm 119:68
4. Grace	Exodus 34:6
5. Holiness	Isaiah 6:3
6. Immutability	Hebrews 13:8
7. Infinity	Isaiah 40:28
8. Justice	Jeremiah 9:24
9. Love	1 John 4:8
10. Majesty	Jude 25
11. Mercy	Hebrews 4:16
12. Omnipotence	Jeremiah 32:17
13. Omnipresence	Jeremiah 23:24
14. Omniscience	Psalm 147:5
15. Personality	Exodus 3:14
16. Righteousness	Deuteronomy 32:4
17. Self-existence	John 5:26
18. Sovereignty	1 Chronicles 29:11
19. Spirit	John 4:24
20. Trinity	Ephesians 2:18
21. Truth	John 14:6
22. Unity	Deuteronomy 6:4

Lesson 1

Answer the numbered paragraphs prior to meeting with your mentor. Paragraphs without numbers will be completed during your meeting.

Getting Started

1. Read the introduction to the University of ACTS and the Survey of Faith in the opening pages of this book. List any questions that you have about them below. Your mentor will discuss them with you at your first meeting.

“Come, Follow Me” (Luke 18:22)

According to the following verses, what godly virtues and values will be needed if you are to be able to successfully complete this training?

2. 1 Corinthians 4:1-5

3. 2 Corinthians 1:17-19

4. James 1:22-27

Spiritual growth requires commitment, discipline, and careful time management. What do the following verses tell us about the days of our lives?

5. Psalm 90:9-12

6. Ephesians 5:15-17

7. 1 Timothy 4:7-9

Effective discipleship takes place within a loving, trusting relationship. This takes time to develop. Begin at your first mentor/student meeting by sharing with one another something of your background. Include a description of your family and how you were brought up. (Later there will be an opportunity to discuss your religious backgrounds.) Note some things you learn about the other person below.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “throne of grace” (Hebrews 4:16).

Lesson 2

Answer the numbered paragraphs prior to meeting with your mentor. Paragraphs without numbers will be completed during your meeting.

“Come, Follow Me” (Luke 18:22)

During the last months of His earthly ministry, the Lord Jesus met three would-be disciples. What do we learn about the high calling of Christian discipleship from these encounters.

1. Luke 9:57-58

2. Luke 9:59-60

3. Luke 9:61-62

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

4. How were the Hebrews supposed to keep God’s Word continually before them (Deuteronomy 6:4-9)? What similar things might we do?

5. Psalm 119 lists some of the many benefits of knowing God's Word and meditating on it daily. Select three of these that you particularly appreciate from Psalm 119:97-105.

6. According to the New Testament, what place should God's Word have in our lives (Colossians 3:16)? What does this mean for you and how can you achieve it?

7. Many people think they have poor memories and that they are unable to memorize Scripture, when in fact they have amazing memories; they just don't realize it. To gauge your own ability to memorize facts, list ten categories of items you have committed to memory, for example: phone numbers, names of friends, locations of places you go. What does this list tell you about your ability to memorize?

How to Memorize Scripture

Scripture memorization requires concentration and disciplined effort. If you use the right technique, however, it can be enjoyable and highly productive. The following step-by-step method has proven to be effective for many.

Step 1

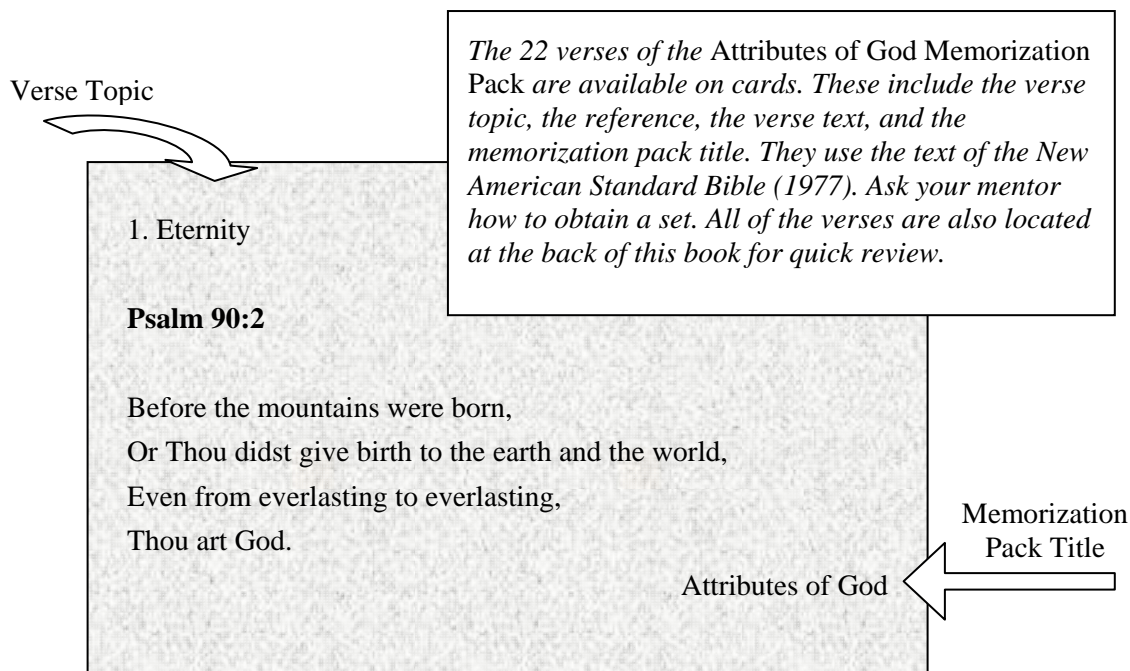
Read the verse in the Bible, seeking to understand the context. Get the big picture. The better you understand what the verse means, the easier it will be to retain it in memory. If you can't figure out its meaning, ask your mentor for help or check a Bible commentary.

Step 2

Read the verse several times, a minimum of four or five.

Step 3

Read the Scripture topic and reference over and over until they are fixed in your mind. For example, if you were memorizing the first verse in the *Attributes of God Memorization Pack*, Psalm 90:2, you would say: "Eternity. Psalm 90, verse 2. Eternity. Psalm 90, verse 2. Eternity. Psalm 90, verse 2." You would repeat that until you could say it from memory.



Step 4

Add to the topic and reference the first phrase of the verse, repeating them together several times. For example: "Eternity. Psalm 90, verse 2. Before the mountains were born. . . . Eternity. Psalm 90, verse 2. Before the mountains were born. . . . Eternity. Psalm 90, verse 2. Before the mountains were born. . . ." Repeat this until you can say it from memory and without error.

Step 5

Next add the second phrase of the verse to what you have just memorized: "Eternity. Psalm 90, verse 2. Before the mountains were born,/Or Thou didst give birth to the earth and the world. . . . Eternity. Psalm 90, verse 2.

Before the mountains were born,/Or Thou didst give birth to the earth and the world. . . . Eternity. Psalm 90, verse 2. Before the mountains were born,/Or Thou didst give birth to the earth and the world. . . .” Repeat this over and over, looking at the memory card, until you can say it accurately from memory.

Step 6

Continuing to break the verse into its natural phrases, add them one phrase at a time until you have the whole verse memorized. Continue until you can say the entire verse perfectly and without hesitation.

Step 7

Many people find remembering the reference the most difficult part of Bible memory. For this reason, say the reference at both the beginning and the end of the verse. For example: “Eternity. Psalm 90, verse 2. Before the mountains were born,/Or Thou didst give birth to the earth and the world,/Even from everlasting to everlasting,/Thou art God. Psalm 90, verse 2.”

Step 8

Testing is an important step in the learning process. Recite your memory verses to your mentor each time you meet.

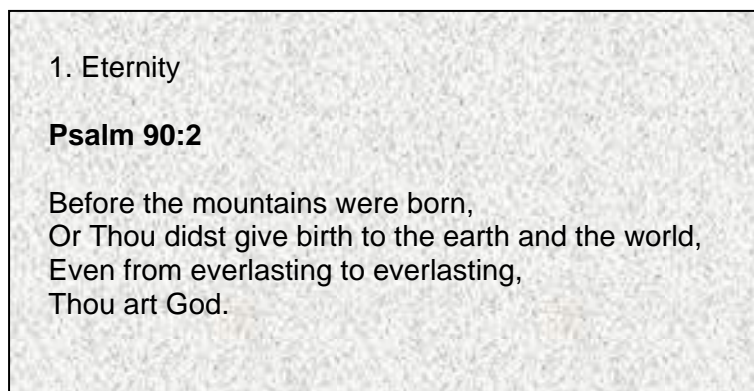
Step 9

Reviewing the verses you have memorized frequently will move them into your long-term memory. To accomplish this, you will need to review them every day for about two months. After that reviewing them once every two months should be enough to keep them fresh and accurate in your memory, providing you with a lifetime of blessing.

Memorizing the First Verse

(to be done during the meeting with your mentor)

Review the nine step process outlined above on how to memorize. Then commit Psalm 90:2 to memory.



“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of all grace” (1 Peter 5:10).

Lesson 3

Answer the numbered paragraphs prior to meeting with your mentor. Paragraphs without numbers will be completed during your meeting.

“Come, Follow Me” (Luke 18:22)

What do we learn about being a disciple of Christ from the following verses.

1. Luke 14:26

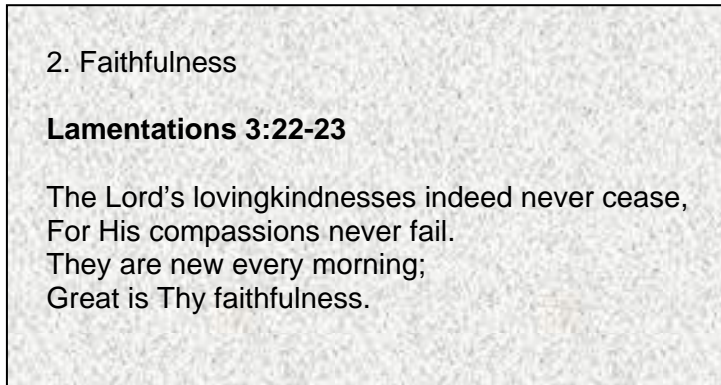
2. Luke 14:27

3. Luke 14:28-32

4. Luke 14:33

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review also Psalm 90:2.



Memorization Tip

Bible memorization is a spiritual exercise, not just an academic one. Ask God for help, knowing it is His will for you to learn His Word and to meditate on it regularly (Colossians 3:16).

“Pray for One Another” (James 5:16)

During your mentor/student meeting, take some time to become better acquainted by summarizing your religious background. Explain also how you became a believer in Jesus Christ.

Share prayer requests with one another, listing them below. Bring them together then before “God our Father” (Philippians 1:2).

Lesson 4

“Come, Follow Me” (Luke 18:22)

Describe the personal love that Jesus showed toward His disciples as seen in the following Scriptures.

1. John 1:37-39

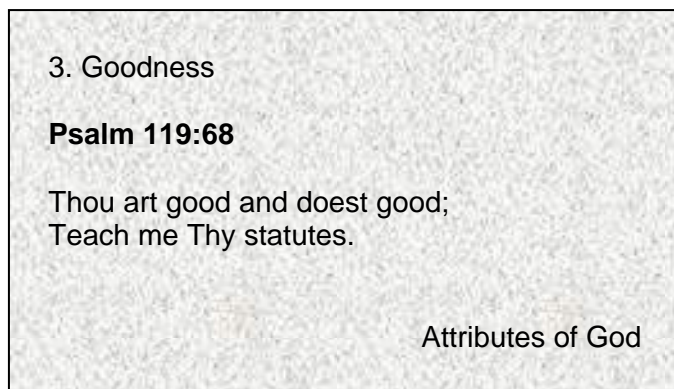
2. John 10:11-15

3. John 11:33-36

4. John 13:1-17

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



Memorization Tip

You can memorize! You have memorized telephone numbers, names, places, and thousands of other details. God has given you an incredible mind. Use it to His glory, trusting Him to bless you.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before “God in heaven” (Lamentations 3:41).

Lesson 5

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

1. Record below the benefits of knowing God’s Word listed in Psalm 19:7-11.

2. Record and define the four ways which God’s Word can be a benefit as stated in 2 Timothy 3:16? For what purpose has God given us His Word according to 2 Timothy 3:17?

3. What can we learn from Mark 1:35 about the Lord Jesus’ commitment to personal time with His Father?

4. What principles do you find in Psalm 5:1-3 that express King David’s commitment to spending time with God?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

4. Grace

Exodus 34:6

Then the Lord passed by in front of him and proclaimed,
“The Lord, the Lord God,
compassionate and gracious, slow to anger,
and abounding in lovingkindness and truth”

Memorization Tip

Being accountable to someone who will check your memory work is a valuable step toward developing the discipline necessary to make progress. Be thankful for a mentor who faithfully holds you accountable.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the Father, remembering Christ’s promise that “if you shall ask the Father for anything, He will give it to you in My name” (John 16:23).

Lesson 6

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

1. What can we learn from Psalm 100:1-5 about how to begin a time alone with God?
2. Sin blocks our communication with God. What promise concerning sin can we claim from 1 John 1:6-9?
3. In Joshua 1:8, what promise did God make to Israel concerning the value of meditating on His Word?
4. List the benefits of meditating on God’s Word found in Psalm 1.

5. Set a goal to have a personal time alone with God each day in prayer and in His Word. Make it specific.
When will you meet with God?

Where will you meet?

Approximately how much time will you spend alone with God?

In which book of the Bible will you begin?

Elements of a Personal Quiet Time

Opening prayer (Psalm 100:1-5)

Begin your time alone with God in prayer, acknowledging His presence.

Confession (1 John 1:8-9)

Ask the Holy Spirit to show you if there are any unconfessed sins in your life that might be hindering your fellowship with God. Repent of these, confessing them to God.

Meditation on the Word (Psalm 119:97)

Select a book of the Bible and meditate on a few verses each day. Typically three to ten verses is enough. Vary the amount as appropriate for the content. Be careful to observe the context. Use the plain parts of Scripture to interpret those sections that are difficult. The next day take the next few verses. Work your way through this book until you complete it.

Personal Application (James 1:22)

Ask God to give you a personal application from the Scriptures each day. Try to find something specific that you can use that day. Consider writing it down to make it more concrete.

Intercession (1 Timothy 2:1-8)

Pray for others, bringing their needs before God.

Supplication (Matthew 7:7-11)

Ask your heavenly Father to supply that which you need.

Thanksgiving (Colossians 4:2)

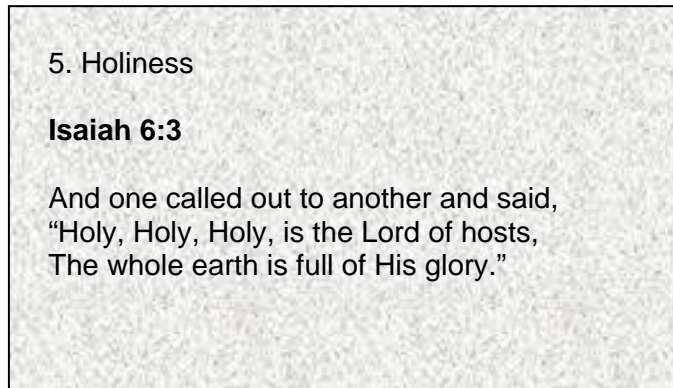
Express your gratitude to God for all that He has already done for you.

Worship (Revelation 4:9-11)

Give honor and praise to the Lord for He is worthy.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

6. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



Memorization Tip

Be precise when learning a new verse. Each time you say the verse repeat it exactly as it is found in your Bible or on the memory card. It is the Word of God.

“Come, Follow Me” (Luke 18:22)

In an effort to learn more about your discipling partner, describe the kind of work that you do, your work environment, and the people with whom you work.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Give special attention to the prayer needs of your workplace. Bring them together then through the Son in the Holy Spirit to the Father (Ephesians 2:18).

Lesson 7

“Come, Follow Me” (Luke 18:22)

What did Jesus teach His disciples through His example in the following verses?

1. Matthew 17:14-20

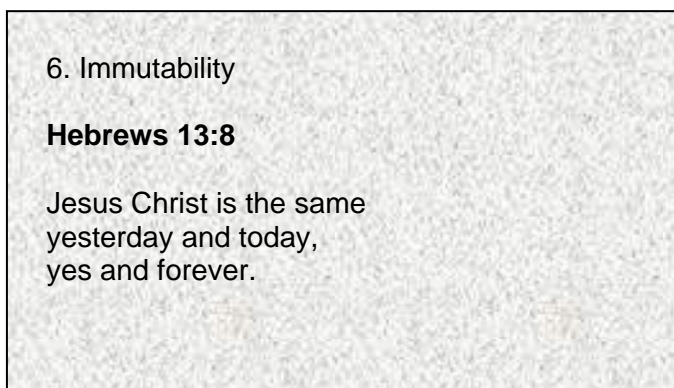
2. Matthew 26:39-45

3. Luke 23:34

4. What positive Christian virtues or practices have you learned from the example of others? List the name of the person and what you learned from him or her.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



Memorization Tip

Don't guess at the wording when memorizing a verse. Each time you hear it a different way the verse will become more difficult to keep straight. If you don't know the correct wording, look at the memory card and read it repeatedly until it is fixed in your memory.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

At each student/mentor meeting, share with your partner how your daily quiet times are going. Discuss the following questions.

- Have you been able to meet with God consistently?
- Have the times been meaningful?
- Have you had a good balance between time in the Word and time in prayer?
- Are each of the elements listed in the previous lesson present?
- Have you experienced specific answers to prayer?
- Have you sensed that you have come into the presence of God?

Each person should share one insight that he or she received from the Word that week. Read the text. Explain the insight. Share how you will personally apply it to your life. Applications should be clearly based upon the plain meaning of the passage. Occasionally a subjective application loosely connected to the passage is acceptable, but this should not be the norm. Seek to be open and transparent with your discipling partner.

If you are struggling with consistency, ask your mentor for more accountability. Don't become easily discouraged. Developing a daily discipline can be difficult. Often it takes weeks before an activity becomes a natural and regular part of your life.

Quiet time sharing will begin at your next meeting, so be in the Word and come ready to share.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the Father, remembering the Lord’s promise, “All things you ask in prayer, believing, you shall receive” (Matthew 21:22).

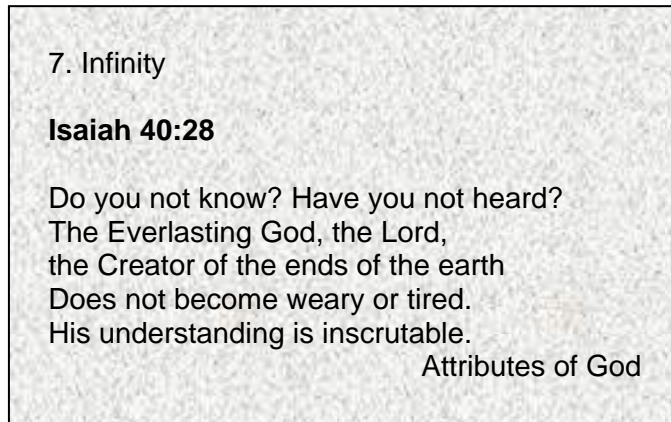
Lesson 8

“Come, Follow Me” (Luke 18:22)

1. Jesus told His disciples, “By this all men will know that you are My disciples, if you have love for one another” (John 13:35). Explain how our love for one another shows the world that we are disciples of Christ?
2. What two elements does Paul say characterized his ministry among the Thessalonians (1 Thessalonians 2:7-8)? Describe each.
3. Identify the four generations of discipling relationships found in 2 Timothy 2:2.
4. Some Christians live godly lives, but do not influence many others. What things must be true of us if others are to learn from our example?
5. Some of us may have godly Christians all around us, yet fail to benefit from their examples. What are some of the things we must do if we are going to be able to learn from such Christians?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

6. In preparation for your discipleship meeting, memorize the following verse. Review the previous verses and come ready to recite all seven.



Memorization Tip

Pray through a verse you want to memorize, making the thoughts that are expressed in it your own and offering them back to God. For example, with the verse above, you might pray, “Lord, I do know and I have heard. You are the Everlasting God. You are the Lord, the Creator of the ends of the earth. You never become weary or tired. Your understanding is inscrutable. I worship you as my great God.” In this way the truths expressed in the Word become impressed on your heart, mind, and spirit, making it easier to commit to memory.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

For the remainder of this course, begin your student/mentor meeting with each person sharing one insight that he or she received from the Word during the past week. The person should read the passage from the Bible, explain his insight, and share how he will specifically apply it to his life.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of glory” (Psalm 29:3).

Lesson 9

“Come, Follow Me” (Luke 18:22)

Sanctification is a work of God in the life of the believer, making him to be like Christ. The primary method God uses is summarized in Ephesians 4:11-16. Read the passage carefully and then answer the questions below.

And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fulness of Christ. As a result, we are no longer to be children, tossed here and there by waves, and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him, who is the head, even Christ, from whom the whole body, being fitted and held together by that which every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.

Ephesians 4:11-16

1. List the five kinds of gifted individuals God has given to the church for the equipping of the saints.
2. The phrase translated “for the equipping of the saints” means *for the preparation of the saints* or *for the perfecting of the saints*. What does this mean to you?
3. According to Ephesians 4:11-16, how long is this process of equipping to continue?
4. According to Ephesians 4:11-16, what affect does this kind of ministry have upon the saints with respect to false teaching?
5. What does it mean to speak “the truth in love”?

6. According to this passage, who in the church is supposed to be involved in this process of building up the church?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

7. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

8. Justice

Jeremiah 9:24

“let him who boasts boast of this,
that he understands and knows Me,
that I am the Lord who exercises lovingkindness,
justice, and righteousness on earth;
for I delight in these things,” declares the Lord.

Memorization Tip

Discuss the verse you are memorizing with your mentor or another friend. Talk about what it means to you and what difference it makes in your life. This will deepen your understanding of the verse and give you insight into applying it to your life. It will also make memorizing it more meaningful and enjoyable.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

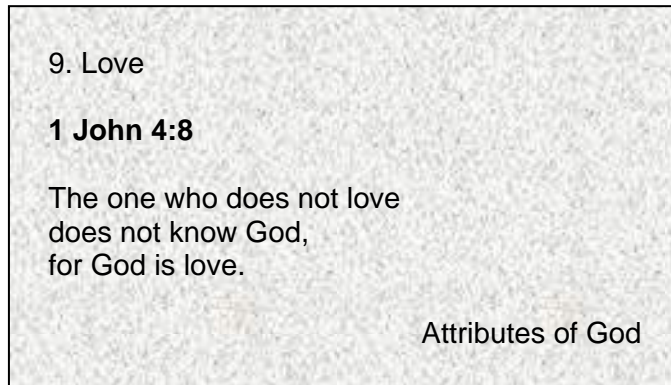
Share with your partner how your daily quiet times are going. Have you been able to meet with God consistently? Have the times been meaningful? Each person should then share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the Lord, knowing “the effective prayer of a righteous man can accomplish much” (James 5:16).

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



Memorization Tip

Long breaks between reviews while you are still learning a verse will greatly decrease your efficiency. Try to review your verses once or twice a day.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Share with your partner how your daily quiet times are going. Have you been able to incorporate the various elements of a time with alone with God? These are:

- ❑ Opening prayer (Psalm 100:1-5)
- ❑ Confession (1 John 1:8-9)
- ❑ Meditation on the Word (Psalm 119:97)
- ❑ Personal Application (James 1:22)
- ❑ Intercession (1 Timothy 2:1-8)
- ❑ Supplication (Matthew 7:7-11)
- ❑ Thanksgiving (Colossians 4:2)
- ❑ Worship (Revelation 4:9-11)

A useful acronym which many have found helpful is C-A-T-S (*Confession, Adoration, Thanksgiving, Supplication*). It provides a good summary of the above points.

Each person should then share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “Lord God of hosts” (2 Samuel 5:10).

Lesson 11

“I Will Build My Church” (Matthew 16:18)

1. List the four primary activities of the local church as practiced by the first Christians (Acts 2:42). When do these take place in your church?
2. Why should we remember the Lord with bread and wine (Luke 22:19)?
3. What principles concerning the Lord’s Supper are found in 1 Corinthians 11:20-34?
4. How often did the first Christians remember the Lord with bread and wine (Acts 20:7)?
5. Have you been faithful in obeying the Lord’s request that we remember Him with bread and wine? If not, what has hindered you?

6. What error does Hebrews 10:24,25 warn us to avoid?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

7. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

10. Majesty

Jude 25

to the only God our Savior,
through Jesus Christ our Lord,
be glory, majesty, dominion and authority,
before all time
and now and forever. Amen.

Memorization Tip

Set up a review program for all of your verses. Remember that it takes about seven weeks to get a verse into long term memory. That means reviewing it everyday for 49 days. After that all that will be needed is a quick review every 90 days or so.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of our salvation” (Psalm 65:5).

Lesson 12

“I Will Build My Church” (Matthew 16:18)

1. Describe the prayer life of the early church as found in Acts 1:13-14; 2:42; 6:4?

2. Describe your prayer life? When do you pray with other Christians?

3. What kind of relationship does the Lord tell us to have with respect to the elders of the church (Hebrews 13:17)? In what practical ways do you observe this?

4. List the principles of Christian giving found in 2 Corinthians 9:6-15.

5. List the principles of Christian giving found in 2 Corinthians 8:1-9?

6. Evaluate your stewardship of the resources the Lord has placed in your charge. Have you been faithful in the use of what God has placed in your care?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

7. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

11. Mercy

Hebrews 4:16

Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.

Memorization Tip

Look for opportunities to apply the verses you are memorizing to everyday life. Sometimes it is enough simply to bring the verse to mind and think about it. Other times you may want to quote it, blessing another person with the very words of Scripture. Each time you use the Word in this way, it will become more fixed in your mind and heart.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of deliverances” (Psalm 68:20).

Lesson 13

“I Will Build My Church” (Matthew 16:18)

1. Read John 21:12-17. According to this passage, what should we do if we love the Lord Jesus?

2. According to 1 Corinthians 12:7-27, what is the responsibility of every Christian?

3. In what ways are you presently ministering to others in the church?

4. Listed below are some of the ministries of the local church. Circle those in which you might want to serve? Then at your next meeting, ask your mentor how you might get involved.

Ministry Opportunity List

- | | | |
|------------------------|-----------------------|-----------------------|
| Administration | Furniture maintenance | Preaching |
| Audio sound room | Girls' ministry | Premarital Counseling |
| Audio tape duplication | Graphic Arts | Prayer |
| Baptistery preparation | Grounds maintenance | Prison evangelism |
| Boys' ministry | High school ministry | PowerPoint operation |
| Building maintenance | Hospitality teams | Secretarial work |
| Chapel retreat | Hymn book maintenance | Sunday school |
| Childcare | Literature ministry | Adult teaching |
| College ministry | Library | Transportation |
| Crisis counseling | Meals ministry | Ushering |
| Deaconing | Missionary support | Video ministry |
| Eldering | Music ministry | Washing linens |
| Finances/Accounting | Nursery | Writing/Proofreading |

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

12. Omnipotence

Jeremiah 32:17

Ah Lord God! Behold,
Thou hast made the heavens and the earth
by Thy great power and by Thine outstretched arm!
Nothing is too difficult for Thee,

Attributes of God

Memorization Tip

Set a regular time to do your memory work. Many find linking it to their morning quiet time to be effective. Others like to memorize at night, just before they go to sleep. Whatever time you choose, be consistent.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week. Read the passage on which you meditated, explain your insight, and share your personal application. Check that your partner’s application from the Word is clearly based upon the plain meaning of the passage.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of gods” (Psalm 136:2).

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

4. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

13. Omnipresence

Jeremiah 23:24

“Can a man hide himself in hiding places,
So I do not see him?” declares the Lord.
“Do I not fill the heavens and the earth?”
declares the Lord.

Memorization Tip

If you are having difficulty memorizing a verse, write it out several times. Another technique some have found helpful is to put the verse to a simple melody or cadence. Then sing it repeatedly. Using several techniques on the same verse can be most effective. Write it; read it; sing it; recite it to someone else.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the “God of heaven” (Psalm 136:26).

Lesson 15

“We Shall be Like Him” (1 John 3:2)

As God promised the Israelites victory over their enemies, so He has promised the Christian victory over sin. Summarize God’s promises to us as Christians in the following verses.

1. Romans 6:14

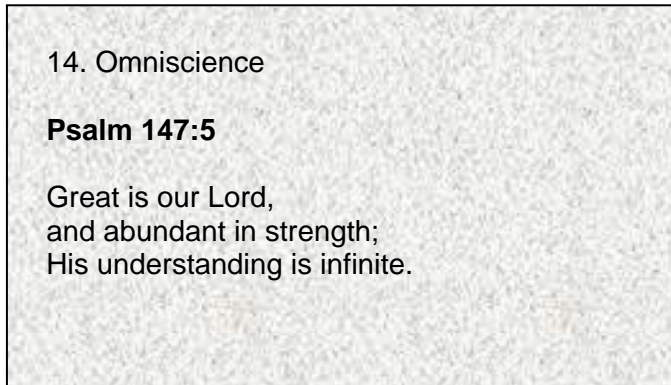
2. Romans 8:29

3. 1 John 5:4-5

4. How important is it to you that the sins and character deficiencies in your life are conquered, or are you content to live with them? Are you willing to address the sin and character weaknesses that remain in your life?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the previous verses and prepare to recite all 14 for your mentor.



Memorization Tip

Don't be discouraged if at first you seem to be making slow progress. Your ability to memorize will improve with practice.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week. If you are struggling with consistency, ask your mentor for more accountability. You may want to meet more often or touch bases on the phone daily for a time.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before our “great God” (Psalm 95:3).

Lesson 16

“We Shall be Like Him” (1 John 3:2)

1. As we saw in the previous lesson, God has destined us “to become conformed to the image of His Son” (Romans 8:29). This process is called *sanctification*. Through it we become more Christ-like, living holier lives. What do we learn about sanctification from 1 Thessalonians 4:1-8?

2. The process of sanctification begins in this life. According to 1 John 3:2, when does it completed?

3. Though sanctification is a work of God, the rate at which it progresses in the life of the believer is dependent upon his willingness to trust and obey the Lord. As we yield ourselves to God, believing His Word and disciplining ourselves for the purpose of godliness, sanctification progresses most quickly. In this lesson, you will identify some of your strengths and weaknesses. Then in future lessons, you will select one character weakness on which to work. As a starting point, list some of the character areas in which you excel.

4. Next identify your weaknesses. Consider areas in which you have struggled, have had repetitive failures or strife, things that have hindered your spiritual growth, and things about which your conscience bothers you. List these below. Later you will select a character weakness on which to work.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

15. Personality

Exodus 3:14

And God said to Moses,
“I AM WHO I AM”;
and He said,
“Thus you shall say to the sons of Israel,
‘I AM has sent me to you.’”

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before God, knowing “the eyes of the Lord are upon the righteous, and His ears attend to their prayer” (1 Peter 3:12).

Lesson 17

Read Colossians 3:1-17

1. List the negative character traits and practices found in Colossians 3:1-17. Note that according to the passage, these are things that a Christian can and should put aside.

2. List the positive character traits and practices found in Colossians 3:1-17. Note that these are things that a Christian can and should put on as part of new life in Christ.

3. List everything in Colossians 3:1-17 that we as Christians supposed *to do* that we might lay aside the negative traits and put on the positive ones.

“We Shall be Like Him” (1 John 3:2)

4. Review the list of character traits below. Circle your top three positive and top three negative traits. If a characteristic that describes you is missing, add it to the list. Ask your mentor for help in this process. Sometimes we have blind spots that others can see but we cannot.

Positive Character Traits				
ambitious	fruitful	just	purposeful	steadfast
balanced	generous	kind	reasonable	straightforward
charitable	gentle	longsuffering	realistic	sympathetic
chaste	giving	loving	scrupulous	tactful
cheerful	good judgment	loyal	self-control	teachable
confident	graceful	mEEK	self-denial	temperate
conscientious	gracious	merciful	self-starter	thoughtful
considerate	grateful	moral	sensitive to others	tolerant
courageous	hard worker	obedient	sincere	trusting
decisive	helpful	open-minded	steadfast	unselfish
diligent	holy	organized	straightforward	willing to serve
discerning	honest	patient	sympathetic	wise
disciplined	hopeful	peacemaker	tactful	zealous
enthusiastic	hospitable	persevering	self-denial	
faithful	humble	polite	self-starter	
forbearing	industrious	prudent	sincere	
frugal	joyful	pure		

Negative Character Traits

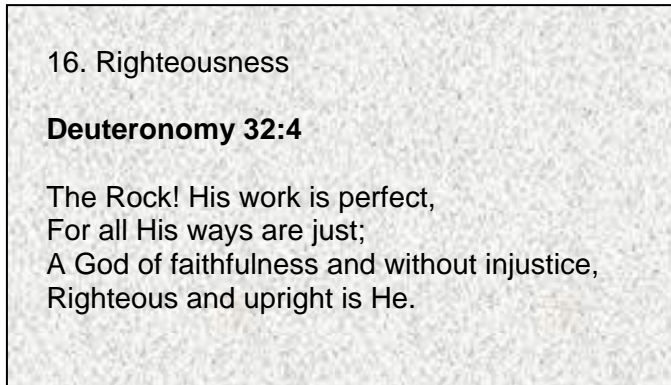
aimless	dishonest	immodest	negligent	stubborn
angry	disloyal	immoral	overly humorous	suspicious
anxious	doubtful	impatient	overly talkative	unbelieving
bitter	egotistic	imprudent	pessimistic	uncompassionate
careless	envious	impulsive	prideful	unforgiving
contentious	extravagant	impure	procrastinating	ungrateful
covetous	fainthearted	indecisive	rash	unstable
cowardly	fearful	indifferent	rebellious	untruthful
crafty	foolish	inhospitable	resentful	vengeful
critical	frivolous	intemperate	self-focused	vindictive
cruel	gluttonous	irritable	self-indulgent	violent
cynical	gossip	jealous	self-willed	vulgar
disagreeable	half-hearted	lazy	sensual	wavering
discontent	harsh	lustful	silly	weak-willed
discouraged	hateful	malicious	slothful	worldly
discourteous	haughty	messy	stingy	

5. Select the character weakness which you would like to address first. It is usually best to start with the one that is most foundational. For example, a person might have listed laziness, lustfulness, and aimlessness as his top three negative character traits. In selecting the one to address first, this person might think it best to pick lustfulness. If the person's lustfulness, however, is the byproduct of a life that is lazy and aimless, then it will be difficult to make progress. It would be better to start with the more foundational problem of a lack of direction and purpose in life.

Write the character area with which you will start in the space below. You may want to ask your mentor for input on your selection.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

3. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the Lord, knowing that when we do not know how to pray “the Spirit Himself intercedes for us with groanings too deep for words” (Romans 8:26).

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

17. Self-existence

John 5:26

For just as the Father has life in Himself,
even so He gave to the Son also
to have life in Himself;

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the Lord, “praying in the Holy Spirit” (Jude 1:20).

Lesson 19

“We Shall be Like Him” (1 John 3:2)

1. Define the character trait on which you are working. Start with a dictionary. Then learn more about the character area by examining what the Bible has to say about it. Consult a Bible concordance, Bible dictionary, or topical index of the Bible. If you are unfamiliar with these resources, ask your mentor for help. Describe the negative character trait as fully as possible.

2. Identify the positive character trait that most closely is the opposite to the negative character trait which you have selected (for example patience for short tempered). Record it in the space below. Then write a definition for this positive trait. Once again start with a dictionary. Then add to that definition what the Bible has to say about it.

3. Identify someone in the Bible whose life illustrates the negative character trait on which you are working. Write a brief summary of the person’s life, explaining how it reveals the negative character trait.

4. Identify someone in the Bible whose life illustrates the opposite of the negative character trait on which you are working. Write a brief summary of the person, explaining how his or her life reveals this positive trait.

During your discipleship meeting, discuss with your mentor the biblical principles for sanctification taught in Romans 6:1-14. You will need to understand this passage in order to complete the next lesson.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.

18. Sovereignty

1 Chronicles 29:11

Thine, O Lord, is the greatness and the power
and the glory and the victory and the majesty,
indeed everything that is in the heavens and the earth;
Thine is the dominion, O Lord,
and Thou dost exalt Thyself as head over all.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the one whom we can address as “Abba! Father!” (Romans 8:15).

Lesson 20

“We Shall be Like Him” (1 John 3:2)

Romans 6:1-14 explains how we as Christians can have victory over sin. In this lesson you will apply this important passage to the character weakness on which you are working.

1. Through Christ’s representative death, we have been raised to the newness of life (Romans 6:1-5). Explain what this means with respect to your specific character weakness?

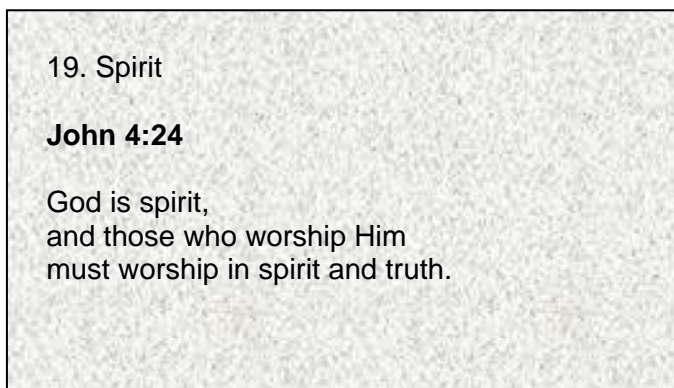
2. Our old self was crucified with Christ. We are no longer slaves to sin (Romans 6:6-10). What does this have to do with your specific character weakness?

3. We are to consider ourselves dead to sin, but alive to God in Christ Jesus (Romans 6:11). Explain how you would apply this to your specific character weakness.

4. We are to yield our lives to God not sin (Romans 6:12-14). How might you apply this to your character weakness?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the One with whom “all things are possible” (Mark 14:36).

Lesson 21

“We Shall be Like Him” (1 John 3:2)

Read Romans 12:1-3

1. What are we called to do according to Romans 12:1? What does this practically mean for you? Why should we do it, according to the verse?

2. According to Romans 12:2, what are we not to do? What are we supposed to do? Give examples of each as they relate to your life.

3. According to Romans 12:2, what goal is in view in these commands? What does this mean?

4. What sin does Romans 12:3 warn us about?

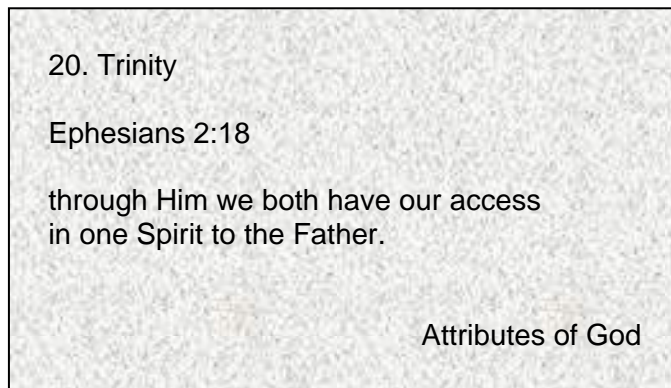
5. Describe a situation, real or imaginary, that illustrates how the character weakness with which you are working might show itself in your everyday life. For example, if you were dealing with anger, you might tell how after a hard day at work you returned home and took out your frustrations on your family, being irritable and argumentative. Similarly, describe a situation that you might actually face in which your character weakness would come into play. Describe how it might turn out if you were to respond from a your sinful flesh rather than from God's grace. You may change the details for the sake of privacy, if you wish.

6. Rewrite the situation above. Assume the same initial circumstances, but now instead of responding sinfully, rewrite the end of the story with you responding from a Spirit controlled heart. Specifically apply the principles of Romans 6:1-14. In the illustration given above, for example, the person might pray before going home, "Lord, this has been a difficult day. Everything has gone wrong and I am tired and frustrated. I need your help. I know how I would have responded in the past, arguing with my family and shouting at everyone. But the old me is dead. I am a new person in Christ. I have been crucified with Christ. I am no longer a slave to anger. I am alive in Christ. This means that I am your child. I am forgiven and am blameless in Your sight. With your help, I will not yield to sin. I will not give my mouth to shouting. I will not give my mind to anger. I yield myself to You. Help me to be a blessing to my family. Help me to do what I am supposed to do. Help me to show love and patience. Help me to use my speech to build my family up. I am trusting in You."

Now it's your turn. Apply the truths of Romans 6:1-14 to your character weakness and the situation you described above, writing an ending to your story that would reflect the kind of actions that would be pleasing to God.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

7. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before “the Father of mercies and God of all comfort” (2 Corinthians 1:3).

Lesson 22

“We Shall be Like Him” (1 John 3:2)

1. Rewrite 1Corinthians 10:13 in your own words, applying it specifically to the character weakness you have selected.

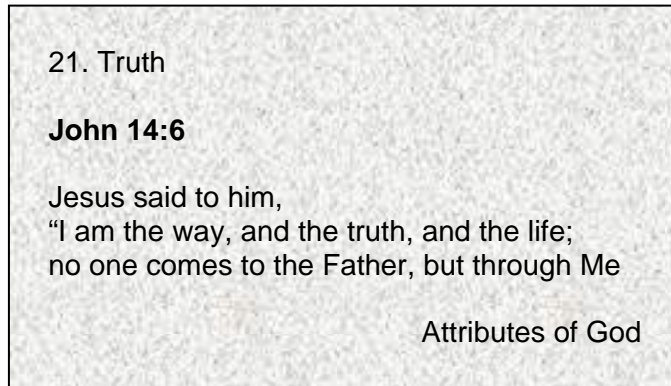
2. Sometimes we make life difficult, putting ourselves into situations in which temptation is great. List three things you can do to avoid temptation in the area of your character weakness.

3. How does Romans 13:14 apply to your character weakness?

4. Select three verses that specifically deal with the character weakness you have selected. Write the reference and text of each below. You may want to consult a Bible concordance or topical index. Your mentor can also be an assistance to you. Consider the truths found in these verses and how you might apply them to your area of weakness. You may also wish to commit them to memory.

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

5. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before “the Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth” (Exodus 34:6).

Lesson 23

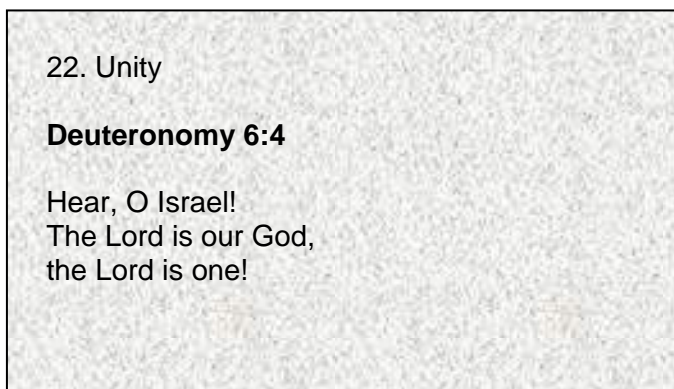
“We Shall be Like Him” (1 John 3:2)

1. What does Proverbs 24:16 say is true of the righteous man?
2. According to 1 John 3:6-10, what distinguishes a true Christian from a false one?
3. What should you do when you fail, sinning before God (Proverbs 28:13)? Explain what this means.
4. Summarize the promise of 1 John 1:8-9.
5. What should you do if your sin offends or hurts other people (Matthew 5:23-24)? Explain how you would specifically apply this to the character area in which you are working.

6. Being accountable to a trusted mature Christian can help significantly when trying to overcome a longstanding character weakness. He or she can pray with you and advise you on how to overcome sin in the future can. Do you want to receive this level of support? How could your mentor be of greater help to you?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

4. In preparation for your discipleship meeting, memorize the following verse. Review the verses you have already learned.



“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

Each person should share one insight that he or she received from the Word during the past week.

“Pray for One Another” (James 5:16)

Share prayer requests with one another, listing them below. Bring them together then before the One whose “compassions never fail” (Lamentations 3:22).

Lesson 24

“Come, Follow Me” (Luke 18:22)

This is the final lesson of *Disciplines of the Christian Life, Part I*. Over the past months you have learned much about what it means to follow Christ. You have seen that the call of discipleship is a high one, requiring submission to the will of God. You have also learned how the church is at the center of Christ’s plan for Christian growth. It is as we serve together in the strength that Christ’s supplies that the body is built up and we grow to be like Him.

1. As Jesus’ training of the Twelve came to a conclusion, He told them, “If you know these things, you are blessed if you do them” (John 13:17). State your commitment to follow through with the things you learned in this course.

“In the Morning My Prayer Comes before Thee” (Psalm 88:13)

2. One of the goals of this training has been to develop a daily time alone with God. Summarize how your time with God each day is presently going.

3. What steps might you take to improve your daily time alone with God?

“I Will Build My Church” (Matthew 16:18)

4. As an expression of their love for the Lord, the early Christians “were continually devoting themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer” (Acts 2:42). Summarize your present personal commitment to these four ministries of the church.

“We Shall be Like Him” (1 John 3:2)

5. Recently you have been working on strengthening one of your character weaknesses. What progress have you made toward becoming more like Christ in this area?

6. Though this course is concluding, God’s work of sanctification in your life will be ongoing. What might be the next character area on which He would have you to work?

“Thy Word I have Treasured in My Heart” (Psalm 119:11)

7. Review all 22 verses of the *Attributes of God Memorization Pack*. Your mentor will be testing you on these at your final meeting. Practice them until you can recite them with fluency and accuracy. Upon successful completion, your mentor will sign the statement below and will notify the UOA registrar that you have finished the requirements for UOA 130.

UOA 130 *Attributes of God Memorization Pack*
was successfully completed by

_____ on _____
name of student date

signature of mentor

1. Eternity

Psalm 90:2

Before the mountains were born,
Or Thou didst give birth to the earth and the world, Even
from everlasting to everlasting,
Thou art God.

3. Goodness

Psalm 119:68

Thou art good and doest good;
Teach me Thy statutes.

5. Holiness

Isaiah 6:3

And one called out to another and said,
"Holy, Holy, Holy, is the Lord of hosts,
The whole earth is full of His glory."

7. Infinity

Isaiah 40:28

Do you not know? Have you not heard?
The Everlasting God, the Lord,
the Creator of the ends of the earth
Does not become weary or tired.
His understanding is inscrutable.

2. Faithfulness

Lamentations 3:22-23

The Lord's lovingkindnesses indeed never cease,
For His compassions never fail.
They are new every morning;
Great is Thy faithfulness.

4. Grace

Exodus 34:6

Then the Lord passed by in front of him
and proclaimed, "The Lord, the Lord God,
compassionate and gracious, slow to anger,
and abounding in lovingkindness and truth;"

6. Immutability

Hebrews 13:8

Jesus Christ is the same yesterday and today,
yes and forever.

8. Justice

Jeremiah 9:24

". . . let him who boasts boast of this,
that he understands and knows Me,
that I am the Lord who exercises lovingkindness, justice,
and righteousness on earth;
for I delight in these things," declares the Lord.

9. Love

1 John 4:8

The one who does not love
does not know God,
for God is love.

11. Mercy

Hebrews 4:16

Let us therefore draw near with confidence
to the throne of grace,
that we may receive mercy
and may find grace to help in time of need.

13. Omnipresence

Jeremiah 23:24

"Can a man hide himself in hiding places,
So I do not see him?" declares the Lord.
"Do I not fill the heavens and the earth?"
declares the Lord.

15. Personality

Exodus 3:14

And God said to Moses,
"I AM WHO I AM";
and He said,
"Thus you shall say to the sons of Israel,
'I AM has sent me to you.'"

10. Majesty

Jude 25

to the only God our Savior,
through Jesus Christ our Lord,
be glory, majesty, dominion and authority,
before all time
and now and forever. Amen.

12. Omnipotence

Jeremiah 32:17

Ah Lord God! Behold,
Thou hast made the heavens and the earth
by Thy great power
and by Thine outstretched arm!
Nothing is too difficult for Thee,

14. Omniscience

Psalms 147:5

Great is our Lord,
and abundant in strength;
His understanding is infinite.

16. Righteousness

Deuteronomy 32:4

The Rock! His work is perfect,
For all His ways are just;
A God of faithfulness and without injustice,
Righteous and upright is He.

17. Self-existence

John 5:26

For just as the Father has life in Himself,
even so He gave to the Son also
to have life in Himself;

19. Spirit

John 4:24

God is spirit,
and those who worship Him
must worship in spirit and truth.

21. Truth

John 14:6

Jesus said to him,
"I am the way, and the truth, and the life;
no one comes to the Father, but through Me

18. Sovereignty

1 Chronicles 29:11

Thine, O Lord, is the greatness and the power
and the glory and the victory and the majesty,
indeed everything that is in the heavens and the earth;
Thine is the dominion, O Lord,
and Thou dost exalt Thyself as head over all.

20. Trinity

Ephesians 2:18

. . . through Him we both have our access
in one Spirit to the Father.

22. Unity

Deuteronomy 6:4

Hear, O Israel!
The Lord is our God,
the Lord is one!