



*Weeks to*

**EXHILARATION**



**RE ALIGN WITH HEAVEN.**

**BE RENEWED.**

**BE TRANSFORMED**

FREE Discipleship E-Course



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# WEEK 1

## INTRO TO DISCIPLESHIP

Welcome to the **Discipleship e-Course!**

You are now on your way to transforming your life for the glory of the Lord.

You may ask what a discipline is exactly. Let's take a further look....

The word **DISCIPLINE** is described in Webster's dictionary as activity, exercise, or a regimen that develops or improves a skill.

A discipline of Christ is a disciplined follower of Jesus.

"Then Jesus said to his disciples, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. " **(Matthew 16:24 NLT)**

"And **whoever** does not carry their cross and follow me cannot be my disciple." **(Luke 14:27 NIV)**

## HOW TO BECOME A DISCIPLE OF CHRIST

### 1) **Be Born Again**

Making the decision to be born again and become a part of the family of God is the first step to becoming a Christ's disciple. God sent his beloved son Jesus Christ to the earth to die on the cross for the sins of humanity. To be born again you need to believe in your heart that Jesus is the Son of God and died for the remission of your sins. Then as it says in Romans 10:9 NLT "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." In **John 3:3** Jesus answered him "I tell you the truth, no one can see the kingdom of God unless he is born again."

*Pray this prayer now:*

I \_\_\_\_(full name)\_\_\_ come to you in the Name of Jesus. I ask you to forgive me of all my sins.

Repent and renounce works of darkness in my life,

I renounce satan and his kingdom

I will serve the devil no more.

I pray and ask Jesus to come into my heart and be Lord over my life

I confess that Jesus is Lord,

and I believe in my heart God raised Him from the dead.

Thank you Jesus for saving me, In Jesus Name! Amen

Congratulations, You Just Got **Born Again**. Now the work begins. Being a discipline follower of Christ takes dedication, commitment, and time. When you choose to work with the Holy Spirit who is now dwelling inside of you can make lasting transformation in your life, but you must be serious with you new found relationship with God. Discipleship is a lifestyle. It's not enough to just say you are a Christian and not walk the walk. Embrace the newness, because you are now new creature in your spirit.

## 2) Embrace the NEW YOU and NEW LIFE

**Behold, you are now a NEW CREATURE in Christ Jesus. Everything you've done in your past has now been forgiven and forgotten by God. You no longer have to be in bondage to your sin nature.** "For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery". (Gal. 5:1 ESV)

"Therefore, if anyone is in Christ he is a new creature, the old has gone, the new has come!" **(2 Corinthians 5:17)**

"He who does what is sinful is of the devil, because the devil has been sinning from the beginning. No one who is born of God will continue to sin, because God's seed remains in him, he cannot go on sinning, because he has been born of God." **(1 John 3:8-9)**

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." **(Galatians 2:20 ESV)**

## 3) Put on YOUR NEW NATURE

In "Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator." **(Colossians 3:9-10)**. Its now time to dig into the bible to uncover and learn more about your new nature in Christ.

I will sprinkle clean water on you, and you shall be clean from all your **uncleannesses**, and from all your idols I will cleanse you. And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. **(Ezekiel 36:25-27 ESV)**

When we are born again we have the Holy Spirit in us and we have to develop the fruits of the Spirit.

### The Fruit of the Spirit

"But the spiritual nature produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There are no laws against things like that." **(Galatians 5:22-23 NLT)**

**Love** – is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Corinthians 13:4-6 NIV)

**Joy** – abiding sense of happiness

“...for the joy of the LORD is your strength” (**Nehemiah 8:10**)

**Peace** – state of harmony, freedom from disturbance; quiet and tranquility.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (**John 14:27**)

**Patience** – tolerant and even-tempered perseverance, the capacity for calmly enduring pain, trying situations

**Kindness** – the quality or state of being kind, a kind, considerate, or helpful act

**Goodness** – the state or quality of being good, moral excellence

**Faithfulness** – adhering firmly and devotedly, worthy of trust or belief

**Gentleness** – considerate or kindly in disposition; amiable and tender, not harsh or severe.

**Self-control** - self-denial: the act of denying yourself; controlling your impulses.

What sometimes happens with my start-up clients really drives me nuts. They go out and learn

I hope you enjoyed week one's lesson. Over this week read over these scriptures, meditate on them, let them soak deep within your heart and be ready for NEXT WEEK'S LESSON. We shall continue....

Remember, Jesus is Lord and he loves you SOOOOO much!

**Meditate and review this lesson all week. Write down what you learn.**

Next week..... We will be covering more on a being a new creature in Christ.

# WEEK 2

## NEW CREATURE

I hope you got a chance to study and go over lesson one and really let it soak in. Now the saga continues ..... You are MOVING FORWARD in a NEW LIFE with Christ as his faithful disciple.

Now that you know about the fruits of the spirit it's time to **COME OUT AND BE SEPARATE.**

“Therefore, Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you.” **(2 Corinthians 6:17 NIV)**

In your old life you may have had a lot of friends and people that you spent time with who were not walking with the Lord. At this point in time its time for you to separate yourself those influences that will hold you back from developing in your new walk with God. People who may remind you of your past or try to keep you living in sin with them, this is why it is so important to plant yourself in a bible believing church and get involved so that you can have wise people around you in positively influence you and help you grow into who God has purposed you to be come. The **Young, Fly & Sanctified Movement** is all about embracing God's love and choosing to be a vessel of honor in the Kingdom of God. As God's vessel of honor we choose to be an example to the world in our speech, conduct in love, faith and purity. We don't allow pop-culture to define who we are or what we do, but we look to Jesus **Christ** to be our standard. **We are leaders and we only follow Christ's example as his disciplines.**

“Do not stray onto the path of wicked people. Do not walk in the way of evil people. Avoid it. Do not walk near it. Turn away from it, and keep on walking.” **(Proverbs 4:14-15 God's Word Translation)**

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.” **(Psalms 1:1-3 NIV)**

“Walk with the wise and become wise, for a companion of fools suffers harm”  
**(Proverbs 13:20)**

### **Who considered wicked people and fools according to the Word of God?**

People who do not reference God, unbelievers, people who do not hold God's word as their final authority. There are two types of wisdom; **earthly wisdom** which is wicked, evil and of the devil and there is **God's wisdom** which is **heavenly**, the truth and settled forever in heaven. As a disciple you want to live by the truth and not have people who are influenced by the earthly wisdom influenced **your life choices**.

Realistically speaking, if you are trying not to smoke anymore and you go hang out with people who are going to be smoking you are setting yourself up for failure. If you are in your new walk with God and you struggle with fornication, you probably don't want to be around people who are talking about how they got some last night describing every detail and influencing you to do the same. The old saying “You are the company you keep” is very accurate and practical and backed up by the Word of God.

### **Friendship with the world makes you an enemy against God:**

“You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.” **(James 4:4 ESV)**

### **What does Sanctification mean?**

The act or process of acquiring sanctity, of being made or becoming Holy.

“But we ought always to give thanks to God for you, brothers beloved by the Lord, because God chose you as the firstfruits to be saved, through sanctification by the Spirit and belief in the truth” **(2 Thessalonians 2:13)** The Blood of Jesus has made us Holy.

### **CHANGE YOUR MINDSET ABOUT WHAT IS FUN & ACCEPTABLE BEHAVIOR:**

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. **(Romans 12:2)**

But he turned and said to Peter, “Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man. **(Matthew 16:23)**

### **COMMON EXAMPLES**

#### **1) Clubbing and Partying**

Somehow people they are going to find what they are looking for in a nightclub. This is most common with college age and young people. You and your friends may have clubbed and attended wild parties on a regular basis however this is not Gods will for your life. The atmospheres in these places are selfish and lustful. It's not about God at all he doesn't get the worship or praise the event is all about gratification of self.

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, **revelries**, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. **(Galatians 5:19-21)**

**Definition of Reveling:** Engage in lively and noisy festivities, esp. those that involve drinking and dancing.

Again here we see that this clearly displeases for in Romans 13. I don't know about you, but I definitely want to inherit the Kingdom of God.

Because we belong to the day, we must live decent lives for all to see. Don't participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy. **(Romans 13:13 NLT)**

## 2) **Shaking Up & Having Sex Outside of Marriage**

Below are bible verses that make it clear that God's purpose for sex is an act to be shared between a husband and a wife. Our bodies were paid for with the price of Jesus 's blood and they are not our own to do whatever we want with them. Sex is not a recreational activity or a pastime to just be done with anyone you are attracted to.

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. **(1 Corinthians 6:18-20)**

But in order to avoid sexual sins, each man should have his own wife, and each woman should have her own husband. Husbands and wives should satisfy each other's sexual needs. **(1 Corinthians 7:2-3)**

But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death." **(Revelations 21:8)**

## 3) **Drugs & Alcohol Abuse**

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. **(1 Peter 5:8-9)**

See you next week, take time to digest the word and let it penetrate your heart.....

# WEEK 3

## RELATIONSHIP

So, the most important thing you want to do is build a personal relationship with God.

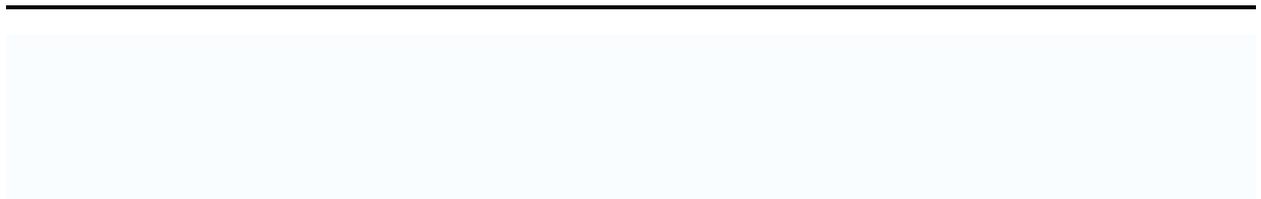
What is the actual definition of a relationship?

A **relationship** is a connection, association, or involvement.

A **strong, healthy relationship** can be one of the best supports in your life. Good relationships improve all aspects of your life, strengthening your health, your mind, and your connections with others.

There are things that you know only from spending time with a person. The more quality time you spend with a person the more you get to know who they really are. With that being said we need to spend time with Jesus to build a healthy relationship with him.

Religion is the act of doing something for the purpose of tradition but with no real comprehension or reverence. Jesus did not die so we could have a religion; he died on the cross so that we could have a relationship with God through him.



## **Building A Personal Relationship with Jesus**

**Morning Devotion** - begin with having morning devotion for 10 minutes every morning and increase over time. Morning devotion is your quality time with God. The only way you get to really know someone is by spending time with them.

Jesus went out as usual to the Mount of Olives. **(Luke 22:39)**

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. **(Mark 1:35)**

Be still, and know that I am God. **(Psalm 46:10)**

### ***3 Keys to Morning Devotion***

1. **Prayer** - Repent and ask for forgiveness of your sins, Thank God for a new day, talk to him about what's on your heart, talk to him about what you are going through. Use scriptures as prayer points, because God's word won't return to him void.

2. **Praise** - sing songs and praises to him, sing whatever is on your heart or turn to a gospel radio station and sing along. Make it personal; close your eyes and envision Jesus standing right in front of you and praise him with all of your heart.

3. **Study Bible** - read a bible verse and passage. Meditate on the verse throughout the day. Say it over and over so you can memorize and it will get in your spirit man. Take notes as you read the bible write scriptures that jump out to you, scriptures that speak to you. If there are certain areas you struggle with read and meditate on scriptures on that subject.

4. **Commit to Obey**- finish up your quiet time by talking to God about what you've read and obey his commands.

See you next week; we are going to get more in depth on how to **GET A HOLD ON YOUR BIBLE.**

# WEEK 4

## READING GOD'S WORD

So, the bible is the Word of God. It is the absolute ultimate truth and it is spirit and life.

How long can you live without eating? How long can you go without charging your cell phone before it dies?

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God. (**Matthew 4:4 NIV**)"

### **Why is the Word so important?**

The Word is so important because it actually is Christ. The Word made everything.

In the beginning the Word already existed. The Word was with God, and the Word was God. He was already with God in the beginning. Everything came into existence through him. Not one thing that exists was made without him (**John 1:1-3**)

Blessed is the one who reads the word of this prophecy, and blessed are those who hear it and take it to heart what is written in it...(**Revelations 1:3**)

### **THE WORD**

1. **PURPOSE OF GOD'S WORD** - The purpose of God's word is to instruct us in the truth, convict us of the truth, restore us to the truth, teach us the trust and direct us in life.

Your word is a lamp for my feet, a light on my path. (**Psalms 119:105**)

2. **POWER OF GOD'S WORD** –The Word is almighty powerful, dividing the soul and the spirit. God's word is a spiritual enemy.

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. **(Hebrews 4:12 NIV)**

Take the helmet of salvation and the sword of the Spirit, which is the word of God.**(Ephesians 6:17)**

**3. APPLICATION OF GOD'S WORD** - It is important to apply the word to your life. Hearing and reading the word and not doing it will cause you to deceive yourself. How

Do not merely listen to the word, and so deceive yourselves. Do what it says.  
**(James 1:22)**

Cling to my words wholeheartedly. Obey my commands so that you may live.  
**(Proverbs 4:4)**

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. **(Joshua 1:8 NIV)**

When you read, memorize or meditate on God's Word, see if there are any Sins to Confess, Promises to Claim, Attitudes or Actions to Adopt or Avoid, Commands to Obey, Examples to Follow.

See you next week....

# WEEK 5

## EXHILARATE PRAYER LIFE

*Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12 NIV)*

### **How to Exhilarate Your PRAYER LIFE!**

Prayer is the simple act of talking to go. When we go to God in prayer we want go to him with the right attitude. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. **(Hebrews 4:16)**

***Be Sincere, don't try to impress, don't try to copy someone else, be specific with your prayer request.***

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **(Matthew 6:6)**

### **USE THE MODEL JESUS GAVE US**

1. **Begin with praising God for who He is.** As you read you bible, make a list of God's character qualities that you discover and then review them when you pray.

2. **Pray the WORD** – it is vital to take scriptures and stand on them as you pray so that you know you are backing up your prayer request with the Word of God. Gods' word will not return unto him void. God answers the prayers that acknowledge who He is.

Your kingdom come, your will be done, on earth as it is in heaven. **(Matthew 6:10)**

- **Ask God to give daily provisions.** "Give us today our daily bread..." **Matthew 6:11**
- **Ask God to provide your daily needs.** "And my God will meet all your needs according to the riches of his glory in Christ Jesus." **Philippians 4:19**

- **Be expectation for an answer to your prayer!**
- **Ask God for forgiveness.** “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” **1 John 1:9**
- **Ask God for guidance.** “And lead us not into temptation, but deliver us from the evil one.” **(Matthew 6:13)**

3. **Pray in the Name of Jesus** – there is power and authority in the name of Jesus. When you pray end “In Jesus name”.  
Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. **(John 16:24NIV)**

That at the name of Jesus every knee should bow, in heaven and on earth and under the earth **(Philippians 2:10 NIV)**

See you next week....

# WEEK 6

## REVIEW & REFLECT

This week I want you to simple reflect on what you have learned over the past 6 weeks. How can you better align your life with God's will for your life?

What have you learned?

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What are things in your life that you see are not in line with God's will?

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Find an accountability buddy to share scriptures with on a daily basis. List possible bible buddies below.

- 1.
- 2.
- 3.

As a born again believer it's important to keep Jesus at the Center of your life. With every decision you make you can choose to serve God.

Write a personal statement of faith:

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## Repentance, Purity, Purpose – It's a Lifestyle

For more biblical teachings continue to visit:

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