

# TIMOTHY TRAINING COURSE

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A Five-Week Course for a Growing Believer

## 成长中的基督徒课程

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# Lesson 1: THE WHEEL

## LESSON OUTLINE:

Review	Fellowship	Assign	Learn The Wheel
Check	Hebrews 10:24-25		Bible Study Lesson 1
Teach	The Wheel		Memorize Romans 3:23, Romans 6:23
	Additional Project		Daily Bible Reading

The Wheel is an illustration for the Christ-centered, Spirit-filled Christian life. It was originated by Dawson Trotman, founder of The Navigators, to show the secret of how a Christian could live a victorious life.

The Wheel illustration began as a 3-legged stool during the days when Trotman was teaching a boy's Sunday school class at a church in California. He had heard an illustration that likened the Christian life to a stool with three legs--the Bible, Prayer and Witnessing. If any of the 3 legs was missing, the stool couldn't stand up by itself.

Trotman described the illustration's transition from a stool to a wheel: "As I thought about the stool, I didn't like the illustration because the Christian life shouldn't be lived sitting down. A stool is great if you are milking a cow, repairing a shoe, or peeling potatoes. But Christians aren't sitting, especially little boys."

He began to think of a 3-spoked wheel, because a wheel is something a boy or a grown man can identify with. Automobiles, bicycles, ships, and trains all use wheels.

The hub had to be Christ. The rim had to be the well-rounded Christian living his life in the power of the Holy Spirit. But what about the spokes? He found that his boys could learn their Bible verses; they could pray; and they could witness to their buddies. But something was wrong. There was something missing. He needed a 4th spoke which he called "Living the Life". Later he called it simply "Obedience". (After Trotman's death, someone moved obedience into the rim calling it "The Obedient Christian in Action.")

With 4 spokes the wheel made sense. It was balanced with 2 vertical spokes and 2 horizontal spokes. These were the 4 basics of the Christian life, with the Lord Jesus Christ right in the middle. If any one of the four is missing or is out of proportion, the entire wheel gets off balance and you have a lopsided Christian who is going thump, thump, thump through life.

## 第一课: 车轮

### 教学提纲:

复习 检查	团契 希伯来书 10:24-25	作业	温习第一课车轮 背诵 罗马书 3:23,
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补充内容

罗马书 6:23

每日灵修

车轮图形象地说明了以基督为中心，被圣灵充满的基督徒生活。最初是由导航会的创始人陶申·特罗曼设计用来揭开了一位基督徒怎样过得胜的属灵生活的诀窍。

车轮图起源于三脚凳图。特罗曼还在加州的一个教会里教男童主日学的时候，他听说有人把基督徒属灵生活中的三大组成部分——圣经、祷告和见证画成一张三条腿的凳子，三条腿中少任何一条，凳子都会倒下来。

特罗曼描述他把三脚凳图变成车轮的整个过程。他说：“当我思考这凳子图时，我不太喜欢它，因为基督徒的人生不是坐着的人生。在你挤牛奶，修鞋或者削马铃薯皮的时候，凳子当然是很有用的。但是基督徒不是坐着不动的——特别是小孩子。”

他就开始考虑一个三根辐条的车轮，车轮既适合小孩也适合大人。汽车、自行车、轮船、火车都使用轮子。

轮子的中心必须是基督，轮圈必须是靠着圣灵的力量而生活平衡的基督徒。那么辐条是什么呢？他发现他的学童们能够自己学习圣经，祷告，向朋友传福音。但是这轮子似乎不怎么完美，还缺了点什么。他加上了第四根辐条，他称之为“生活”，后又称为“顺服”。（在他去世后有人将顺服搬移到轮圈里去，称之为行动中的顺从的基督徒。）

有了这第四根辐条，轮子的喻意就更明确了，它通过两根垂直的辐条和两根水平辐条保持平衡。它们是基督徒生活的四个要素，基督在正中心。如果这四根辐条中少了任何一根，整个轮子就会不平衡，如果基督徒的属灵生活呈此异态，他的一生都将会在颠簸不平中渡过。

Ezra 7:10 gives us this picture: **PRAYER**--Ezra "prepared his heart"; the **WORD**--"to seek the law of the Lord"; **OBEDIENCE**--"and to do it"; **WITNESSING**--"and to teach in Israel statutes and judgments". Ezra was a well-rounded godly man, affecting change in his generation because of these 4 basic elements that were rooted in his life.

There are 4 basic elements for physical life: food, air (we breathe without ceasing), rest and exercise. In the spiritual life, **food** can be likened to the Bible (*1Peter 2:2*); **air** can be likened to prayer (*1Thessalonians 5:17* says "Pray without ceasing"); **rest**, to obedience (the wicked cannot rest, *Isaiah 57:20*); and **exercise**, to witnessing (outreach to those around us, *Acts 1:8*).

The hub has two functions: [1] It bears the weight (just as Christ bears our burdens; *1Peter 5:7, Psalm 55:22*); and [2] It furnishes the driving power (just as Christ enables us to do all things; *Philippians 4:13, John 15:4-5*). We should, therefore, make Jesus the center, the Lord of our lives (*Luke 9:23, Galatians 2:20*).

There are 2 vertical spokes. The **WORD** is the foundational spoke. The Bible is necessary for - [1] salvation (*1Peter 1:23; James 1:18,21*), [2] growth (*1Peter 2:2, Acts 20:32*), and [3] spiritual maturity (*Ephesians 4:13, Hebrews 5:12-14*).

The other vertical spoke is **PRAYER**. Just as power is generated when a battery is connected with the wires, likewise, we can experience power through contact with God in prayer (*Matthew 21:22*).

There are 2 horizontal spokes. Not only do we need spiritual input, we also need output. The Dead Sea has no outlet, and it is barren of life. First, the outward expression of our life should be characterized by **OBEDIENCE**. We should obey God (*John 14:21*), and those who are over us (*Hebrews 13:17, Ephesians 5:22, and 6:1,5-8*). And second, by **WITNESSING**--with our lips, we share the Good News with others (*1 John 1:3, Acts 1:8*).

为什么我们十分重视示意图呢？首先，它是教学的工具，使年轻的基督徒有清楚的模式可以遵行。你亲身可体会到，使用《福音桥示意图》，年轻的基督徒能很快学会如何分享福音。其次，示意图有助于讲述福音的真理，这会使你有信心去教导别人。你的“提摩太”也不大可能会误解福音的道理。耶稣自己也是用简单的比喻和故事来解释神国中的奥秘的。

## 有关“一对一”见面的告诫

每周最好安排特定的时间和地点来见面。事先考虑好你将如何使用这段时间。大约一半时间要用来检查作业，祷告和让他给你讲述前一周所学的示意图。另一半时间，你可用来教授新课和布置作业。我们建议每次用大约四十五分钟到一个小时的时间来进行“一对一”见面。

注意：在你急切想看到你的初信者成长时，不要一下就教授太多的内容。事实上，最好让他处于饥饿状态，这样他就盼望着下周与你见面。如果你与他分享太多，他会感到迷惑并会泄气。每次完成“一对一”后，如时间仍有多，你可以搞些其它类型的活动。

记住，这个时间只是为你和他而设的。尽量劝阻别人参加这个见面，否则会严重打断教学的。如果你的“提摩太”想通过带他朋友来而向他见证，你可鼓励他学好这课，而后亲自去向朋友作见证。

并且在其它情况下，也可采用“与他”的原则，比如，一起过与神独处的时间，一起背诵经文，会见他的家人，让他见证，等等。

## 挑战 你的“提摩太”在哪里？

Why depend so much on illustrations? Firstly, it is a teaching tool providing a clear pattern for a young Christian to follow. You yourself know that a young Christian can very quickly learn to present the Gospel using the "Bridge Illustration." Secondly, illustrations help to clarify truths. This will give you confidence in your teaching. Your "Timothy" will also be less likely to be side-tracked. Jesus Himself used simple parables and stories to explain deep truths of the Kingdom of God.

### TIPS ON MEETING ONE-ON-ONE

It is best to schedule a specific time and place to meet each week. Review ahead how you are going to use the time. Roughly one half of the time should consist of check up, prayer and letting your student give back to you the illustration presented the week before. The other half will be spent teaching the new lesson and giving the next assignment. We suggest you spend approximately 45 minutes to one hour for your "one-on-one" time.

A word of caution--in your eagerness to see your new believer grow, do not overfeed him with too much teaching. In fact it is better to leave him hungry so that he will look forward to meeting with you the next week. If you share with him too much he may become confused and discouraged. If you have finished the teaching for a particular "one-on-one" time and still have time available, you could perhaps change to another type of activity.

Remember that this is set aside specifically for you and him. Try to discourage anyone else from joining the meeting as this will greatly disrupt the teaching time. If your "Timothy" wants to witness to a friend by bringing him along, then encourage him instead to learn the lessons well so that he can witness to his friend.

And on other occasions employ the "with him" principle: have several quiet times together, memorize verses together, meet his family, take him witnessing, etc.

## THE CHALLENGE

Where's *your* "Timothy?"

以斯拉记57: 10给我们描绘了一幅画面：**祷告**——“以斯拉预备他的心”；**神的话**——“寻找主的律法”；**顺服**——“付诸于行动”；**见证**——“教导以色列典章和律例。”以斯拉是一个属灵经验丰富的长者。正由于这四个要素在他的生活中扎下了根，使得他的生命对他的时代产生了深远的影响。

肉体的生存有四个基本需要：食物，空气（我们时时刻刻都在呼吸），休息和锻炼。在属灵的生活中，圣经好比**食物**（*彼得前书2: 2*），祷告好比**空气**（帖撒罗尼迦前书5:17说“不停地祷告”），顺服好比**休息**。（恶人得不到安息，以赛亚书557: 20），作见证好比**锻炼**（向周围的人传福音——*使徒行传1: 8*）。

轮子的中心有两种功能：（1）支撑重量。（比喻基督背负我们的重担。——*彼得前书5: 7*；*诗篇55: 22*）；（2）提供动力。（比喻基督赐给我们能力去做一切事——*腓立比书4: 13*；*约翰福音15: 4, 5*）。我们要让基督成为我们生命的中心、生命的主（*路加福音9: 23*；*加拉太书2: 20*）。

两条垂直的辐条中，**神的话**是最基本的辐条。圣经是必需的——（1）为救恩（*彼得前书1: 23*；*雅各书1: 18, 21*），（2）为成长。（*彼得前书2: 2*；*使徒行传20: 32*），（3）为灵性的成熟。以弗所书54: 13；*希伯来书5: 12-14*）。

另一条辐条是**祷告**。电力是通过电线接在电源上获得的。同理，我们通过祷告从神那里获得力量（*马太福音21: 22*）。还有两条水平的辐条。在属灵的生活中，我们不仅要吸收，也要付出。没有出口的死海不能孕育出生命。我们外在的表现首先就是**顺服**。要过**顺服上帝**（*约翰福音14: 21*）和**顺服当权者的生活**（*希伯来书13: 17*；*以弗所书5: 22和56: 1, 5-8*）。接着就是**见证**，要用我们的嘴唇与人分享福音（*约翰一书1: 3*；*使徒行传1: 8*）。

THE CHRIST CENTERED LIFE  
HOW TO LIVE IN FELLOWSHIP WITH  
CHRIST AND HIS CHURCH



TEACHING EACH CHRISTIAN THE "HOW" OF:

**THE WORD**  
(Eating)

1Peter 2:2  
Acts 17:11  
Acts 20:32

**PRAYER**  
(Talking)

John 16:24  
Matthew 21:22  
1John 5:14-15

**OBEDIENCE**  
(Walking)

John 14:21  
John 15:10  
Hebrews 5:8-9

**WITNESSING**  
(Sharing)

1John 1:3  
Acts 1:8  
1Peter 3:15

## 结束语

恭喜你！本课将结束为期五周的《约翰福音学习》和为期五周的《提摩太训练》。繁殖的过程在你和别人分享福音桥时开始。如果这个人来到基督身边，你可采用“一对一”见面方式将初信基要和培养课以及你所学到的传给他。

该材料将帮助你以“一对一”方式训练新信徒。在提摩太后书 2: 2中讲述了忠心的人训练别人的原则：

**“你在许多见证人面前听见我所教训的，也要交托那忠心能教导别人的人。”**

我们的目的是进行属灵的繁殖。你们现在已经有能力去训练其他的基督徒一同样的，你的“提摩太”也要能把这种培训再传给其他人。你已学会如何用清楚、简单的方式讲述基本概念。你的“提摩太”能够听懂、应用并教会他人自己所学到的东西。这也是为什么要让这些概念简单易懂并通过反复讲解来强化的原因。

约翰 米尔顿 格利高利的经典著作《教学的七条法则》给出了学习的五个阶段：

- 1、认识到我以前曾听说过它。
- 2、象鹦鹉那样学舌。
- 3、赋予它你的见解和风格。
- 4、应用它，实践它。
- 5、理解它，然后你能为其辩护并捍卫它。

讲述并不是教学。仅仅讲授并假定学生已经学会了某个真理是不够的。如果这学生未达到学习的第3或4阶段，他不可能有效地教授别人。因此，你必须要求你的“提摩太”阅读有关材料研究和背诵有关经文。这样会提高对该件事的理解程度。

## AFTERWARD

Congratulations! This concludes the five-week *Gospel of John Studies* and five-week *Timothy Training Course*. The process of reproduction begins with sharing the Bridge Illustration with someone else. If the person comes to Christ you can pass on to him what you have learned using this course by meeting with him on a one to one basis.

These materials will help you train a new believer through a "one-on-one" basis. As you know, the principle of one faithful man training another is expressed in 2Timothy 2:2:

*"And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also."* (KJV)

The aim is spiritual reproduction. You are now equipped to train another Christian--your "Timothy"--in such a way that he can pass the training on to yet another. You have learned how to present the basic concepts in a clear and simple pattern. Your "Timothy" will be able to understand, apply and teach someone else what he has learned. This is why the concepts are simple and reinforced with repetition.

John Milton Gregory's classic book "The Seven Laws of Teaching," gives the five stages or levels of learning:

1. Recognize I've heard this before.
2. Repeat parrot like.
3. Give it with your own illustrations and style.
4. Apply it and live it out.
5. Understand why, then you can debate and defend it.

Telling is not teaching. It is not enough to just lecture and assume a student has learned a particular truth. Unless the student has reached a level 3 or 4 of learning he cannot effectively teach it to others. You, therefore, should require your "Timothy" to read the materials, study, and memorize Scripture passages on the topics. This procedure helps increase the level of understanding of the subject matter.

## 以基督为中心的生活 如何与基督和他的教会有团契生活



教导每位基督徒如何去行:

神的话 (吃饭)	彼得前书2: 2 使徒行传17: 11 使徒行传20: 32
祷告 (说话)	约翰福音16: 24 马太福音21: 22 约翰一书5: 14-15
顺服 (行走)	约翰福音14: 21 约翰福音15: 10 希伯来书5: 8-9
见证 (分享)	约翰一书1: 3 使徒行传1: 8 彼得一书3: 15

**Additional Class Time Project:** Turn to pages 24-28 of My Discipleship Notebook, “Personal Reading Record”. Keep track of you Bible reading progress by checking off corresponding number of chapter read each day.

### **Bible Study Lesson 1: THE WHEEL**

1. Since Jesus is the Head of the Body--The Church--what place should each believer give the Lord in his life? (Colossians 1:18)
2. What is God's command to His children? (2Peter 3:18)
3. How can we get to know the Lord better? (John 5:39; Luke 24:27)
4. What should motivate us to have a daily Quiet Time with God? (Mark 1:35)
5. For whom is it our privilege to pray? (Ephesians 6:18; 1Timothy 2:1,2; Luke 23:34)
6. There are about 575 direct commands in the New Testament. About 45 commands deal with personal discipline. What should your attitude and action be in view of the following commands?  
Ephesians 4:29,31  
  
Hebrews 12:14-16  
  
Hebrews 10:24,25
7. What is God's plan for getting the message of salvation to a lost world? (2Corinthians 5:18-20)

9. 对耶稣的门徒来说，“与他同在”是什么意思?(马可福音 3:14)
10. 耶稣预言他的门徒会获得怎样的成功?(约翰福音 14:12)
11. 雅各的12个儿子下埃及。在那里他们繁衍后代，人数大大增多。在离开埃及的时候，跟随摩西的有多少能打仗的男丁?(民数记 1:46)
12. 我们应该慎守神的话语并要传给什么人?(申命记 4:9)
13. 神给约伯的祝福要延伸到多少代之后?(Job 42:16)
14. 查找出提摩太后书2:2所提出的四代人:



9. What does it mean that Jesus' disciples were "With Him"?  
(Mark 3:14)
  
10. How great a work did Jesus predict His disciples would have?  
(John 14:12)
  
11. Jacob had 12 sons who went down into Egypt. There they multiplied. How many warriors did Moses bring forth out of slavery in Egypt? (Numbers 1:46)
  
12. We are to keep His Word faithfully and teach it to whom?  
(Deuteronomy 4:9)
  
13. The blessing of Job's life extended to how many generations?  
(Job 42:16)
  
14. Trace the four generations referred to in 2Timothy 2:2:

**补充内容：** 打开门徒笔记本24到28页，“个人圣经阅读记录”。  
在每天读过的经文章节上做标志，查看自己的圣经阅读进度。

### 第一课圣经学习： 车轮

1. 既然耶稣是教会的元首，那么每位信徒应该把耶稣放在生活中的什么位置？  
(歌罗西书1：18)
  
2. 神给他的孩子们什么命令？(彼得后书3：18)
  
3. 我们怎样才能更好地认识主？(约翰福音5：39；路加福音24：27)
  
4. 什么会促进我们每天与神安静地交通？(马可福音1：35)
  
5. 我们需要为谁祷告？(以弗所书6：18；提摩太前书2：1-2；路加福音23：34)
  
6. 在新约中大约有575条直接的命令。其中有45条左右的命令是关于个人自律方面的。对下列的命令，你应有什么样的态度和行动？  
以弗所书4：29，31  
希伯来书12：14-16  
希伯来书10：24-25
  
7. 神将他拯救信息传给迷失世界的计划是什么？  
(哥林多后书5:18-20)

8. What is the Gospel that brings salvation? (1Corinthians 15:3,4)

9. In witnessing, what facts would you present to the unsaved from:

Romans 3:23

Romans 6:23

Hebrews 9:27

Romans 5:8

Ephesians 2:8,9

John 5:24

### 第五课圣经学习:跟进和生养要点

1. 跟进有些类似父母对婴儿的照顾, 另外跟进还像什么? (哥林多前书 3:10-14)

2. 按照圣经的教训, 属神的人先得救, 然后再在灵性上成长。彼得前书1:23和 彼得后书 2:2-3怎样说明这个现象的?

3. 保罗在使徒行传 14:21-22 和15:36怎样跟进的?

4. 神应许给跟进新信徒的人什么样的赏赐?(彼得前书 5:4)

5. 为什么使徒保罗能够充满信心地劝别人效法他的行为?(哥林多前书11:1)

6. 我们不应该效法什么样的人?(腓立比书 3:17-20)

7. 保罗怎样继续培养他的新信徒?  
(帖撒罗尼迦前书 3:10)

8. 保罗在何种程度上向提摩太展现他的个人生活?(提摩太后书 3:10)

#### SIN

Romans 3:23 (NIV)

For all have sinned and fall short of the glory of God.

Romans 3:23

#### DEATH

Romans 6:23 (NIV)

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Romans 6:23

## Bible Study Lesson 5: Follow-up & ELEMENTS OF REPRODUCTION

1. Follow-up has been likened to spiritual parental care. What else can it be likened to? (1 Corinthians 3:10-14)
2. In the Bible, growth follows salvation. How is this revealed in 1 Peter 1:23 and 2 Peter 2:2-3?
3. Explain how Paul does follow-up in Acts 14:21-22 and 15:36?
4. What reward is promised to those who do follow-up? (1 Peter 5:4)
5. How could the Apostle Paul be so confident in telling his converts to copy his example? (1 Corinthians 11:1)
6. What kind of people should we not follow? (Philippians 3:17-20)
7. What kind of follow-up did Paul do with his new converts? (1 Thess 3:10)
8. To what extent did Paul expose his own private life to Timothy? (2 Timothy 3:10)

8. 带来救恩的福音是什么? (哥林多前书15: 3-4)
9. 根据下列经文, 你要向尚未得救的人摆出的事实是什么?  
罗马书3: 23  
罗马书6: 23  
希伯来书9: 27  
罗马书5: 8  
以弗所书2: 8-9  
约翰福音5: 24

## 罪死亡

罗马书 3:23

因为世人都犯了罪, 亏缺了神的荣耀。

罗马书3:23

罗马书 6:23

因为罪的工价乃是死; 惟有神的恩赐, 在我们的主基督耶稣里, 乃是永生。

罗马书6:23

## Lesson 2: HAND of THE WORD

### LESSON OUTLINE:

Review	The Wheel	Assign	Learn Hand of Word
Check	Bible Study Lesson 1		Bible Study Lesson 2
	Romans 3:23, Romans 6:23		Memorize Hebrews 9:27,
	Personal Reading Record		Ephesians 2:8-9
Teach	Hand of Word		Daily Quiet Times
	Additional Project		

If we really want to grasp something securely, we use all the fingers of our hand. Likewise if we want to get a firm grasp of the Word of God, we should use all the basic ways available to us.

In the Hand Illustration, the five methods of getting a mature knowledge of God's Word are compared to the five fingers of one's hand.

If you use only one or two of these methods, such as sitting in church and hearing sermons from the preacher, it is like trying to retain a hold on the Book with only one or two fingers. This gives a very weak grip so that Satan can snatch the Word from us. However, if you use all these methods you will get a good hold of God's truth in such a way that Satan or false doctrines cannot make you lose your grip on God's Word.

### HEARING

Ezekiel 33:31,32 gives the condition of the apostate church as those who listen to the preaching in the same way as they would listen to music. They go just for entertainment. They pat the preacher on the back and tell him it was a fine message but do not heed the instruction given. God condemns such an attitude. He promises that He will give to His people pastors and teachers who will be able to feed them out of the Word of God (*Jeremiah 3:15*). We strongly recommend that you seek out a church where the preaching of God's Word can feed your soul. God has given such pastors to the church and it is His desire that you might be fed under them.

John 8:47 gives us an example of people who heard Jesus preach, yet did not hear what He said. Hearing does not merely mean listening to sounds but understanding the message. Notice Ezekiel 3:10. We should first receive the Word in our heart and then hear it with our ears.

When you go to church unprepared in heart to receive the message, you will get little out of it; but if your heart is right, God can speak to you and give you a great blessing. Many people sit under the sound of the Gospel for months, and even years, yet never hear the message because of hardened, rebellious hearts. So, our prayer for you is to open your heart to receive God's message from God's messenger (*Haggai 1:13*)

事工: 开始跟进你在上个星期分享福音的人, 使用《约翰福音学习》第二课。

年	牧师 每年引导 100 人: 牧养	门徒引导 新人再 繁衍: 门徒训练
1	100	2
2	200	4
3	300	8
4	400	16
5	500	32
6	600	64
7	700	128
8	800	256
9	900	512
10	1000	1024
11	1100	2048
12	1200	4096
13	1300	8192
14	1400	16, 384
15	1500	32, 768
16	1600	65, 536
17	1700	131, 072
18	1800	262, 144
19	1900	524, 288
20	2000	1, 048, 576 等等

愿神赐福让你有硕果累累的众多子孙。

福音: 相信

得救的应许

约翰福音 14:6

耶稣说: “我就是道路、真理、生命, 若不藉着我, 没有人能到父那里去。”

约翰福音 14:6

启示录 3:20

看哪, 我站在门外叩门, 若有听见我声音就开门的, 我要进到他那里去, 我与他, 他与我, 一同坐席。

启示录 3:20

**Outreach:** Begin following-up the person you shared the Good News Bridge with last week using *The Gospel of John Studies* lesson 2.

Year	Pastor leading 100/year: <i>Pastoring</i>	Disciple leading one who is reproductive: <i>Discipling</i>
1	100	2
2	200	4
3	300	8
4	400	16
5	500	32
6	600	64
7	700	128
8	800	256
9	900	512
10	1000	1024
11	1100	2048
12	1200	4096
13	1300	8192
14	1400	16,384
15	1500	32,768
16	1600	65,536
17	1700	131,072
18	1800	262,144
19	1900	524,288
20	2000	1,048,576 etc.

*May the Lord give you a fruitful seed unto many generations.*

**THE GOSPEL: BELIEVE**

John 14:6 (NIV)  
 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."  
 John 14:6

**ASSURANCE OF SALVATION**

Revelation 3:20 (NIV)  
 Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.  
 Revelation 3:20

**教学提纲:**

复习	车轮	作业	温习第二课手的图解
检查	第一课车轮 罗马书3:23, 罗马书6:23 个人读经记录		背诵 希伯来书9:27 以弗所书2:8-9 每日灵修
教学	掌握圣经的手 补充内容		

如果我们真的想紧紧抓住某件东西, 我们会用上所有的手指。同样的, 如果我们想牢固地掌握神的话, 我们就必须用上所有可用的基本方法。

在手的图解中, 充分领会神的话的五种方法被喻为手的五个指头。

如果你只用一两种方法, 例如坐在教堂里听一下牧师的讲道, 就好象只用一、二只手指去拿一本书, 这样并不能把书拿稳, 撒但就容易从我们中间夺去神的道。一个人只要用上这五种方法就能牢固掌握神的道, 撒但或假的教训也不能让你离开神的道。

**听道**

以西结书33:31, 32描绘了那些听道犹如听音乐一般的教会失败的光景。他们听道只是为了娱乐。他们会拍拍传道人的肩膀说那是一道好的信息, 却不去留意其中的教诲。这种态度会受到神的谴责的。神曾应许他会派遣一些牧师和教师用神的道来喂养他的民(耶利米书3:15)。我们热诚建议你去一间能以神的道来熏陶你灵魂的教堂去听道。神已经将这类牧师给予了教会, 他也期望你们能从他们那儿得到精神食粮。

在约翰福音8:47中, 我们可以看到人们听耶稣讲道但却不明白的例子。听道不仅仅意味着要听, 而且还要理解所讲的信息。以西结书3:10告诉我们应该先用心去接受道, 再用耳去听。

当我们走进教堂, 心却没有预备好接收信息, 那么我们将收获不大; 但如果我们预备好了我们的心, 神就会对我们讲话并大大地祝福我们。很多人坐在福音中好几个月, 甚至几年, 但从未明白所讲的道, 这是因为他们的心顽固和反叛。所以我们为你的祈祷是愿神打开你的心扉, 让你从神的使者那儿接收到神的信息(哈该书1:13)。

## READING

Just as sitting under the sound of the Gospel is not necessarily hearing it, so the mere scanning through the pages of the Word is not necessarily reading it. You should read slowly and carefully, praying that the Lord will open the meaning of the Word to you. A good thing to do is to pray before reading the Word of God (*Psalms 119:18*).

It is important to read regularly. 1 Timothy 4:13 says, "Give attention to reading." We recommend that you read through the book of John at least twice and then go on to read the New Testament before delving into any of the Old Testament.

## STUDYING

There is a difference between reading and studying. "Thoughts disentangle themselves passing through the lips and pencil tips." When we study God's Word, we should have a pen and a piece of paper in our hands. This will help us to better express our thoughts of the Word. We urge you to have a systematic program for Bible study. You build up yourself in the Word as you study the Bible.

## MEMORIZING

Memorizing God's Word is a vital key in helping us overcome sin in our lives. Examine the temptation of our Lord Jesus Christ. Even our Savior did not meet Satan with His own understanding. He quoted from the Old Testament to come out victorious over Satan (*Matthew 4:4,7 and 10*). The Lord used a different verse of Scripture to meet each particular temptation of Satan.

Ephesians 6:16 says, "Take the shield of faith that you may be able to quench all the fiery darts of the wicked." Satan attacks in many ways, and to be victorious, the Christian must be equipped with much Scripture.

When Satan tempts us, the chances are that we will not have our Bibles in our hands. The only thing we will have from God's Word with which to fight Satan is what we can remember from the Bible. To be forewarned is to be forearmed, and how important it is to store up God's Word ahead of time so as to meet the temptations when they come. The greatest commandment in all the Scripture is to love the Lord your God with all your heart, soul and strength (*Deuteronomy 6:5*). Deuteronomy 6:6 commands us to lay up these words in our hearts. To know Christ is to love Him. As we come to know and possess the Word of God in our very lives and hearts, we will then come into that intimate relationship with Christ. This will enable us to love Him with all our soul, heart and strength. 7

## 差遣

当新信徒在祷告、读经的生活中建立一定的基础之后，你就可以请他/她做一些事工。每个人都应该为基督结果子。从某种意义上说，是你把他们派遣出去收庄稼。在开始的时候，你应该大力鼓励和支持他们。也许会有失败和灰心，但你要不断鼓励和支持他们。保罗这位伟大的导师讲过：

“我们行善，不可丧志；若不灰心，到了时候就要收成”（*加拉太书6:9*）。

当你属灵的孩子第一次领人归主时，那真是个欢呼喜悦的时刻，与他/她一起欢呼吧。

## 用爱和祷告扶持

当你的属灵孩子在主里成长并逐渐成熟时，他或她会变得越来越不需要依赖你。这是很自然的。婴孩需要不断的看顾，而孩子长大后，喜欢出去玩和探索，此时，作为他/她信任的建议者和属灵的父母，你的角色仍是相当重要的。要用爱和祷告去扶持他们。

当你属灵的孩子成熟到结果并能带领别人的时候，你的角色也许再一次发生变化。祖父母的责任与义务不同于作父母的，可是你的平安和你对后代的祝福却会大增。

## 展望未来

看看图中所示的属灵繁殖爆炸数字。如果一个牧师每年带一百人归主，这的确是一个引人注目的成绩。然而，假如一个人能够一年带一人归主并教会他去结果子，这种方法在带领更多的人归主方面的潜力更大。

## 补充材料:

1. 分享前几周的灵修心得。包括困难、问题和亮光。
2. 讨论祷告页和小组成员提出的其它问题。

## SEND FORTH

After this new disciple has been established in the basics of the Word and prayer life, you are to challenge this person to engage in some form of ministry. Every one should bear fruit for Christ. In a sense, you will send him or her into the harvest. At first, you will need to provide lots of encouragement and backing. There will probably be some failure and heartaches, but continue to encourage him. As the great counselor Paul said, "And let us not be weary in well doing, for in due season we shall reap, if we faint not" (*Galatians 6:9*).

When your spiritual child brings his first person to Christ, rejoice with him.

## SUSTAIN BY LOVE AND PRAYER

As your friend grows in the Lord and matures, he will become less dependent upon you. This is natural. Infants need constant care, but older children will leave the home to play and explore. But your role as a trusted adviser and spiritual parent is very vital. You sustain him by your love and prayer.

When your spiritual child becomes fruitful and begins to disciple others, your role may change again. The grandparent has a different role than the parent, but the stability and blessing of a godly heritage is very great.

## SEE INTO THE FUTURE

Notice the explosion of spiritual reproduction shown in the chart below. If a pastor wins a hundred people to Christ every year, it would indeed be dramatic work. Yet if an individual could win one soul to Christ in a year and teach that one to be faithful and productive, this has even greater potential.

### Additional Class Time Project:

1. Share quiet times from previous week. Include difficulties, questions and encouragement related to quiet times.
2. Discuss Prayer Pages and add additional requests from group.

## 读经

就如坐在福音的声响之下却未能听到福音，一页页地浏览圣经也未必能看懂圣经。只有仔细地读经，并祈求神向我们打开他信息的大门才行。最好是每次读经之前都为此祈祷（*诗篇119:18*）。

有计划、有系统地读经很重要。提摩太前书4:13说：“专心读经。”我们建议你开始先读约翰福音至少两次，然后继续读新约的其余部分，之后再探究旧约。

## 研经

研经与读经是有区别的。“思想是通过舌头和笔尖来表达出来的。”我们在学习神的话时，应该准备好纸和笔。通过系统地、有计划地研经，我们就会在道中成长。

## 背经

背诵神的话语是我们在生活中能胜过罪的一个关键。主耶稣在受试探时，尽管他是我们的救主也不用自己的话来胜过撒但，而是引用旧约的经文来得胜（*马太福音4:4, 7, 10*）。在每一次受试探的时候，主都是引用圣经上的不同经文来抵挡撒但。

以弗所书6:16说，“……此外又拿着信德当藤牌，可以灭尽那恶者一切的火箭。”撒但通过许多的途径来攻击我们，要做得胜的基督徒，就必须要用经文把自己装备起来。

撒但会趁着我们没有圣经在手时试探我们，这时我们能想起的经文就成为了我们的武器。事先警惕就会事先准备好，在试探来临之前储备神的话是多么的重要啊！在圣经中最大的命令是尽心、尽性、尽力爱耶和华你的神（*申命记6:5*）。紧跟着的一节经文申命记录:6就是叫我们要把他的心藏在心里。认识基督就是爱他，只有我们把神的道用在生活中，深藏在心中，才能与基督建立这种亲密的关系，这样我们就能尽心、尽性、尽力去爱他。

Thus, memorizing God's Word helps us overcome sin and to know Him more intimately. Here are 6 more benefits:

1. It is a help in Bible study.
2. It is a help in soul winning. Example: It is a dark night and you are riding with someone in a car and talking about the Lord. You could not do this unless you have memorized Scripture.
3. It helps us to make daily decisions in life.
4. Those we seek to help will have confidence in us.
5. It is a benefit in preaching.
6. It develops your memory.

### MEDITATION

When we combine meditation with the other methods of intake of God's Word, rich blessings will follow. With the thumb we grasp firmly whatever we hold. So we hear and meditate on what we hear; we read and meditate on what we have read, etc.

Meditating on God's word is like a cow chewing the cud. Through meditation we take in spiritual food for our spirits.

How to meditate:

1. Memorize a short portion of Scripture (for example: Matthew 4:4). "Man does not live on bread alone...."
2. Quote this passage as a prayer: "Lord, I live not on bread alone, but on every word that comes from Your mouth."
3. Personalize it by inserting your name in it: "Louis does not live on bread alone...."
4. Repeat it several times, emphasizing different words in the

passage:

"**Man** does not live on bread alone...." (all men)

"Man **does not** live on bread alone...." (absolutely does not)

"Man does not **live** on bread alone...." (physical vs spiritual life)

God commands His blessing (*Psalms 1:2,3; Joshua 1:8*) on the person who meditates on His Word day and night. When we meditate on His Word, we abide in His Word and the Lord promises to make our lives fruitful (*John 15:7,8*). So hearing, reading, studying, and memorizing, plus meditation, are the means whereby we can abide in Christ through His Word.

### 读经

3) **个人接触**——保罗祈祷去看望罗马的信徒，把属灵的恩赐分给他们（*罗马书1:11*）。他不仅把福音传给帖撒罗尼亚人，连自己的性命也愿意给他们，因为他疼爱他们（*帖撒罗尼迦前书2:8*）。

4) **派遣代表**——当保罗不能去歌罗西看望门徒时，就派提基古去帮助他们（*歌罗西书4:7,8*）。同样，他还派提摩太去腓立比（*腓立比书2:19-24*）和哥林多（*哥林多前书4:17*）。

### 树立榜样

使徒保罗说：“你们该效法我，像我效法基督一样”（*哥林多前书11:1*）。所以如果我们属灵的孩子将来要结果子，领人归主，那我们自己就应该成为他们的榜样。一般来说，人们愿意效法我们的行为，而不是照我们口头上的教训去做。

保罗在读经、祷告、教训、讲道、事奉和见证上都有很好的行为。所以他能够自信地教导他的同工：“你们在我身上所学习的，所领受的，所听见的，所看见的，这些事你们都要去行，赐平安的神就必与你们同在”（*腓立比书4:9*）。

我们学到关于如何成为真正的门徒的一切，你都应该把它传给其他的人。你们已学会如何在这个弯曲悖谬的世界里过圣洁的生活，如何分享福音，如何在固定的时间里与神单独相处，如何读经、研经和记忆经文；如何看顾属灵的后代。不要保留这些经验，**要传给其他的人**。

请记住，不断地领受神的话、祷告和见证是树立好榜样的关键。

### 示范

培养人的最好方法是与你所要培养的人一起同工，言传身教。如果你想学好小提琴，就必须请老师为你单独辅导。差不多所有的运动和追求都是如此。我们只有在老师的亲自辅导下才能学好。

当门徒问耶稣：“主啊，教我们祷告吧，”主耶稣为他们讲解了几个好的祷告的例子，然后和他们一起祷告。他们在祷告中学会了祷告。与你带领的人们一同度过一些时间：共同祷告，共同读经和背经，分享你的圣经学习，分享你认识自己、认识神的经验，分享你的困难与痛苦以及你得胜的经验。做好准备真诚地去回答初信者很可能会提出的各种各样的问题。答应同你所带的人一起去做见证，会见亲友并向他们传福音。



3. **PERSONAL CONTACT**--Paul prayed that he could visit the Roman believers and impart spiritual strength to them (*Romans 1:11*). He not only gave the gospel to the Thessalonians, but he shared his life with them because they were dear to him (*I Thessalonians 2:8*).

4. **PROXY**--When Paul couldn't visit the Colossian believers, he sent Tychicus to help them (*Colossians 4:7-8*). Likewise, he sent Timothy to the Philippians (*Philippians 2:19-21*) and the Corinthians (*I Corinthians 4:17*).

### SET THE PATTERN

The Apostle Paul said, "Be you followers of me, even as I also am of Christ" (*I Corinthians 11:1*). So, if our spiritual children are to be reproductive, we must set a good example for them to follow. Generally, people don't do what we tell them as much as they copy whatever we do.

Paul developed good habits in the Word, prayer, teaching, preaching, working, and witnessing. He could confidently say to his followers, "Those things which you have both learned and received and heard and seen in me, do. And the God of peace shall be with you" (*Phil 4:9*).

Whatever you have learned about being a true disciple, you are to pass on to someone else. You have learned how to live a holy life in the midst of a crooked world, how to share the gospel, how to have a regular Quiet time, how to read, study and memorize the Scriptures, how to follow up on a young babe in Christ. Don't keep this experience to yourself: **PASS IT ON TO SOMEONE ELSE.**

Remember, it is essential that you continue in the Word, prayer and witnessing so as to set a good example.

### SHOW HOW

The best way to teach is to do it together with someone you are instructing. If you want to learn to play the violin well, take private lessons from a master. The same is true of almost any sport or pursuit. We learn by doing under the instruction of a teacher.

When the disciples asked Jesus, "Lord, teach us to pray," the Lord responded by giving examples of effective prayers and then prayed with them. They learned to pray by praying. So take time to be with the person you are discipling. Pray together, read the Bible together, share your Bible study, share lessons you are learning about yourself and God, share your problems and sorrows, as well as your victories. Be ready to answer truthfully whatever questions your young disciple may ask. Offer to go witnessing together and meet with your contact's friends and relatives.

所以，背诵神的话能帮助我们胜过罪恶，建立与神之间更亲密的关系。下面列出了另外六点好处：

1. 对学习圣经有帮助。
2. 对拯救灵魂有帮助。例如：一天晚上，你与某人一起坐车，谈论关于神的事。在这种情况下，除非你记住了经文，否则你是无法谈的。
3. 帮助你在日常生活中作决定。
4. 那些寻求你的意见的人会信赖你。
5. 有利于证道。
6. 能增强记忆力。

### 默想

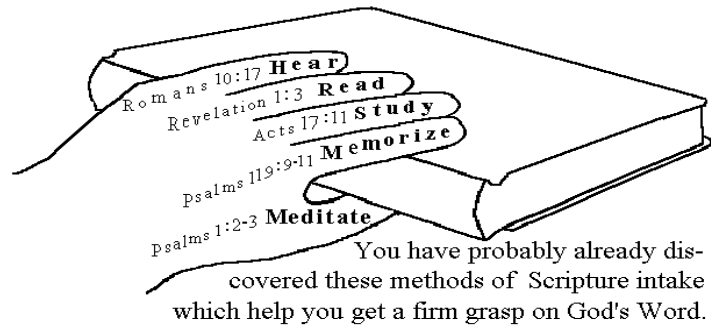
当我们同时使用默想与其它抓住神的话语的方法的时候，丰富的祝福就会涌来。同时使用大拇指，手就可以紧抓住我们要拿的东西所以我们要默想我们所听的讲道，所读的经文，等等。

就如牛吃了草后要反刍，我们默想经文，有助于对灵粮的消化和吸收。学习怎样默想神的话：

1. 背诵一小段经文(例如马太福音4:4)。“人活着，不是单靠食物，……。”
2. 引用主说的话作为自己的祈祷：“主啊！我活着，不是单靠食物，乃是要靠你口里所出的一切话。”
3. 把自己的名字放进去：“小刘活着，不是单靠食物，……。”
4. 反复几次，每次都加强不同字眼的语气。如：  
“**人**活着，不是单靠食物，……。”（所有的人）  
“**人活着**，不是单靠食物，……。”（肉身的生命/属灵的生命）  
“人活着，**不是单靠**食物，……。”（坚决的否定）等等。

神要赐福于那些昼夜默想他的话的人（*诗篇1:2-3*，*约书亚记1:8*）。如果我们默想神的话语，我们就常住在他里面，主耶稣的祝福就会临到我们（*约翰福音15:7-8*）。所以，听道、读经、研经、背经、再加上默想就成了我们依靠神的话住在基督里的好方法。

# THE HAND



	COMMENDED	COMMANDED	BLESSING
<b>HEAR</b>	EZE. 3:10	JER. 22:29	LK. 11:28
<b>READ</b>	NEH. 8:8	1 TIM. 4:13	REV. 1:3
<b>STUDY</b>	2 TIM. 3:16-17	2 TIM. 2:15	ACTS 17:11
<b>MEMORIZE</b>	PS. 119:11	DEUT. 6:6	PS. 10:8
<b>MEDITATE</b>	PS. 1:1-3	JOSH. 1:8	1 TIM 4:15

## Additional Class Time Project:

1. How to Have a Quiet Time. See pages 20-23 of *My Discipleship Notebook*.
2. Determine a minimum amount of time to spend in quiet time each day.
3. Determine a specific time to begin your quiet time each day.
4. Choose a suitable place with few distractions to have your quiet time.
5. Decide which book of the New Testament to begin reading first.

# 第五课: 跟进和生养的要点

<b>提纲:</b>	提摩太原则	作业	温习提摩太原则
<b>复习</b>	第四课课后练习		第四课课后练习
<b>检查</b>	提摩太后书2:2; 约翰福音15:16		背诵 约翰福音14:6
<b>教学</b>	跟进和属灵繁殖的要点		启示录 3:20
	补充内容		在每日灵修中使用祷告页

## 跟进

我们已经学过在我们相信耶稣是个人救主的瞬间，救恩就临到我们。从属灵的角度说，我们已出生在神的家庭里，但是灵命的成长却是缓慢的和长期的过程。灵命的成熟是不能一蹴而就的。

带领人决志才作了5%的工作，继续坚定他的决心要花95%的工夫。像婴孩需要母亲的抚爱和父亲的鼓励才能健康成长（帖撒罗尼迦前书 2:7, 11, 12），灵性的婴孩也需要哺育和教导来促进灵性增长。圣经里有两种类型的培养：

- 1) **牧养式**——在教会里我们和其他的信徒有团契，领受灵粮和规劝。耶稣对彼得说，“你喂养我的羊”（约翰福音21:15-17）。彼得后来又叫一些教会领袖作牧者，牧养神的群羊（彼得前书 5:1, 4）。
- 2) **个人式**——人总是一个一个地到基督面前来的，人也需要单独的、个性化的照顾，就象婴孩一样。保罗个别地教导提摩太（提摩太后书182:2），以及其他的人，如提多（提多书1:4）。

我们也许只要用20分钟到几个小时领一个人归主，但却要用六个月到几年的时间帮助他在灵性上长大成人。鸵鸟不会照顾亲生的雏鸟，但是我们却要负责在基督里的婴孩。跟进的工作要靠人来完成，下面有四种方法：

- 1) **书信**——保罗给个人写信培养，如提摩太和提多；还给许多的信徒写信，如罗马人、以弗所人。
- 2) **祈祷**——保罗为那些他要跟进培养的人的具体情况而祷告（帖撒罗尼迦前书3:10-13），而不是笼统地求神祝福他们，因为神看各人都重要，所以你要提名为每个到主面前来的人祷告。

## Lesson 5: FOLLOW-UP & ELEMENTS OF REPRODUCTION

### LESSON OUTLINE:

Review	The Timothy Principle	Assign	Learn Follow-up &
Check	Bible Study Lesson 4		Elements of Reproduction
	2 Timothy 2:2, John 15:16		Bible Study Lesson 5
	Good News Bridge Outreach		Memorize John 14:6,
Teach	Follow-up &		Revelation 3:20
	Elements of Reproduction		Quiet Times with Prayer Pages
	Additional Project		

### FOLLOW-UP

We have learned that salvation is instantaneous when we put our faith in Jesus Christ as personal Savior. We are born into God's family. However, spiritual growth is a slow and long process. We do not become spiritually mature overnight.

Leading someone to a decision is 5%. Follow-up on the decision is 95%. Just as babies require a mother's loving care or a father's encouragement for physical growth (*I Thessalonians 2:7,11,12*), so spiritual babes need nurture and instruction for spiritual growth. In the Bible we see 2 **KINDS** of follow-up:

1. **PASTORAL**--In church, where we have fellowship with other believers, we receive spiritual food and exhortation. Jesus told Peter, "Feed my sheep" (*John 21: 15-17*). Peter in turn told the church leaders to be shepherds of God's flock under their care (*I Peter 5:1-4*).

2. **PERSONAL**--People come to Christ one by one; and they need individual, personalized care just as babies do. Paul instructed Timothy personally (*II Timothy 2:2*), as well as other individuals like Titus (*Titus 1:4*).

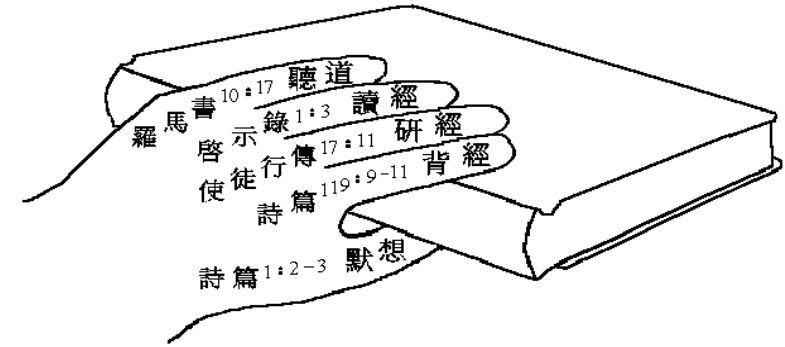
We can lead a soul to Christ in 20 minutes to a couple of hours, but it takes from 6 months to several years to bring him to spiritual maturity. An ostrich does not take care of its young (*Job 39:13-18*), but we are responsible to take care of our babes in Christ.

Follow-up is done through people, and there are 4 **METHODS** of follow-up:

1. **PEN**--Paul wrote follow-up letters to individuals like Timothy and Titus, as well as groups of believers like the Romans and the Ephesians.

2. **PRAYER**--Paul prayed specific requests for those he followed-up (*I Thessalonians 3:10-13*), not just general prayers that God would bless them. We need to pray by name, as each babe is important to God.

## 掌握聖經的手



	建议	命令	祝福
听道	以西结. 3:10	耶利米书. 22:29	路加福音. 11:28
读经	尼希米书. 8:8	提摩太前书. 4:13	启示录. 1:3
研经	提摩太后书. 3:16-17	提摩太后书. 2:15	使徒行传 17:11
背经	诗篇. 119:11	申命记. 6:6	诗篇. 10:8
默想	诗篇. 1:1-3	约书亚记. 1:8	提摩太前书 4:15

### 补充内容:

1. 如何进行灵修. 打开门徒笔记本20-23页。
2. 确定每天至少灵修多少时间。
3. 确定每天开始灵修的固定时间。
4. 选择最少打扰的合适地方进行灵修。
5. 决定先读新约圣经中的哪一本书。

## Bible Study Lesson 2: HAND of THE WORD

1. In what way do many church-goers listen to a sermon? (Ezekiel 33:31,32)
2. How should we hear God's Word? (Ezekiel 3:10)
3. What is the real test of responding correctly to a sermon? (James 1:22)
4. Should we read the Bible as rapidly as possible? How then should we read the Word? (Nehemiah 8:8)
5. Do you have a plan for regular Bible reading? If so what?
6. How often did the noble Bereans search the Scripture? (Acts 17:11)  
Check:  
Once a month  Once a week  Every day
7. What is an important reason to memorize Scripture? (Psalm 119:11)
8. How will God reward one who continuously meditates on the Word of God? (Psalm 1:2,3; 1Timothy 4:15)
9. What steps should you take to get a firm grasp on God's Word?

### JUDGMENT

Hebrews 9:27 (NIV)

Just as man is destined to die once,  
and after that to face judgment.

Hebrews 9:27

### NOT BY WORKS

Ephesians 2:8-9 (NIV)

For it is by grace you have been  
saved, through faith--and this not  
from yourselves, it is the gift of  
God--not by works, so that no one  
can boast.

Ephesians 2:8-9

## 第四课圣经学习：提摩太原则

1. 神叫亚当、夏娃作的第一件事是什么？（创世记1：28）
2. 神平等地创造了男人和女人，人是按照什么样式造成的呢？（创世记1：26—27）
3. 苹果树结苹果，狗生小狗，猫生小猫，不会有物种的进化，为什么？（创世记1：11）
4. 什么树会结好果子？（马太福音7：17—18）
5. 什么样的基督徒才会结果子？（约翰福音15：4）
6. 四个住在基督里面的方法：  
约翰福音15：7  
约翰福音15：7  
约翰福音15：10  
约翰福音15：16
7. 提摩太从保罗领受的教训要传给什么样的人？（提摩太后书2:2）
8. 那些人要做什么？（提摩太后书2：2）

## Bible Study Lesson 4: THE TIMOTHY PRINCIPLE

1. What was the first thing God told Adam and Eve to do? (Genesis 1:28)
2. God created man and woman equally by a separate act of creation. In what form were they created? (Genesis 1:26,27)
3. Apple trees will always produce apples. Dogs reproduce puppies. Cats reproduce kittens. There can be no evolution of species. Why? (Genesis 1:11)
4. What kind of tree will bring forth good fruit? (Matthew 7:17,18)
5. What kind of Christian will bear fruit? (John 15:4)
6. Four ways to abide in Christ:  
John 15:7  
John 15:7  
John 15:10  
John 15:16
7. To what kind of people should Timothy pass on the instruction he had received from Paul? (2Timothy 2:2)
8. What should these people do? (2Timothy 2:2)

## 第二课圣经学习： 手的图解

1. 很多来教堂的人是怎样听道的？（以西结书33： 31-32）
2. 我们应该怎样听神的道？（以西结书3： 10）
3. 如何检验出你对听道的反应是否正确？（雅各书1： 22）
4. 我们读圣经是不是越快越好？那么我们应该怎么去读呢？（尼希米记8： 8）
5. 你有一个系统的读经计划吗？若有，是怎样？
6. 庇哩亚人多长时间查考一次圣经？（使徒行传17： 11）  
打勾： 每月一次  每周一次  每天
7. 背诵经文的一个重要原因是什么？（诗篇119： 11）
8. 神将如何祝福那些日夜不停默想他的话的人？（诗篇1:2-3；提摩太前书4： 15）
9. 你准备采取什么样的步骤紧紧抓住神的话？

### 审判

希伯来书 9： 27

照着定命，人人都有一死，死后且有审判。

希伯来书 9： 27

### 无法自救

以弗所书 2:8\_9

你们得救是本乎恩，也因着信。这并不是出于自己，乃是神所赐的；也不是出于行为，免得有人自夸。

以弗所书 2:8\_9

# Lesson 3: Hand of PRAYER

**LESSON OUTLINE:**

Review	Hand of Word	Assign	Learn Hand of Prayer
Check	Bible Study Lesson 2		Bible Study Lesson 3
	Hebrews 9:27, Eph 2:8-9		Memorize 1Peter 3:18, John 3:16
Teach	Hand of Prayer		Quiet Times with Prayer Pages
	Additional Project		

## HAND OF PRAYER

Just as we compared the hand to 5 methods of getting a grip on the Word, we will compare the hand to 5 phases that should be built into a prayer life. You have the privilege of reaching up to the very throne of thrones and touching God as you pray.

These 5 phases are:

CONFESSION	Isaiah 59:1,2; 1John 1:9
THANKSGIVING 1	Thessalonians 5:18; Ephesians 5:20
INTERCESSION	Job 42:10; James 5:16
PETITION	Matthew 21:22; 1John 5:14,15
PRAISE	Psalm 107:8,15,21,31; Psalm 71:8

We begin by **confession** so that we can get on praying ground for God to hear our prayers. Confession means to agree with God, admitting our sins rather than trying to cover them.

Then we offer **thanksgiving** to God for things that He has done for us. We thank Him at all times and in all circumstances—even in trials and difficulties—for this is God's will for us.

We should not just pray for ourselves but we should pray for others in our **intercession**:

<input type="checkbox"/> for authorities	1Timothy 2:1,2
<input type="checkbox"/> for lost souls	James 5:20
<input type="checkbox"/> for the sick	James 5:16
<input type="checkbox"/> for laborers to preach the gospel	Matthew 9:36-38
<input type="checkbox"/> for unsaved relatives	Romans 10:1
<input type="checkbox"/> for outsiders	Romans 15:20
<input type="checkbox"/> for missionaries	Ephesians 6:19,20
<input type="checkbox"/> for church members	1Thessalonians 1:2-3

“怎样住在基督里呢？”学习约翰福音15章会帮助我们明白如何去做。首先，让神的话住在我们心里，占据我们的内心世界。在前面的课程中，你们已学会紧紧抓牢神的话的多种方法。

其次，通过敬虔的祷告。耶稣说：“你们若常在我里面，我的话也常在你们里面。凡你们所愿意的，祈求就给你们成就”（约翰福音15:7）。最后，遵守主的命令（约翰福音15:10）。

那些敬虔地住在主里的人，就能在帮助他人成为敬虔的基督徒的方面结满果子（约翰福音15:16）。你看，真正的门徒是那些通过紧握神的话语、祷告、遵守主的命令而住在主里的人。他们结果子带领其他人归主。归主的人将来又结更多果子。

（听起来很熟悉吧？再看看车轮的图示！）

现在你已经拥有了为成为结硕果门徒所有需要的工具。剩下的就是引导一位朋友来认识基督，并带领他/她与主建立牢固的关系。他/她将会引更多的人归主。

### 补充材料:

1. 分享前几周的灵修心得。包括困难、问题和亮光。
2. 讨论祷告页和小组成员提出的其它问题。

**事工:** 在这个星期同一位朋友分享福音。

### 提摩太原则

<p>提摩太后书 2:2 你在许多见证人面前听见我所教训的，也要交托那忠心能教导别人的人。</p> <p style="text-align: right;">提摩太后书 2:2</p>	<p>约翰福音 15:16 不是你们拣选了我，是我拣选了你们；并且分派你们去结果子，叫你们的果子常存，使你们奉我的名，无论向父求什么，他就赐给你们。</p> <p style="text-align: right;">约翰福音 15:16</p>
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## 第三课: 祷告的手

### 教学提纲:

复习	掌握神的话的手	作业	温习祷告的手
检查	第二课 希伯来书9:27, 以弗所书2:8-9		背诵 彼得前书3:18 约翰福音3:16
教学	祷告的手 补充内容		在每日灵修中使用祷告页

### 祷告的手

我们在上节课中用一只手来描述抓住神话语的五种方法, 在本课中我们还要用一只手来描述祷告生活中五个阶段。当你祷告的时候, 你就可以来到神的宝座前, 来亲近他。

下面列出了祷告的五个阶段:

认罪	以赛亚书59:1-2; 约翰一书1:9
谢恩	帖撒罗尼迦前书5:18; 以弗所书5:20
代祷	约伯记42:10; 雅各书5:16
祈求	马太福音21:22; 约翰一书5:14-15
赞美	诗篇107:8, 15, 21, 31; 诗篇71:8

我们由**认罪**开始, 因为这是神垂听我们祈祷的前提。认罪的意思就是认同神, 更确切地说就是承认自己的罪而不是遮盖它。

然后我们向上帝**谢恩**, 感谢神为我们所做的一切。我们无论在什么时候、什么境况, 都要感谢神, 甚至是在艰难困苦的时候——因为这些是他的旨意。

我们不应只是为自己祈祷, 而且应该为别人**代祷**。

为掌权者	提摩太前书2: 1-2
为未接受基督的人	约翰福音5: 20
为患病的人	雅各书5: 16
为传道人	马太福音9: 36-38
为未得救的亲属	罗马书10: 1
为尚未听见福音的人	罗马书15: 20
为海外的传教士	以弗所书6: 19-20
为教会的其他信徒	帖撒罗尼迦前书1: 2-3

"How do I abide in Jesus?" A study of John 15 will show us. First, His words are to abide in us. The Word of God needs to be in our hearts and minds. In previous lessons you learned various methods to get a firm and vital grasp on the Word of God.

Second, we abide in Christ through faithful prayer. Jesus says, "If ye abide in Me and My Words abide in you, ye shall ask what ye will, and it shall be done unto you" (*John 15:7*). Third, we abide in Him as we keep His commandments (*John 15:10*).

Those who faithfully abide in Him will bring forth the fruit of reaching other lives who are true to Jesus (*John 15:16*). There it is! A true disciple is one who abides through the Word, Prayer and Obedience. Then there will be the fruit of bringing others who will in turn follow Jesus. They will also bear fruit.

(Sound familiar? Look again at the Wheel Illustration!)

You now have all the tools you need to be a fruitful disciple. All that remains is to bring a friend to Jesus and lead him into a mature relationship with Jesus. He then will be able to bring others to Christ.

### Additional Class Time Project:

1. Share quiet times from previous week. Include difficulties, questions and encouragement related to quiet times.
2. Discuss Prayer Pages and add additional requests from group.

**Outreach:** Share the Good News Bridge with a friend this week.

### TIMOTHY PRINCIPLE

2Timothy 2:2 (NIV)

And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

2Timothy 2:2

John 15:16 (NIV)

You did not choose me, but I chose you and appointed you to go and bear fruit--fruit that will last. Then the Father will give you whatever you ask in my name.

John 15:16

## 第四课：提摩太原则

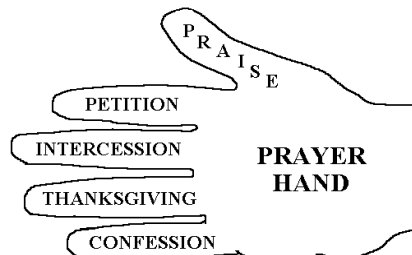
To be effective in our prayers, there are 3 things to remember when we **petition**:

- |                                |               |
|--------------------------------|---------------|
| 1. Ask in Jesus' name          | John 16:24    |
| 2. Ask in faith                | Matthew 21:22 |
| 3. Ask according to God's will | 1John 5:14-15 |

**Praise:** We thank the Lord for things He gives to us. We praise God for Who He is. We praise and worship Him because He is the true God who is full of mercy, love, truth and holiness; and He is the Source of all life and light and love.

Praise should link with other forms of prayer, just as the thumb with the fingers, to hold on to things.

- We **praise** Him for His forgiveness.
- We thank and **praise** Him for His great gift of salvation.
- We **praise** Him as we intercede for others & as we voice our petitions.



Project: Determine a basic minimum period of time you should spend in a regular, consistent Quiet Time with the Lord. You may spend more time whenever you can, but faithfully maintain that basic minimum.

### Additional Class Time Project:

1. Check Quiet Times
2. How to Use Your Prayer Pages. See pages 10-11 of *My Discipleship Notebook*.

#### THE CROSS

1Peter 3:18 (NIV)  
For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the flesh but made alive by the spirit. 1Peter 3:18

#### BELIEVE

John 3:16 (NIV)  
For God so loved the world that he gave his one and only son, that whoever believes in him shall not perish but have eternal life. John 3:16

3. Fill in Prayer Pages including requests from group.

#### 教学提纲:

复习	祷告的手	作业	温习提摩太原则
检查	第三课		第四课课后练习
	彼得前书3:18; 约翰福音3:16		背诵 提摩太后书2:2,
教学	提摩太原则		约翰福音15:16
	补充内容		在每日灵修中使用祷告页

神要求每位基督徒都结出硕果。耶稣说：“我拣选了你们……分派你们去结果子，叫你们的果子常存……”（*约翰福音15:16*）。果树要结出果子，果子里通常有可以繁殖的种子。作为基督徒，我们要引人归主——就是繁殖属灵的后代。帮助这些属灵的后代长大成人，直到他们又可以领别人归主。这是我们的责任，是我们一生的任务。如果我们引人归主，我们的生活就会变得硕果累累。然后在他们成长以后，同样的，他们也会引导更多的人归主。

这个原则出现在保罗给提摩太的教导中，我们把它叫做“提摩太原则。”保罗说：“你在许多见证人面前听见我所教训的，也要交托那忠心能教导别人的人”（*提摩太后书2:2*）。在这里保罗告诉他的属灵儿子，把所领受的教训传给那些“忠心的”又“能教导别人”的人。

神在伊甸园里给亚当、夏娃的第一条命令是：生养众多（*创世记1:28*），神使一切生物按照它们的种类繁殖。亚当、夏娃也照着自己的样子生儿育女。世界上的生物：树木、动物和人都必须繁育自己的后代，不然就会绝种。神说：生育的种子是在生物体内。这是神放在那里的。

耶稣也教门徒这结果子的原则，基督里的每一根树枝都要结果子（*约翰福音15:5*）。神的儿女都要作结果子的门徒，所结的果子又将会繁殖，结更多的果子。你也许会说：“对，我要成为结满果子的门徒，但怎么开始呢？”要做主基督真正的门徒。耶稣告诉我们：“枝子若不常在葡萄树上，自己就不能结果子。”结果子的生命来源于树干和树根。所以每个基督徒必须活在主基督的生命里。耶稣说：“你们要常在我里面”（*约翰福音15:4*）。



## Lesson 4: THE TIMOTHY PRINCIPLE

### LESSON OUTLINE:

Review	Hand of Prayer	Assign	Learn Timothy Principle
Check	Bible Study Lesson 3		Bible Study Lesson 4
	1Peter 3:18, John 3:16		Memorize 2Timothy 2:2, John 15:16
Teach	The Timothy Principle		Quiet Times with Prayer Pages
	Additional Project		

God wants every Christian to be fruitful. Jesus says, "I have chosen you... to go and bring forth fruit, and that your fruit should remain..." (*John 15:16*). A fruit tree bears fruit and each fruit has a seed to reproduce itself. You as a Christian should reproduce by helping to bring souls to Jesus. These new Christians should grow and mature so that they in turn can bring others to Christ. This is your duty. This is your destiny. Your life becomes fruitful when you bring others to Christ. They then in turn will reach others.

This principle is set forth in Paul's instructions to Timothy. We call it "The Timothy Principle". Paul states, "And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men who shall be able to teach others also" (*2Timothy 2:2*). There it is. Paul tells his spiritual son to pass on the instructions he has received to "Faithful men". These men in turn will be able to teach others.

God's first commandment to Adam and Eve in the garden of Eden was "To be fruitful and multiply" (*Genesis 1:28*). God made everything to produce after its kind. Adam and Eve produced children after their likeness. Everything in this world that lives--trees, animals, people--must reproduce or die out. God said the seed of reproduction is within. It was placed there by God.

The principle of fruit bearing was also taught by Jesus to His disciples. Every branch in Christ should bear fruit (*John 15:5*). Every child of God should become a fruitful disciple, and in turn produce other fruitful disciples. "Yes," you may say, "I want to become a fruitful disciple. Where do I begin?" You begin by becoming a true disciple. Jesus tells us that the branch can only be fruitful as it is vitally linked to the vine. The life that produces fruit comes from the trunk to the branches or from the root to the vine. Every Christian must be vitally linked to Jesus Christ. Jesus says, "Abide in Me" (*John 15:4*).

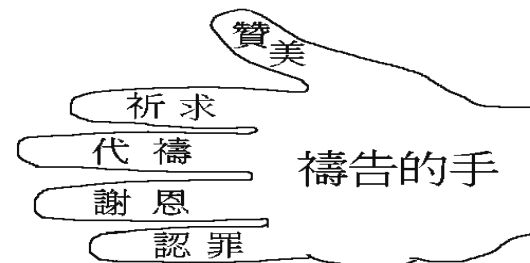
为了让我们的祷告有效果，在祈求时要记住三件事：

1. 奉基督耶稣的名求 约翰福音16: 24
2. 凭着信心求 马太福音21: 22
3. 按神的旨意求 约翰一书5: 14-15

因为神所给予我们的一切，我们感谢他。我们赞美他就因为他是神。我们称颂他，因他是独一的真神，他充满怜悯、慈爱、真理和圣洁；他是生命、光明和爱的源头。

赞美也应该和祷告的其余四个阶段紧密结合，正如拇指要同其它几个指头配合才能抓牢东西一样。

- 我们赞美他因他宽恕我们的过犯。
- 我们感谢和赞美他因他给我们救恩的宏福。
- 我们赞美他因为我们可为其他人代祷，还有我们可高声祈求他。



计划：确定每天拿出一段时间，有规律、有连贯性地与神独处，如果有可能，可再多花点时间，但要认真地遵守该计划——保证每天的这段时间。

### 补充内容:

1. 检查灵修情况
2. 如何使用你的祷告页. 打开门徒笔记本第 10-11页。
3. 在祷告页中填写为其他人的代祷事项。

### 十字架

彼得前书 3:18  
因基督也曾一次为罪受苦，就是义的代替不义的，为要引我们到神面前。按着肉体说，他被治死；按着灵性说，他复活了。  
彼得前书 3:18

### 相信

约翰福音 3:16  
神爱世人，甚至将他的独生子赐给他们，叫一切信他的，不至灭亡，反得永生。  
约翰福音 3:16

### Bible Study Lesson 3: HAND OF PRAYER

1. The real center of the prayer life of an individual is carried on in what way? (Matthew 6:6)
2. What is an excellent time to seek fellowship with the Lord? (Psalm 63:1; 5:3)
3. For whom is it our special privilege to pray? (Colossians 4:12; Ephesians 6:18; James 5:16)
4. What should be our attitude and response regarding our enemies? (Matthew 5:44; Luke 23:34)
5. John 17 is the great intercessory prayer of the Lord Jesus Christ. At least 8 definite requests (petitions) are made in verses 1, 5, 11, 17, 20, 21 and 24. List as many of the 8 as you can.
6. What is one of Christ's definite commands for us to request of God? (Matthew 9:37,38)
7. What importance did group prayer have in the early church? (Acts 1:14; 2:42; 12:5)
8. Read through one or more of the following chapters by Paul the Apostle, and list the verses that show that Paul interceded for the saints. (The Bible refers to those who have trusted Christ as Savior as "saints.")

Romans 1 \_\_\_\_\_ Colossians 1 \_\_\_\_\_

1Corinthians 1 \_\_\_\_\_ 1Thessalonians 1 \_\_\_\_\_

2Corinthians 1 \_\_\_\_\_ 2Thessalonians 1 \_\_\_\_\_

Ephesians 1 \_\_\_\_\_ 2Timothy 1 \_\_\_\_\_

Philippians 1 \_\_\_\_\_ Philemon \_\_\_\_\_

### 第三课圣经学习： 灵修生活及祈祷

1. 个人的祷告生活是怎样进行的？（马太福音6：6）
2. 一天中哪一段时间与主相处较好？（诗篇63:1； 5:3）
3. 我们有幸能为什么人祷告呢？（歌罗西书4:12；以弗所书6:18；雅各书5:16）
4. 我们应该以什么态度对待我们的敌人？（马8. 太福音5:44；路加福音23:34）
5. 约翰福音17章是主耶稣为别人代祷的最好的例子。至少有八个代祷方面出现在1, 5, 11, 17, 20, 21和24这几节经文，请尽量把这八方面一一列举出来：
6. 基督明确地命令我们向神祈求的其中之一是什么？（马太福音9：37—38）
7. 在早期教会中，集体祷告有什么益处？（使徒行传记1:14;2:42;12:5）
8. 请读下面使徒保罗写的书信中的章节，列举保罗为圣徒们代祷的经节。（在圣经中，相信基督的人被称为”圣徒”。）

罗马书 1 \_\_\_\_\_ 歌罗西书 1 \_\_\_\_\_

歌林多前书 1 \_\_\_\_\_ 帖撒罗尼加前书 1 \_\_\_\_\_

歌林多后书1 \_\_\_\_\_ 帖撒罗尼加后书 1 \_\_\_\_\_

以弗所 1 \_\_\_\_\_ 提摩太后书 1 \_\_\_\_\_

腓立比书 1 \_\_\_\_\_ 腓立门书 \_\_\_\_\_