



Life
church

DO LIKE JESUS

www.lifechurchint.com

Book 3

TABLE OF CONTENTS

Introduction: Do like Jesus.....	2-3
Day 1: Prayer.....	4-6
Day 2: Fasting.....	7-9
Day 3: Solitude, Silence and the Sabbath.....	10-13
Day 4: Discipleship.....	14-16
Day 5: A life of Worship.....	17-19
Day 6: Service.....	20-22
Day 7: Being a good steward.....	23-25
Day 8: Scripture Reading.....	26-28
Day 9: Spiritual Warfare.....	29-32
Day 10: A Life of Influence	33-35

INTRODUCTION: DO LIKE JESUS

Welcome to Book 3, titled 'Do Like Jesus'. These series of books are designed to guide believers through a spiritual journey that begins with foundational faith and progresses toward embodying the life and actions of Jesus Christ. The series starts with 'Believing Like Jesus' (Book 1), which emphasises the importance of belief and faith in Jesus. The second book, 'Becoming Like Jesus', focuses on developing a Christ-like character and understanding one's identity in Christ. The current volume, 'Do Like Jesus', encourages believers to actively imitate Jesus' daily actions and lifestyle. This structured approach is intentional, reflecting the natural progression of a Christian's walk with God. It begins with establishing a firm belief and faith, which serve as the foundation for understanding one's identity in Christ. As believers grow in their faith, they are called to live out their beliefs through practical actions that mirror Jesus' life. Throughout this series, we encourage you to internalise these principles and apply them consistently in your daily life. True discipleship involves believing, becoming, and doing—each step building upon the previous one to form a complete picture of living like Jesus every day.

As we compiled the material for this book, we noticed the profound spiritual practices that Jesus engaged in throughout His 33 years on earth. These practices were essential in enabling Him to fulfil His divine mission and align His life with God's will, just as we should. Spiritual disciplines played a crucial role in Jesus' ministry, serving as intentional habits that fostered a deeper connection with God. These disciplines—such as prayer, fasting, solitude, and worship—were not acts performed to earn favour or approval but were vital practices that provided Jesus with the necessary grace, strength, and clarity to carry out His mission effectively. Engaging in these disciplines allowed Jesus to remain rooted in His relationship with the Father, ensuring that His actions and decisions were guided by divine purpose. For believers today, adopting similar practices can facilitate a closer relationship with God, enabling them to receive His grace and power for their own spiritual journeys and ministries.

These practices were so important to Jesus, that in John 13:15 after Jesus positioned Himself to serve his disciples and wash their feet, He then said to them, 'I have set you an example that you should do as I have done for you.'

Jesus knew the power of practising spiritual disciplines and encouraged His disciples to do likewise. Jesus knew that if He practised these disciplines, his inner world would be strengthened to withstand the pressure of the outer world of which He engaged in day to day.

Let me caution you, the spiritual disciplines are exactly that, a discipline. They are not always easy to do, but the rewards and growth you will experience as you are persistent in seeking God, will change your life forever. Our prayer is that as you explore these disciplines, they will become a desire rather than a duty. Keep your heart open and surrendered to the Father, learn from the life of Jesus and let the Holy Spirit guide you each moment of the day to live a life like Jesus did.

D. FOLLOW MY EXAMPLE

Don't be a road signboard. These boards provide direction, they tell you how far it will take you to arrive at a certain destination, however, they themselves remain in their location continuously showing the way but never ever reaching the said destination. Some people are like that, they are full of advice, but they never put them into practice. In 1 Corinthians 11:1 the apostle Paul said, imitate me as I imitate Christ, in other words, follow my example as I follow that of Christ.

QUESTIONS

- Am I a good example to follow? What kind of community will we have if 50% of it thought and behaved like me?
- How can I start being a good influence today? Start at home? Speak positively to those around you, offer prayers, etc?
- Good leaders are good followers. Is there someone in my life that I can follow?

AN EXAMPLE OF A PRAYER

'Father, help me to love my neighbours, be kind to strangers, resolute in my convictions and steadfast in my actions. Help me father to be a good example to others. I may not turn the world upside down like Paul and Silas but help me to transform the world of those around me.'

EXTRA RESOURCES:

1. Becoming a Person of Influence: How to Positively Impact the Lives of Others
Influence, New and Expanded

2. No One Has Greater Influence: Craig Groeschel
<https://youtube.com/shorts/dKTfMIRNnJY?si=BRHbDMOHcUQ43Xy9>

3. Minute With Maxwell: INFLUENCE — John Maxwell Team
<https://youtu.be/Br6sxTD6hu4?feature=shared>

DAY 1: PRAYER

PHILIPPIANS 4:6–7

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Prayer is not a ritual; it is a relationship. Prayer should be a desire, not a duty. To pray is to talk with God, not to impress Him. He does not require beautiful words or perfect formulas, just a sincere heart. Sometimes we pray with joy, sometimes with tears, other times, in silence. Whatever the situation is, the important thing is that we pray.

When Paul says, "in everything," he means exactly that: there is nothing too small or too big to be presented before God. Prayer should always be our first resort, not our last. The more we pray, the more we realise that prayer changes not only the circumstances but also ourselves.

Jesus is our greatest example of prayer. On various occasions, He withdrew to quiet places to speak with the Father (Luke 5:16). He prayed before big decisions (Luke 6:12–13), gave thanks before miracles (John 11:41–42), and taught the disciples to pray with the "Our Father" prayer (Matthew 6:9–13).

Jesus's life shows that prayer is essential to maintain communion with God and live according to His will.

Paul adds something essential: Thanksgiving. Gratitude is the secret to effective prayer, as it reminds us that, even before the answer, God remains good and in control. Gratitude transforms anxiety into worship. Perhaps you have prayed for something for a long time and have not yet seen a result. Do not be discouraged. The peace of God is often His first answer — a calm heart amid the storm.

The key to learning how to pray is to pray daily. Here are some steps which could help you:

- Find a quiet place.
- Give thanks first.
- Speak with sincerity.
- Ask for forgiveness and direction.
- Place everything in Jesus's name.
- Finish with confidence.

QUESTIONS

1. What situation in your life needs to be sincerely brought to God in prayer today?
2. What do you have to thank God for in your daily prayers this week?
3. What do you learn from Jesus's example about the importance of prayer?

AN EXAMPLE OF A PRAYER

*'Lord my God,
I thank you for life and for Your grace in my life.
Forgive me for the failures I committed (you can mention a specific failure), for the words, thoughts, or attitudes that did not please You.
Help me to walk in Your way, to have a pure heart and a humble spirit.
Guide me in everything I do. In the name of Jesus, Amen.'*

EXTRA RESOURCES:

1. The Lord's Prayer Teaches Us How to Pray Every Other Prayer
<https://www.youtube.com/watch?v=oAYkvKJ3Ap0>
2. Struggling To Pray? Start Here... (Kevin DeYoung)
<https://www.youtube.com/watch?app=desktop&v=5WLolvAtGPM>
3. Article: "How to Pray When You Don't Know What to Say" – Desiring God.
[https://www.desiringgod.org/articles/how-to-pray-about-what-you-say#:~:text=4,\(Proverbs%2027:6\).](https://www.desiringgod.org/articles/how-to-pray-about-what-you-say#:~:text=4,(Proverbs%2027:6).)

B. INFLUENCING OUR CIRCLES OF INTERACTION

1. Inner Circle – Includes your family, your closest friends, your spiritual family. Your primary level of influence. This is where your light and saltiness shine and permeates daily.
2. Intermediate Circle — This would be the people that you work with, people that you do transactions with, your classmates, those you share life with through your hobbies. People you have a good relationship with. This
3. Outer circle – This is made up of acquaintances or social media friends. Who are these people that God has entrusted you to influence? Whether we know it or not, every time we act or say something, we are either pointing people towards Jesus Christ or to the world.

LEVELS OF INFLUENCE

1. Self-Influence: The ability to motivate yourself to act and achieve your goals and dreams.
To achieve this, you must:
 - a. Have determination.
 - b. Don't give up
 - c. Have mentors. Influential people are influenced by others.
2. Influencing others: the ability to inspire and motivate others. This has a few layers
 - a. Group Influence: The ability to shape group dynamics and drive collective outcomes by cultivating collaboration, synergy, and effective teamwork.
 - b. Organisational influence: The capacity to guide the broader organisation, shaping its culture, strategic direction, and long-term success through visionary leadership and impactful decision-making.

C. INFLUENCE DON'T MANIPULATE

Bob Burg, author of The Go-Giver states that successful people give rather than take. We live in a world driven by goals and objectives and sometimes in the pursuit of what we want, we may be tempted to manipulate people into doing what we want.

Influence is not manipulation.

Influence is based on open, honest intentions with the goal of mutual benefit, using persuasion and transparency. In Deuteronomy 30:19 Moses says "I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." Here the people are influenced positively for their own benefit.

Manipulation on the other hand is characterised by deceitful, underhanded tactics driven by selfish motives, often at the expense of others.

QUESTIONS

1. Have you ever been involved in spiritual warfare? What was your experience?
2. Have you ever taken time to study the enemy and his tactics against our lives, our churches, and communities? If not, perhaps commit to starting to study the Word in regard to Spiritual Warfare.
3. What does it mean to have authority over all the forces of darkness?

AN EXAMPLE OF A PRAYER

'Dear Lord Jesus, I thank you for the victory you have won for us on the cross of calvary and the authority you have given us over the devil and his demons. Please, use me as your instrument to destroy the work of the enemy wherever you are placing me. In your name Jesus I pray. Amen!'

EXTRA RESOURCES:

1. Priscilla Shirer: THIS Is How to Prepare for Spiritual Warfare
https://www.google.com/search?q=spiritual+warfare&oq=spiritual+warfare&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIHCAEQABiPAIhBCDI5MDZqMG00qAIAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:b73d8280,vid:9NgTuAgwVZ4,st:0
2. What Is Spiritual Warfare? | Ask Pastor Rick
<https://youtu.be/mjJZZTNvEb8?si=UeYR3w7vUp7nAz9Q>
3. You are in a War (Here's How to Fight). Conversations with John and Lisa Bevere
https://youtu.be/vEm6bv6i1OM?si=8ZVg-zFB_XRKqkTi

Some tips for fasting:

- Fast sensibly. Yes, some people can fast a whole week without eating, while others may take a meal a day to fast. Be realistic. If you are on medication or pregnant, abstaining from food could be dangerous. Then abstain from something else e.g.: TV or coffee/tea.
- Fast secretly. Read Matthew 6:16-18
- Fast sensitively. Expect to hear from God. Judges 20:26-27
- Fast sacrificially. For a person to fast breakfast, but they often don't eat breakfast, this is not a sacrifice. Fasting should cost us something that we feel.

QUESTIONS

1. How does Christian fasting differ from a hunger strike and fasting for health?
2. What does it mean to you to learn to feast on God?
3. What have you learned from your failures with fasting?
4. What have you learned from your successes?

AN EXAMPLE OF A PRAYER

'Dear Lord, I realise that I am weak, that I struggle with discipline. Please help me to discipline my body to desire you more than food. I surrender myself to you. Guide me as I exercise the discipline of fasting more in my life. Amen'

EXTRA RESOURCES:

1. Does fasting and prayer really help?
<https://www.youtube.com/watch?v=spSNcaatQc0&t=32s>
2. Let's talk prayer and fasting with The Perry's
<https://www.youtube.com/watch?v=DHJi6KgEzuY>
3. What is the purpose of fasting? Desiring God
<https://www.youtube.com/watch?v=3kzJRABgLXw>

DAY 9: SPIRITUAL WARFARE

EPHESIANS 6:12 NLT

"For we are not fighting against flesh and blood, but against evil rulers and authorities of the unseen world, against mighty powers of this dark world, and against evil spirits in the heavenly places".

The battle is not against flesh and blood. In other words, the battle is not against fellow human beings. The Battle is against evil spiritual entities of the unseen world. In other words, spiritual beings we cannot see with our physical eyes (The devil and demons). In short, we are in a spiritual battle or spiritual warfare.

Definition:

Spiritual warfare can be defined as the battle against evil spiritual entities taking place in the spiritual realm and demands the use of spiritual weapons. (Eph 6:12, 2 Cor 10:4-5).

A few examples of spiritual warfare in the Bible:

- Battle for the restoration of Israel (Daniel 10:12-14)
- Battle for the victory of the Israelites against the Amalekites (Exodus 17)
- Battle for the deliverance and salvation of the lost (Luke 10: 1-19)
- Battle for the deliverance of the epileptic boy (Mark 9:14-29)
- Battle for breaking of curse of the law and disarmament of the enemy (Colossians 2).

ENGAGING IN THE BATTLE

"Know thyself, know thy enemy. A thousand battles, a thousand victories". (Sun Tzu, The Art of War).

a. Know your adversary

As in any battle, it's always advisable to have a deep knowledge of the adversary, his strategies, and tactics.

"We are not unaware of his schemes" (2 Cor 2:11).

To understand our adversary includes the reading of God's Word and the use of spiritual gifts such as the gift of discernment which gives us a great supernatural insight into the spiritual realm.

Scriptures to read: Isaiah 14:13-14; Revelation 12; John 10:10; John 12:31; 2 Cor 11:14; Mat 12:24; Eph 2:2; John 8:44

DAY 3: SOLITUDE, SILENCE AND THE SABBATH

The dictionary says that solitude is a state of being alone. But as we know as Christians, God says in His Word that, 'He will never leave me or forsake me.' Deuteronomy 31:8 We need to understand that time spent in solitude with God is not time spent alone. Jesus calls us from loneliness to solitude.

There is a difference between loneliness and solitude. Loneliness is inner emptiness whereas solitude is inner fulfilment. Solitude is not first a place but a state of mind and heart. There is a solitude of heart that can be always maintained. If we possess inward solitude, we will not fear being alone, for we know that we are not alone. Neither do we fear being with others, for they do not control us. Inward solitude will have outward manifestations; your life will change. The biggest change you may notice in yourself, is freedom to be alone to hear better.

5 TIMES JESUS CHOSE SOLITUDE OVER PEOPLE:

1. To prepare for a major task Luke 4:1-2, 14-15. After Jesus was baptised He spent 40 days praying in the wilderness. After this He was tempted by Satan and then began His public ministry.
2. To recharge after hard work Mark 6:30-32. Jesus sent the 12 disciples out to do ministry. When they returned, He encouraged them to separate from the crowd who were following them to rest.
3. To work through emotions. Matthew 14:13. After Jesus learned that his cousin John the Baptist had been beheaded, He went away by Himself. Yes, even the Son of God grieves. In times of distress.... hours before Jesus was arrested Jesus went to Mt of Olives and left disciples to pray. So intense bleed drops of blood.
4. Before making an important decision Luke 6:12-13. Early in His ministry Jesus spent the whole night alone in prayer. The next day He chose his 12 disciples.
5. To focus on **time with Father** Luke 5:16. Many times in Jesus' ministry He spent time alone in prayer.

QUESTIONS

1. What are some symptoms that we may have been neglecting our personal relationship with Jesus? What can we do about it?
2. What changes will you make in your schedule, your lifestyle, and your priorities to allow you to spend adequate time 'sitting at the feet of Jesus and listening to Him speak'?

AN EXAMPLE OF A PRAYER

'Lord, give me a hunger for your Word. May it transform me to be more like you. Help me to use it as a weapon to fight the enemy. Let it be my companion every day and in every moment. In your name. Amen.'

EXTRA RESOURCES:

1. HOW TO READ THE BIBLE? What Happens When You Read It Every day? Dr. Billy Graham
<https://youtu.be/AvqYCQ9P2u8?si=CCsmMn9qzHoZPFgV>
2. How to read the Bible: In Touch Ministries
<https://youtu.be/cliJD9H0h78?si=poXt0mLID9M7jNvq>
3. How to Study the Bible in Context: TWO Essential Types. The Bible Effect
<https://youtu.be/R-rDUoKmcg?si=PQcVjvbPLHWVPKRW>
4. The Story of the Bible • What It's About From Beginning to End. The Bible Project
https://youtu.be/7_CGP-12AE0?si=3obTy3gOLzGp64nq

QUESTIONS

1. How can you take advantage of the 'little solitudes' that fill your day?
2. Where can you find a 'quiet place' where you can have time each day for silence and solitude?
3. Take a few minutes to pray and ask God to help you actively set time aside each day to be with Him. Set these times in your diary or set an alarm on your phone so that you won't forget.
4. How can you practice the Sabbath rest? Ask the Holy Spirit to show you.

AN EXAMPLE OF A PRAYER

'Holy Spirit, I thank you that you are my teacher. Please help me find quiet spaces every day to connect with you. Help me to set time aside to rest and reflect on your goodness and kindness. In the name of Jesus Christ. Amen.'

EXTRA RESOURCES:

1. What is Silence and Solitude: John Mark Comer
<https://www.youtube.com/watch?v=BSipS-znHFA>
2. Celebration of Discipline: Solitude
<https://www.youtube.com/watch?v=F3hnZiKGX3o>
3. Spiritual Disciplines — Silence and Solitude
<https://www.youtube.com/watch?v=oW0cBfiYUdA>

'You are a "Guide," able to lead someone else on the journey over that portion of the road you have already completed. You don't have to be a Christian who has matured to the point of perfection. If that were the requirement, there would be few Disciple-makers. You will quickly discover that helping someone else journey where you have been causes you to mature in a very special way! The prerequisite is not how much you know, but that you, too, are growing in your own life.' (Wong 2008:30)

QUESTIONS

1. Have you ever discipled someone or had someone disciple you? What was your experience?
2. As you look at the life of Jesus in the Gospels (Matthew, Mark, Luke, and John), how did he disciple His disciples? If you are not sure turn to one of these books in the Bible and find a story of Jesus with his disciple.
3. What would stop you from discipling someone? Surrender that to God.
4. What is your next step to start discipling someone?

AN EXAMPLE OF A PRAYER

'Thank you, God, that you have given me an important purpose to disciple people as you did. Please show me who you would like me to disciple. Give me the compassion to walk with them and the wisdom to guide them. Amen.'

EXTRA RESOURCES:

1. What is Discipleship? John MaCarther
<https://youtube.com/shorts/MjiXoVyZRqM?si=AlyBjyF6NVPpBVWX>
2. What is Discipleship? Nate Sala
<https://youtube.com/shorts/Hohi7PCGzjl?si=RsXSAPeiSg5iHDOO>
3. What is Discipleship? Summit Ministries
https://youtu.be/12GUqgYXchk?si=o5_kBWAafRn9TRgE

QUESTIONS

1. How do you evaluate your management of the finances God gives you? Where are you investing your resources?
2. What will you do to change or improve the management of these resources?

AN EXAMPLE OF A PRAYER

*'Good Father,
I recognise that I have not been a good steward of the resources You have provided me. I ask You to forgive me and help me from now on to be faithful to You, honouring You with our tithes and offerings, in the name of Jesus, Amen.'*

EXTRA RESOURCES:

1. What is Stewardship?
<https://youtu.be/lexjUqXYcts?feature=shared>
2. How to Embrace Biblical Stewardship for a Fulfilling Life: John Bevere
https://youtu.be/i_zPoW6R4os?si=0FbFOvv8-bglckEK

Service is a privilege to act on Christ's behalf in His mission of reaching the lost. As Christians, we should take every opportunity to service both at church premises through the different ministries, in home cell groups, and in our communities.

QUESTIONS

1. If you have not served in ministry before, where would you like to serve? What are your talents, spiritual gifts and passions?
2. How does having Jesus as your example of the ultimate server, impact why and how you serve?

AN EXAMPLE OF A PRAYER

'Thank you, Jesus, that you have given me a beautiful example of what a life of service looks like. Show me where I can serve. Help me to surrender my pride and arrogance to you. In your name. Amen.'

EXTRA RESOURCES:

1. Priscilla Shirer: How to Have the Heart to Serve Others
<https://youtu.be/2cJf3JzGuWM?si=kAnLzv6npbjocqgQ>
2. You're Supposed to Rule the World (Here's How): Bible Project
<https://youtu.be/YbipxLDtY8c?si=XoUTdRasOWy5l-DZ>

Here are two ways that you can begin to worship God in Spirit and Truth

1. **Examine your hearts**

Check the posture of our hearts, David pleads with God that he creates in him a pure heart that he may be able to worship (Psalm 51:10)

2. **Abide in Him**

Jesus says "abide in me and I will also abide in you" having a close relationship with Jesus results in knowing him therefore our worship will be authentic and pleasing to Him (John 15:4). Be in constant communion with Him.

QUESTIONS

1. What is your understanding of worshipping God in Spirit and Truth?
2. How can you practice this every day?
3. What is the state of your heart right now? Rebellious? Surrendered? Hurting? Obedient?
Can you worship God with the state of your heart? If not, pray this prayer below.

AN EXAMPLE OF A PRAYER

'God, thank you that you can see the true state of my heart. Today I give you the pain, the hurt, the rebelliousness, the disobedience, every place that I have not invited you into. May you purify my heart that I can truly worship you. Amen.'

EXTRA RESOURCES:

1. Book: Desiring God by John Piper
2. This Is Not True Worship | Lesson 6 of Drawing Near | Study with John Bevere
<https://www.youtube.com/watch?v=x8Gq9v3PJmo>
3. The value of your worship | Steven Furtick
<https://www.youtube.com/watch?v=CXR9Fvm4FTM>

