



DO LIKE  
JESUS

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Book 3

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## 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.

### 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).)

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## DAY 2: FASTING

### MATTHEW 6:16-18

*“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”*

#### WHAT IS FASTING?

‘Fasting is to do without, or to practice self-denial. Its meaning can be expanded to include temporary abstinence from anything in order to give more concentrated attention to spiritual matters.’ — Dick Eastman: Love on its knees

#### WHAT SHOULD WE REMEMBER WHEN WE FAST?

- a. Fasting is a voluntary humbling of your heart before God. It’s not about you but rather about what’s on God’s heart.
- b. Fasting is a process of self-denial, helping a believer to die to their selfish desires. Jesus said in Luke 9:23, ‘If anyone would come after me, he must deny himself and take up his cross daily and follow me.’ Jesus calls us every day to live His life not our own. This time of fasting should be a continuation of your everyday living. You abstain and instead pray. If, for example, you are fasting breakfast, instead of eating, you take that time to pray. Or when the hunger pains hit your stomach, let it be a reminder to pray and hear God’s voice.
- c. Worship and fasting creates an environment for the Holy Spirit to speak. We see an example of this in Acts 13:2-3.
- d. Fasting is a spiritual preparation for the Holy Spirit to use you in service. Don’t let fasting become a religious obligation, it’s a biblical spiritual discipline that helps a Christian develop a closer walk with God. Fasting is not “earning” an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers, and He answers out of grace. Fasting simply prepares us for God’s answer. Read Luke 4:1-13.

### **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>

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## 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 bled 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.

## **SOLITUDE AND SILENCE**

Solitude and silence are inseparable. Without silence there is no solitude. The act of listening is important. Simply to refrain from talking, without a heart listening to God, is not a discipline. It is in the seeking that the discipline is found.

One of the fruits of silence is the freedom to let our justification rest entirely on God.

Silence brings us to believe that God can justify and set things straight.

The tongue is a thermometer; it tells us our spiritual temperature. Also, a thermostat; it controls our spiritual temperature.

## **THE SABBATH**

In the Bible, the Jews and early Christians celebrated the Sabbath. It was a day that you would stop your normal work, rest, and then delight in God and creation through activities like prayer, fellowship, and enjoying things like good food, nature, and relationships. Many of us find this a difficult practice due to busy lives, odd work schedules and many responsibilities, but this does not mean we should put this aside. Jesus encouraged the Sabbath. Even God, Himself, on the seventh day rested. That means this is an important practice for use to thrive as Christians. Although we may not have a full day every week for this, we should seek time out for Sabbath rest, even if it isn't a full day. Preparation is key, so set aside responsibilities before the day begins and don't strive for perfection. The core purpose is to set the day/time apart, focusing on worship and rejuvenation rather than on daily obligations. It is a time to connect with God, being thankful for the week that has passed.

## 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>

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## DAY 4: DISCIPLESHIP

### MATTHEW 28:19-20

*19 Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you.*

*And surely I am with you always, to the very end of the age.”*

‘Why am I here’, ‘What is my purpose’. These are questions that repeatedly arise as we move through life. Do you know that Jesus has called you to something very specific? It's stated in the Scripture above. He has called us to disciple others. Irrespective of your job, your family, your studies, God has called you to make disciples. It was a command which was given to the early disciples and every disciple that followed them, including us.

So how do we disciple? Ben Wong explains, ‘Throughout human history, building on a one-to-one basis was the primary means of transmitting knowledge and skills in every field – from teaching philosophy, to building leaders, and to training carpenters. It made no difference whether you are in the West or the East; all cultures did it that way.

However, modern man has changed the learning process. It now relies primarily on classrooms, books, the Internet and social media. Thus, today, there is very little, if any, relationship between the teacher and the student.’

But the one-to-one model is true teaching, the way Jesus modelled it, sharing your life with someone. As the saying goes, ‘More is caught, than taught. Discipleship is not about sitting in a classroom going through a book or course. Discipleship is sharing life together, walking the journey of being a Christian. What I learn, I teach to someone else, and they teach to someone else. It’s a rewarding and meaningful investment of your life into another. You are giving your life to make a permanent difference in another person.

Do you realise that this is your purpose? You can make a permanent difference in someone else’s life which will affect their generations. This may sound overwhelmingly big but it’s not. You don’t need any special qualifications, you just need to be a step or two ahead in the spiritual journey of the person you are building into, your disciple. You may feel inadequate to help another younger Christian in the beginning. You may think, “I am only young in the Lord myself.” Remember that nobody can change another person. Only God can do that. As you are willing to be used of God, He will change people's lives through you.

'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/Hohi7PCGzjI?si=RsXSAPeiSg5iHDOO>
3. What is Discipleship? Summit Ministries  
[https://youtu.be/12GUqgYXchk?si=o5\\_kBWAafRn9TRgE](https://youtu.be/12GUqgYXchk?si=o5_kBWAafRn9TRgE)

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### JOHN 4:23-24 NLT

*“But the time is coming—indeed it’s here now—when true worshippers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way.*

*For God is Spirit, so those who worship him must worship in spirit and in truth.”*

In most cases people associate or rather limit “worship” to music, moreover only a certain type of music. For example, music with a bit of softer or slower tempo is generally referred to as worship music.

The English Oxford Dictionary describes worship in the following way:

- Noun: feeling or expression of reverence and adoration.
- Verb: to show reverence and adoration. This means that worship is an act.

True worship in biblical terms means giving God all the glory and honour above everything, revering God as worthy and all deserving of praise. John Piper defines worship as “valuing or treasuring God above all things.”

Jesus says in Matthew 15:8-9, “people honour me with their lips, but their heart is far from me, in vain they worship me.” If the act of worship is only an external display but has nothing to do with the heart and the relationship with God, then it is all in vain. It becomes nothing but a show.

In John 4:23-24 Jesus encourages the Samaritan woman regarding true worship, that it is not limited to and neither should it be confined to a specific geographical location, instead worship is the knowledge of whom you are worshipping.

John Piper further describes true worship as being on the right understanding of God's nature, and it is a right valuing of God's worth.

We worship God authentically when we know Him truly and treasure Him fully. True worshippers worship God the Father in Spirit and in Truth. It is worship that is sincerely offered to God from the mind, soul, and heart. Worship not inspired by anything else but the true knowledge of who God is. God is spirit, when we worship in spirit we commune with Him in His truest form.

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>

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### MARK 10:45

*'For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'*

What is your view of serving? When I say the word 'servant', what comes to mind? There are three examples that I would like to pull from the Bible to help us understand what God's perception of being a servant is.

1. **Jesus came as a servant:** Mark 10:45

It's incredible to think that the God who created each of us, came to serve those He created. What an example, that even though His position was great, He still could humble Himself before God and people. Would you be able to?

2. **Serving is a privilege:** Daniel 1

Daniel, a Jew, had been taken captive along with the whole Jewish nation by Babylon. Daniel was chosen for service to the King, Nebuchadnezzar. The standard (verse 4) that this evil King applied to his potential servants was very high. These servants would be trained for three years before they entered the King's service. What a priority this nation put on serving.

It makes you think, 'What priority do I put on serving?' I'm in God's service, so whether I clean a house, do office work, teach, cook, parent, whatever I do it's as if I'm doing it for God. I clean a house like it's God's house. I do office work like it's God's business. I cook as if I'm cooking for God.

3. **Serving moulds us to be more like Jesus:** Jeremiah 18:1-6

When we observe a potter and the clay, we see that the clay needs to be moulded, by remaining in the potters' hands. The clay is also responsive to the potter, so the potter can make the instrument of his choosing.

We are His clay and should be ready for service wherever and whenever God needs us. When you come to God as His servant then He can take your life and put it where He wills and work through it to accomplish His purposes. Every believer is a minister to the world. Service in the body of Christ isn't optional for Christians. In God's army, there are no volunteers – he's drafted all of us into service. Read Ephesians 2:10; Ephesians 4:12-13

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=kAnLzv6nnpjocqgQ>

2. You're Supposed to Rule the World (Here's How): Bible Project

<https://youtu.be/YbipxLDtY8c?si=XoUTdRasOWy5I-DZ>

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### MATTHEW 6:19-21

*“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.”*

Before we understand what, it means to be good stewards of the money we generate each month, we need to remember, as disciples of Jesus, that everything we are and have comes from Him (Psalm 24:1-2). What God gives us is already His. We do not own anything. God owns everything (material goods, money, body, time) and has appointed us to be His stewards (Matthew 25:14-30).

A steward is entrusted with another person's possessions to manage them. We must, therefore, be good stewards in everything He has entrusted to us. As you can see, this is both a privilege and a responsibility, because God will hold us accountable for how we handle what He has entrusted to us (Romans 14:12). What is expected of a good steward is that he be faithful and devoted to his master (Luke 16:12-13) and that he manages his master's possessions well. This means that a steward must always act in the owner's best interest (Matthew 25:14-30). Our Lord's best interest is the salvation of the lost.

When it comes to stewarding our money, the reality is that few things in this world bind us more than money and possessions, as they often give us a sense of fulfilment and security. The truth is that only in the Lord Jesus do we find fulfilment and security. God owns everything, including money, and you are its steward. Your task as a steward is to use it faithfully.

The same applies to possessions, for, in some way, they come from God's provision and goodness. Knowing that you are the steward of God's goods will make all the difference in how you relate to money. In the Bible, we find that tithes and offerings were an important part of the good stewardship of material goods. They were an expression of gratitude and honour to God. In the Old Testament, they were used to support those who served in the temple, and in the New Testament, they were used to advance the Gospel. Biblically we can see that investing in eternity is the key to using your money correctly. It is time for a heavenly perspective to use the resources God has given us wisely. Let us surrender our resources to Him.

## 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](https://youtu.be/i_zPoW6R4os?si=0FbFOvv8-bglckEK)

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### PSALM 27:4

*'One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple.'*

Imagine in 12 months looking back at your life after a year of consistent spiritual growth. You could be walking closer with God, hearing Him speak in a clearer way, having spiritual fruit being very evident in your life, close times of prayer and worship with Him, and walking in a greater freedom over sin. Who wouldn't want that! And best of all, all we need to gain this is a personal devotional life – spending time alone each day with God, in His word and in prayer.

'The Christian's devotional life is foundational to his/her spiritual maturity and capacity to know God and to make Him known to others. A personal devotional life involves more than just 'having a devotional book to read', but rather it is a call to devotion – an opportunity to cultivate an intimate love relationship with God. It is vital to a lifetime of 'seeking Him' and experiencing the joy of personal revival.' DeMoss & Grissom

This sounds amazing, but we know that it is harder than we think. Despite modern technology, many people struggle with feeling hurried, stressed, and overwhelmed. In the Bible there was a King named David and although his life was busy running an entire Kingdom, yet he still managed to focus on time with God.

Ultimately David was saying in Psalm 27:4, 'If I don't get anything else accomplished in my day, the one thing I will pursue above all else is to know God and develop a relationship with Him.' Is this your desire every day? Imagine if it was!

In Luke 10:38-42, we are told a story of Martha and Mary, two sisters that Jesus visited. It shows the importance of keeping 'first things first.'

Martha's priorities were different from Mary's, and it affected her response to pressure, her family, and Jesus. Mary's priority first and foremost was to sit at Jesus' feet. What is yours?

## 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-rDUoKmcceg?si=PQcVjbvPLHWVPKRW>

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](https://youtu.be/7_CGP-12AE0?si=3obTy3gOLzGp64nq)

JOURNAL PAGE

### 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 spirit 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

b. Know yourself (Your identity in Christ Jesus)

If we are to defeat the enemy, it's so crucial for believers to have a clear understanding of our identity in Christ and the authority He has given to us (Luke 10:19; Rom 8:37, 1 Samuel 17). We are not going into spiritual warfare to seek victories but to enforce the victory that Our Lord Jesus Christ has already won for us on the cross of calvary (Col 2:14; Heb 2:8)

c. Put on the whole armour of God

No serious fighter can engage in a battle without necessary weapons.

"Therefore, put on the full armour of God". (Eph 6:13).

Ephesians 6:13-19 gives us a list of some defensive and offensive weapons

Other offensive weapons we see in Scripture is the Blood of the lamb (Revelation 12), the weapon of praise (Psalm 8:2), the fire of God (2 Kings 1:9-10, Hebrews 12:29).

d. Resisting the enemy and the use of Weapons.

We may be well-equipped but if we cannot use the weapons at our disposal, we will always struggle to experience victories. The use of our weapons helps us in two ways:

- To respond to the call for resistance.

"Resist the devil, and he will flee from you". (James 4:7)

- Responding to the call to attack and destroy the work of the enemy.

Spiritual warfare has never been a defensive fight alone. We will never win territories and souls by remaining in the defensive. God has called us to attack (1 John 3:8; 2 Cor 10:3-5, Deuteronomy 1:6-8). Our attacking strategies include praise and prayers, the love of God, the use of faith in the blood of the lamb, and the declaration of God's Word.

## 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=EgZjaHJvbWUyBggAEEUYOTIHCAEQABiPAIIBCDI5MDZqMGo0qAIAAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:b73d8280,vid:9NgTuAgwVZ4,st:0](https://www.google.com/search?q=spiritual+warfare&oq=spiritual+warfare&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIHCAEQABiPAIIBCDI5MDZqMGo0qAIAAsAIA&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](https://youtu.be/vEm6bv6i1OM?si=8ZVg-zFB_XRKqkTi)



### Acts 17:6

*'But when they did not find them, they dragged Jason and some brethren to the rulers of the city, crying out, "These who have turned the world upside down have come here too.'*

Paul and Silas were accused of radically impacting the world. They were accused of introducing innovations in religion and that through their words and actions they turned men from their old way of worship to another. Paul and Silas' accusers became scared that they have come to their community to do the same. In short, they were accused of being influential. Their influence was undeniable and whenever they were around people, those people ended up being challenged and encouraged to see things differently.

We are all influential. We are all called by God and commissioned by our Lord to go into the world and impact it for His glory.

#### A. RECOGNISE YOUR INFLUENCE

When asked who is the one person that influenced you the most, many people point to their school and church teachers. Yes, these are the institutions of learning and behavioural change, but we are all called to influence the world. We cannot leave it all to teachers. A single act of kindness and compassion can profoundly transform a person's life. Sometimes we miss the opportunity to positively impact someone because we are looking and craving for a platform, whereas every day we are presented with an opportunity to transform a person's life. We are the platform. Our lives are a platform and a stage of shining God's light and glory to the world.

- Tim Elmore, a sociologist states that the most introverted or isolated person influences around 10,000 people in their lifetime.
- On the other hand, researchers estimate each person influences about 2.8 others daily, potentially reaching 80,000 over a 78-year lifespan.

The above proves the Afrikaans saying "bietjie bietjie maak meer" which means little by little makes more. Speaking and acting kindly and positively to at least one person a day will not only help you to be an influencer but a world changer. One person equals to more than ten thousand over a lifetime of an adult.

## **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.

## **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>