

# BEGINNING CHRISTIAN LIFE STUDIES [BCLS]

## WORKBOOK



**SPIRITUAL FORMATION INSTITUTE**  
**HOLY LIGHT CHURCH (ENGLISH)**

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## **Introduction**

# **CHRIST OUR LIFE**

The foundational basis of our Christian faith is ‘Christ our life’. This *Beginning Christian Life Studies* has been carefully planned to help you

- Prepare for Baptism
- Establish a programme of personal Bible study
- Understand the great Truths of the Bible
- Learn and practice the essentials of spiritual formation

The basic text for this study is “*Christ Our Life*”: *A Communicant’s Manual* published by Gereja Presbyterian Malaysia and the Presbyterian Church of Singapore (September 1977). To benefit from the study, it is important to read the respective chapter or chapters of “Christ Our Life” for each specific study. You will also need a Bible. Each question will direct you to a specific section of “Christ Our Life” or to a Bible verse. After thinking about the question, write your answer in the space provided. Remember to pray before you begin your study. Ask the Lord for understanding.

Dr. Alex Tang  
Spiritual Formation Institute  
Holy Light Church (English)  
Johor Bahru

## Study One

# Knowing God

Prayer:

*“As a deer longs for flowing streams, so longs my soul for Thee, O Lord” (Psalm 42:1). O God, Lord of the Universe and Creator of all things, we come now before You to learn more about You. Give us the Holy Spirit to teach us all things about You. Thank You for making it possible for us to know You. We pray in Jesus’ Name. Amen.*

The God we worship is a real Person. He created everything, from the multiple universes to the smallest sub-atomic particles. He also created you and me. Yet this Great Creator is not a God who created his creation and distanced Himself from His creation and watched it from afar. God wants to live with His creation especially us. We are very special because God loves us. In this study, we shall learn about the ways in which we can get to know God and what God is like. *Read chapter one, “Christ Our Life”: A Communicant’s Manual.*

### HOW CAN I KNOW GOD?

1. You have a special friend that you like very much. What are some of the ways you can get to know him/her better?

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2. What are some of the ways you can know God?

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3. God helps us to know Him by revealing Himself. How does the Bible help us to know God? *Read Psalm 19:7-9*

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4. How does the historical record of God’s dealing with the Israelites in the Old Testament help us to know Him? *Read Psalm 103:7*

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5. How does knowing about Jesus Christ help us to know God? *Read John 14:9*

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6. How can God's people in the church help us to know God? *Read Acts 2:42-47*

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7. How can enjoying Nature help us to know God?

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8. God wants to reveal Himself to us. Who does He send to help us to know Him? *Read John 14:26*

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Jesus was God spelling Himself out in language humanity could understand.

S.D.Gordon

**WHAT IS GOD LIKE?**

9. What is God like? From your reading of "Christ Our Life", list down some of God's attributes/characteristics.

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(b) \_\_\_\_\_

(c) \_\_\_\_\_

(d) \_\_\_\_\_

(e) \_\_\_\_\_

(f) \_\_\_\_\_

(g) \_\_\_\_\_

(h) \_\_\_\_\_

10. What did God create? *Read Genesis 1:1*

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11. God is ONE. The great mystery of Christianity is that God is one yet three (God the Father, Jesus Christ the Son and the Holy Spirit). This is known as the Trinity. What do you understand by the Trinity?

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12. What does the following statement mean?

(a) God is a Person.

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(b) God is Spirit.

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(c) God is Holy.

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(d) God is Sovereign.

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(e) God is Love.

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The most perfect way of seeking God, and the most suitable order, is not for us to attempt with bold curiosity to penetrate the investigation of His essence, which we ought to adore than meticulously to search out, but for us to contemplate Him in His works, whereby He renders Himself near and familiar to us, and in some manner communicates Himself.

John Calvin

Prayer:

*Dear God, I want to know You. Thank you for revealing Yourself to us in so many ways. Help me to know You as a personal God, a God who loves me.* Amen.

Study Two

# Knowing Man

Prayer:

*“Search me, O God, and know my heart; Try me and know my thoughts; and see if there is any wicked way in me, and lead me in the way everlasting.”(Psalm 139:23,24). O God, give me understanding of the human condition. Give me understanding of our relationship with You. We pray in the Name of Your Son, Jesus Christ.* Amen

We have only to read the local newspaper and watch the news on television to know the mess the world is in today. Everyday we hear of murders, terrorist acts against the innocent, injustice, man’s cruelty towards man and animals and the irresponsible destruction of the environment. In the last century we thought that we could change man’s nature with better education and socioeconomic development. That it has failed miserably is obvious to all. In this study, we shall learn about the true nature of man and his/her relationship to God. *Read chapter two, “Christ Our Life”: A Communicant’s Manual.*

## WHAT IS MAN?

1. The Bible says man is special because he is made in the image of God. *Read Genesis 1:26,27.* What do you understand by the ‘image of God’

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2. Why do you think God created man?

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3. Why do you think Adam and Eve disobeyed God? Why do you think it is called the ‘Fall’? *Read Genesis 3:1-7.*

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4. What are the consequences of Adam and Eve’s disobedience? *Read Genesis 3:14-24.*

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5. As we are all descendents of Adam and Eve, what do you think are the effects of Adam and Eve's disobedience on us today?

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**SIN**

6. What do you understand by the word 'sin' ?

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7. What does the Bible teach about sin? *Read Romans 3:23.*

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8. What are some of the consequences of sin?

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As the result of the Fall, the image of God in man was badly marred in both its moral and its natural dimensions. Man lost his original inclination toward God and became a perverted creature, inclined away from his Creator. His personality was sadly marred. His intellect became bound, his emotions corrupted, and his will enslaved. He lost his true manhood. Men speak about man as "evolving" from a primitive condition, but the Bible (Romans 1:18-32) graphically portrays his *descent* rather than *ascent*.

Paul Little

9. How does God regard sin? Why?

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**WHAT CAN TAKE AWAY MY SIN?**

10. In many religions, man tries to save himself from the punishment of sin by doing good works and obeying the tenets of their religions. Do you think a man with a sinful nature can save himself?

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11. Only a man with a sinless nature can save us, who have the sinful nature. God has provided such a man. Who do you think he is? Why do you think he does not have a sinful nature? Read *Luke 1:26-35*

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We all have a sinful nature because of Adam and Eve's disobedience. Because of our sinful nature, we cannot approach God because He is Holy. God will one day in the future judge all men and women. The judgement for sin is eternal damnation in hell. Because of our sinful nature, we cannot save ourselves. God, however, have provided a way to save us through His Son, Jesus Christ.

Prayer:

*Dear God, have mercy on me a sinner. We know that You are a Holy God and cannot tolerate sin. The consequences of sin is death. Thank You for sending us Your Son, Jesus Christ to save us.*

Amen

## Study Three

# Knowing Christ

Prayer:

*“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). O, God. Thank You for Your love for us. Thank You for sending Your Son, Jesus Christ to die on the cross for our sins. We pray that Your Holy Spirit will open our eyes to behold the spiritual truths about Your Son. Amen*

Many people consider Jesus Christ to be a great teacher. Mahatma Gandhi considered Jesus’ Sermon on the Mount as the greatest spiritual writing ever written. Others consider Jesus as a prophet. The Bible reveals Jesus as the Son of God and is God. Man is incapable of knowing God because he is sinful. So God took the form of man in Jesus Christ to bridge the gap between God and man. Jesus has a dual nature-He is fully God and fully man. *Read chapter three and four, “Christ Our Life”: A Communicant’s Manual.*

### PROPHECIES ABOUT JESUS CHRIST

1. The Old Testaments has many prophecies about Jesus Christ, written centuries before He was born. What are some of these prophecies and how are they fulfilled?

| Prophecy      | Fulfilment    |
|---------------|---------------|
| Micah 5:2     | Matthew 2:1   |
| Isaiah 7:14   | Matthew 1:18  |
| Zechariah 9:9 | John 12:13-14 |
| Psalms 41:9   | Mark 14:10    |
| Isaiah 53:12  | Matthew 27:38 |
| Psalms 22:16  | John 20:27    |
| Psalms 16:10  | Acts 3:15     |
| Psalms 68:18  | Acts 1:9      |

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## THE DEITY OF JESUS CHRIST

2. What did Jesus reveal about Himself?

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3. How does God address Jesus? *Read Hebrews 1:8*

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4. What miraculous deeds did Jesus do to reveal His divine power?

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5. What do Jesus' disciples think of Him?

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6. What other happenings showed that Jesus is God?

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## THE HUMANITY OF JESUS CHRIST

7. How is Jesus' humanity revealed in the following incidents?

Luke 24:39 \_\_\_\_\_

Matthew 26:38 \_\_\_\_\_

John 11:38 \_\_\_\_\_

John 4:6 \_\_\_\_\_

Matthew 4:2 \_\_\_\_\_

John 4:7 \_\_\_\_\_

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## THE WORK OF CHRIST

8. What is Jesus Christ's work as a mediator?

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The Cross is the centre of our Christian belief. Jesus Christ is fully God and fully man. But as a man, he is sinless. Thus only he can die for us and obtain our salvation because he is sinless. Without his death on the cross we will be forever separated from God. It is in His death and resurrection we are saved. *See Appendix B: Steps to Peace with God in "Christ Our Life": A Communicant's Manual.*

9. What is Jesus Christ's work as a prophet and a priest?

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10. Why is Jesus Christ a king?

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11. What is Jesus Christ's work as a judge?

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## IS JESUS THE ONLY WAY?

12. All religions claim to be the way to God and salvation. Is Jesus the only way? Are all religions the same?

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Jesus said "I am the way, I am the truth, I am the life; no one goes to the Father except by me" (John 14:6). In this study, we have learned about Jesus Christ, who is fully God and fully man. His coming was foretold by many prophecies and his work on the cross is the pivotal point of our salvation. Jesus is also a prophet, priest, king and judge. He is our Lord and Saviour.

Prayer:

*Lord Jesus, thank You for coming to earth as a man so that we can behold the glory of the Father God. Thank You for dying on the cross for my sins. I know that if I accept Your redeeming work on the cross, I shall become holy and will no longer be separated from God. Lord, thank You for Your love and Your work of salvation.*

Amen

## Study Four

# Knowing Faith

Prayer:

*“Listen, I stand at the door and knock; if anyone hears My voice and opens the door, I will come into His house and eat with him, and he will eat with Me.”(Revelation 3:20). O God, I hear You knocking at the door of my heart. I know that I want You to come in and I know that when You do, things will be different. Lord, help me to open the door of my heart to You. Amen*

There is a painting based on Revelation 3:20 that shows Jesus standing outside a door, poised to knock. The interesting thing about the door is that there is no doorknob. Hence the door can only be opened from the inside. It is the same for us. God wants to forgive us and bring us back to the state of fellowship He has enjoyed with Adam and Eve. Jesus Christ is God’s way of forgiveness for us. He stands at the door. But we still have to open the door. We have to believe in God’s promises, repent of our sins and open the door to receive His Son. That is faith. *Read chapter five, “Christ Our Life”: A Communicant’s Manual.*

### REPENTANCE

1. What do you understand by ‘repentance’?

(Mark1:4,15) \_\_\_\_\_

(1John1:9) \_\_\_\_\_

(Luke19:1-10) \_\_\_\_\_

### FAITH IN CHRIST

2. What God offers is salvation, what we do to receive this salvation is faith. Read the following verses to see what we must do and what God offers.

|                        | <i>What we must do</i> | <i>What God offers</i> |
|------------------------|------------------------|------------------------|
| <i>Matthew 1:28</i>    |                        |                        |
| <i>Revelation 3:20</i> |                        |                        |
| <i>John 1:12</i>       |                        |                        |
| <i>Isaiah 45:22</i>    |                        |                        |
| <i>Psalms 34:8</i>     |                        |                        |

### FRUITS OF FAITH

3. What is this salvation that God offers?

(Romans 5:1) \_\_\_\_\_

(1 John 1:7,9) \_\_\_\_\_

(Galatians 4:5) \_\_\_\_\_

(John 5:24) \_\_\_\_\_

(John 10:28) \_\_\_\_\_

In our study so far, we have learned about a holy God and his love for us. Man sinned when they disobeyed God. To restore our relationship with God, God sent His Son, Jesus Christ who is fully God and fully man to die on the cross for our sins. When we believe in what God has offered us, repent and invite Jesus into our hearts, the Bible says that we are 'born again'. We are a new creation in Jesus Christ. Here, let us take a moment to consider whether you have believed in God's promises and have invited Jesus into your life.

If you want to invite Jesus into your life, here is a simple prayer to God:

*"Lord Jesus, I confess that I am a sinner. Thank You for bearing my sins on the cross for me. Thank You for making it possible for me to receive God's forgiveness. Come into my life now and take control. I profess that You are my Lord and Saviour."*

Amen

### WHAT HAPPENS WHEN YOU ARE 'BORN AGAIN'?

4. What happens to you when you receive Jesus into your life?

(Romans 8:9) \_\_\_\_\_

(Romans 6:1-14) \_\_\_\_\_

(2 Corinthians 5:17) \_\_\_\_\_

(Romans 3:24) \_\_\_\_\_

"The basis or ground, of our justification, or being declared righteous, is twofold. Christ's death as our Substitute satisfied the claims of God's holy law against our sin. 'While we were yet sinners, Christ died for us. Much more then, being now justified by His blood, we shall be saved from wrath through Him' (Romans 5:8,9).

The other basis of God's declaring righteous is Christ's perfect obedience. 'For as by one man's [Adam's] disobedience many [i.e. all men] were made sinners, so by the obedience of One [Christ] shall many [i.e. all who believe] be made righteous' (Romans 5:19). Christ became identified with us when He was made sin for us on the cross; and we are identified with Him in His newness of resurrection life, and share His righteousness. We are justified by faith"

Paul Little

5. After we are 'born again', God begins to work in our lives through a process called 'sanctification'. What do you understand by 'sanctification'? *Read 2 Corinthians 3:18*

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6. How would you answer if someone is to ask you "Why do you believe you are a Christian"?

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Only by faith do we accept that Jesus Christ died for our sins. Only by faith do we accept the forgiveness of God and enter into a new life with Him. Martin Luther, the great Reformer called this, 'justification by faith'.

Prayer:

*Dear Lord Jesus, thank You for giving us the faith to accept You as our Lord and Saviour. Thank You for Your work on the cross, for redeeming us and renewing us in our relationship with Your Father. Father, we ask that You will continue to help us as we grow into the likeness of Your Son, Jesus Christ. We pray in Jesus' Name.*

Amen

**Study Five**

# Knowing The Holy Spirit

Prayer:

*“But the Counsellor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” (John 14:26). O, God, thank You for sending us the Holy Spirit as Jesus as requested. Thank You for the Holy Spirit who will teach us to live in truth and in obedience to Your teachings. We pray in the Name of Your Son, Jesus Christ. Amen*

Jesus was crucified, died and rose on the third day and later ascended to heaven leaving behind His disciples. Jesus understands the weaknesses of human beings, being a human himself and knows that we lack the strength to live the Christian or ‘born again’ life on our own. That is why He asked the Father to send the Holy Spirit to us. The Holy Spirit is given to all that have accepted Jesus as Lord and Saviour. The Holy Spirit indwells within all ‘born again’ Christians. *Read chapter six, “Christ Our Life”: A Communicant’s Manual.*

## THE PERSON OF THE HOLY SPIRIT

1. What does the Old Testament tells us about the work of the Holy Spirit?  
(Genesis 1:2) \_\_\_\_\_  
\_\_\_\_\_  
(Genesis 6:3) \_\_\_\_\_  
\_\_\_\_\_  
What did the Holy Spirit do in Genesis 6:3? \_\_\_\_\_  
\_\_\_\_\_
2. What 3 groups of people did the Holy Spirit empower in the history of Israel?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## THE TEACHING OF JESUS CHRIST

3. What does Jesus teach about the Holy Spirit?  
(John 14:15-18) \_\_\_\_\_  
\_\_\_\_\_  
(John 14:25,26;16:13-15) \_\_\_\_\_  
\_\_\_\_\_  
(John 15:26,27) \_\_\_\_\_  
\_\_\_\_\_  
(John 16:7-11) \_\_\_\_\_  
\_\_\_\_\_  
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4. What characteristics does the Holy Spirit have that make you think He is a person?  
(John 16:13-16) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
(John 14:26) \_\_\_\_\_  
\_\_\_\_\_  
(John 16:8-11) \_\_\_\_\_  
\_\_\_\_\_  
(Romans 8:26) \_\_\_\_\_  
(Ephesians 4:30) \_\_\_\_\_  
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**THE DEITY OF THE HOLY SPIRIT**

5. What evidences does the Bible give to show that the Holy Spirit is also God?  
(Genesis 1:2) \_\_\_\_\_  
\_\_\_\_\_  
(Hebrews 9:14) \_\_\_\_\_  
\_\_\_\_\_  
(Psalm 139:7,8) \_\_\_\_\_  
\_\_\_\_\_  
What other evidences are given in “*Christ Our Life*”: *A Communicant’s Manual*? \_\_\_\_\_  
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**THE WORK OF THE HOLY SPIRIT**

6. What is the Holy Spirit doing in the world today? *Read John 16: 8-11*  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
What other work do you think is the Holy Spirit doing in the world today?  
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7. What is the Holy Spirit's role in the Church?  
(Ephesians 4:1-7; Philippians 2:1) \_\_\_\_\_  
\_\_\_\_\_  
(1 Corinthians 12:4-9) \_\_\_\_\_  
\_\_\_\_\_  
(Acts 2:37) \_\_\_\_\_  
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(Acts 1:4-8) \_\_\_\_\_  
\_\_\_\_\_  
Give some examples of the Holy Spirit working in your church today  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. How does the Holy Spirit work in the life of individual Christians?  
(John 3:3,6) \_\_\_\_\_  
\_\_\_\_\_  
(1 Corinthians 3:16) \_\_\_\_\_  
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(Ephesians 1:13,14) \_\_\_\_\_  
\_\_\_\_\_  
(Romans 8:26) \_\_\_\_\_  
\_\_\_\_\_  
(Galatians 5:22,23) \_\_\_\_\_  
\_\_\_\_\_  
(Ephesians 5:18) \_\_\_\_\_  
\_\_\_\_\_

Ephesians 5:18 is not just an experience to be enjoyed but a command to be obeyed. If we do not open ourselves to a daily encounter with the Holy Spirit, then the inevitable conclusions are that we are disobedient Christians.

Dwight L. Moody

The gift of the Holy Spirit to all Christians is a very precious gift. The Holy Spirit lives in us and helps us to grow more like Jesus Christ, bearing the fruit of the Spirit.

Prayer:

*O, Lord, thank You for Your Holy Spirit who now dwells in us. Teach us to listen and to learn from Him.  
Let us be always empowered by Him. Amen.*

Study Six

# Knowing The Church

Prayer:

*“And He is the head of the body, the church; He is the beginning and the firstborn from among the dead, so that in everything He might have the supremacy.”(Colossians 1:18). O God, thank You for Jesus Christ as the head of the church, and thank You for making me a member of His body which is the church. We ask for Your blessing on Your church. We ask in the Name of Your Son, Jesus Christ. Amen*

Being a Christian is never being alone. Christians are part of a worldwide fellowship of believers from all nations. The worldwide fellowship is called the Church. However, Christians gather to fellowship and worship in their own locality and these form the local churches. The worldwide Church can be subdivided into 3 groups: Protestants, Roman Catholicism and Greek Orthodox. Within the Protestant group are also many subgroups known as denominations. Some examples of denominations are Presbyterian, Anglican, Baptist, Methodist, Pentecostal and Brethren. *Read chapter seven, “Christ Our Life”: a communicant’s manual.*

## NEW TESTAMENT WORD FOR CHURCH

1. What do you understand by the word “ecclesia”?

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## HOW OLD IS THE CHURCH?

2. What do you understand by the church as the “New Israel”?

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## THE FOUNDATION OF THE CHURCH

3. What is the foundation of the Church?  
(1 Corinthians 3:11, 1 Peter 2:4-7)

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## THE EARLY GROWTH OF THE CHURCH

4. What are some of the characteristics of the early church in Acts 2:42-47?

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**MEMBERSHIP OF THE CHURCH**

5. What are some of the metaphors or word pictures used to denote membership of a church?

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The church is the gathering of God’s children, where they can be helped and fed like babies and then guided by her motherly care, and grow up to manhood in the maturity of faith.

John Calvin

**THE RENEWAL OF THE CHURCH**

6. At a time in church history (sixteenth century), God renewed the Church through a process called the Reformation. Some of the key issues were clarified:

*What is the supreme authority for the Christian and the Church?*

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*What is the way of salvation?*

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*What is the meaning of Communion?*

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*What is the means of access to God?*

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**THE PRESBYTERIAN CHURCH IN MALAYSIA AND SINGAPORE**

7. What do you think is the most significant event in the history of the Presbyterian church in Malaysia and Singapore?

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**WHAT ARE SOME OF THE FEATURES OF THE PRESBYTERIAN CHURCH?**

8. Holy Light Church is a Presbyterian church. Please explain the following terms:

*Presbyterian* \_\_\_\_\_

*Elder* \_\_\_\_\_

*Deacon* \_\_\_\_\_

*Session* \_\_\_\_\_

*Presbytery* \_\_\_\_\_

*Synod* \_\_\_\_\_

**SPECIAL MARKS OF THE PRESBYTERIAN CHURCH**

9. What are some of the special characteristics of the Presbyterian church?

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**WHAT IS ESSENTIAL IN CHURCH MEMBERSHIP**

10. To become a member of a Presbyterian church requires certain commitments (vows) from you. What are these commitments?

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

(4) \_\_\_\_\_

To be a member of a church is to be part of the community of faith. It is to be part of a caring, loving compassionate community where there is mutual love and respect. There is unity because we all worship the same God and come under the same authority.

Prayer:

*Dear Lord, thank You for making me a member of this church. Lord, help me to love my brothers and sisters in this church. Give me the gifts to build up this church so that it will fulfil the great role You have given this church. We thank You in Jesus' Name.* Amen

## Study Seven

# Knowing the Sacraments

Prayer:

*“If you love Me, you will obey what I command” (John 14:15). O, Lord Jesus, we do love You and want to follow what You have commanded. Help us to understand the sacraments of baptism and the Lord’s Supper. Give us the desire to be baptised and remove any obstacles to our being baptised. Bless us when we partake of the Lord’s Supper. We pray in Jesus’ Name. Amen.*

The sacraments of baptism and of the Lord’s Supper, sometimes called the Holy Communion are two of the most significant actions in our new life as a Christian. These sacraments show our commitment to our God and obedience to His commands. These sacraments are not mere actions but also the means where we can come into the Presence of God. Hence the sacraments are not to be taken lightly but with full reverence and seriousness. *Read chapter eight and nine, “Christ Our Life”: A Communicant’s Manual*

### THE SACRAMENT OF BAPTISM

1. In the Old Testament, what did God require of His people, Israel to set them apart from other people? *Read Genesis 17:1-14.* Why?

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2. What is infant baptism?

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3. Why baptise infants? You may want to relate this to question one.

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For it is very clear from many testimonies of Scripture that circumcision was also a sign of repentance. Then Paul calls it the seal of the righteousness of faith...For although infants, at the very moment they were circumcised, did not comprehend with their understanding what that sign meant, they were truly circumcised to the mortification of their corrupt and defiled nature, a mortification that they would afterward practice in mature years.

To sum up, this objection can be solved without difficulty: infants are “baptised into future repentance and faith, and even though these have not yet been formed in them, the seed of both lies hidden within them by the secret working of the Spirit.

John Calvin

4. What is 'confirmation'?

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5. Why must a Christian be baptised?

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6. What is the meaning of baptism?

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**THE SACRAMENT OF THE LORD'S SUPPER**

7. Relate the story of the Lord's Supper. *Read Matthew 26:17-30.*



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A sacrament is a visible sign of a sacred thing, or a visible form of an invisible grace.  
Augustine of Hippo

8. What is the relationship of the Lord's Supper to the Passover? *Read Exodus 12:21-28*

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9. How does partaking of the Lord's Supper deepen our relationship with God?

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10. How should we prepare ourselves before we partake of the Lord's Supper?

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Why? *Read 1 Corinthians 11:27-32*

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The Lord's command is for us to be baptised and for us to partake of the Lord's Supper whenever we can. Whenever we partake of the Lord's Supper, the bread is a reminder of Christ's body broken for us and the wine, Christ's blood shed for our sins. We share in His sufferings and His sacrifice. Also in celebrating the sacraments, we are celebrating together with millions of other Christians in the worldwide Church and millions of saints who went before us.

Prayer:

*Lord Jesus, thank You for the sacrament of baptism. We are symbolically washed clean and reborn spiritually. Thank You for the sacrament of the Lord's Supper. Help us to prepare ourselves to receive this sacrament. Holy Spirit, bring to light any hidden sins and disobedience in our lives. Let us feel Your Presence as we partake of the bread and drink of the wine.* Amen

## Study Eight

# Knowing The Christian Life

Prayer:

*“To love Him with all your heart, with all your understanding and with all your strength, and to love your neighbour as yourself is more important than all burnt offerings and sacrifices.” (Mark 12:33) O God, teach me to love You more and more every day. Teach me to grow in my spiritual devotions and to mature spiritually. Let Your Holy Spirit touch all areas of my life and help me surrender gracefully to You. And teach me to love others as myself. Amen.*

After we become Christians, the life we now live is called the Christian life. Being a Christian involves all areas of our lives: our intellect, emotions, body, hopes, ambitions, possessions and our relationships. We start off by being spiritual babies and grow to spiritual maturity. Spiritual maturity is to be like Christ. The process of spiritual growing is called by many names: life of communion, life of obedience, sanctification, spiritual formation, or discipleship. Just like a baby needs food, protection and nurturing to grow, a spiritual baby also needs nurturing to grow. In this study, we shall see some of the means of nurturing that can help us to grow spiritually. *Read chapters ten and eleven, “Christ Our Life”: A Communicant’s Manual*

### BIBLE READING

1. Why should we study the Bible? *Read 2 Timothy 3:16*

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2. The Bible is a unique book. Even though it was written by about forty people over a period of 1,500 years, the Bible has only one great theme which is Jesus Christ. Who do you think is the actual author of the Bible? *Read 2 Peter 1:20,21*

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3. Read Colossians 3:16. List some of the ways you can “let the word of Christ dwell in you richly”.

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4. What does James 1:22 encourage us to do with our Bible reading?

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I began to read the Holy Scriptures upon my knees, laying aside all other books, and praying over, if possible, every line and word. This proved meat indeed and drink indeed to my soul. I daily received fresh life, light and power from above.

George Whitefield

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**PRAYER**

5. Prayer is talking to God. We can talk to God like we are talking to our friends. We do not need to use any fancy words to talk to God. What does Hebrews 4:16 teach us about prayer?

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6. Does God answer prayer? *Read John 15:7; 1 John 3:21,22*

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7. What are some of the things you want to pray about? List down these items (prayer list)

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The Quiet Time is the time we set aside everyday to read and study the Bible and to pray. It may be in the early morning or at night but should be a time suitable to us and be free from interruptions. There is no fixed duration to the quiet time. It may be 10 minutes to 5 hours. A suggested format is to start the quiet time with a prayer of praise, worship and thanksgiving. Then we should spend some time reading the Bible. We should have a Bible reading plan that helps us to read through the whole Bible in one or two years. Read the Bible expecting the Holy Spirit to speak to you. Listen and meditate on the text. Write down the insights that come to you in a journal. Then spend some time praying for people and other specific prayer requests. A prayer list will be useful. End the quiet time by thanking the Lord and a short period of silence to centre your soul.

**FELLOWSHIP & WORSHIP**

8. Why is it important to meet regularly with other Christians? *Read Hebrews 10:24-25*

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Why should we attend Sunday service?

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**SERVICE**

9. To live a Christian life is to live a life of service to others. Jesus Himself came to serve. Read Matthew 20:28. List some of the ways you can serve in:  
(a) school/polytech/college/university

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(b) workplace

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(c) home

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(d) church

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(e) community

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10. Another way of service is to give of your money. What does the Bible teach about giving (money)? *Read 2 Corinthians 9:7*

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**‘TO GLORIFY GOD’**

11. What does it mean to ‘glorify God’?

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In this series of studies, we have learned the basics of our belief as a Christian. We have learnt to know God, man, Christ, faith, the Holy Spirit, Church, the Sacraments and the Christian life. The Christian life is often described as a journey and we have just begun. There will be many more things to learn and to experience. But it is nice to know we do not travel alone. We travel with other Christians and with our Lord who will be with us every step of the way.

Prayer:

*Lord, we thank You for this series of studies. We thank You for your Holy Spirit who has been with us, teaching us and opening our eyes to new spiritual truths. Lord, we now commit one another into Your Hands. Help us and guide us, protect us and strengthen us for the journey ahead. We ask all this in Jesus’ Name.*

Amen