



Edify Church

STUDY GUIDE

# DISCIPLESHIP101

BECOMING A DISCIPLE OF CHRIST

## LESSON 3

LOVE & FASTING

STUDY GUIDE

# DISCIPLESHIP101

BECOMING A DISCIPLE OF CHRIST

THE WHY & THE  
HOW

## *Our Mission*

*We edify believers to mature in Christ, empower believers to engage in the work of ministry and equip believers to disciple the world.*

## *Commitment*

*noun*

the state or quality of being dedicated to a cause, activity, etc.

*"the company's commitment to quality"*

# *Interactive*

*ZOOM + Discipleship101 Manual*

## What's the point of this study time together?

### 1. Be a disciple first!

**John 14:15 KJV**

*"If you love Me, keep My commandments.*

While we endeavor to live out that instruction by sharing our testimonies that will prayerfully draw our family, friends, etc. We need to understand that sharing God's word is vitally important as well. God's word is the foundation of our faith in God.

**2 Timothy 2:15**

*"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth."*

### 2. Make a disciple next!

**Matt 28: 19-20 NIV**

*"Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."*

Our goal as a child of God is to do what every good child does...obey! Jesus left instructions to share the gospel with everyone we can. This was not a passive conversation to consider if and when we felt like doing it but instruction that we need to live out.

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**DISCIPLESHIP101**  
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*Part 1*

# Love

# DISCIPLESHIP101

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## *The Fruit Of Love*

### *The Personality of Love*

Love is a personality; it has a look, and you can see it and touch it. Love has a character all by itself. (**Read Galatians 5:6**) The devil understands how deadly faith is to his plans. So, to stop our faith, he attacks our love with the weapon of anger. If he can distract you, he can short-circuit our faith. When love is not in operation, faith is hindered. Ask yourself this question, ***Am I a Christian or am I religious?*** You are religious when you are willing to help feed the poor and go evangelizing, but not willing to make the first step toward loving your enemy. Religion often tries to get the attention of men to win the title of “**Good Samaritan**”.

True Christianity is walking in love to the point that every time others are around you, they are somehow positively affected by our genuine love.

## ***God’s Description of Love***

**(1 Corinthians 13:4-5 Amplified)**

### ***Love Endures Long***

The love of God endures no matter what comes along-regardless of the inconsistencies and imperfections in our lives. The love of God says, “you keep messing up and falling down, but I’ m going to keep loving you”. **The love of God will always outlast our sinful nature. (Read Rom 2:4) God’s goodness causes man to change.** How much endurance does your love have?

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## ***Love is patient***

Patient doesn't mean to put up with something. Instead, it means "constancy; continuance". If you apply patience to your faith, it means you are constant in your belief in the Word of God. If you understand God is a healer then you believe He is the healer before, during and after an attack on your body (**Read Romans 5:3**).

- ***Love is never envious***
- ***Love Never Boils with Jealousy***
- ***Love is not proud***
- ***Love Brings Peace***
- ***Love is not rude***
- ***Love is not Self-seeking***
- ***Love is not Touchy, fretful or resentful***

## ***You are Anointed to Love: What's the Bible really about?***

The Bible is not a revelation of God's power; instead, it is revelation of **His love**. Many Christians struggle with a lot of things because they are not rooted and grounded in love. They miss out on a great deal because God talks to and works through us out of the love relationship, we have established with Him through His Son, Jesus Christ.

In other Words, He speaks regularly to those who are rooted and grounded in Him. When we're rooted and grounded in God's love, our compassion and concern for others is at the forefront of our thinking. That's when God's power works through us in order to minister to them. **Don't focus on His power, focus on His love. His love comes with His power.** When we love like He loves His power will always be evident in our lives. The power is not going to show up until the love shows up. It's impossible to receive one without the other. Remember God is love and nothing on earth is more powerful than Him.

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## ***Obedience is God's definition of Love***

**(Read John 14:15)** obedience is the key to experiencing a true love relationship with the Father. By keeping His commandments, we demonstrate our love for Him. **God calls us to obey His written Word, not the opinions of others. He wants us to spend time reading the Bible and to make a quality decision to do what it says. How will we ever challenge the devil with the Words, "it is written," if we don't know what is written (Matt4:1-10).**

## ***Love God first***

Every Christian must cultivate a love relationship with the Father. You can't love one another if you have not yet learned how to love God. The love we show for one another comes from Him, through us and to one another.

Our horizontal relationship with one another is based on our vertical relationship with God (**Read Deut. 6:5**). Many people today rely on expressing their love to the Father indirectly through doing good works. For instance, joining the choir or usher or evangelism team, all that is good, but Jesus said the evidence of our love is in keeping God's commandments, not doing good works.

## ***The Power of Love***

Everything in the Kingdom of God operates by faith. This includes healing, deliverance and prosperity. All we need in the kingdom of God operates by faith from the spiritual realm to the natural realm.

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## ***Faith Works by love***

(Read Galatians 5:5:6) even though faith is activated by our confessions, it only actually works when we apply love. Very Important!

## ***No Fear in Love***

Another great hindrance to our faith is fear (Read Romans 10:17). Also fear comes by hearing the Words of the devil. What you hear will either produce faith or fear and, when fear is sown, it produces a harvest of torment in our lives.

### ***Let's Talk Love:***

- Love taught of God
- The kind of Love God expects you to have
- Two things not to love

### ***Ways Not to Love 1st Jn. 3:18***

- In Words by doctrine
- In tongue by profession

### ***Ways to Love***

- Indeed, by definite acts
- In truth by being genuine in doctrine, profession and in deeds.

### ***Things Not To Love 1 Jn.2:15***

- The order, behavior, fashion or government of this world system (**Matt. 4:8; Matt. 13:22; Eph. 2:1-3; Jas.4:4; 2nd Pet. 1:4; 2:20**).
- Things that make up the world system of evil and rebellion against God i.e. the world and the things in the world (**1 Jn. 2:16**).
  1. The lust of the flesh
  2. The lust of the eyes
  3. The pride of life



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*Part 2*

*Fasting*

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## ***Biblical Fasting***

### ***What is Fasting?***

An important aspect of the Christian's life **1 Cor. 7:5-6**. In the old and New Testament, fasting remains a part of our lifestyle. -**Joel 1:14, Zech.7:5**. There are no regulations or rules as to how often to fast in ministry, but as you are led and auctioned by the Holy Spirit.

### ***Why Fast?***

**Matt 9:29**, In the early church for direction. **Acts13:1-3**.

**How to fast? Matt.6:16.**

In a vision of the night, the Lord visited the Apostle and gave him instructions on this assignment. God made it clear that it is a divine instruction leading to desired result. Like Esther in the bible (**Est.4:16**) Jonah (**Jon1:17**) and Apostle Paul's spiritual Three (3) days encounter after the Damascus Road confrontation, the Lord during the fasting will Himself visit, speak, heal and cleanse whatever is needed in your lives.

### ***Why Do We Fast?***

***Note:** Our faith is not in the fasting but your faith is in the Lord Jesus Christ. Have faith in God.*

- Cure for every unbelief (crucifies unbelief) (Matt. 17:14-21).
- *Faith* needs to grow through fasting (Matt. 7:20-21).
- Humbles the soul before God.
- Chastens (correct) the soul 2 Sam. 12:16-23, Crucifies the appetite 1 Cor. 7:5
- Enables you give entire time to prayer and studying the Word.

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## Why Do We Fast? (cont.)

- Helps you to manifest earnestness before God to the exclusion of all else.  
Show obedience
- Aids in times of temptation. Helps to attain power over demons
- Develops faith, Aids your prayers life
- When in need 2 Sam. 12:16
- When in danger - Esther 4; Mark 8:3
- When worried Dan. 6:18
- When you need to make important decisions (Acts 13:2-3).

## Fasting that is acceptable to God (i.e. good fast)

**Isa. 58:6.** It is a day to put all requests under the three groups listed in **Isa.58:3- 5**

## There are 4 areas of prayer exposed fasting:

1. To lose the bands of wickedness.
2. To undo the heavy burdens.
3. To let the captives go free.
4. To break every yoke.

## **Beware of Carnal fast. Isa. 58:3-5; Luke 5:33; Ps.109:24**

1. Fighting
2. Complaining
3. Boasting
4. Self-righteousness

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## **Why Do We Fast? (cont.)**

### **Benefits of Fasting (Isa. 58:8-14)**

1. Thy light shall break forth as the morning
2. Thine healing shall spring forth speedily
3. Thy righteousness shall go before thee
4. The glory of the Lord shall be thy reward (rear-guard)

### **During your fast**

Matt 6:16-18 when ye fast be not as the unbelievers (religious), rather anoint yourself lightly and pray for strength to make it through.

1. Go about your normal business without anybody knowing what you are going through.
2. You will need to tell your wife, husband, parents, or loved ones such that they do not distract you or ask unnecessary questions.
3. Remember the period is a solemn period of praying, reading the bible and meditating. Anoint your head with oil before starting off.
4. Try as much as possible to conserve a lot of energy by restricting your movement, throughout the period of the fast.



