

How Are We Doing?

“Let us . . .” - Discovering how to live out your faith

“So Let Us . . .” – a study from 6 New Testament epistles

Lesson 1	Romans and II Corinthians
Lesson 2	Galatians and I Thessalonians
Lesson 3	Hebrews
Lesson 4	Hebrews and I John

Study Time Suggestions for This Series –

PREPARING YOURSELF – Find a quiet place where you can listen to the Lord Jesus without distractions or interruptions. Have your Bible and paper and pen, along with your study guide, ready. You may want to have more than one translation or paraphrase of the Bible for additional insight and clarity. Ask the Holy Spirit to guide your thoughts and to make His truth known to you as you read the Word of God.

READING – There will be several Scripture verses for you to ponder as you begin your study. Each of them begin with the words, “Let us . . .”. They are the instructions that the writer is giving to the young believers as they seek to learn what it means to follow and obey Jesus. If you can, read each verse several times, using various translations if possible.

REFLECTING - Ask yourself the following questions as you read the context of these verses. Write down your thoughts, observations, and insights below each of them.

1. Why did the writer give these instructions?
2. What does He mean by them? Try to put the verses into your own words.
3. What will be the result of following these instructions? Are there benefits or rewards?
4. Is there any specific motivation that is given to encourage an individual to action?

RESPONDING – What do you think that the Holy Spirit is prompting you to consider personally? There are suggestions in each study guide to assist you. Don't miss out on the blessing and opportunity to not only respond personally, but to receive and give encouragement to others.

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Lesson 1

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Young children love to ask “why?” They’re curious and inquisitive.

Adolescents ask “why?” They want to gain independence and some really want to understand.

Adults ask “why?” Their habit patterns are set and their behavior follows a belief system that is well in place, so they must find out the reason behind any change in thinking or actions that is being suggested to them. As we seek to understand how to live out our faith in Christ, we, too, need not only to know what to do but why we should not only listen to these instructions but follow them.

READ

Let us put aside the deeds of darkness and put on the armor of light.

Rom. 13: 12

Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ . . .

Romans 13: 13 – 14

Let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother’s way.

Romans 14: 13

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14: 19

Each of us should please his neighbor for his good, to build him up.

Romans 15: 2

Let us purify ourselves from everything that contaminates body and spirit, perfecting holiness . . .

II Corinthians 7:1

REFLECT – Looking for the “why”. Write the reasons and any other insight God gives to you beneath the appropriate verses. Discover why Paul is giving these instructions. What motivation does he give to these believers and to us?

1. Read Romans 13: 11 – 14
2. Read Romans 14: 12 – 22
3. Read Romans 15: 1 – 6
4. Read II Corinthians 7: 1

RESPOND –

1. As you reread each of these instructions, how do you measure up? Are you an asset or a liability to the body of Christ?
2. Take some time to evaluate in what ways you live out these instructions and in what ways you could grow or change to become more like Jesus. (Be careful that you do not use other people as your measuring stick.)
3. Choose one or two of these verses and write down some specific ideas that the Holy Spirit brings to your mind. What would He want you to integrate into your way of thinking? How would this change your speech or behavior?
4. Since this can be a shared journey, how would you like others to encourage you and pray for you? Are you willing to tell Jesus the desire of your heart and then talk with a trusted friend about it?

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Lesson 2

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What happens when you and a friend decide to start an exercise or a diet program together?

Why does Ecclesiastes (4: 9 – 10) say that “two are better than one, because they have a good return for their work; if one falls down, his friend can help him up. But pity the one who falls and has no one to help him up”?

Can you think of some examples of a time in your own life when doing a project together made the experience so much better?

Why do you think that when it comes to making important changes in our personal lives we so often try to do it alone?

READ

Let us keep in step with the Spirit.

Galatians 5: 25

Let us not become conceited, provoking and envying each other.

Galatians 5: 26

Let us not become weary in doing good, for at the proper time we will receive a harvest if we do not give up.

Galatians 6: 9

Let us do good to all people, especially to those who belong to the family of believers.

Galatians 6: 10

Let us not be like others, who are asleep, but let us be alert and self-controlled.

I Thessalonians 5: 6

Let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet. I Thessalonians 5:8

REFLECT – Looking for the “why”. Write the reasons and any other insight God gives to you beneath the appropriate verses. Discover why Paul is giving these instructions. What motivation does he give to these believers and to us?

1. Read Galatians 5: 22 – 26
2. Read Galatians 6: 7 – 10
3. Read I Thessalonians 5: 1 – 11

RESPOND

1. As you reread each of these instructions, how do you measure up? Are you an asset or a liability to the body of Christ?
2. Take some time to evaluate in what ways you live out these instructions and in what ways you could grow or change to become more like Jesus. (Be careful that you do not use other people as your measuring stick.)
3. Choose one or two of these verses and write down some specific ideas that the Holy Spirit brings to your mind. What would He want you to integrate into your way of thinking about Him and about yourself and others? How would this affect your behavior, speech and actions?
4. Since this can be a shared journey, how would you like others to encourage you and pray for you? Are you willing to tell Jesus the desire of your heart and then talk with a trusted friend about it?

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Lesson 3

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Adventure experiences: climbing walls, zip lines, cat walks, sky bridges, giant swings, bungee jumping
Do any of these activities appeal to you? Would you have done them 20 or 40 years ago or do them today?

Cables, pulleys, ropes, platforms, harnesses, helmets, gloves AND people whom you trust are essentials!

An individual could not possibly manage to experience any of these thrilling adventures alone. There needs to be the qualified and trained person who can belay you to safety when needed, who can give you the safety regulations, and who can take you beyond your fears to the possibility of starting and then finishing the adventure. Is there any comparisons that can be made in your mind to the adventures we have in our faith journey or the challenges that we face in following Jesus?

READ

Let us be careful that none of you be found to have fallen short of it. Hebrews 4: 1

Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. Hebrews 4: 11

Let us hold firmly to the faith we profess. Hebrews 4: 14

Let us then approach the throne of grace with confidence. Hebrews 4: 16

Let us draw near to God with a sincere heart in full assurance of faith . . . Hebrews 10: 22

Let us hold unswervingly to the hope we profess . . . Hebrews 10: 23

Let us consider how we may spur one another on toward love and good deed. Hebrews 10: 24

Let us not give up meeting together as some are in the habit of doing. Hebrews 10: 25

Let us encourage one another . . . Hebrews 10: 25

REFLECT – Look for the reasons and motivation that the author of Hebrews gives along with these instructions and write them down. What other insights and encouragement is the Holy Spirit bringing to your mind as you study?

1. Hebrews 4: 1 – 11
2. Hebrews 4: 12 – 16
3. Hebrews 10: 19 - 25

RESPOND

1. As you reread each of these instructions, how do you measure up? Are you an asset or liability to the body of Christ?
2. Take some time to evaluate in what ways you live out these instructions and in what ways you could grow or change to become more like Jesus. (Be careful that you do not use other people as your measuring stick.)
3. Choose one or two of these verses and write down some specific ideas that the Holy Spirit brings to your mind. What would He want you to integrate into your way of thinking? How would this change your speech or behavior?
4. Since this can be a shared journey, how would you like others to encourage you and pray for you? Are you willing to tell Jesus the desire of your heart and then talk with trusted friends about it?

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Lesson 4

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Encouragement means so much – a hand on the shoulder, a smile, a gentle nod of the head or a listening ear.

But there is something about a **word** of encouragement that can totally change your attitude and give you the strength that you need.

A word that brings hope or confidence, appreciation or kindness. A word that offers help or direction, understanding or relief.

A word that communicates care and concern, options or explanations. A word that gives empathy and inspiration.

Can you read these instructions from Paul and John and hear the tone of encouragement in their voices?

READ

Let us throw off everything that hinders and the sin that so easily entangles

Hebrews 12: 1

Let us run with perseverance the race marked out for us.

Hebrews 12: 1

Let us fix our eyes on Jesus, the author and perfecter of our faith . . .

Hebrews 12: 2

Let us, then, go to Him outside the camp, bearing the disgrace He bore.

Hebrews 13: 13

Let us continually offer to God a sacrifice of praise – the fruit of lips that confess His name.

And do not forget to do good and to share with others . . .

Hebrews 13: 15 – 16

Let us not love with words or tongue but with actions and in truth.

I John 3: 18

Let us love one another.

I John 4: 7

REFLECT – Look for the reasons and motivation that both Paul and John give for following their instructions.

Write them down along with any other insights that the Holy Spirit brings to your mind.

1. Hebrews 12: 1 – 3 (Hebrews 11)
2. Hebrews 13: 11 – 16
3. I John 3: 16 – 20 and 4: 7 – 12

RESPOND

1. As you reread each of these instructions, how do you measure up? Are you an asset or liability to the body of Christ?
2. Take some time to evaluate in what ways you live out each of these instructions and in what ways you could grow or change to become more like Jesus. (Be careful that you do not use other people as your measuring stick.)
3. Choose one or two of these verses and write down some specific ideas that the Holy Spirit brings to your mind. What would He want you to integrate into your way of thinking? How would this change your speech or behavior?
4. Since this can be a shared journey, how would you like others to encourage you and pray for you? Are you willing to tell Jesus the desire of your heart and then talk with a trusted friend about it?
5. How can you be more encouraging to others on their journey of faith?