

discipleship essentials

Essentials for Christian Living
Study Guide

WHO IS JESUS?

LESSON 7: WHAT JESUS ASKS OF US

INTRODUCTION

This lesson is part of a Disciple Essentials module titled *Who is Jesus?* This series of seven lessons introduces the person and work of Jesus from a Christian perspective, considering His identity, work, teachings and death. Because Jesus is central to the Christian faith and religion, it is vital for the disciple to know Jesus, and for those exploring Christianity to know what makes Jesus Christ unique, and worthy of our discipleship and devotion.

The Study Guide is intended for an individual to look deeper into a specific lesson on their own. The lessons can be used in conjunction with other Discipleship Essentials materials, such as the video and audio productions found on www.discipleshipessentials.org.

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LESSON 7: WHAT JESUS ASKS OF US

WHAT IS IT ABOUT?

The other lessons in this series have focused on what Jesus did and said during His time on earth. This lesson will help us respond to all that we've learned by looking at what Jesus Christ asks of us today.

JUST SO YOU KNOW...

This lesson completes our series on *Who Is Jesus*. We hope it has provided you with a better understanding of what Christianity is all about, and what it means to have faith in Jesus. If you have been a Christian for some time, this lesson will remind you of your steps of faith, and perhaps challenge you in new ways to follow Jesus. If you are exploring Christianity, this is a good time to respond to all you have learned. If someone asked you who Jesus is and if you would repent and believe in Him, what would you say? We cannot remain neutral regarding Jesus – we must either believe He is who He claimed to be, or deny Him. This lesson looks at what Jesus asks of us today. Maybe you will be prompted to take a new step of faith!

GETTING STARTED

1. How do you decide who is trustworthy in your life?

2. What does a person have to do to be a follower of Jesus Christ?



STUDY

❖ **WHAT JESUS ASKS OF US:** Every one of us makes a choice about Jesus. If you have heard the Gospel – that there is forgiveness of sins and reconciliation with God through Jesus – you must make a choice about what to do with that message. Jesus asked certain things of His disciples – questions that are still valid for us today.

- What does John 20:31 say is the purpose for which the Gospels were written?

- This good news is that there is forgiveness for our sins, and a way for each of us to have peace with God. This good news tells us there is a purpose to our lives, there is hope, there is joy, and there can be eternal life.
- All of the deepest problems we experience can be solved in one man – Jesus Christ. But this good news isn't so much a statement, but a question. It requires a response from us.
- What we believe about Jesus has eternal consequences. It is the most important thing in our life!

❖ **WE MUST ADMIT OUR SIN:** Jesus gave much of His time to people who were known as sinners. It was the religious authorities of His day that Jesus was harsh with. These religious people required outward signs and the law to be dutifully kept, but there was no love for God in them – only a desire to appear better than everyone else.

- Read Luke 19:10 and Romans 3:23. Who needs to be forgiven?

- Who did Jesus come to save? Read Luke 5:32 and Matthew 9:12.

- All this is important to recognize if we are going to obey Jesus and admit our sin. Simon Peter (one of Jesus' disciples) admitted his sinfulness to Jesus. How did this happen? Read Luke 5:7-10 and write down what you learn.



❖ **WE MUST KNOW WHO HE IS:** In the Gospels, there were two kinds of people– those who knew who Jesus was and those who didn’t. Many who had heard Him preach and saw His miracles professed that He was the Son of God, the promised Messiah. This included some priests and people of faith, many sinners and ordinary people, and even some non-Jews who knew that Jesus was divine.

➤ **Jesus tells us who He is:** Jesus tells us plainly in the Bible who He is and what He is able to do for us. Jesus asks us to believe what He says and believe that He is the Son of God. Read the following verses and write down what Jesus says about Himself:

John 6:35	
John 8:12	
John 10:9	
John 10:11	
John 11:25	
John 14:6	
John 15:1	

➤ **Jesus is God:** Jesus tells us that He and God the Father are one (John 10:30). He came to earth in a human body (Philippians 2:5-7). Jesus said He alone knows the Father (Matthew 11:27) and will one day sit at the right hand of the mighty God (Luke 22:69). Jesus claimed to be able to forgive sins, grant eternal life, and that He had existed with God before all things and shared in His glory (John 17:5). All these are claims that Jesus made, and only could be true of God.

➤ **Jesus asked, “Who Do you Say that I am?”** Jesus asked His disciples what people were saying about Him (Luke 9:18-20); they responded that people thought He was a prophet. When Jesus asked them, Peter answered, “The Christ of God.”

➤ Jesus asks this of each of us – we must decide: Is Jesus the Son of God, the Word of God, the Saviour?

❖ **WE MUST REPENT AND BELIEVE:** Jesus asked people to do two things while on earth – repent and believe. His message was one of forgiveness, but He required that people turn from their sin and not doubt Him.

➤ **Repent.** How does Jesus express this command to repent? Whom does He tell to repent:



Matthew 4:17	
Luke 13:3	
John 8:11	
John 5:14	

Believe: Repentance means to regret our sin so deeply that we don't go back to it. It involves agreeing with God about our sinfulness and choosing a new path. In addition to inviting people to repent, He also asked them to believe. Jesus asked people to believe that there was forgiveness for their sin only through Him. Read [Mark 5:36](#), [Mark 16:16](#) and [John 3:36](#). What is contrasted with belief? What are the consequences of not believing?

➤ **Will you Believe?** Jesus told His friend, Martha, that He was the resurrection and the life, and through Him there is eternal life. Then He asked her, "Do you believe this?" She responded, "Yes, Lord; I believe that you are the Christ, the Son of God" ([John 11:24-27](#)). Jesus asks us the same question – will you repent and believe?

❖ **WE MUST FOLLOW HIM:** Jesus' invitation to His disciples was to leave their ordinary lives and follow Him. Jesus invites us to do the same – but following Jesus is far more than simply stating we believe. Jesus calls us who are weighed down with the cares and troubles of life to come to Him and He will give us rest (Matthew 11:28-30). Choosing to follow Jesus will change our life forever!

➤ **We Follow in Obedience:** Jesus lived His life on earth without sin and obeyed God in all things. We must strive to be obedient also. Jesus said He did not come to take away the Law, but rather that we might know it fully and have help accomplishing it. What does the Bible say we will do if we love Jesus? Read [John 14:23](#).



- **We Follow in Love:** To truly follow Jesus, we must love as He did. This means putting God first in all things and helping those who need us. Sometimes it is difficult; however, the foremost characteristic of a Christian should be love. What did Jesus say was the great commandment we must obey? Read Matthew 22:36-39.

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- **We Follow in Selfless Commitment:** Jesus gave up His life for us, and suffered because He loves us. What does Jesus say following Him will entail?

John 15:13	
Matthew 10:38	
Matthew 10:39	

- ❖ **WE MUST GO:** What was Jesus’ final command to His followers? Read Matthew 29:18-19.

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- **Preach the Gospel:** Jesus asks us to find those who have not heard the Good News and to tell them (Acts 1:8, Mark 16:14-16). We are to be witnesses of what God has done in our own lives. We don’t have to worry about using fancy speech or persuasive arguments – God asks us to tell the truth (1 Corinthians 1:17). The goal is for more disciples to join the Kingdom of God as followers of Jesus.
- **Labour at the Harvest:** Jesus said that this world is like a ripe harvest of people who are ready to come to God by repenting and believing, but the workers to reap the harvest are few (Matthew 9:37-38). We should work hard at the tasks God tells us to do, especially making more disciples.
- Jesus asks us all to go and make disciples. The good news of the Gospel is the medicine we all need for the illness of sin – it is the solution to the world’s biggest problem! How will you respond to Jesus’ call to go and make disciples?



- ❖ **GOD IS WITH US:** The essential things that Jesus asks of us are impossible to do without faith and the help of God. Thankfully, God does not leave us alone to try and accomplish His commands.
 - **Jesus equips us:** Jesus promises, “I am with you always” ([Matthew 28:20](#)). Jesus will equip us to accomplish what He asks of us ([Hebrews 13:20-21](#)).
 - **Promises the Holy Spirit:** Jesus promises that the Holy Spirit will be with us forever ([John 14:16-17](#)). This Spirit comes inside of us when we believe in Jesus as our Saviour and we are born again. This Spirit teaches us what we need to know, helps us to understand God’s Word, assures us we belong to God, and works in us so that we are more like Jesus.

IN SUMMARY

- ❖ Every one of us makes a choice about Jesus – if you have heard the Gospel that there is forgiveness of sins and reconciliation with God through Jesus, you must make a choice about what to do with that message.
- ❖ Jesus asks us to admit our sin. This was the response of the disciples who were with Him, and it is required of us before we can follow Him.
- ❖ Jesus asks us to know who He is and what He came to do. We must know that Jesus, the Son of God, is the Saviour.
- ❖ Jesus asks us to repent and believe. Repenting means to regret our sin so deeply that we don’t go back to it. It involves agreeing with God about our sinfulness and choosing a new path. Belief involves deciding that Jesus is who He said He is, and putting trust in Him to solve our sin problem.
- ❖ Jesus bids us to follow Him, just as He called His disciples. We must count the cost of discipleship and decide whether we will follow Him or not.
- ❖ Finally, Jesus asks us to go and proclaim the Gospel message to the ends of the earth and make disciples. If we choose to follow Jesus, we will obey this command.



REFLECTION QUESTIONS

1.

Which thing that Jesus asks of us is most difficult for you?

2.

What can you do this week to follow Jesus? What is one step that you need to take? Is there something in your life you need to remove? Is there something you need to add?

3.

Are you willing to do what Jesus asks of you and become His disciple? How would this change your life?