



The FUEL Mentor Guide

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.” — Luke 4:18-19 ESV

by

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This book is dedicated to my wife, Heidi,
who has shown me more grace than I deserve.
Matt Arellano

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FOREWORD

Welcome

If you are reading this, it probably means that you have made the commitment to mentor another brother through the FUEL study. We want to thank you for that commitment. We know that Jesus gave us the directive in Matthew 28 to make disciples. This is one small part of the command. Thank you for taking the first step in obedience to that call from our LORD. We want to take a few minutes to give you some background on the ministry and how we got to where we are today, in the hopes of better equipping you in the service of the LORD here at FUEL.

How it all started:

What started out as a confession of sin from one brother (Me) to the next (Nick) and vis versa, eventually turned into us getting together on a Tuesday in Huntington Beach, CA, to open the Bible and learn what God has to say about freedom from habitual sin. This grew over the course of a ten-year period, with men pouring in the room every Tuesday night, until we had more men than we could handle. We soon had to break into small groups so that we could have time for each man to share and build relationship with one another.

Eventually the LORD led us to write a 40-day study that captured all the scripture and application that we continued to see over and over in each man's lives, including our own. There was a theme or a typical way that men would come to their senses and a way that the LORD would heal them. This is no surprise, since this path is clearly laid out in the pages of scripture. We see continued themes in scripture in the way the LORD typical works in one's life. Just like Satan's plan of attack is predictable

and laid out in dozens of examples in God's Word. And we want to capture that and learn how to have a good defense against the enemy.

Once the FUEL study was written, we built a website that we could have men sign up for the study and either do it on their own or they could receive a mentor that would get a copy of their study. The mentor would then respond and build a relationship to be able to answer questions, guide and pray for the man that the LORD brought into their life. They could share what the LORD showed them down their own path as the LORD set them free. In one single month we saw more than 40,000 people from all over the globe pour into the website. This led to many adventures of speaking to individuals, church's, pastors, government leaders around the globe. Now FUEL is in over 40 countries and has taken root in the African continent and parts of Asia and can go behind the lines of government blocked people groups as long as they have internet access. We also made the study and now the mentor guide available on Amazon for better distribution around the world.

How to get started:

The first step in mentoring someone with the FUEL 40-day study is going through the study yourself. We need to know what our students are reading before we can walk them through the material. We would encourage you to take the time to go through the FUEL 40-day study. This can be done online for free at <https://study.fuelministries.org/> Or you can purchase a hard copy on Amazon under the title "The FUEL 40 day Journal".

The second step is committing to being in your Bible and praying for your student daily. We need the Holy Spirit to transform our students and that can only happen through the LORD speaking to us as we speak to our students. The Bible tells us in 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." We

need the Spirit to show up and guide our students to freedom. This is our only hope.

The last step is having a student assigned to you. We are assuming you already have someone you are mentoring since you have this material in your hand, However, if you do not please drop us a line on our website under the contact page here <https://fuelministries.org/contact/>

How The FUEL Mentor Guide works:

The 40-Day study along with The FUEL Mentor Guide is a 40-part series divided into eight sections of five daily studies. We look at the stages that men go through as they start to realize they're held captive by their habitual sin. When they gain this insight, they usually go through a time of mourning, questioning life, and wondering what their purpose in life is. Such thoughts are somewhat predictable because the assault of the enemy is very predictable.

Let's take a quick snapshot at each section of the 40-day study to help better prepare and equip you:

PART 1: SEEING TRUTH ABOUT MYSELF

In Part 1 of their journey to freedom, men typically have thoughts like these:

- I don't really have a problem.
- This study is for people who have major issues.
- This study won't work.
- I was created this way, and I'll always be this way.

- No one can really relate with me or understand what I'm going through.

You can see why we call this first phase "Seeing the Truth About Myself." Before we can experience freedom and wholeness, we need to have an accurate understanding of who we are and where we're at. We need to recognize the lies we're believing—the lies we've allowed into our minds and hearts—and replace them with the truth of God's Word. When we've lived a lie for any significant length of time, it becomes so ingrained in our thoughts that we need to reprogram the hard drive of our minds, so to speak.

We at FUEL also see this first phase of the journey as a time for detox. Whether our idols are drugs, alcohol, pornography, food, or something else, we've become numb to truth—to truth about ourselves, to truth about life, and to God's truth. We need to starve the flesh during this time; we need to cut all ties to those activities and preoccupations the enemy used to try to drag us down.

Fundamental Truths

The first five daily studies are what we call fundamental truths under the banner, titled, Seeing the Truth About Myself. That's our starting point because we need to lay the foundation of the truths that have eluded people stuck in habitual sin. Either they knew these truths yet decided to choose a life of sin, or maybe they've never been introduced to these life-giving fundamental truths.

The Battle of the Mind

The theme and title for the next five chapters is “The Battle of the Mind.” That title alone gives us a clear idea of what is actually going on in this war we’re fighting. The struggle takes place internally as a battle

for the mind that our enemy desperately wants to conquer and hold captive. We need to learn how the enemy fights, acknowledge that we’ve been injured, and identify the false ideas and thoughts we’re harboring in our mind and heart.

PART 2: SERVING AS A WARRIOR FOR CHRIST

In Part 2 of the study we see men coming out of the fog of sin and the destructive influence it does to their thinking. We see them start to gather hope as The Holy Spirit begins to show them that they have been saved by Grace. They learn about forgiveness and the restoration process. We see men begin to want to fight back against the enemy. They are so excited to be set free and want to grab others that are being held captive. We want to take all the energy and motivation and ground them in God’s Word. This is part the equipping process.

Strategic Steps

Days 11 through 15 are building the strategic steps of training for battle. We have nothing to offer outside the Word of God and explicitly use Gods Word to train for the coming days. We begin to learn from scripture that we can find ourselves back in bondage if we are not diligent in our walk with the Lord. We learn that we need to not go into the battle alone, but God will bring other brothers to become prayer partners for life. And then finish up with the title Love for God, which is the key to obedience. Jesus told us that if we loved him, we will obey his commandments. We must be in love with Jesus and continue to build that love for Him if we are to be successful in battle, as we know that the victory belongs to the Lord. All we can do is prepare for battle.

Warnings

Now we need to stop before we get too far ahead of ourselves and heed some warnings. This is where we learn that the battle is spiritual in

nature. We learn about how to fight in the battle. And lastly, we learn the tactics of the enemy.

PART 3: LIVING WITH PURPOSE

Living with Purpose is all about going back to God's Word and finding out why we are here? What we are supposed to be doing.

What Is Our Purpose?

We learn from Scripture that we were made to glorify God in all that we do. We learn that our lives have meaning and purpose, when we are living that purpose.

How Then Shall We Live?

Once we have learned what our purpose is and what we are living for, then we look at our lives and get instruction from God's Word on how to live. What should we be thinking about? How are we to conduct ourselves in this world?

PART 4: BEING FOCUSED ON ETERNAL LIFE

Part 4 is finishing the final touches before we send these men off. This Ministry is called FUEL, which stands for Focused Upon Eternal Living. This is the corner stone we believe of living the Christian life as a follower of Jesus. We are told by our Master to seek first the Kingdom of God and everything else will be taken care of. We want to leave our students with this last thought to carry for the rest of their lives. Live for eternity and don't let the worries of the world drag you down. Invest into the next life and everything in this life will be taken care of.

Test Yourself

We can find ourselves succumbing to pride and sin all over again. We find that we as men can go full circle from finding freedom in Christ to

become prideful and before we know it, we are back in the bondage of sin. Might not be the sin of choice that we were in at the beginning of

this journey, however, the enemy wants to rob us of freedom. We look at topics, such as backsliding, pride test, and poverty of spirit. This is truly a time for testing and guidelines for testing ourselves in the future.

Living for the Lord

We spend the last five days of this 40-day journey with some guidelines from the Lord. We look at seeking first the kingdom of God. We will continually try and build our kingdom and unless we purposefully seek first His kingdom we will be robbed of Joy and fulfillment. Which happen to be the two titles of the next chapters. And lastly we finish up with learning about the gifts God has given us with talents and how to live as Christ did, namely in service to God.

The KEY and Talking Points for each day:

Like we previously mentioned this Mentor Guide is to help mentors in mentoring their students. The FUEL Mentor Guide gives a quick snapshot of each day. This way you don't have to read the entire day in order to respond to your student. We want to bring to memory the particular day of the study as we give you the **KEY** to the day your student is on. The **KEY** is the main point of each day. This way you can make sure as you read through their study that they in fact do get the main point or the **KEY** for the day. The **KEY** is not something we made up. It is a principle from Gods Word. It is a point that we need to hang onto and even put to memory so that we can build a solid foundation as we move forward in Truth in God's Word.

The FUEL 40-Day Journey

The other consistent piece of each day you will find in The FUEL Mentor Guide is the section titled **Talking Points**. These **Talking Points** give you questions each day that you can be asking your student to probe conversation wrapped around the lesson for the day. We want to make

sure that we don't get off topic and start wandering from the lesson as we are hanging onto scripture to transform. We want to focus on God's Word not opinion of man. These talking points will help us stay on track.

Next, we want to talk about The Vision, Mission and Values we have at FUEL, as you will be part of this ministry in reaching those that are trapped in habitual sin.

THE FUEL VISION

Our Vision at FUEL is to reach men all over the world that are trapped in habitual sin and long to be set free. We will explicitly use God's Word and leverage technology to accomplish this vision. Lord Willing.

THE FUEL MISSION

FUEL stands for *Focused Upon Eternal Living*, and FUEL Ministries exists to reach men who are caught in the bondage of habitual sin and who long to be set free. We are here to encourage, equip, and empower men to be all that God has called us to be and to focus upon eternal living.

Let's take a few minutes and break down the mission statement:

FUEL Ministries exists to reach men who are caught in the bondage of habitual sin and who long to be set free.

The Mission Statement at FUEL Ministries was inspired by 2 Timothy 2:24-26:

The Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness. God may perhaps grant them

repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

This passage tells us that Satan captures men to do his will, and he traps these men in sin. Literally, Satan keeps them in bondage. No self-help, no instruction, no disciplined approach will set a man free. As the verses above say, it is God who “grants [us] repentance” and gives us the ability to “escape the snare of the devil.”

But did you notice we have a part to play in this spiritual battle? Verse 24 tells us we’re to be kind to everyone, we aren’t to be quarrelsome, we’re to be gentle and patient, and we’re to be prepared to teach God’s Word to, among others, people held captive by the enemy.

FUEL Ministries wants to reach men who are caught in the bondage of habitual sin and who long to be set free.

FUEL Ministries exists to encourage, equip, and empower men to be all that God has called us to be.

And each of those three purposes—encouraging, equipping, and empowering—is based in Scripture:

ENCOURAGE: Encourage one another and build one another up, just as you are doing. — 1 Thessalonians 5:11

EQUIP: All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. — 2 Timothy 3:16-17

EMPOWER: “You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” — Acts 1:8

We are to rely on the Holy Spirit to empower us as we encourage others to live for God and as we teach them His Word so that they themselves will know the strength of the Holy Spirit in their battle against sin. You and I need to remember that we aren't the ones helping the men we mentor. God may use us, but the work is His, the results are His, and all glory will be His! God alone works the miracle of setting us free from sin.

This foundational understanding is key to our ministry as FUEL mentors. If we're thinking, “I'm not equipped” or “I don't know the Bible well enough,” we are looking to ourselves rather than to God to rescue men who are ensnared by the devil. If you're wondering if you're really capable of this ministry, let me reassure you that you absolutely are if you've named Jesus your Lord and Savior and are therefore filled with His Holy Spirit. So simply say to your heavenly Father, “Here I am, Lord! Use me.”

I get really excited thinking about how the Lord is going to use countless men like you and me—and how He has used countless men since Eden—to accomplish His will. And to think that God will use you and me to accomplish His will, which in this case is His wonderful plan to save men from a life of bondage to sin and to bring them to a place of hope and purpose! Is anything better than that?

FUEL Ministries exists to empower men to focus upon eternal living.

We get this instruction directly from our Lord:

“Seek first the kingdom of God and his righteousness, and all these things will be added to you.” — Matthew 6:33

Jesus very clearly tells us, His followers, what our top priority should be: we are to seek first His kingdom, and He'll take care of everything else. But what does this seeking actually look like? We at FUEL believe it's *Focusing Upon Eternal Living*. When we are thinking about the next

life, we're not all that concerned about getting everything we can out of this life. Jesus offered some specifics about this principle:

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” — Matthew 6:19-21

Maybe you were trapped in sin or someone you know is trapped in sin because he's believing the world's false promises: *Get all you can now,... Don't worry about tomorrow.... Eat drink and be merry, for tomorrow we die.... Just do it! You're not hurting anyone. Besides, no one will know.*

The world's messages are diametrically opposed to our Lord's instruction that the apostle Paul repeated here:

If you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. —Colossians 3:1

We at FUEL Ministries hope that God will enable you to be this Colossians 3:1 kind of man, a man He has called to participate in His plan to rescue those who are held captive by Satan. We at FUEL have seen hundreds of men set free—and afterward they usually enlist in the fight: they become mentors with FUEL and join us in going on the offensive in this very real war for men’s souls.

THE FUEL VALUES

- **God is sovereign over everything.**

“I am God, and there is none like me,
I make known the end from the beginning
from ancient times, what is still to come.
I say, ‘My purpose will stand,
and I will do all that I please.’” — Isaiah 46:10 NIV

- **God breathed out the absolute truth that we find only in His written Word.**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness. — 2 Timothy 3:16 NIV

- **We rely on prayer to accomplish anything and everything.**

“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.” — John 14:12-14 NIV

- **We are committed to multiplying the gifts God gives us.**

“Now after a long time the master of those servants came and settled accounts with them. And he who had received the five talents came forward, bringing five talents more, saying, ‘Master, you delivered to me five talents; here, I have made five talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’” — Matthew 25:19-21
ESV

Lastly, we want to give you some common questions that you might have before you get started.

FAQs – Frequently Asked Questions

Q. What is the process for getting a student?

A. When a student signs up online, we assigned them to the next mentor in our queue. It is called a round robin. Which means that the system automatically assigns each mentor one student at a time, until it gets to the bottom of the mentor list and then it starts at the top again. Depending on how many Mentors we have and how many students we have determines how many students you will receive.

Q. Can I select my students?

A. Unfortunately we don’t have a way for you to pick your student. However, if you contact us at FUEL ministry under the contact page <https://fuelministries.org/contact/> we can work with you to set that up.

Q. How many students will I work with?

A. Our goal is no more than 3 students to every one mentor. However, depending on how many mentors we have in the system and the

number of students that we receive, will determine how many students you will get.

Q. Can I limit the amount of student I take on?

A. If the load becomes too great, you can always contact us FUEL ministry under the contact page <https://fuelministries.org/contact/> and we can work with you.

Q. How can I get ahold of someone at FUEL if I have any further questions?

A. FUEL ministry under the contact page <https://fuelministries.org/contact/> we can work with you to set that up. Or you can call us at 949-371-6574 or email at info@FUELMinistries.org

Q. What if someone I know wants me to mentor him?

A. When someone signs up for the study under the “Self-Guided” they can place a friends email in the “additional email” field. This will automatically give you all their answers to their studies each day they complete the study and you will be able to respond to them, just like we do for the mentor guided.

Q. What if I can’t respond to my students over a period of time?

A. You just need to let your student know and make sure you set the expectations on returning their emails.

Q. How often do I have to respond to my student?

A. We ask that you respond to your students' study within 48 hours of it being sent to you. However, you can set up the expectation with

your students if you don't feel like you will be able to fulfill this request.

Q. What if I cannot fulfill my obligation in mentoring for some reason?

A. If at any time you feel like you cannot fulfill the obligation, just reach out to us and let us know and we can reassign you students to another mentor. We understand that things change. We just want to make sure that all of our students have someone responding.

A Few More Words Before Your Journey Begins

The work you're about to start is supernatural in nature—and we're quite serious when we say that. Please don't take lightly the spiritual aspect of your battle. You will be engaged in spiritual warfare fueled by the enemy who is working to take ground—one soul at a time—from the King of kings and the LORD of Lords. I don't have to tell you who is going to be victorious, do I?

Despite the guaranteed victory of our Lord, there will be casualties in this war, and you will definitely encounter opposition. You will, for instance, have people you are mentoring possibly say very mean and hurtful things to after you've spent hours, days, even months praying for and guiding them. Hurting people hurt other people. However, we need to realize that we are not being mentors *for them*. Ultimately, we are serving the Lord Jesus Christ, and the results are always His to determine. We are simply to be faithful to do our part.

And as you do your part, I hope and pray you have a prayer partner, someone you can pray with each day. Remember the openness and

trust of David and Jonathan? It's just important for you to have a Christian brother you're accountable to, a brother whom you can trust, who will speak the truth to you, and who will be a rock for you as you go off to war to rescue other men. When we don't have this kind of support, when we are alone and isolated, the enemy can easily

attack, discourage, and demoralize us. We believe, however, that the Lord continues to call His people to serve Him two by two. It is imperative that you have a brother praying for you as you work on the mission field of the Internet to rescue souls for Jesus Christ.

Thank You!

On behalf of FUEL Ministries, I want to thank you for joining the team and partnering with us to reach men trapped in the bondage of habitual sin. We are grateful that you are responding to God's call to come alongside men who are in very dark places. May God bless you as you walk with the men He places into your path. That said, I want to caution you.

We human beings can too easily forget where we've been in the past. In fact, as we guide and counsel another person, we can find pride and self-righteousness creeping in. We can find ourselves ministering without the love and gentleness others extended to us when we were stuck in our sin. We need to remember that we're on the same journey of sanctification that our students are.

Finally, friend, it is absolutely imperative for you and me to be with our Savior daily, reading His Word and praying, if we're to be used by God to bring truth and freedom into people's lives. Now, I've heard it said that significant ministry comes from intimacy: that is, we must be intimate with Jesus if we are to be in ministry with Jesus. That makes sense, doesn't it? How can we take on Jesus' ministry role if we aren't spending any time with Him who, after all, is the One our students really need? Please make the commitment right now to read God's Word and spend significant time in prayer every single day that you

The FUEL 40-Day Journey

are serving God by investing in these students' lives. You'll be glad you did—and they'll be blessed because you did.

PART I: SEEING TRUTH ABOUT MYSELF

FUNDAMENTAL TRUTHS

Chapter 1

Motivation

KEY: Why do you want to be free from the bondage of habitual sin?

This lesson is the foundation for the entire journey. We need to ask the question “Why do you want to be free from the bondage of habitual sin?” It’s important for your student to recognize—and for you to know—his motive, which drives his behavior. Now, we aren’t pursuing behavior modification and just trying to change our behaviors to get a desired outcome. Scripture tells us that we need transformation, not mere modification:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. — Romans 12:2

God is in the business of transforming our thinking. When He opens our eyes and changes our ideas, we are no longer a slave to those thoughts and those temptations that hold us in bondage. No longer are we trying to white-knuckle our way out of slavery; instead, we will truly experience freedom.

Why is this important? Because we now understand that we have sinned against God yet He wants to set us free. With that insight as well as a desire for a transformed life, we will be pursuing freedom in a very different way. Hear Jesus’ and Paul’s declarations:

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.”
— Luke 4:18-19

“If the Son sets you free, you will be free indeed.” — John 8:36

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. —Romans 5:1

The Scriptures above tell us that Christ came to set free anyone in captivity. And if He sets us free, we will experience freedom. This is a huge point to share with our students who will be in one of two different camps.

First, some men might not have—and may never have had—a relationship with Christ, so they don't have the Spirit living within them. In that case, they can't help but eventually give in to sin. So we address this matter right at the start: We ask our students about their relationship with Jesus, and if they don't have the Spirit of Christ living in them, we want to lead them in giving their lives to Christ. If our students are not Spirit-filled believers, we're wasting our time and theirs—and they need to understand the seriousness of their position. We can't address their sin without talking about salvation... because only Christ can set them free and transform their lives.

Other men who join a FUEL study, however, do know Jesus as their Savior. They've read the Bible for years, but because they haven't put into practice the truth they've read in its pages, they are living in sin. In self-defense, these people might argue the Scripture with you. If you find yourself in a debate, follow the instructions found in 2 Timothy 2: be gentle and patient rather than argumentative or quarrelsome. We

are to let our approach, our tone, and our words point people to Scripture and to Jesus.

Some men won't argue, though, because they are broken and genuinely looking for help. We want to pray for them daily as we walk alongside them on this journey.

One last point about how to approach all forty of these lessons: please **take a few minutes to go through the lesson and imagine being the student who is reading it.** We need to make sure that we are *not* lecturing at them, but are instead walking with them. Also, familiarize yourself with the questions under "Talking Points." You probably won't get to all the questions, so in advance prayerfully choose those you definitely want to address—and be sensitive to the Spirit who may change things up as you meet with your student. Also, any italicized comments in "Talking Points" are for you, not your student.

TALKING POINTS: Do you call yourself a Christian or a follower of Jesus? Describe your relationship with Jesus—or explain why you aren't walking with Jesus now or why have never been in relationship with Jesus... What questions, if any, do you have about Jesus that are keeping you at a distance from Him?... What fears or anger or something else keep you from Jesus?... If the time seems right, share the gospel—but remember that you'll have at least 39 more opportunities... If your student is walking with Jesus, talk together about the role Jesus and the power of His Spirit within him can mean on this journey to freedom.

Chapter 2

Purpose

KEY: God’s purpose for our lives is simply stated yet eternally significant: We are to glorify God in all that we do.

Typically, when we’ve been living a life of habitual sin, we have no idea what our purpose in this life is. If we aren’t followers of Jesus who have the Holy Spirit living in us, then we definitely have no idea what our purpose is. A Christian caught in the bondage of sin will often be in a season of purposeless living as well. This aimlessness in life is why we have to remind our students right at the beginning of their 40-Day Journey what our Creator has designed us for and what our life purpose is.

We learn from Psalm 150:6—“Let everything that has breath praise the LORD”—that we are designed and made to praise or, literally, to worship the Lord. In Matthew 22:37-40, Jesus commanded us to love God with all that we are, with mind, body, soul, and spirit:

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

The words of both the psalmist and Jesus Himself are very simple and straightforward: We who are created beings—designed to give praise and glory to God—are to love the Lord who made us. This simple truth provides clear direction for the path our lives and our students’ lives.

TALKING POINTS: What purposes have guided you in the past? ... What is your guiding purpose today? ... What was your initial reaction to God’s purpose for our lives—*We are to glorify Him in all that we do*—and what are your thoughts right now?... Figure out together

The FUEL 40-Day Journey

what glorifying God looks like in real life. Identify specific ways to do so in your own lives.

Chapter 3

Sin

KEY: While it may be difficult to acknowledge and perhaps even tougher to accept, we are all sinners. Every single one of us.

All of have sinned and fallen short of the glory of God. —
Romans 3:23

“You therefore must be perfect, as your heavenly Father is perfect.” —
Matthew 5:48

These two verses set forth the two truths from this lesson that we mentors need to be sure our students understand. First is the fact that we are sinners. We aren’t good people who sometimes do bad things or think bad thoughts. We human beings are born sinners, and when we have the choice, we too often choose sin just as our relatives Adam and Eve did. This truth can be hard for students to accept. Furthermore, when we have been living in habitual sin and feeding the flesh, this truth will sting—if it doesn’t fall on deaf ears. You see, we must be broken in order to realize that we are sinners prone to wandering from the Shepherd. The second truth is the fact that God is perfect. Heaven is also perfect—meaning “free of sin”—and if we are to dwell there, we must be perfect. We cannot earn our way into heaven. According to Isaiah 64:6, our very best efforts are like “filthy rags.”

This lesson will hopefully bring students to the point of realizing that Jesus is our only hope and that we owe Him our lives. Once we begin to understand what He did for us on the cross, we will gladly lay down our lives for Him.

TALKING POINTS: What is sin? Let your student take the lead in defining it. Help as much as necessary. (Sin can be defined as not measuring up to God's standards, disobeying Him, missing the target

that His law sets for us, etc.)... What gap exists between us and God?... What did Jesus do to bridge that gap? If your student can answer these questions, the Holy Spirit can use that gospel truth in his heart and life.

Chapter 4

Idolatry

KEY: Living in habitual sin is idolatry.

When we hear the word *idol*, we may think of wooden carvings or the golden calf that some of our spiritual ancestors bowed down to. But that's too narrow a definition. Whenever we find our core pleasure, an escape, or a purpose in something or someone other than God, we have created an idol.

And Satan is very crafty in how he lures us into doing this. Romans 1 tells us how idolatry happens in a person's life.

Step1: We exchange the truth for a lie.

Step2: We worship created things instead of worshipping the Creator.

Step3: Satan is the force hiding behind the cloak of false worship.

Whenever we're drinking, ingesting drugs, or viewing pornography, we are actually worshipping the enemy. Whatever our sin, we are praising and worshipping Satan.

TALKING POINTS: Why is a life of sin a life of idolatry?... What can we do to derail Satan's plan to get us to worship him rather than God?... Why can drinking, taking drugs, or viewing pornography be considered praise and worship of Satan?... What are some specific ways to keep God the focus of your worship?

Chapter 5

Shipwrecked

KEY: When we reach the point of hopelessness and turn to God, we will know the kind of change the early disciples experienced: we will change forever.

In this chapter we see the real-life illustration from the life of the Apostle Paul who is in the middle of one of his many shipwrecks. We see the parallels, of cutting loose of everything, cargo, anchors, all the things that we are believing are the most important things in life. Paul and the crew, find themselves in such a desperate state that they have given up all hope.

Usually, when men start this study, they are at this point in their life. They have lost all hope and they are willing to abandon it all for someone to rescue them from the impending doom.

We see from this chapter that; this is the very place where are life changes forever. If we let the LORD change us. We must be willing to allow him to rescue us and we have to be at a place where we are ready to recklessly abandon this life.

Jesus wants to be the anchor of our lives.

TALKING POINTS: Ask your student if they could relate with this example from Paul's shipwreck. Have them give some examples to make an assessment if they are in fact at a place of drowning at sea. Or maybe they have not reached that point yet. Ask them, how hard does it have to get for them to be at that place, if they are not currently there

THE BATTLE OF THE MIND

Lesson 6

Wrong Ideas Lead to Wrong Living

KEY: Only Jesus and the work of His Spirit can truly set us free from bondage to habitual sin.

We will learn from 2 Kings 5:1-6, the account of a man named Naaman. (I encourage you to read the passages before meeting with your student so that the story is fresh in your mind.)

Many students—and perhaps in the past we ourselves—think that there is a specific way, process, or path to be free from the grip of habitual sin. Maybe the sure methodology is attending a certain number of meetings each week for the rest of your life. Or taking some kind of medication until you can deal with life on life's terms. Or following a religious system that calls you to work really hard at and cross all your t's and dot all your i's. Any of this sound familiar? Are you believing these messages of the world? Friend, if we buy into any version of these ideas, we risk taking credit for our Savior's work in our lives. He alone can free us from habitual sin. He alone can bring us to repentance. He alone can change our thinking from the world's ways to His ways. And He alone can transform our heart so that we want to entirely surrender to Him every aspect of our lives.

So probe your student's thoughts for any residual evidence of the world's messages and/or any seeds of the pride. Why? Because it is based on giving credit to the flesh. The very flesh that dragged us into sin in the first place. The Spirit of Christ is the One who opened our eyes to our sinfulness and God's grace, who desires to lead us along His path for life, not the enemy's.

Just like Naaman in the 2 Kings 5:1-6 history lesson, we can miss the blessing and the miracle of God’s work in our lives if we’re focused on

wrong ideas. The enemy would love for us to focus on anything other than biblical truth—and he’d love for us to lead our students there. We ourselves need to focus on God and His truth so that we are able to point students to Jesus and to His Spirit who will set them free.

Below is an excerpt from the lesson and a great question to ask your student:

Friend, if you’re still working under your own power to find freedom, I plead with you to simply surrender to God. Ask Him to save you, to free you from your bondage to sin.

Encourage your student to cry out to God. After all, He alone is the only Source of real hope and genuine spiritual freedom.

TALKING POINTS: What impact can our thoughts—both true and false—have on our behavior—for good as well as for bad?... What does a life surrendered to God look like in the “real” world?... *If your student hasn’t yet surrendered his life, talk about his fears and concerns. Perhaps sharing some of your own salvation story will be helpful.*

Chapter 7

Your Identity in Christ

KEY: Who you are in Christ—forgiven and redeemed—gives you an unshakable identity and establishes your incomparable worth.

The world—and that includes us—constantly labels human beings. Although doing so may make it easier for us to process events or hold situations in our mind, that kind of labeling can too easily be commandeered by the enemy. The harsh labels he would have us apply to ourselves can weaken or even prevent our relationship with Jesus Christ and the right standing with God that He offers us.

The enemy would love to convince us that we are not at all the people God actually sees us because of Jesus’ death on the cross for our sin. I believe, in fact, that the enemy is behind labels like *addict* and *failure* and *loser*, labels that encourage us to believe lies that keep us stuck.

The Bible has a very different message. God’s Word tells us that we are adopted into His family, we are citizens of His kingdom, and we will one day receive a royal inheritance. Revelation 5:10 adds that God “made [us] to be a kingdom and priests to serve our God.”

We want our students to understand that who they are in Christ gives them a genuine and lasting identity and establishes their worth for today and always. This truth is in complete opposition to the world’s message that we came from nothing, our lives will amount to nothing, and we will fade into nothingness when we die. The Bible teaches that we are created in the image of God with the purpose of being in relationship with Him and glorifying Him in all we do. What a solid foundation for the reality of our eternal worth!

Here are some truths to think about before you work through today’s lesson with your student:

If anyone is in Christ, he is a new creation. The old has passed away.

Behold, the new has come! — 2 Corinthians 2:17

We are a new creation in Christ!

We are [God's] workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. — Ephesians 2:10

We were created by God to do good works for God!

See what kind of love the Father has given to us, that we should be called children of God; and so we are. — 1 John 3:1 ESV

We are children of God!

TALKING POINTS: *Let your student choose what topics he wants to address. Be ready not only to explain or answer questions but also to offer examples of how these truths can impact real life:*

You are adopted into God's family as His child

You are a member of His kingdom

God has given you purpose in life

God's love—obvious in Jesus' sacrificial death on the cross—establishes your worth

You are a new creation in Christ

God created you to do good work

Close in prayer, asking the Holy Spirit to help your student truly believe these truths about his value and his purpose in life.... Encourage your student to spend some time with the Lord each day, time reading God's Word, praying, and listening for God's voice.

Chapter 8

Becoming Strong... by Being Weak

KEY: When we recognize and acknowledge before God our human weakness, we can receive from Him the strength we need for whatever we encounter in life.

Who likes the word *weak*? Not many people I know—and especially not men. The word *weak* communicates helplessness and dependence on someone else.

Yet we human beings were created to be dependent on God. We get ourselves in trouble if we believe otherwise. Friend, we were made to rely on, place our hope in, and cry out for help to, God alone.

Look at what Paul wrote:

[God] said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that Christ’s power may rest upon me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. — 2 Corinthians 12:9-10

As Paul stated, when we realize we’re weak, then we find strength as we rely on God. He will help us once we are finished trying to do life on our own.

TALKING POINTS: What was your initial reaction to the paradox that we become strong when we acknowledge to ourselves and to God that we are weak?... Either share a time when you’ve experienced this paradox or explain why it can actually play itself out in real life. *Determine whether sharing a single example from your own life might be helpful...* What role can prayer play in our choice to be more reliant on the Lord and more dependent His Spirit to guide us?

Chapter 9

Taking Thoughts Captive

KEY: Being tempted is not a sin. It is a sin to dwell on the thought.

The Bible teaches us that the primary battlefield for the follower of Jesus is mainly in our mind. Satan wages war against us in our mind. Remember Eve in the garden? She was enticed and led into sin by the enemy's subtle twisting of truth. He sowed in Eve's mind and heart thoughts that were contrary to God. Paul described this kind of warfare in 2 Corinthians 10:3-5:

Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

The main point in today's lesson—the point which makes this lesson one of the most important in the entire study—is that being tempted is not a sin. After all, “Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil” (Luke 4:1-2). Did you see that? Jesus Himself—the sinless Son of God—was tempted. Being tempted is not a sin.

But when we are tempted, we need to act decisively. This instruction is worth memorizing:

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. — 2 Corinthians 10:5

We need to memorize and use Scripture to battle the enemy just as Jesus did in Luke 4. The enemy uses ideas and thoughts and a lot of these ideas sound good. The actually make sense to us at first.

However, the only source for truth found on earth is in the pages of Scripture. Maybe this is why so many Christians are trapped in sin; maybe they don't know the truth. They have believed the lies of the world that hold them captive to follow after things that never satisfy (Romans 1).

TALKING POINTS: Why is dwelling on a temptation sinful?... Why does it make sense that we can and must use Scripture to overcome the enemy?.... Be specific about ways to use Scripture to stand strong against the enemy and to counter his lies.

Chapter 10

Strongholds and Battles

KEY: Satan is constantly working to build a siege tower in your mind.

Satan desperately wants to build a stronghold in our life. Satan wants to do in our minds what kings did in ancient times: they built castles and established strongholds that they hoped their enemies would not be able to penetrate. Satan wants to fill our mind with wrong thoughts and ungodly ideas that will eventually lead to sinful actions. Once Satan gets us to act on these thoughts, he starts building a stronghold in our minds, one brick of lies at a time. He plans to take up residency there.

TALKING POINTS: What ideas in the lesson, if any, surprised or puzzled you?... Why does the enemy choose to build strongholds in our minds?... What kinds of lies do you think you're most susceptible to—and why might that be the case?... What truths from Scripture could help you stand strong? Have some passages ready to suggest and consider encouraging him to memorize some.

PART 2: SERVING AS A WARRIOR FOR CHRIST

STRATEGIC STEPS

Chapter 11

Out of Bondage... Into Freedom

KEY: The enemy will always try to lure us back into sin.

Scripture is clear about Satan's strategy and goals. But Scripture is just as clear about the truth that we don't have to constantly fall prey to the enemy, that we can be victorious, and that God commands us to help others fight and win their spiritual battles against Satan.

Although that assignment may sound a little radical, it is what God's Word teaches. Too often, we followers of Jesus believe that faith is all about salvation and then peacefully living out the rest of our days. Although this idea is preached at many churches and proclaimed in many popular Christian books, it is not at all what Scripture teaches.

Scripture is completely honest about the power of sin in the lives of believers.

“Truly, truly, I say to you, everyone who commits sin is the slave of sin.” —John 8:34 NASB

The people of God often use the metaphor of slavery to express the power of sin, and their allusion to the Israelites' enslavement in Egypt was powerful.

God sent Moses to lead His people out of slavery in Egypt to the freedom of the promised land. Yet all too soon after leaving Egypt, God's people were reminiscing about the old life, especially the food, and wishing they were still in Egypt. We human beings will naturally

experience a similar longing for our past and our sin with all its familiarity despite the fact that it held us in bondage.

TALKING POINTS: On a scale of 1 (weak) to 10 (strong), how strong is the pull of that sin that held you in bondage?... What pattern, if any, do you see in when and how often the temptation is strongest? ... What factors may contribute to your feeling weak in the face of that sin?... What can you do when the pull is hard to withstand? *Work together to develop a strategy.*

Chapter 12

Worship, Surrender, Resist

KEY: If we aren't willing to do anything to escape slavery of sin and follow Jesus, we will stay stuck in our bondage to sin.

“If your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.” — Matthew 5:30

The principle of Jesus' words in Matthew 5:30 points to what may be the most important tool we have in our battle to overcome habitual sin. Jesus clearly taught that it would be better for us to lose out on this life in order to save our souls. He even goes so far as to talk about radical amputation!

But we know that Jesus was not telling us to cut off parts of our body. After all, we can still sin without having a healthy, whole body. Instead, He was teaching us that we may need to take radical measures to defeat Satan and not once again be trapped by his lies.

At this point we need to ask our students the following questions:

What temptations do you encounter most frequently?

What people, places, activities, and things do you need to avoid in order to starve those temptations?

Your student may only need to consider these questions for a season, or over a longer period of time they might serve as useful reminders that they don't want to go back to the bondage they once knew.

Here's an example of how this kind of conversation might go:

Student: I keep falling into pornography.

Mentor: Walk me through the events you encounter that lead you to pornography.

Student: I'll be searching the web or on YouTube and come across a video or an enticing ad.

Mentor: Would you be willing to cut off access to your web access?
Would you consider purchasing some accountability software?

In this kind of conversation, you find out how willing, broken, humble, and repentant your student is. If he makes excuses and isn't willing to do anything— isn't willing to cut the triggering people, places, activities, and things out of his life—then this person isn't serious about his journey and will probably fall again. Many times, when this conversation brings a student face-to-face with the fact that he doesn't want to change, the student stops going to FUEL meetings and/or meeting with his FUEL mentor. If that happens, we pray that he chooses—and is able—to escape his dark dungeon of sin and come back.

And of course we hope he does come back, this time truly wanting to be free of his bondage to sin. While it may sound mean or cold, we can only invest in people who are serious and willing to make changes in their lives. We can't help guide those who don't truly want to experience change, transformation, and freedom. This lesson offers a good opportunity to assess your student and where he stands.

If you're a little uncomfortable about this criterion for the men we mentor, think about the example Jesus gave us. When He walked this earth, He called people to follow Him. Remember the disciple who told Jesus, "Lord, first let me go and bury my father" (Matthew 8:21)? Jesus moved on and left that man to his choice.

You and I only have so much time to mentor. We need to be wise with the days the Lord has given us. So I encourage you to pray and ask the Spirit of Christ to give you wisdom and discernment as you mentor your students. And thank you again for partnering with us at FUEL to reach the ends of the earth for our King.

TALKING POINTS: What temptations do you encounter most frequently?... What people, places, activities, and things should you avoid in order to avoid those temptations?... What options do you have for avoiding those triggers or replacing them with something benign? *Be ready to make suggestions. You'll soon see how serious your student is about getting healthy.*

Chapter 13

Doing Battle Together

KEY: God does not intend for us to live in isolation or to battle against our sin on our own.

Today's chapter is about isolation and friendship. Hopefully you know enough about your student at this point to know if he is isolating himself or if he has some solid Christian brothers walking alongside him on this journey.

The sad reality is, most men don't have even one other Christian brother to walk through this life with. Most men are alone in their thoughts and struggles, and that reality is why we believe this ministry is so important and why your job as a mentor and accountability partner can be life-changing for the man you invest in for Christ.

Ideally, your student read through to the scriptural account of Jonathan and David. Jonathan's father, King Saul, was threatened by David's military success and popularity, so he was hunting David. Saul tried to kill David multiple times, and his friend Jonathan helped him by, for instance, telling David details about Saul's plan and by supporting him during this trial in his life.

Encourage your student to be reaching out to men who might come alongside him and be part of his life. Ask him for names of men who might offer accountability and friendship. Encourage your student to reach out and share with one or two of the men he mentioned the struggles he is going through. Maybe suggest that your student copy their friends on the emails they receive each day from the FUEL Study with their answers. This connection will not only help your student on his journey, but most of the time this brother in the Lord is dealing with his own sin and is therefore very encouraged and thankful to have brother he can be open and transparent with.

Last, if your student says he has no one in his life, then encourage him to start asking the Lord to bring him a friend. We at FUEL have seen this prayer answered hundreds of times.

(Understanding that friendship is vital, we are working diligently to create a network of FUEL meetings so students can meet other men—brothers in the Lord—who want to cling to Scripture and believe that Jesus has the power to save them. Is your student might even be someone you could encourage to start a meeting at his church in the future? Could God be nudging or calling him to do so? If your student is interested, we'd love to help him—and he can contact us at info@FUELMinistries.org.)

Join your prayers to your student's. Please pray that the Lord will bring into his life brothers in Christ, that your student will truly find freedom, and that God will use him to help others who are trapped in the bondage of sin. When God's people gather, we can see His work in one person's life impact in a positive way another person: the effect of God's power is multiplied.

May God bless you and encourage you as you serve the men He brings into your life not only through FUEL but everywhere you go!

TALKING POINTS: Why are male friendships valuable?... What do you see in David and Jonathan's friendship that you would like to experience personally?... What has been good about your male friendships? What has been difficult?... Why do you think men usually don't have as many close friends as women do?... What would a few solid male friends contribute to your journey to find freedom from sin?

Chapter 14

An Honest Self-Assessment

KEY: Humility is an accurate evaluation of yourself according to God’s standards, not the world’s or your own.

Let us examine and probe our ways,
And let us return to the LORD. — Lamentations 3:40 NASB

We want to dive into the biggest problems that we humans face: pride. The Bible tells us that pride blinds us to reality. A scary fact about pride is that when we’re in bondage to habitual sin, our pride increases. We then see life and we then think thoughts so contrary to reality that we’re living as if we are indeed blind. We must therefore address pride on this 40-Day Journey.

Usually during the first few weeks after acknowledging our bondage to sin and deciding to pursue freedom, we are just coming out of the fog, so to speak. Once we realize—by the grace of God—how far off course we were, we are then able to see both how pride had overwhelmed us and the residue of pride that remains in our heart. More important, we can learn to be aware when pride is welling back up in our lives. That awareness comes when we do as the Bible commands and we “examine” ourselves (2 Corinthians 13:5).

This practice is as important for us mentors as it is for our students. We at FUEL have seen too many men come out of a life of habitual sin, start mentoring and teaching others, and become so full of pride that they are ineffective in ministry. Many of these individuals fall back into sin.

Below are some questions that can help all of us examine ourselves. Before you meet with your student, ask yourself these questions.

1. How’s your prayer life? How consistent are you? Is your prayer heartfelt or pretty much rote?
2. Are you preoccupied with appearance or self?

3. Do you have a problem with anger?
4. Do you have a critical spirit and a tongue that speaks judgment?
5. Do you compliment others?
6. What are you studying in the Bible right now?
7. Do you ask for counsel when it would be helpful?

TALKING POINTS: *Ask your student each of the seven questions above. Prompt discussion by adding “Why did you answer that way?” or “Please explain.” Affirm those answers that put your student in a positive light. Depending on your relationship with your student at this point, ask him to provide specific and recent (the last week or so) supporting evidence for his answer. Be ready to affirm the good he has done; to point out if he’s being too hard on himself and calling something sin that isn’t sin; and to commend him for his honest evaluation of himself and his willingness to confess his sin.*

Chapter 15

Loving God

KEY: “If you love me, keep my commands.” — John 14:15

Love for God means obedience to God. The statement is simple, but the living it out isn’t easy.

We can deceive ourselves and think that we love God—that we love Him so much that we will go wherever He calls us and we would even die for Him. When it comes to our favorite pet sin or to the habitual sin we are trying to be free of, we gain some insight into the genuineness and depth of our love for God: will we die to our desires and sacrifice our sin at the altar?

TALKING POINTS: *To help your student understand and perhaps even articulate that we show our love for God in our obedience to Him, walk through the following questions:*

- What do you love about God?
- Is there anything you need to confess to God today?
- How would you feel if your spouse cheated on you?
- Why do you think the Bible refers to sin against God as adultery?
- Are you willing to be obedient to the Lord? What would—and what does—keep you from being obedient?

As you respond to your student’s ideas, help him realize that loving God means obeying God.

WARNINGS

Chapter 16

Spiritual Warfare

KEY: We must be prepared for the battle, or we will get slaughtered.

Today we're going to spend a little time focusing on what we're really fighting against. We want to come back again to the fact that the Bible teaches us about the real battle that is going on behind the scenes.

Let's take a look at some of the Scriptures that your student will read in today's lesson:

Though we live in the world, we do not wage war as the world does.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. — 2 Corinthians 10:3-4

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. — 1 Peter 5:8-9

Be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. — Ephesians 6:10-12

As we see in God's Word, we truly are at war. So how do we actually fight against our enemy? What weapons and protection has our King provided so that we will know victory after victory?

Let's take a quick look at the truly awesome armor and the offensive weapon God left us:

- The Belt of Truth: *We can trust and believe the life-giving and guiding truths set forth in God's Word (Psalm 119:105).*
- The Breastplate of Righteousness: *We know that Christ's righteousness has been credited to our account (Romans 3:21-24).*
- Feet Fitted for Readiness in the Gospel of Peace: *We can walk through life—even in dangerous territory—at peace because we are armed with God's gospel truth and the knowledge that we are His children (Galatians 3:26-29).*
- The Shield of Faith: *When trials come, we look to Jesus. We focus not on things seen but on the unseen realities of our holy, faithful, and mighty God (Hebrews 11:1).*
- The Helmet of Salvation: *We can have absolute confidence in our salvation in Christ as well as in our future glory with Him (Romans 13:11-14).*
- The Sword of the Spirit: *We use the powerful truths of God's Word to attack the evil one and to stand strong against the thoughts and temptations he puts in our path (2 Timothy 3:16).*

TALKING POINTS: What does fighting our enemy look like in everyday-life situations? Be specific... The offensive weapon God gives us is the sword of the Spirit. Why is the sword an appropriate metaphor for the Bible?... Swordfighters practice before they duel.

What can we do to practice using our sword of the Spirit?... Do you have any questions about any piece of the armor?

Chapter 17

The Ongoing Choice

KEY: Because of the power of the Holy Spirit within those of us who follow Jesus, we can say no to sin.

It's hard to forget the account of Lot and his wife. Despite God's warning, Lot's wife decided to look back at the sin-filled city of Sodom. In a single moment in time, as the result of a single choice, she turned into a pillar of salt (Genesis 19:26).

As Lot's story unfolds further, we see the tragic consequences of choosing a life of sin instead of experiencing the richness of following God.

The fact is, we all have to make that choice several times each day: whom or what will we serve? If we choose to serve the Lord, we will know a glorious and joyful and pain-free eternal life. We will also know purpose and satisfaction in this earthly life despite its inevitable difficulties and pain. However, if we decide to forfeit the joy that comes with serving the Lord and instead opt for instant gratification and serving ourselves, our choice will always leave us wanting.

Below are some of the relevant Scriptures found in today's lesson:

When you did not know God, you were slaves to those who by nature are not gods. But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again? — Galatians 4:8-9

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. — Galatians 5:1

This verse teaches that Jesus has set us free of sin's hold on us, the hold it could have on us now and the impact it could have on us into eternity. But because of the Holy Spirit in us, we can choose to say no to sin. In our old nature, that wasn't the case: we had no option. When sin came knocking at the door, we were unable to say no.

Remind your student that—by God's grace and in His power— he can live free from habitual sin.

TALKING POINTS: Freed from your bondage to your habitual sin, are you making good choices? Explain your yes or no.... What kinds of decisions are most difficult?... What circumstances are most challenging?... When do you find it hardest to say no to sin?... What will you do to improve your decision making? To avoid falling back into the grip of sin? *In addition to asking your student these questions regularly, be sure you're praying consistently for him.*

Chapter 18

The Coming Battle

KEY: After victory over sin and a taste of newfound freedom in Christ, spiritual battles will surely come.

Since starting this ministry, we've heard hundreds of men talk about experiencing freedom and hope after they chose to break free from their habitual sin. Still, we at FUEL are haunted by the stories of men who fall back into their old bondage to sin.

The Bible clearly teaches that these steps backward happen because we are at war. Without this awareness we might find ourselves once again in bondage to our enemy. That has happened to too many fallen brothers.

In light of this very real warfare, warn your student about the inevitable battle that will follow his victory over sin and his newfound freedom in Christ. Peter offered this warning:

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. — 1 Peter 5:8

Stay very aware of how your student is doing at this stage. Let him know that he can't avoid battles against sin. Perhaps he has already experienced the battle.

Warn your student about the battle, but also prepare him:

- Let him know that when temptation comes, he should reach out to a friend—or to you—and ask for prayer.
- Remind your student know that he needs to read his Bible daily.

- Encourage your student to have a consistent time of heartfelt, genuine prayer. Ask him from time to time how his prayer life is going.

TALKING POINTS: What is your battle plan for fighting and defeating Satan?... What specific activities, people, and places have you amputated from your life in order to avoid temptation and sin?... Why are Bible study and prayer crucial to getting free from habitual sin and staying free?

Chapter 19

Training for Battle

KEY: Victories don't always come, but they only come when the warrior is obedient to God.

Battles are not won on the day of the conflict. Rather, battles are won long before the sword is brandished or a shot is fired. Victory is ensured in the days ahead, those days of focused preparation and training.

Continuing our discussion of spiritual warfare—of how to fight, how to obtain victory, and how to not get ambushed by the enemy—we are going to learn from the battle between David and Goliath. The Lord had prepared David for years before he faced with Goliath. David fought off lions and bears—and he learned how to trust the Lord.

The truth that the Lord prepares His children for battle and that these children can learn to trust Him—these are the takeaways for your student. Let him know he can expect to encounter those lions and bears, so to speak, and that he will need to be brave and courageous as he battles them.

Help your student understand that he is in a war against an unseen but powerful enemy. Assure him that God is using today's battles to prepare him for bigger victories down the line.

Drive home the truth that victories don't always come but they only come when the warrior is obedient to God.

Remind your student that he is a child of God, a member of the royal family, and well-outfitted for battle:

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. —
2 Corinthians 10:4

Finally, as we've seen, the only offensive weapon listed in the Ephesians 6 description of the armor of God is the sword of the Spirit, God's Word, the Bible. And the Bible teaches us that "by the Spirit" we kill our sinful desires and deeds:

If you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. —
Romans 8:13

TALKING POINTS: What lessons can we learn from the confrontation between David and Goliath?... What experiences had God used to prepare David for the battle?... What are some life experiences that God has used to prepare you for battle? Be specific... What one or two situations in your life has God used to build your trust in Him?... In specific, everyday-life terms, what does it mean to wield the sword of the Spirit?... What does it mean to live "by the Spirit"?

Chapter 20

Maintaining the Hedge

KEY: Personalized, specific guidelines are vital to maintaining freedom from the sin that once held us in bondage.

In today's lesson challenge your student to establish in his life some protective guidelines. All of us need to be wise about how we live:

Give careful thought to the paths for your feet
and be steadfast in all your ways. — Proverbs 4:26

These guidelines help me avoid what I need to avoid—and you're welcome to share them with your student:

- When I travel on business, I never turn on the TV, and I don't connect the Internet unless I'm in a public place.
- I am never alone with a woman.
- I never counsel a woman.
- My wife has complete access to my phone with all my emails, texts, and calls.

Guidelines like these are vital to freedom from the sin that once held us in bondage. We can't afford to be careless and then wonder either how we fell back into a life of habitual sin or why we seem to have made that choice.

TALKING POINTS: When have you recognized how essential it is to build a hedge of protection around yourself?... What guidelines have you established to protect yourself from sin?... What additional guidelines might help you avoid the activities, places, and people that could lead to sin?

PART 3: LIVING WITH A PURPOSE

WHAT IS OUR PURPOSE?

Chapter 21

Who We Were, Who We Are

KEY: By God’s grace, you are not who you once were!

Today you have the privilege of talking with your student about grace. At this point in the journey, he has more than likely tasted sweet victories and probably experienced some letdowns. He has been built up by the hope that he can truly live a life of freedom, and he needs to know that he isn’t going to be perfect—and no one, including God Himself, expects him to be perfect.

These key scriptural truths can help you offer your student comfort and remind him that the Lord loves him:

Unfortunately, you’re still going to make mistakes, but you aren’t defined by those mistakes. As James 3:2 says, “We all stumble in many ways,” but God has made you and me righteous through Christ. Proverbs 24:16 (ESV) encourages us with this truth: “The righteous falls seven times and rises again.”

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. — Ephesians 4:22-24

You are not who you once were! As 2 Corinthians 5:17 says, “If anyone is in Christ, the new creation has come. The old has gone, the new is here!” God has made you better. So put off your old self and embrace who God has made you to be.

Our old self was crucified with [Jesus] so that the body ruled by sin might be done away with, that we should no longer be slaves to sin. — Romans 6:6

Today, encourage your student and spur him on to a life of purity. Pray for your student and ask God to guide your conversation and provide you both with wisdom.

And I could end every day's entry with this: God bless you and thank you again for responding to the Lord's call in your life and mentoring your student. Your work with FUEL is important: you are making a disciple and thereby fulfilling the Great Commission.

TALKING POINTS: Think back on the person you were when you were in bondage to sin. What are three words that describe you?... Now think about the kind of person you were twenty meetings ago when we first started working together. What three words describe you at that point?... What sweet victories over sin have you experienced in the past month?... When in the past month, if at all, have you been disappointed in yourself? *Speak into him words of encouragement and hope.*

Chapter 22

Grace: Freed to Love and Serve

KEY: Understanding and receiving God’s grace actually changes a person’s entire life.

When the woman washed Jesus’ feet with her tears, the Pharisee named Simon was appalled. To that reaction Jesus commented, “Her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little” (Luke 7:47).

Those of us who have been freed from habitual sin and rescued by God’s love have been forgiven much, so we are candidates to love God much. Those of us who have known God’s grace often find in that grace sufficient reason to cooperate with the Holy Spirit to achieve lasting transformation. Understanding and receiving God’s grace actually changes a person’s entire life.

A brief aside... Think about when you first understood and received God’s grace, about that specific experience of the Lord’s love and grace that you knew you didn’t deserve. As you remember that moment, consider whether your understanding of grace is somewhat intellectual... more emotional than intellectual... or nicely balanced.

If you aren’t honestly blown away by grace—if your grasp of grace is more a matter of intellect than an overflowing heart—I encourage you to pray and ask God for a heart that is soft toward Him. Philip Yancey’s book *What’s So Amazing About Grace?* and Chuck Smith’s *Why Grace Changes Everything* might help you more fully embrace with your heart the miracle of God’s grace.

I hope you see from this brief aside that mentoring means growth not just for the people being mentored but for you mentors as well. Head knowledge is important, but so is loving the Lord with our heart. With both our head and heart awake to God’s truly amazing grace, we are

able to grow in both our knowledge of Him and our love for Him. May you be blessed in this way as you serve as a FUEL mentor.

TALKING POINTS: What is your best definition of *grace*?... Describe a time in your life when you experienced grace... It's very common to understand grace with either our head or our heart. Is your understanding of grace more a matter of the intellect than an overflowing heart? Why do you think that's the case?... What might you do to awaken your heart to God's grace or to better understand God's grace? *Encourage your student to ask God to bless him in this way.*

Chapter 23

Truth: Divine, Eternal, Unchanging

KEY: The Lord will use the daily time you spend alone with Him to continue to align your thoughts, ideas, and opinions with His written Word.

After a decade of leading FUEL and listening to men in local meetings and through our online study, I've realized that we can't go very long—we can't go even a day and maybe not even an hour—in this life without hearing opinions and ideas that are simply not based on Scripture.

The world offers a lot of so-called helpful tips and self-help ideas, but we want to be giving our students only God's wisdom and guidance because we know that they are truth and that these truths give life. Whenever we hear an idea we're not quite sure about, we want to ask ourselves and our students questions like these: Where did this thought or idea come from? Does a verse of Scripture come to mind that backs up our thoughts, advice, and opinions? Or are we just repeating some things we've heard from others along the way?

Please don't misunderstand me: I'm not saying that other people's words aren't helpful. What I'm saying is, while we're on this 40-Day Journey, let's make an effort to only share Scripture and advice based on Scripture. In a perfect world, we would just repeat the Scriptures back to them.

I encourage you to list some of the Scriptures you hang your life on, so that you're able to grab onto those lifelines whenever you need to.

Here are some of examples from my life:

Idea: God created us to do good works and to accomplish great things for His kingdom.

We are [God's] workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. — Ephesians 2:10

Idea: Jesus came to rescue us from slavery to sin, and He did so by dying on a cross. He suffered, died, and was buried for our freedom.

“The Spirit of the Lord is upon me,
because he has anointed me
to proclaim good news to the poor.
He has sent me to proclaim liberty to the captives
and recovery of sight to the blind,
to set at liberty those who are oppressed,
to proclaim the year of the Lord's favor.”
— Luke 4:18-19

Idea: The Bible contains the words and truth of God. When we read its pages, God actually speaks to us. When we repeat what we read—when we repeat God's very words—He actually speaks through us. In fact, God uses the Bible to equip us for mentoring and training others.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness. — 2 Timothy 3:16

Idea: The act of repentance is prompted by God. We can't generate in our own power the willingness and ability to repent. We can feel remorse, sorrow, and pain, and those might drive us or at least nudge us to want to change. But we can't truly change unless God grants us a new heart and new desires that, together and by His power, lead to lasting change.

The Lord's servant must... be... kind to everyone... correcting his opponents with gentleness. God may perhaps grant them

repentance leading to a knowledge of the truth. — 2 Timothy 2:25

ESV

Idea: Jesus is preparing a place for us in heaven, He is coming back one day to take us there, and we will live with Him there forever!

“If I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.” — John 14:3

I know that is probably a lot of examples, but I want you to see the role that Scripture needs to play in mentoring. Only God’s Word has the ability to rewrite the hard drive of our minds.

We have been flooded with millions of wrong, false, and unhelpful ideas from the media, the Internet, and people we know. A lot of those worldly ideas are rooted in lies: after all, our enemy is known as the deceiver. He makes lies look and sound like truth. May you be diligent to evaluate your thoughts, opinions, and ideas to be sure they line up with the Bible. May you faithfully pass on to your student only truth—and, ideally, the truth as it is set forth in Scripture. The Lord will use the daily time you spend alone with Him to continue to align your thoughts, ideas, and opinions with His written Word.

TALKING POINTS: What are four or five messages from the world that you’ve heard?... Let’s look at how each lines up with the truth presented in God’s Word... When in the course of a standard week do you turn to Scripture for guidance, wisdom, or hope?... In what contexts are you studying the Bible? Do you do your own personal study? Do you have a partner or are you part of a group?... What might help you be more consistent or get more out of the time you spend reading God’s Word?

Chapter 24

Love: Radical and Unconditional

KEY: God’s radical love for us is a game-changing, life-transforming reality.

Today’s study focuses on God’s radical love for us, a game-changing, life-transforming reality that we ourselves need to know and have experienced. Only then will we be best able to make sure our students know and experience their heavenly Father’s extraordinary love for them.

The following Scriptures set forth important ideas that your student needs to grasp:

Idea: God’s gracious love is humbling and truly amazing.

“Greater love has no one than this: to lay down one’s life for one’s friends.” — John 15:13

Idea: Clearly, a person’s greatest act of love is to die for someone else. Imagine dying for a person who doesn’t deserve a sacrifice like that!

God demonstrates his own love for us in this: While we were still sinners, Christ died for us. — Romans 5:8

Idea: After we recognize and receive God’s love, we learn to live in the reality of His love.

We know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. — 1 John 4:16

If you or your student wants to read more on this subject, we would highly recommend Francis Chan's book *Crazy Love*.

I pray that God's unending love for you is overflowing into the life of your student. We would also love to be praying for you as you go through this journey with your student. Would you email us at info@FUELMinistries.org and let us know how you're doing and how we could pray for you?

May the good Shepherd bless you as you bless His sheep.

TALKING POINTS: The title of this lesson describes God's love as radical. What makes God's love radical?... Review today's Scripture. Which truth was most impactful? Why?... Also, please share a time—maybe the first time—when God's love for you was very real, very personal.

Chapter 25

Sanctification: Not As Complicated As It Sounds

KEY: Just as we can't earn our salvation, we can't grind out our sanctification. We need to continually seek after God and live close to Him.

The process of sanctification begins when we declare our faith in Jesus as Savior and become a new creation. This amazing work completely God's doing, and it is accomplished by the power of His Holy Spirit:

It is because of [God] that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. — 1 Corinthians 1:30

We ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as firstfruits to be saved through the sanctifying work of the Spirit and through belief in the truth. — 2 Thessalonians 2:13

A big word, *sanctification* refers to the process of believers becoming more like Jesus as the Holy Spirit works within us to shape our character and grow our faith.

Sanctification also means that we are set apart for *holy use*. God's will for you is to live a life of holy purpose in His kingdom on earth and ultimately throughout eternity.

Key to this process is our being born again. That is the starting point of our growing in spiritual maturity.

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. — 2 Corinthians 5:17

Be sure your student realizes that he can't sanctify himself. Our sanctification is 100 percent the work of God's grace carried out by

the Holy Spirit. But, as previously noted, God invites us to participate in the sanctification process by obeying His commands and responding to His call to holy living. Just as we can't earn our salvation, we can't grind out our sanctification. We need to continually seek after God and live close to Him. At the same time, let's hold on to the truth the old version of ourselves has passed away.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. — Romans 12:2

Remind your student that he is no longer a slave to sin! He is a new creation, still in process: God is working in him an amazing transformation. God is walking him through a process of sanctification and making him holy—and, according to the apostle Paul, God won't stop until it's done:

I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. — Philippians 1:6 *ESV*

God is doing some amazing things in your student's life at this very moment. Specifically, He is sanctifying your student because of His amazing grace and by the power of His Spirit. Encourage your student with the knowledge of this hidden work and remind him that he is a new creation in Christ Jesus. His old sinful way of living is a thing of the past. God has enabled him to die to sin and live according to His holy and perfect will.

We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. — Romans 6:6 *ESV*

Remind your student of these truths about sanctification—and pray for his sanctification process. The Lord is at work!

TALKING POINTS: What is sanctification?... What role does the Holy Spirit play in sanctification?... What is your role in your sanctification?... What will you do in your everyday life to better fulfill your role?... What do you need to do that you aren't doing right now to obey God's commands? to respond to His call to holy living? to continually seek after Him? and to live close to Him?

HOW THEN SHALL WE LIVE?

Chapter 26

Aliens on Earth

KEY: As citizens of heaven and aliens on earth, we need to stay focused on heaven, not distracted by or preoccupied with things of this earth.

When we surrender our lives to Jesus, we become citizens of heaven (Philippians 3:20). And that truth means we are aliens—foreigners—in this physical world. The apostle Peter offered practical instructions for how to live between these two worlds:

Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

Submit yourselves for the Lord's sake to every human authority: whether to the emperor, as the supreme authority, or to governors, who are sent by him to punish those who do wrong and to commend those who do right. For it is God's will that by doing good you should silence the ignorant talk of foolish people. Live as free people, but do not use your freedom as a cover-up for evil; live as God's slaves. Show proper respect to everyone, love the family of believers, fear God, honor the emperor. — 1 Peter 2:11-17

So we are foreigners or aliens living in a land where we don't belong. What implication does that fact have on our daily life?

- We are to live good lives that glorify God.

- Once we name Jesus our Savior and His Spirit takes up residence within us, we have ability to say no to sin and its hold on us in this life.
- Our focus should be on heaven, not things of this earth.
- God's Spirit is in the process of transforming us.
- We cooperate with that sanctification process by being students of God's Word and spending some time each day reading the Bible. God shows us in Scripture how He wants us to live, and His Spirit can enable us to live that way.

May God bless you as you mentor and minister, as you reinforce these fundamental truths for your student. Know that you are a blessing to those you mentor and an encouragement to us here at FUEL Ministries.

TALKING POINTS: What freedom, if any, comes with understanding that this world is not home for believers, that you are a citizen in heaven?... Share an example of someone whose good life gave/gives glory to God.... In what ways can your knowledge of Scripture supplement your Spirit-given ability to say no to sin?... And what are some specific and practical ways you can stay focused on heaven rather than earth?

Chapter 27

Take Up the Cross

KEY: Jesus' call to us to follow Him is a call to take up our cross.

Jesus first said to His early disciples, “Follow Me.” When they did, they learned what exactly following Jesus would require of them:

“If you refuse to take up your cross and follow me, you are not worthy of being mine.” — Matthew 10:38 NLT

When Jesus called us out of this world and into His kingdom, He called us to a new life, a new way of living. That way—I'll explain in a minute—was not at all as tough as the path He would walk:

[Jesus] then began to teach [the disciples] that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. — Mark 8:31

Peter didn't like this plan—and he let Jesus know. The Lord's response is breathtaking:

He rebuked Peter. “Get behind me, Satan!” he said. “You do not have in mind the concerns of God, but merely human concerns.”

Then [Jesus] called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he

comes in his Father's glory with the holy angels." — Mark 8:33-38

So what does it mean to take up our cross, to die to ourselves, and to lead a life that is holy and pleasing to the Lord?

- Taking up our cross means denying ourselves the things of the world that are temporarily pleasurable but sinful and eternally damning.
- The fleeting glimpse at pornography, the late-night gluttony, and the things we do in our deepest, darkest hiding places are some of those temporarily pleasurable but eternally damning things—and each one is difficult to let go of.
- Yet letting go of them is absolutely essential if we are to be true followers of Jesus Christ.

The apostle Paul addressed a loophole:

Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer? Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. — Romans 6:1-4

We have to put to death our old way of living with its sin, ill-gotten pleasure, self-satisfaction, and darkness. And we need to die *daily* to that desire to sin. And denying ourselves means more than saying no to physical desires for food, drugs, alcohol, and illicit sex. God wants every aspect of you and every aspect of me on the cross.

Because we are born sinners who live in a body of flesh in a fallen world, we often struggle to take up the cross and die to self even though we know that doing so will mean being able to follow Jesus more closely. Even Paul himself struggled:

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. — Romans 7:14-20

Thankfully, we don't have to struggle alone or in our own power to do what is right.

God knows we are weak, and He not only desires to give us the strength we need to follow Him, but He also wants to *be* our strength! Paul knew God's strength:

[God] said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power

may rest on me. That is why, for Christ's sake, I delight in the more gladly about my weaknesses, so that Christ's power weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. — 2 Corinthians 12:9-10

Dying to our own desires, dreams, will, and plans is the ultimate cost of being a follower of Jesus Christ. This calling requires commitment, dedication, discipline, prayer, and a whole lot of help from our Lord and Savior.

And what if we refuse?

“What good is it for someone to gain the whole world, yet forfeit their soul?” — Mark 8:36

Eternity began/begins the moment we fully name Jesus Christ as our Savior and Lord and then make the commitment to follow Him!

“Whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it.” — Mark 8:35

TALKING POINTS: Review Jesus' words to His disciples: “If anyone would come after me, let him deny himself and take up his cross daily and follow me” (Luke 9:23 *ESV*). In specific and practical terms, what does *take up his cross* mean?... If you take up your cross, what plans and dreams might you have to let go of?... If you take up your cross, what ridicule and rejection might you face?... What did Jesus teach is the cost of not taking up your cross? (“If you refuse to take up your cross and follow me, you are not worthy of being mine.” — Matthew 10:38 *NLT*)... Are you committed to taking up your cross? Why or why not?

Chapter 28

Feasting on God's Word

KEY: We desperately need God's Word; we cannot live without it. If we don't spend time feeding our soul with His Word daily, we will seek soul satisfaction in other sources—all of which will fail us.

Human beings need God's Word: the Bible is as essential to our spiritual life as food is to our physical existence.

Satan understands the human need to eat, so he tempted Jesus with bread. Hear what our Lord answered:

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” — Matthew 4:4

Consider, for instance, that lessons God taught the Israelites are lessons He wants to teach us today:

1. **Obedience:** God wanted to “know what was in [their] hears[s]” (Deuteronomy 8:2). Would the people of Israel keep God's commandments? Will we?
2. **Trust:** God fed His people with “manna, which neither you nor your ancestors had known” and which no one has known since. God spoke into existence this nutritious food that sustained His people for forty years. God clearly demonstrated that He would provide for all their needs—and He will provide for all of ours as well.
3. **God's Word:** To live as God our Creator intends us to live, we human beings need more than nourishment for our body. We need the words of God: they are essential to the spiritual health of our spirit and soul.

TALKING POINTS: Review the lesson's practical tips about daily reading and how to approach the Bible. What specific part of the Bible are you reading or studying these days?... If you haven't yet chosen a starting point, why do you think that's the case?... The gospel of Mark or John would be a good starting point. Why do you think an account of Jesus' life is a good place to begin?... What is your approach to Scripture? Do you, for instance, ask God to show you what He wants you to see? Do you read commentaries?... The three steps of one approach to Scripture are listed below. Do you do any of these? Explain.

Step 1 **Observation:** What does the passage *say*?

Step 2 **Interpretation:** What does the passage *mean*?

Step 3 **Application:** What am I going to *do* in response to what the passage says and means?

Some of these questions may help with Step 3:

- What, if anything, does the truth call me to do in regard to my relationship with God?
- What, if anything, does the truth call me to do in regard to my relationship with others?
- What does this verse say, if anything, about me?
- What does the truth call me to do in regard to Satan?

Finally, what, if anything, could I do to help you be more consistent in your Bible reading or to help make your study time more worthwhile?

Chapter 29

Prayer Closet

KEY: Prayer helps us to know God better, prayer helps us trust Him more completely, and—by the power of the Holy Spirit—prayer guides us to the truths of God’s Word and opens our hearts to receive them and live by them.

Reading our Bible is food for our soul: it provides nourishment and strength, and it enables growth. Another essential aspect of our relationship with the Lord is prayer:

The righteous cry out, and the LORD hears them;
he delivers them from all their troubles. — Psalm 34:17

As is true about any relationship, without the communication we call prayer, our relationship with God will die.

No wonder prayer is neither an option nor a part-time assignment:

Pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. — 1 Thessalonians 5:17-18

An important aspect of our prayer life is praying with other believers. Having trusted prayer partners to whom, for instance, we can confess our sins provides accountability. Praying in small groups also brings healing and hope as God loves us through His people: their love can make His love for us more real.

“Truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.” — Matthew 18:19-20

Encourage your student today to start and maintain a daily prayer life with the Lord. Explain that we don’t want to be legalistic, yet we need to be serious about our relationship with God. If we don’t regularly set

aside everything in order to spend some time talking to God and listening for His voice, we won't have a healthy relationship with the Lord. Our former bondage to habitual sin is prime evidence that prayer is crucial to a life free of slavery to sin.

Before you talk to your student about his prayer life, spend some time praying about that conversation. Be willing—if appropriate—to talk about your own struggles as well as your victories in prayer.

TALKING POINTS: What specific time have you set apart each day to meet with the Lord?... What specific place have you chosen for that meeting?... What impact has this structure had—or could this structure have—on your prayer life?... If you aren't yet regularly praying, what times and places might work well for you?... Why does keeping a prayer journal—an account of prayer requests and answers (yes, no, not yet)—help some people be more faithful in prayer?... Would keeping a prayer journal help you? Why or why not?

Chapter 30

Bearing Fruit

KEY: Jesus taught that we find purpose and satisfaction in life when we are bearing fruit for the King.

As we continue exploring the topic of how we should live in light of knowing our God-given purpose, today the topic is bearing fruit—something that Jesus has commanded us to do. And we see there are actual consequences to not bearing fruit.

The parable of the barren fig tree, with its resounding “Cut it down! Why should it use up the soil?” might have alarmed your student. Jesus wants nothing to do with pseudo-followers who don’t bear any fruit.

Unfortunately, we too often believe—perhaps we have too often been taught in church—that the believer’s assignment is simply to believe. Being blessed with salvation because of our belief, we then live out the rest of our days in comfort waiting for the Lord to return and take us to our cosmic vacation site in heaven. The story of the fig tree totally undermines this unbiblical perspective on life.

As followers of Jesus, we are to bear fruit for the King. Only in fulfilling this purpose will we find satisfaction and joy.

How then shall we live? As a citizen in heaven and an alien on this earth. As a cross-bearer. As a lover of God’s Word. As a faithful prayer warrior. And as one who bears fruit for the King.

TALKING POINTS: What was Jesus referring to when He talked about bearing fruit for God’s kingdom? Be specific... Point to evidence in your life that you are bearing fruit for the kingdom—and you may need or want someone to help you answer this question. That person may have a more accurate picture of you and your life than you do...

The FUEL 40-Day Journey

What are your spiritual gifts? In what capacity are you using them?
What fruit do you see or do you—by God’s grace—anticipate seeing?

PART 4: BEING FOCUSED ON ETERNAL LIFE

TEST YOURSELF

Chapter 31

Awake

KEY: As we wake up every morning, we need to remind ourselves of the unshakable and eternal hope we have in our risen Lord.

Waking up implies that our students have been spiritually asleep, so to speak—and we were, too, at one point. When we are living in sin, we are not aware of—much less engaged in—the battle between Satan and God’s people. Living in sin, we don’t notice the bullets flying all around us, bullets that the enemy has aimed at us.

Leaving the bondage of habitual sin, we put on the armor of God and rely on Him to help us make wise decisions. At the same time, we rely on God’s Spirit within us to follow the New Testament instructions like these:

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is. — Ephesians 5:14-17

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. — Romans 12:1

Living in obedience to God’s commands not only keeps us from sin but also enables us to shine His light into a dark and sin-filled world.

Which means we actually have to read His Word and spend time thinking about it. This is a good time for us to ask if our students are developing a regular reading time each day and what their prayer life looks like.

TALKING POINTS: Now that you're awake, what evidence that you were asleep do you see when you look back?... What did God do—or allow to happen—in your life that woke you up?... As you seek to walk according to God's ways, how can I be praying for you?... What could you do to live in a way that gives God glory?

Backsliding

KEY: Any one of us may fall back into a life of sin—but that situation would not be hopeless.

FUEL is committed to reality. We don't do any sugarcoating. And that's why we address the fact that we human beings might find ourselves—in the coming days, months, or years—falling back into a life of sin.

Of course, you are praying that your student's new experience of God's love and new understanding of His grace would so blow his mind that he would find repulsive the thought of going back to a life of sin. Yet we all know that each of us—your student included—is still living in a body of flesh. The very real and always present danger is our prowling enemy who would love to once again have us in his bondage. The possibility of your student falling back or—more likely—willingly returning to sin is very real. That's why you're talking about it now.

Falling back into our habitual sin or becoming entrapped by a new sin is not a hopeless situation. Read these instructions from God's Word:

“You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.” — Revelation 2:4-5

"Go and proclaim these words toward the north and say, 'Return, faithless Israel,' declares the LORD; 'I will not look upon you in anger For I am gracious,' declares the LORD; 'I will not be angry forever. — Jeremiah 3:12

The enemy would love to get us caught in a downward spiral, but let your student understand that he can stop that movement by confessing his sin.

We will only confess our sin, however, if we are first honest with ourselves when we find ourselves once indulging in the sin that once enslaved us. At the point of our acknowledgment and confession of sin, we can start again this journey of freedom from spiritual bondage.

It took me more than 20 years to be honest with myself about my sin. But God honored my prayers of repentance and graciously blessed me with a fresh start. Make sure that your student knows God will do the same for him: if and when he backslides or is lulled back to sleep, he can once again repent and once again know the grace of God's forgiveness and a fresh start.

TALKING POINTS: Why is being honest with ourselves about how we're doing spiritually crucial to a life of freedom that bears fruit for God's kingdom?... If you're not doing well spiritually, you might be afraid to approach God. What are the limits to His forgiveness—and, yes, that's a trick question: there are no limits. God will always forgive those who confess their sin... What are you doing—and what could you do—to stay awake and alert to the enemy's deceit?

Chapter 33

Pride Test

KEY: The opposite of pride is humility: we examine our hearts and admit our faults rather than looking at the failings of other people.

At this point in the 40-Day Journey, your student and perhaps you as well may be feeling pretty proud of hanging in this long and working through so many lessons. Yes, pride can creep into your student's as well as your own. Pride is inevitable for us sinful humans, and we need to be on constant alert for it so this way of thinking doesn't settle in and take root.

Perhaps like most sin, pride is much easier to detect in someone else than in ourselves. Accountability partnerships can help. Do you, for instance, see any evidence that your student thinks he has it all together? Has he begun instructing others, calling them out for their sin, or even admonishing you? Have you heard comments like "I cannot believe so-and-so is doing this and that!" or "I can't believe he's returned to [whatever the sin is]. What is he thinking?" If you detect pride in your student, don't ignore it. Instead, talk about pride and perhaps tell of your own struggle with pride. Then introduce your student to the questions below. His answers will help him recognize areas of pride. (I've written these questions in the back of my Bible and review them frequently.)

1. How's your prayer life?

Our prayer life can indicate how much we depend on God and how little we depend on ourselves. It's a barometer of how much pride or humility is in our heart.

"When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." — Matthew 6:6

2. Are you preoccupied with your appearance or some other aspect of yourself?

When you look at group pictures, who's the first person you look for? I know your answer—and I think that's true for everyone. But, seriously, how much time do you spend maintaining your appearance? And, in comparison, how much time do you invest in developing a godly character?

Your beauty should not come from outward adornment... Rather, it should be that of your inner self. — 1 Peter 3-4

3. Do you have a problem with anger?

Our anger—especially our out-of-control anger—is a clear indication that we want things our way (pride!) and that we aren't relying on the Lord to handle things for us. James put it this way:

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. — James 4:1-2 ESV

We argue and get angry when we're trying to get things to go our way. Such efforts and even the desire to control suggest that we have put ourselves on the throne of our lives. That's evidence of pride.

4. Do you have a critical spirit?

Do you tend to criticize and find fault, to tear others down rather than build them up and encourage them? This perspective on people reveals that you have placed yourself above them and you consider yourself superior in some way. You are looking at others from a position of pride.

The opposite of pride is humility: we examine our hearts and admit our faults rather than looking at the failings of other people.

“You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.” — Matthew 7:5

5. Do you compliment others?

Pride keeps us from complimenting others and building them up because pride keeps us consumed with ourselves and concerned about being complimented and built up! You can change:

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. — Ephesians 4:29

6. Do you ask for counsel?

When we are prideful, we are deceived. Specifically, we think we know more than other people do. We also think we can and should do life on our own. So we tend to dismiss counsel and instead stubbornly and pridefully do things on our own.

Without counsel plans fail,
but with many advisers they succeed. — Proverbs 15:22 ESV

7. Do you look for opportunities to make people look better than you?

John the Baptist knew that his role was to point people to Jesus:

“He must become greater; I must become less.” — John 3:30

The apostle Paul urged us to follow the example of Jesus:

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. — Philippians 2:3 ESV

When we choose to make people look better, we die to ourselves. This way of loving people glorifies God.

I would encourage you to write these seven diagnostic points in the back of your Bible. Review them regularly: constantly evaluate your heart and your thoughts. Make this simple prayer your own:

See if there is any offensive way in me,
and lead me in the way everlasting. — Psalm 139:24

Banish any pride you find by turning your eyes to our great and glorious God.

TALKING POINTS: Why does it make sense that, if we want to walk in freedom, grow in our knowledge of the Lord, and deepen our relationship with Him, we need to continually test our hearts?... *Read the seven questions.* Which question most struck a nerve?... What do you think that sting means?... What you will do about the pride that sting may indicate?

Chapter 34

Poverty of Spirit

KEY: The Holy Spirit transforms our minds and hearts into the image of Christ. We can cooperate, but only God can, for instance, help us be poor in spirit.

The previous lesson may have stung more than your student expected. Be aware of that, yet be willing to use that sting as a way to transition into today's topic: our awareness of our sinfulness and pride can bring us to a point of being poor in spirit. And that's good:

"Blessed are the poor in spirit,
for theirs is the kingdom of heaven." — Matthew 5:3

Poor in spirit definitely suggests a godly humility that stands in sharp contrast with the self-reliance, self-confidence, and self-expression the world values.

Below are six characteristics of God's people who are humble and poor in spirit:

1. Weaned from one's self

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. — Galatians 2:20 ESV

For to me to live is Christ, and to die is gain. — Philippians 1:21 ESV

2. Delighting in God's glory

We all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of

glory to another. For this comes from the Lord, who is the Spirit. — 2 Corinthians 3:18 ^{ESV}

3. Seeking God's fingerprints

[Since we are] children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. — Romans 8:17-18 ^{ESV}

We know that for those who love God all things work together for good, for those who are called according to his purpose. — Romans 8:28 ^{ESV}

4. Seeing the best in others and the worst in yourself

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" —Matthew 7:3

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. — Philippians 2:3-4

5. Praying like a beggar and praising like a son

"Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.'

“But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’

“I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.” — Luke 18:10-14

6. Serving like a slave

James, a servant of God and of the Lord Jesus Christ... —
James 1:1 ESV

Simon Peter, a servant and apostle of Jesus Christ... — 2 Peter 1:1

I am an ambassador in chains. Pray that I may declare [the gospel truth about Jesus Christ] fearlessly, as I should. — Ephesians 6:20

TALKING POINTS: What does *poor in spirit* mean?... Why is being poor in spirit a kingdom value?... Review the six characteristics of God’s people who are humble and poor in spirit. Which characteristic do you least see in yourself?... Which characteristic do you clearly see in yourself? *You might tell your student the characteristic you see most clearly in him...* Pray and ask God to grow in you the characteristic(s) you want to be more clearly a part of you.

Chapter 35

A Little Leaven

KEY: The seed of sin that we sow always gives us more than we could have ever imagined, far more than we want.

Remember the horsetail bamboo that ruined my entire yard and almost took down the neighborhood? I do—and I may never forget it!

Part of me doesn't want to forget it. That bamboo vividly illustrated for me how a little sin planted in our hearts can grow bigger and quicker than expected—and ruin everything in our lives... everything we have spent years working toward... everything and everyone we care about.

The fact of the matter is, we reap what we sow (Galatians 6:7). Whatever seeds we plant will eventually come up—and not in a one-to-one ratio. The seed of sin that we sow always gives us more than we could have ever imagined, far more than we want.

The parable of the yeast in Matthew 13:33 teaches the same lesson.

TALKING POINTS: What real-life example have you seen—and not necessarily from your own experience, but keep any people you refer to anonymous—of someone's sin or wrongdoing having far bigger and/or far worse consequences than that person could have imagined?... Why do you think the consequences of sin can get so big?... Why don't we learn from these experiences to avoid sin?

LIVING FOR THE LORD

Chapter 36

Seek First

KEY: Essential to living for Jesus is seeking Him, and we do that through *daily* prayer and *daily* Bible study.

Ideally, this final section of the journey—“Living for the Lord”—is a milestone of sorts. We at FUEL Ministries hope that by this point your student is walking in freedom, seeing that life is more than chasing the things of the world, and recognizing that God has created each of us for a purpose that does not include living in habitual sin. We also hope that your student is profoundly grateful that Jesus rescued him from his life of sin and now wants to serve Him.

In the more than ten years since we started FUEL, we’ve seen thousands of men set free from the bondage to sin and passionately wanting to live for Jesus.

“Seek first the kingdom of God and his righteousness, and all these things will be added to you.” — Matthew 6:33 *ESV*

Essential to living for Jesus is seeking Him, and we do that through *daily* prayer and *daily* Bible study. (Of course congregational worship and fellowship with other followers of Jesus also help us seek and find Jesus, but our focus is on what our students can do on their own.) We want to encourage our students to seek Jesus each day, to seek first His kingdom instead of their own.

This time of prayer and Bible reading is vital for many reasons. Jesus has a unique calling to each of these men He has freed from bondage to sin. The time each one spends praying and reading God’s Word is time when God can clarify their calling.

These men might be looking to us as mentors. They might be looking to the church or to other people in their lives for guidance and teaching. However, people will eventually let them down. They can, however, trust Jesus with their lives—every aspect of life, every day

and minute of life. And they can trust Him to make clear His call on their lives and then enable them to respond for His glory.

We also want our students to be thinking in terms of eternity. We want them to be Focused Upon Eternal Living.

TALKING POINTS: What have you learned on this journey about seeking God first?... Why is seeking God important?... What are you doing to seek God?... When has God met you as you sought Him?... What sense of a calling on your life have you gotten as a result of—at least in part—spending this time with the Lord?... What do you think God is calling you to do with your life?... What gifts and passions do you have?... In what ways might you use those God-given abilities for His kingdom and His glory? Know that the lack of an answer is an opportunity for prayer!

Chapter 37

Joy

KEY: Joy transcends—and can transform our perspective on—circumstances.

One way we can identify people who are living for the Lord is their joy, whatever their current circumstances. Such deep-rooted joy truly marks the Christian.

The world offers happiness instead of genuine joy. In the past our students were surely pursuing happiness, but God’s Word teaches that looking for happiness is futile. As wise King Solomon wrote, it is like “chasing after the wind” (Ecclesiastes 1:14).

In 1 Peter 1:8-9 we read that we are filled with an inexpressible joy because we know that the Holy Spirit lives in us:

Even though you do not see [Jesus Christ] now, you believe in him and are filled with an expressible and glorious joy. — 1 Peter 1:8

Obedying God’s law brings us the joy of living according to God’s design, of walking in the path He has for us, and of receiving His blessings that come with our obedience.

Remind your student, however, that at times all of us—this includes him!—feel unhappy, depressed, full of anxiety, and so many other emotions we wouldn’t choose to experience. However, if we’re walking in obedience to God and because we have the Holy Spirit living in us, we know that a new day will dawn. We know that circumstances change and that joy will come more easily when they do.

Weeping may stay for the night,
But rejoicing comes in the morning. — Psalm 30:5

Most of all, however painful and difficult life is right now, we find hope in the joy that we will know living in God's presence for eternity.

A warning is appropriate here. The enemy wants to use the hard times we go through to draw us back into a life of disobedience and sin:

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” — John 10:10

Encourage your student to stand strong against the enemy and to remember that the Lord has a plan for his life, the Lord is faithful and good, and the Lord's love will never fail him. Furthermore—as we just read—Jesus came to give us life, a life of fullness, a life of abundance, a life of joy.

TALKING POINTS: What's the difference between happiness and joy?... When has the pursuit of happiness or even the experience of happiness let you down?... Why is joy more substantial than happiness?... What practices might help you hold on to joy?

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Chapter 38

Fulfillment

KEY: Genuine fulfillment comes only with knowing and serving God.

It's the million-dollar question: What are you living for?

When we have chosen a life of sin—when we find ourselves in bondage to sin—we are essentially living for ourselves. Maybe our goal is to escape pain or to receive from the world the acceptance or recognition we didn't receive when we were growing up.

In Luke 12:16-21 Jesus told a story about a man who was chasing after material possessions and financial success. He decided he had to build bigger barns to store all his stuff. Little did he know that “this very night your life will be demanded from you” (v. 20). This rich man's time on earth was up. His pursuit of all his stuff was now pointless.

Although he was rich in the world's eyes, he was not rich toward God. And that's the kind of riches Jesus-followers are after. Here are four suggestions for how to be rich toward God:

1. Know that you can't serve both God and money.

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money." — Matthew 6:24

2. Seek God first. He'll take care of the rest.

“Seek first his kingdom and his righteousness, and all these things will be given to you as well.” — Matthew 6:33

3. God loves to give us far beyond what we can ask for or even imagine.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. —Ephesians 3:20-21

4. Genuine fulfillment is found in the very act of knowing and serving God.

In John 4 we eavesdrop on a conversation Jesus had with a woman who was trying to find fulfillment and satisfaction in men. Still today the world tells us that sleeping around is a way to be happy and fulfilled. But Jesus likened those actions to returning again and again to a source of dirty water that cannot satisfy. Yet she kept going back: *Maybe this man will bring fulfillment.*

Jesus, however, offered her a different option: Himself. He told her that a relationship with Him would bring her fulfillment that truly satisfies, that satisfies far more than she (or you and I) could ask or imagine, and that never ends:

“Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” — John 4:14

Again—and you can’t say this enough to your student—fulfillment comes with knowing and serving God.

TALKING POINTS: *After 37 meetings with your student, you may have a pretty good sense of his answer, but ask this question anyway: What are*

you living for? ... What does it mean to be “rich toward God”?... Which of the four suggestions for being rich toward God do you find most challenging or intriguing or encouraging? Explain.... Where do we human beings find genuine fulfillment? *The answer—in knowing and serving God—is the major takeaway today.*

Chapter 39

Talents

KEY: Jesus requires from us a return on the investment He has made in our lives.

Acting on His incomprehensible love for us, Jesus took the punishment for our sins and died on the cross, a physically excruciating death followed by what was spiritually excruciating: His first and His only separation from God.

In light of this amazing act of love, we need to respond to Jesus' call to give Him a return on His investment into our lives. Jesus' story in Matthew 25:14-18—included here for quick reference when you meet with your student—is a good starting point:

“[The return of Jesus] will be like a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master's money.” — Matthew 25:14-18

In the verses that follow this passage, the master congratulates the two servants who gave him a return on the bags of gold he had entrusted to their care. The man who had put the gold in a hole returned only the original amount of gold—and he was thrown into outer darkness.

This story clearly shows that Jesus requires a return on the investment He has made in our lives. To be specific, Jesus requires us to share the greatest news ever with people who haven't heard it. That news is the life-changing, eternity-changing truth that God loves us, He will forgive our sin, He gives us a purpose in life, and we will live with Him for eternity.

Jesus knew well that our natural human tendency would be to squander our lives in selfish gain rather than to share the gospel with the people around us who are perishing.

We want our students to take this call very seriously. We want to coach them and mentor them as they learn the skills of sharing their faith. The most important training tip we can give won't surprise them: "Be in God's Word each and every day." Remind them that the Holy Spirit will be their teacher as they read Scripture (John 14:26).

We also can thank Jesus for investing in us by investing in His kingdom the talents He's given us. We further show our gratitude when we share the gospel with people who have not yet met Jesus. He entrusted to us.

TALKING POINTS: What was your initial reaction to the statement that Jesus wants a return on His investment in your life?... What are some of the gifts God has given you? In what ways are you using those gifts for God's kingdom?... If you're not yet sure what your gifts are, ask Jesus. He will gladly guide, encourage, equip, and empower you to use those gifts so that you are giving Him a nice return on His investment in you... Have you ever shared the gospel with someone who was hearing it for the first time? Talk about that experience.... Let's do some role-playing. I'll share the gospel with you, and then you can share the gospel with me. *Practice makes perfect!*

Chapter 40

Living As Christ Lived

KEY: The Lord has promised you that He will be with you, strengthening you and empowering you to stand strong whenever you are tempted.

Congratulations! You made it to Day 40! We pray that you and your student have shared some rich and life-changing experiences. We pray that you were able to see the miracle of a man's heart transformed and to celebrate his decision to live the rest of his days for Christ. We also pray that you're already looking forward to the Holy Spirit working in the heart and life of the next man you journey with.

We wanted to include all of chapter 40 here for you to read through before you close out the 40-Day Journey with your student. We are doing this for a couple reasons. First, we want you to be able to review a lot of information. Second, we absolutely want to help you use this information in your role as a mentor, but we also would like you to use it as a personal checkup for yourself. How are you doing with your walk? Are you in the Word daily? What do you do when you come face-to-face with temptation? Please take a few minutes to read through the study as you prepare for your time with your student.

Here you go!

God has used this study in powerful ways in people's lives, and I trust that you have found these 40 days helpful. I need, however, to let you know that temptation will not disappear completely and forever when you close this book a few minutes from now. The enemy is still alive and well! He may recycle past temptations, especially those that held you in bondage, or he may try to entrap and destroy you with a different temptation. But the glorious news is, the Lord has promised you that He will be with you, strengthening you and empowering you to stand strong whenever you are tempted.

And remember that temptations are normal. Satan is tempting your brothers all around the world as he seeks individuals he can destroy and devour:

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. — 1 Corinthians 10:13

In addition, remember the Bible's instructions for how to deal with temptations when they come, and as you rely on the Lord, you will find yourself well equipped to live a life of victory over temptation. As we close this study, I hope that spending time with the Lord, reading His Word, and praying has become a solid and life-giving daily habit for you.

After all, the Lord's plan for your life and mine is that we get what we need from Him every day just as, every morning, the Israelites received from Him enough manna from heaven for that day. I also hope that this study got you thinking about what the next chapter of your life is going to look like and what Christ has called you to do.

Now that we have abandoned our old lifestyle and are walking in freedom, Christ is calling us to live as He lived. So what does that mean in practical, everyday-life terms?

How should this call shape your life and mine? How do we live as Christ? The apostle Paul can help us figure it out:

To me, to live is Christ and to die is gain. If I am to go on living in the body, this will mean fruitful labor for me. — Philipians 1:21-22

Paul wanted to go home to be with the Lord. That was definitely his preference, but at the same time he knew that while he was still alive on earth, he would focus on bearing fruit for God's kingdom. That's one way we can live as Christ lived.

So how do we bear fruit? By being a blessing to others:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves. — Philippians 2:3

Q: What first came to mind first when you read that you're to be a blessing? What actions, for instance, or what people did you think of when you read Philippians 2:3?

A:

Q: Does your assignment to be a blessing sound easy or hard? Why?

A:

Being a blessing to others is a broad assignment. We're going to narrow it down a bit by looking at the acronym G-O-O-D.

Gifts - Using our gifts to serve the church and others

Others - Placing others above ourselves

Obedience - Glorifying God by the life we live, by walking in obedience to Jesus

Discipleship – Going and making disciples

Q: Look at your life through the lens of G-O-O-D. In what area do you think you're the strongest, for instance? What area that needs growth will you act on first?

A:

Bearing fruit is not an option, and we cannot avoid the consequences of disobeying that command. But rather than focus on those consequences, let's focus on the tremendous blessing it is to live the way Christ has called us to live. When we follow Jesus, we will know joy, peace, purpose, and His unconditional, eternal love. We also know the blessed gift of the Holy Spirit who enables us to live a life of obedience that truly glorifies God.

TALKING POINTS: What does it mean to you that you are to live as Christ lived? Be specific... What fruit do you think God created you to bear?... To whom can you be a blessing? What will you do this week for two or three of those people?... Having looked at your life through the G-O-O-D lens, what do you see as a strength? What area that needs growth will you act on first? ... *I want you to know it has been a privilege to journey with you through your 40 days. I pray that God will use the truth we studied, the insights we gained, the instructions we received, and His very presence with you to bless you with freedom from bondage and joy in Him.*

What's Next for Your Student?

Once your student has completed to the 40-day Journey and they are walking in freedom, we would like to invite them to become a mentor. We believe that God has used the last 40 days in their lives to transform them and prepare them to make disciples of other men that are currently in the same position that they were in previously. We also believe, that the LORD will continue to build them up as they obey the great commission in Matthew 28. However, we do know that some men at this point are not walking in freedom. We will be asking for your recommendation as their mentor, if you believe they are in a position to become a mentor.

We also ask them to write 4-5 sentences in relation to their experience with FUEL Ministries. Would you take the time to do the same thing, once your student has in fact graduated the 40-day study? We want to continue to strive to make FUEL better for each student that comes through the study.

Lastly, we would ask if you are willing and able to take on another student and walk the 40-day journey with them? Would you drop us a line at info@FUELMinistries.org and let us know?

Thank you for your service to the LORD and serving with us at FUEL Ministries!

RESOURCES

We invite you to check out the free resources we have online—and we’d love to have you be part of the FUEL team.

Our mission at FUEL Ministries is “to virtually reach, teach, and train the next generation of global disciples for Jesus Christ.” Please prayerfully consider being part of our global movement and helping us reach one million people online for Jesus Christ. These are our five ways of being involved:

- 1- **FUEL Evangelism** – We use all social media to reach people who are searching for answers to questions like who is God, who is Jesus, is the Bible really God’s Word, etc. When we hear from someone online, we connect him with a partner/mentor who can answer questions and/or walk him through what the Bible teaches. Would you consider being a prayer partner and mentor for one of these people looking for answers?
fuelministries.org/jesus/
- 2- **FUEL 40-Day Journey Study** – Our online 40-Day Journey study can be done on your own or with a mentor who prays for and guides you through the 40 days. (The mentoring course is only open to men who have gone through the 40-Day Journey themselves and who have gotten a letter of recommendation from their pastor and/or mentor. After completing the course, the new mentor will be placed in the queue to receive a student.) *study.fuelministries.org/*
- 3- **FUEL Discipleship** – Designed for students and mentors, this program is similar to our 40-Day Journey study. Please pray about being a mentor in FUEL’s Discipleship Program. If you have questions or are interested in mentoring, we’d love to get you involved in fulfilling Jesus’ Great Commission to make disciples (Matthew 28:19-20). Visit our online platform for more information: *discipleship.fuelministries.org*

- 4- **FUEL Church Partner Program** – FUEL Ministries has created a network of local churches that host weekly meetings that feature the FUEL 40-Day Journey study. Would you consider talking to your pastor about hosting a FUEL group at your church? Please let us know. We'd be glad to walk you through how to get started. fuelministries.org/fuel-meetings/

- 5- **FUEL Mentoring** – FUEL Ministries is working to assemble an army of mentors to reach the harvest that the LORD has made available. We literally have access to millions of men that need to be mentored. The sad reality is that the harvest is plentiful but the workers are few. Sound familiar? This is exactly what Jesus said in the scriptures and is exactly what we are seeing in our day and age. Friend, would you consider signing up for the mentor program at FUEL? Drop us a line and let us know that you're interested. Email us at [fuelministries.org](mailto:info@fuelministries.org)

The FUEL 40-Day Journey