

CHAPTER 3 JESUS: OUR SAVIOR AND LORD

Refer to **pg 29** in the workbook

Summary

The person, life, work, death, resurrection and return of Jesus is given in broad strokes. For personal application, Jesus is portrayed as Savior, Christ and Lord. This chapter emphasizes the example of Jesus, especially in the area of prayer.

The practical section gives details regarding the discipline of prayer. It is in the context of the Quiet Time brought up in Chapter 1. So together with Chapter 2, we have the disciplines of Bible Study, worship and prayer during the practice of the Quiet Time.

To get ready

1. Extra Bibles, pens and pencils
2. A few copies of New Living Translation Bibles
3. Bookmarks with Lord's Prayer (see Word file: Ch 3_Lords Prayer)
4. Small notebooks for prayer records
5. Optional - photocopies of flash cards on pages 13 and 14
6. Memory verse 1 Timothy 2:5

Teacher's Guide

The personalities are as follows.

Mr Bean Comedy actor	Dr Mahathir Former PM	Elvis Presley Singer, actor
Mother Teresa Famous nun	Abdullah Badawi Prime Minister	

Refer to **pg 30** in the workbook

2. Probably the learners have heard something about Jesus Christ. Let them share what others say.

Examples may be 'great teacher', 'religious man', 'person betrayed by his people' and so on.

Write it down in the speech bubbles given.

Stimulate further discussion on a personal level by asking what the learners think about Jesus.

Refer to **pg 31** in the workbook

3. This portion will require the New International Version (NIV) and the New Living Translation (NLT) of the Bible. Allocate verses to each person in turn and let him or her share his or her answers with the group.

You may need to discuss the points further as they are being read out. For example, you can emphasize the fact that it was a virgin birth for Jesus as distinct from the rest of us. More details below.

HIS BIRTH

Luke 1:34,35 (NLT)

^{LK 1:34}Mary asked the angel, "But how can I have a baby? I am a virgin."
³⁵The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby born to you will be holy, and he will be called the Son of God.

HIS LIFESTYLE

John 8:46 (NLT)

^{JN 9:46}Which of you can truthfully accuse me of sin? And since I am telling you the truth, why don't you believe me?

HIS POWER

Mark 1:34 (NLT)

^{MK 1:34}So Jesus healed great numbers of sick people who had many different kinds of diseases, and he ordered many demons to come out of their victims.

TACKLING DISEASE

Matthew 8:2,3 (NIV)

^{MT 8:2}A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." ³Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!"
 Immediately he was cured of his leprosy.

Refer to **pg 32** in the workbook

HIS CLAIM

John 10:30 (NLT)

^{JN 10:30}The Father and I are one."

DEALING WITH NATURE

Matthew 8:24-26 (NIV)

^{MT 8:24}Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. ²⁵The disciples went and woke him, saying, "Lord, save us! We're going to drown!" ²⁶He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm .

CONFRONTING DEATH

Luke 7:14,15 (NIV)

^{LK 7:14}Then he went up and touched the coffin , and those carrying it stood still. He said, "Young man, I say to you, get up!" ¹⁵The dead man sat up and began to talk , and Jesus gave him back to his mother.

HE WAS HUMAN

John 4:6 (NLT)

^{JO 4:6}Jacob's well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime.

HE DIED

Mark 15:37 (NIV)

^{MK 15:37} With a loud cry, Jesus breathed his last .

Refer to **pg 33** in the workbook

WHY HE DIED

1 Peter 3:18 (NLT)

¹PE 3:18 Christ also suffered when he died for our sins once for all time. He never sinned, but he died for sinners that he might bring us safely home to God. He suffered physical death, but he was raised to life in the Spirit.

AND HE BECAME ALIVE AGAIN..!

1 Corinthians 15:4-8 (NLT)

¹CO 15:4 He was buried, and he was raised from the dead on the third day, as the Scriptures said. ⁵He was seen by Peter and then by the twelve apostles. ⁶After that, he was seen by more than five hundred of his followers at one time, most of whom are still alive, though some have died by now. ⁷Then he was seen by James and later by all the apostles. ⁸Last of all, I saw him, too, long after the others, as though I had been born at the wrong time.

HE SENT HIS SPIRIT

John 16:7 (NLT)

^{JO 16:7}But it is actually best for you that I go away, because if I don't, the Counselor won't come. If I do go away, he will come because I will send him to you.

HE WILL RETURN

Acts 1:11 (NIV)

^{ACTS 1:11}"Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

You will need to emphasize the following:

- The virgin birth
- Jesus' sinless life and marvelous deeds
- His claim to be God
- His full humanity
- His death for sin of humankind
- His resurrection
- His ascension
- The sending of the Holy Spirit
- His promised return to judge the world

Refer to **pg 34** in the workbook

4. A common mistake is to put Jesus quite beyond our human experience. He becomes an idol and is no longer thought of as the High Priest who empathizes with our sufferings or as a person who is fully human. All through this lesson, encourage them to reach the realization that Jesus came also to show us how human beings can truly live in correct relationship with God. The Christ life is possible by the power of the Spirit (see Chapter 4).

However, do also guard against making Jesus so familiar that the awe and respect is missing. He is also God.

The three titles in Luke 2:11 are as follows:

SAVIOR
CHRIST
LORD

Luke 2:11

..a **Savior** has been born to you; he is **Christ** the **Lord**.

Ask the learners what thoughts come to the mind when they see these words.

You can photocopy flash cards as a teaching aid to this part of the lesson. The template is at the end of the chapter (page 12).

Refer to **pg 35** in the workbook

Savior - ask questions like "If you are drowning in a pool, and someone pulls you out, what would you call him?", "How would you feel about him?" Emphasize the point that all of us have sinned (Romans 3:23) and Jesus, by His death, has taken away the punishment (Romans 6:23) of death by dying on our behalf. If some of your learners are not yet Christians, take the opportunity to ask them whether they would like to commit their lives to the Savior, who died for their sins. A copy of the sinner's prayer can be found on page If you feel that the time is not appropriate during the class, arrange to meet them at a suitable time. Do not let this opportunity pass into an academic exercise. Challenge them to make that commitment to Jesus as their Savior, if they have not done so.

Help them verbalize and write down a simple prayer of thanksgiving to Jesus. Sign it to make it a commitment.

Christ - This is often thought to be Jesus' surname like Tan or Devadason. But this is actually His title which means Messiah. 'Messiah' is a Hebrew word meaning 'Anointed One'. This means Jesus is the one specially chosen by God to do His work and will. You might want to explain 'anoint' by referring to the OT custom of pouring oil (anoint) over chosen leaders of the country.

As Christ, whatever Jesus teaches and says must be right. After all, he is specially chosen by God to do so. We can therefore rest assured that his leading is perfect.

Let them sign the note if they understand this.

Refer to **pg 36** in the workbook

Lord - For many Jesus is Savior but not Lord. Their lives are still lived out on their own. But Jesus wants to be in charge. This is what we are made for. Emphasize the need to surrender to Jesus and allow Him to work within and through us in everything we do. It is a step of faith and commitment. This is the right way we, as creatures, should live before our Creator. And the Holy Spirit empowers us to live that life. There will be more in the coming chapter.

Help the students to write out a prayer of commitment to Jesus as Lord.

Flash cards can be photocopied from the templates on page 13.

The first reference of Matthew 4:4 may raise a problem. Explain that Jesus could quote so easily from Scriptures because He was evidently very well-versed with them. Ask guiding questions like "Can you quote from your text book?", "If you can, what does it mean?", "How do you think Jesus knew this verse?", "What does this tell you about Jesus and his attitude to Scripture?"

Matthew 4:4

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

The verse in Mark is clear. Jesus took time to pray. To get the context, read the few verses before v. 35. Ask the following guide questions. "What has Jesus been doing?", "How do you think he feels?", "If you had a long day, what would you do the next morning?", "What did Jesus do?" "Why do you think he did that?"

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Refer to **pg 37** in the workbook

1. Prepare beforehand a bookmark with the Lord's Prayer and give each one at this point of the lesson. See Word file: Ch 3_Lords Prayer for the template. If photocopied onto colored paper and then laminated, it can be an attractive gift. Make sure there are enough bookmarks to go round.

You may want to say a little about the content of the prayer that Jesus taught.

The practical this chapter is praying. Ask them to make notes in the scroll below. Help the learners by introducing some structure to construct their prayers. The ACTS method is one way.

A for Adoration - This is telling God that He is really great.

C for Confession - This is often neglected. Confession is saying sorry to God for the wrong things we have done (or the good things we did not do). Remind the learners of 1 John 1 :9 which promises forgiveness.

T for Thanksgiving - Now let us not forget to say 'Thanks!'. There are lots of things to be thankful for. Encourage thankful hearts by going round and letting the learners say what they want.

S for Supplication - This is a big word which means 'praying for needs and other people'.

Recommend a small notebook for them to keep track of answered prayers. Better still, give them all a notebook.

Have a round of prayer, encouraging the learners to focus on each element above. Remind them that this will be another factor in their Quiet Time.

Flash cards for this section can be photocopied from the templates at the end of the chapter (page 14).

Refer to **pg 38** in the workbook

2. Jesus gives us the example of how the Christian life should be lived. One thing Jesus considered very important was prayer. We have seen that.

Now encourage the learners to pray for the others in their lives e.g. family members, school friends, other friends.

Discuss what they can pray for. Note them down.

Remind the learners that often as we pray for others, Jesus may lead us to do something for them. Do this and see the happy reactions of their family and friends.

Examples of Christ-like actions at home would be love and respect for our parents and obedience to what they tell us. At school, they are to be truthful and be obedient to school rules. They are to refrain from cheating. And outside, they are to obey the law, be kind to other people, be helpful to those in need. These are just examples. Encourage the learners to come up with more. Rather than always giving negative rules, suggest more positive things that can be done. Try to link with actions and teachings of Jesus in the Bible (e.g. "love your neighbor as yourself").

Remind them to report back to the group next week. Tell them to make use of their little note book for prayers as they come across things that require their prayer.

Refer to **pg 39** in the workbook

3. The memory verse is 1 Timothy 2:5. Let the learners write it down.

At this time you may want to revise the previous verses.

1 Timothy 2:5

For there is one God and one mediator between God and men, the man Christ Jesus.

Emphasize the fact that the Christian life is a learning and growing process. As we obey what we have learned, we find the power to change for the better. As we cooperate with the Holy Spirit, we find the reality of Jesus living in us.

Let the learners do the summary first before discussing the answers with them.

Refer to **pg 40** in the workbook

TODAY I LEARNED

- 1 that Jesus was born of a virgin
- 2 that all throughout, Jesus lived a sinless life
- 3 that Jesus during His ministry showed power over sickness, nature,
and even death
- 4 that Jesus was fully human yet claimed to be God
- 5 that Jesus died for our sins but became alive again
- 6 that Jesus sent the Spirit to all of us when He
went up to heaven
- 7 that one day Jesus promises that He will return
- 8 that Jesus is the Savior, the Christ and the Lord
- 9 that the life of Jesus is an example for all of us

AND I LEARNED HOW

to pray to God as part of my Christian life

See pages 7 and 8 above

SAVIOR

CHRIST

LORD

See page 9 above

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION