

[SAMPLE]

ESSENTIALS

FOR LIFE



WORKBOOK

CREATED BY TIERCE GREEN



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PRINTING INSTRUCTIONS

This workbook is formatted to print front and back on 8 ½ by 11, letter-size paper.

- For 3-ring binders with clear cover sleeves, print PDF Pages 1-75, front and back.
- If you don't need cover pages, print PDF Pages 3-73.

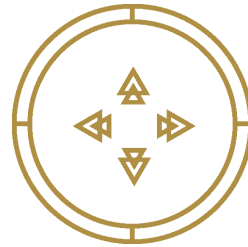
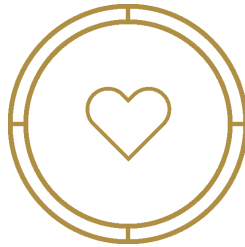
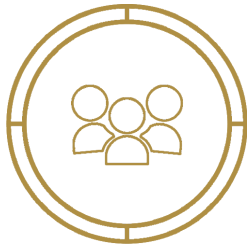
Note: PDF Pages are actual pages in the PDF, not the numbered workbook pages.

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Published by Good Feed Media

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This workbook supports the video content created and presented by Tierce Green. There are eight sessions in the series. Each session is about 30 minutes including the main teaching and personal stories.

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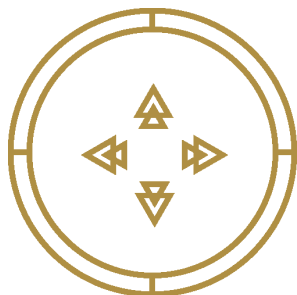
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The central focus of **Essentials For Life** is on 3 Essential Relationships: Devotion To God (Sessions 2, 3, and 4), Community With Believers (Sessions 5 and 6), and Influence With Others (Session 7).

A fundamental principle in Essentials is that the best environment to work out our salvation and develop our faith is in community with other imperfect believers like us—a safe place where there’s no condemnation but lots of accountability. While there can be some value in watching the sessions alone and making notes in this workbook, I encourage you to go through this series with others and process the principles together. It helps when you have the encouragement and perspective of others. And others need the same from you.

Streaming video sessions and digital outlines of this content can be freely accessed on the Good Feed Media App.

— Tierce Green

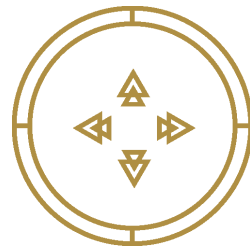
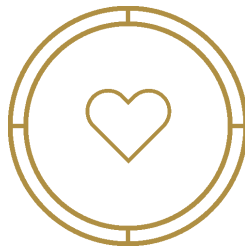


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FOUNDATION AND FRAMEWORK

3 ESSENTIAL RELATIONSHIPS

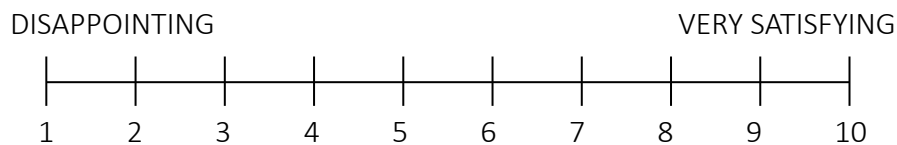
I. INTRODUCTION

A. Quality of Life is a big deal in our culture.

1. What is Quality of Life?

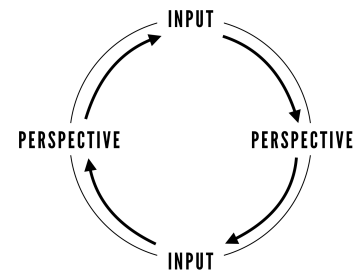
- “An individual’s perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns.”¹

2. How would you rate your Quality of Life on a scale of 1 to 10?



3. Our values determine the grid we use to measure Quality of Life.

- How we measure our Quality of Life continues to define our values.
- It’s a cycle: Your input—what you read or watch and who you subscribe to—feeds your perspective. Then, your perspective drives what you read or watch and who you subscribe to.



4. One of the most debilitating practices: The tendency to constantly compare ourselves with what we perceive to be the reality of others.

- Many of us experience a general disappointment with life.

¹ The World Health Organization Quality of Life (WHOQOL), 2012, p.11



B. A compelling promise made by Jesus:

- John 10:10b // I have come that they may have life, and have it to the full. (NIV)
- The quality of life Jesus promised is in a category all to itself.

II. OUR FOUNDATION IS JESUS

A. His credentials:

1. Jesus is God.

- John 1:1-3 // In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. (NIV)
- John 1:14 // The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. (NIV)

2. Jesus is the life.

- John 14:6 // I am the way and the truth and the life. No one comes to the Father except through me. (NIV)

B. We're not seeking a better quality of life. We're seeking Jesus who is the life.

- 1 John 5:12 // Whoever has the Son has life; whoever does not have the Son of God does not have life. (NIV)



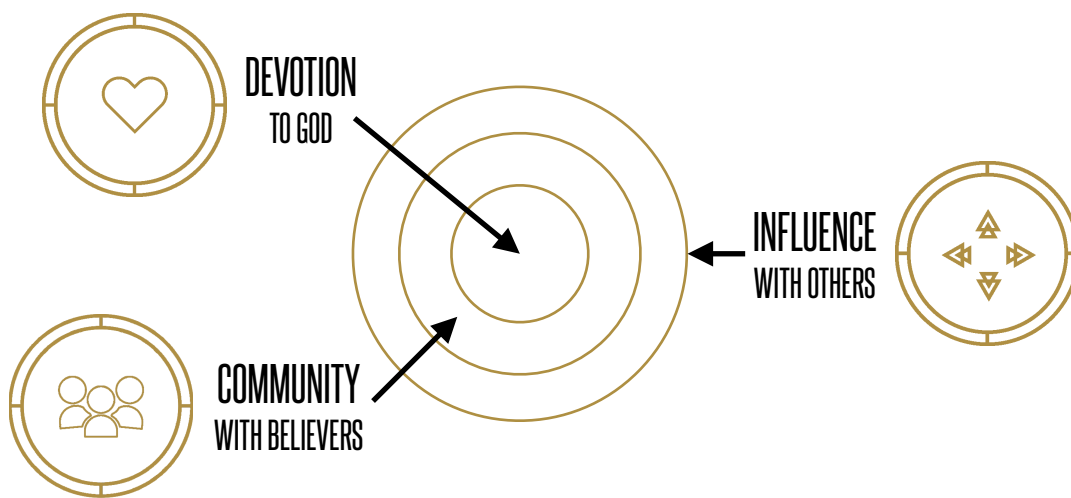
III. OUR FRAMEWORK: 3 ESSENTIAL RELATIONSHIPS

A. The Greatest Commandments

- Jesus made it clear that our life should center on loving God and loving others. When asked, “What is the greatest, or most important, commandment?” this was His answer:
 - Matthew 22:37-40 // 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. All the Law and the Prophets hang on these two commandments. (NIV)

B. Love God and Love Others

C. These two commandments give us *3 Essential Relationships: Devotion To God, Community With Believers, and Influence With Others.*





IV. MEASURING QUALITY OF LIFE

A. Are you becoming more like Jesus?

- Romans 8:29-30 // God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son ... We see the original and intended shape of our lives there in him ... (MSG)

B. Are you bearing spiritual fruit?

- Galatians 5:22-23 // But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control ... (ESV)

C. Are you learning to feed yourself?

- Hebrews 5:12-13 // In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. (NIV)

D. Are you daily choosing to follow Jesus?

- There is no such thing as microwave maturity.
- Luke 9:23 // If anyone would come after me, he must deny himself and take up his cross daily and follow me. (NIV)



E. Are you disciplined?

- 1 Corinthians 9:27 // I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (ESV)

F. Are you doing what God's Word says?

- James 1:22 // Do not merely listen to the word, and so deceive yourselves. Do what it says. (NIV)

G. Is there a measurable difference in your relationships, values, and goals?

V. A TRUE FOLLOWER OF JESUS

A. We can't experience the life Jesus promised without God's grace.

- We need Jesus because He is the life.
- 1 John 5:12 // He who has the Son has life; he who does not have the Son of God does not have life. (NIV)
- Religion without a relationship with God is dead.

B. The Very Bad News

- Romans 3:23 // All have sinned and fall short of the glory of God. (NIV)



- Romans 6:23 // The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (NIV)
- Hebrews 9:22 // The law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness. (NIV)

C. The Very Good News

- Romans 5:8 // God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (NIV)

D. How can this become your story?

- Romans 10:9-10 // If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. (NIV)
- Pray in your own words and with a sincere heart. Then, ask God to help you live like you mean it. You won’t be perfect, but by God’s grace, you will see a measurable difference. Remember God’s promise: “He who has the Son has life!”

VI. CONCLUSION

- A. OUR FOUNDATION: An authentic relationship with God through Jesus.
- B. OUR FRAMEWORK: *3 Essential Relationships: Devotion To God, Community With Believers, and Influence With Others.*



TALK ABOUT IT

1. How have you understood this promise from Jesus: *“I have come that they may have life, and have it to the full”*?
2. How do you think your life compares to the quality of life others are experiencing?
3. What values do you use to determine your quality of life? Have those values changed through the years? If so, how?
4. Look at the seven questions for MEASURING QUALITY OF LIFE on pages 9-10. In which areas do you see progress? Which areas need work?
5. How has God’s grace made a measurable difference in your life? What’s your story?

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FOR LIFE

SESSIONS

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- 3 Essential Relationships

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Devotion To God

- Communication With God
- Building God's Word Into Your Life
- Seeking God With All Your Heart

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Community With Believers

- Benefits of a Connected Life
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- The Total Package



HOW WOULD YOU RATE YOUR QUALITY OF LIFE? Your values determine the grid you use to measure it. Sometimes our life experience doesn't seem to measure up to what we perceive to be the reality of others. As a result, many of us experience a general disappointment with life.

JESUS SAID: I have come that they may have life, and have it to the full.

ESSENTIALS is an 8-session series for rookies and veterans of the faith to help us grow in 3 Essential Relationships: Devotion To God, Community With Believers, and Influence With Others.

THIS IS THE KEY: The objective is not to seek a better quality of life. The goal is to seek Jesus who is the life.

ESSENTIALS FOR LIFE is created and presented by Tierce Green.

Tierce is a speaker, writer, and consultant. He is on the presentation team of 33 The Series for Authentic Manhood.

Tierce is the Director of Good Feed Media creating disciple-making content like this that can be freely accessed on the Good Feed Media App.

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