

(T) Welcome to **Discipleship training On The Air**. In this series about sharing from our quiet times you may learn to become a disciple of Jesus Christ. Two teachers will share from what they have learned from their quiet times. Every day during the past week we had a quiet time from a passage in the New Testament. Once a week we come together to share with one another what we have learned. As you listen to this programme, make notes in a notebook or record the programme. We will first explain how to have a quiet time. Then we will share the important truths and lessons from our quiet times and try to answer some difficult questions. Today's topic is A DISCIPLE SHARES WHAT HE LEARNS FROM JOHN 18:28 to 21:25.

(S) **POINT 1. HOW TO HAVE A QUIET TIME AND SHARE**

Have a time of fellowship with God or quiet time every day of the week from one of the seven assigned Bible passages. An easy quiet time method is called "The favourite truth" method. It has 5 steps. Step 1. Pray and ask God to speak to you. Step 2. Read one of the seven assigned passages. Step 3. Choose your favourite truth. It is the truth, verse or passage through which God is speaking to you, stimulating your thinking or touching your heart. Step 4. Meditate on your favourite truth. Meditate by doing the following four things. First. *Think* about the meaning of words. Second. *Ask* God what he intends to say to you. Third. *Relate* your favourite truth to your life by making a practical application. Fourth. *Write* the most important thoughts of your meditation in a notebook so that you may share them with others. Step 5. Pray your favourite truth for yourself. Then pray your favourite truth for someone in your family. Then pray your favourite truth for someone nearby. And finally, pray your favourite truth for someone far away. When you meet together with one friend or with other Christians in a house fellowship or discipleship group, take turns to share the meditation of one of your quiet times. You may also try to answer some questions from the assigned passages.

(T) **POINT 2. SHARING FROM JOHN 18:28 – 21:25**

This past week we have read, meditated and prayed from John 18:28 – 21:25. Now we will use our quiet time notes to share truths and lessons from the assigned passages and discuss some questions.

Sharing quiet times from John chapter 18.

(S) I want to share about Peter's denial. Peter did not really know himself. The day before Jesus was crucified, he made a big statement. He said to Jesus, "I am ready to go with you to prison and to death" and "I will lay down my life for you" (Luke 22:33, John 13:37). And that same night, when Jesus was arrested, Peter deserted Jesus and fled together with the other disciples (Mark 14:50).

As they took Jesus to be tried by the Sanhedrin and the high priest, Peter followed at a distance and entered the courtyard of the high priest. Three times people recognised him as one of the disciples of Jesus and three times Peter denied that he knew Jesus! After the last denial, the rooster crowed for the second time and Jesus turned around and looked straight at Peter. Peter went outside and wept bitterly (Luke 22:61-62).

Peter did not want to do this, but he did not realise that he too had feelings of fear and that in his own power he would not be able to keep his big promise. Only the realisation of his own emptiness, prepared him to later receive the power and presence of the Holy Spirit. I also thought about myself. Which big promises have I made to the Lord? Which big aspirations have I had with regard to God's kingdom? Do I really know myself and just how weak I am? Am I willing to tell this to Jesus? I know that I can also deny Jesus. But because I often pray for his grace and the power of his Holy Spirit so that I would not deny him, I do not deny him, but instead confess him to other people.

Sharing quiet times from John chapter 19.

(T) I want to share about the death of Jesus. Jesus bore his own cross, but later the soldiers forced Simon of Cyrene to carry it. Today, I must follow Jesus and bear my cross.

A crowd followed Jesus to the cross. There were women who were mourning and wailing and Jesus talked to them. At Golgotha the Roman soldiers first tried to give Jesus a drug in order to ease the pain, but he refused. He wanted to face all the pain of suffering. At about 9 o'clock on Friday morning, they nailed his hands and feet to the cross and then pulled the cross upright into a hole. Two murderers were crucified together with Jesus. Pilate ordered that an inscription be nailed above his head. The soldiers gambled for his clothes and kept watch. How terrible must have been his pain, hanging on the nails. How terrible must have been the shame, being crucified without clothes on. How terrible must have been the suffering, bearing the sins of the whole world. Then Jesus said, "Father forgive them, for they do not know what they are doing" (Luke 23:34). Even when Jesus was persecuted and martyred to death, he still prayed for his enemies!

The people stood watching and many mocked him. But one of the criminals took the side of Jesus and Jesus said to him, "I tell you the truth, today you will be with me in paradise" (Luke 23:43). Here is hope for someone who has thrown away his life. Even if you have destroyed your whole life by living in wickedness, you still can be saved if you turn to Jesus now!

John stood with Jesus' mother, Mary, at the cross and Jesus said to Mary, "Dear woman, here is your son" and he said to John, "Here is your mother" (John 19:26-27). Even when Jesus suffered, he did not become self-centred, but cared for the interests of others, especially of his mother.

From 12 noon to 3 o'clock in the afternoon, darkness came over the whole land and Jesus said, "Eloi, Eloi, Lama sabachtani?" which means "My God, my God, why have you forsaken me?" (Mark 15:33-35). "To be forsaken by God" is to suffer the pains of hell. Jesus suffered the pains of hell so that I do not have to suffer hell if I believe in him. Jesus suffered the agonies of hell in my place *before* he died. He did not go down to hell *after* he died, because by then his atoning work was finished!

Then Jesus said, "I am thirsty" (John 19:28). And, "It is finished!" (John 19:30). Jesus paid the price and finished the work of salvation. Because Jesus finished the whole work of salvation, there is nothing I can do to save myself. I can only be saved by the finished work of Jesus Christ! I can only be saved by his love, mercy and grace.

Finally Jesus said, "Father, into your hands I commit my spirit" (Luke 23:46). And he died. Then some wonderful things happened. First the curtain of the temple was torn in two from top to bottom. This signified the end of the sacrifices and ceremonies of the Old Testament Law. From now on everybody who believes in Jesus has direct access to God.

The earth shook, rocks split, tombs broke open, the bodies of many dead saints were raised to life and they appeared to many in Jerusalem. This was a miracle and a foretaste to what will happen at his Second Coming. Then all the dead in the world will be resurrected from the graves, some to everlasting life and others to everlasting condemnation (cf. John 5:28-29).

The Roman centurion and the soldiers that had crucified Jesus saw all this. They were terrified and exclaimed, "Surely he was the Son of God!" From that time on, many people from all the nations in the world began to believe in Jesus Christ and are entering the kingdom of God.

The crowd who had seen the crucifixion beat their breasts as a sign of remorse and went home. But his followers, especially the women, stood far away and saw all these things happening. Because the Sabbath would begin at sunset, Pilate ordered that the bones of the criminals be broken and that their bodies be taken down. They did this to the two criminals, but when they came to Jesus, he was already dead. So they stuck a spear in his side and blood and water came out of his side. Learned people say that this was a sign that his heart had broken.

Sharing quiet times from John chapter 20 and 21.

(S) I want to share about the appearances of Jesus after his resurrection. If we read all four Gospels together, then there is no contradiction to any event that took place. I want to describe the order of events. The women, who had come with Jesus from Galilee, followed Joseph of Arimathea to the grave. They saw the tomb and how the body was laid in it. They rested on the Sabbath, but on Saturday evening they bought and prepared spices to anoint the body of Jesus. Very early on the Sunday morning, some women went to the grave. They started when it was dark and arrived when the sun had risen. On the way they wondered how they would be able to roll the heavy tombstone away. But Matthew tells us that there had been an earthquake, when an angel descended from heaven. The guard, who had been stationed at the tomb, became paralysed for a time before they fled in panic. The angel removed the stone by lifting it out of the groove so that it was lying flat on the ground and the angel sat on it as a sign of God's victory over death. The angel removed the stone, not to let Jesus out, but to let the women and the apostles into the tomb.

There were at least two angels who moved about and spoke to the women. The angels invited the women to see the place where Jesus had lain. The women saw only the linen strips that had been used to wrap the body of Jesus and the burial cloth that had been wrapped around Jesus' head. The strips of linen probably still formed an empty cocoon as if Jesus had risen right through it! The linen strips and the face cloth proved that the body of Jesus had not been removed, but had actually risen from the dead.

The women first fled from the grave, bewildered and trembling. Mary Magdalene ran ahead and reported this to Peter and John. Peter and John ran to the tomb. Meanwhile the other women reported this to the other disciples, but they did not believe the women. Peter and John entered the tomb, saw the strips of linen without the body and they believed that Jesus had risen from the dead. They then returned to their places of lodging in Jerusalem. *The first appearance* is described in John 20:11-18. Meanwhile Mary Magdalene returned to the tomb. Jesus first appeared to her and she held on to Jesus. Jesus said to her, "Do not hold onto me, for I have not yet returned to the Father." Jesus did not object to her touching him, because he later invited Thomas to touch his hands and his side. He meant to say that such a firm hold of him could not always keep him with her. Only after he had ascended to the Father in heaven, would it be possible to have uninterrupted spiritual fellowship with him! Mary

Magdalene went to the disciples and told them that Jesus had risen from the dead and that she had seen him. However, the majority of them did not believe her.

The second appearance is described in Matthew 28:9-10. Jesus appeared to the other women.

The third appearance is described in Luke 24:13-35. During that first Sunday afternoon, Jesus appeared to two of his followers as they were walking to a village more than 10 kilometres outside Jerusalem. They only recognised Jesus when they were eating together.

The fourth appearance is described in Luke 24:33-34. When these two followers arrived at the disciples of Jesus in Jerusalem, the disciples told them that Jesus had risen and had appeared to Peter.

The fifth appearance is described in John 19:20-23. During that first Sunday evening, Jesus appeared to his disciples without Thomas. He went right through the closed doors of the room where they were meeting. The disciples were startled and frightened, thinking that they were seeing a ghost. But Jesus rebuked their stubborn unbelief and exhorted them to look at the nail marks in his hands and his feet and to touch him, in order to make sure that he was no ghost. He also ate food in their presence.

The sixth appearance is described in John 19:24-29. One week later during Sunday evening, Jesus once more appeared to his disciples behind closed doors. This time Thomas was present and Jesus especially invited doubting Thomas to touch him and to believe in him.

The seventh appearance is described in John 21:1-23. After the disciples had returned to Galilee, early one morning, Jesus appeared to a few of his disciples when they were bringing in the catch of fish on the shore of the Sea of Galilee. He ate breakfast with them and especially gave Peter a chance to confess him three times.

The eighth appearance is described in Matthew 28:16-20. The disciples met Jesus on a mountain in Galilee. At this occasion, Jesus gave his disciples the Great Commission to go and make disciples of all the nations.

The ninth appearance is described in 1 Corinthians 15:6. Jesus appeared to more than 500 of his followers at one time.

The tenth appearance is described in 1 Corinthians 15:7. Jesus appeared to James, his brother, who later became the leader of the church at Jerusalem.

The eleventh appearance is described in Acts 1:4-13. If this was one or two different appearances cannot be said with certainty. Nevertheless, the disciples were back in Jerusalem again. He ate with them and promised them the power of the Holy Spirit for their task. Then in full view of his disciples, he ascended into heaven.

The twelfth appearance is described in 1 Corinthians 15:8. While Paul was on his way to Damascus, Jesus appeared to him. This led to the conversion of Paul.

All these resurrection appearances prove to me the reality of the resurrection of Jesus. Jesus is truly alive. He lives! And he now lives in me!

(T) ASSIGNMENT FOR NEXT WEEK

First. Divide Acts 1:1 – 4:10 into seven passages. Every day have a quiet time from one passage. Record the meditations of all your quiet times in a notebook. Once a week meet with a friend or with a house fellowship or discipleship group and share from your quiet times.

Second. See the workbooks “Go and make disciples” and Internet on www. Etc

Third. Listen on short wave radio from SATURDAY to WEDNESDAY to “Discipleship training on the air”.