

# G101 Foundations in Jesus, Part 4 Worksheet

## “Created to Flourish”

In the last session, we talked about the pattern we see time and again in history of Obedience to God, and how it always results in reward. Jesus was the ultimate example of how we can live out a life of obedience and it result in maximum eternal value.

Today, we are entering into our last session of the Foundations Class, together. In our time together, we are going to see a picture of Jesus that demonstrates his great love for us, and we will better understand how he wants to lead us. In doing so, we will also learn how to drop off certain habit patterns in our lives that aren't helpful.

### *John 10:7-13 (NIV)*

<sup>7</sup> Therefore Jesus said again, “Very truly I tell you, I am the gate for the sheep. <sup>8</sup> All who have come before me are thieves and robbers, but the sheep have not listened to them. <sup>9</sup> I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. <sup>10</sup> The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

<sup>11</sup> “I am the good shepherd. The good shepherd lays down his life for the sheep.

<sup>12</sup> The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. <sup>13</sup> The man runs away because he is a hired hand and cares nothing for the sheep.

## Part 1- Jesus is our Good Shepherd

**A Good Shepherd \_\_\_\_\_ for the sheep. They are valuable to the Shepherd!**

- Jesus is the Good Shepherd to you and I. He cares for us as we walk through life.
- Here are some of the significant ways Jesus Cares for us as a Shepherd cares for the Sheep:

**1. Jesus provides for all of my \_\_\_\_\_.**

- a. Jehovah-\_\_\_\_\_ means “God our Provider”
- b. **Psalm 23:1** “The Lord is my Shepherd, I lack nothing...”

**2. Jesus is my \_\_\_\_\_.**

- a. Jehovah-\_\_\_\_\_ means “God my Healer”
- b. **Exodus 15:26** “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.”

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- c. **Psalm 103:1-4** <sup>1</sup> Praise the Lord, my soul; all my inmost being, praise his holy name. <sup>2</sup> Praise the Lord, my soul, and forget not all his benefits— <sup>3</sup> who forgives all your sins and heals all your diseases, <sup>4</sup> who redeems your life from the pit and crowns you with love and compassion, ...

3. Jesus is my \_\_\_\_\_.

- a. Jehovah-\_\_\_\_\_ means “God my Protector”.
- b. **Psalm 23:4** *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*
- c. The rod of a shepherd was used to fight off enemies and thereby protect the sheep.

4. Jesus \_\_\_\_\_ me and leads me in the right path.

- a. **Hebrews 12:5-6** <sup>5</sup> And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, <sup>6</sup> because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”
- b. As our Good Shepherd, Jesus lovingly corrects and guides us to lead us on the right \_\_\_\_\_.

### Part 2- Getting Rid of Old Habits

*Walking in Freedom is a process of learning how to let go of the bad habits and take on new and better habits.*

#### **How do I do it?**

1. Ask God to Help you identify that which doesn’t \_\_\_\_\_ Him.
2. Ask for Help to \_\_\_\_\_ doing it.
3. Replace it with something \_\_\_\_\_.

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## Part 3- The Words that We Speak

### 1. Bad Words

- a. **Ephesians 4:29** 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.
- b. We can change our language so that it \_\_\_\_\_ God.

### 2. Negativity

- a. **James 3:9–12**<sup>9</sup> With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness.<sup>10</sup> Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.<sup>11</sup> Can both fresh water and salt water flow from the same spring?<sup>12</sup> My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.
- b. Negative talk is like dumping \_\_\_\_\_ in flavored water. It never tastes good!
- c. Choose to reverse the pattern by speaking \_\_\_\_\_ and speaking life!

### 3. Gossip

- a. **Proverbs 16:28** A perverse person stirs up conflict, and a gossip separates close friends.
- b. Gossip is a sister to \_\_\_\_\_ talk and never results in anything of lasting value.

### 4. Vows

- a. Our words are \_\_\_\_\_!
- b. **Matthew 12:35–37**<sup>35</sup> A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.<sup>36</sup> But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.<sup>37</sup> For by your words you will be acquitted, and by your words you will be condemned."