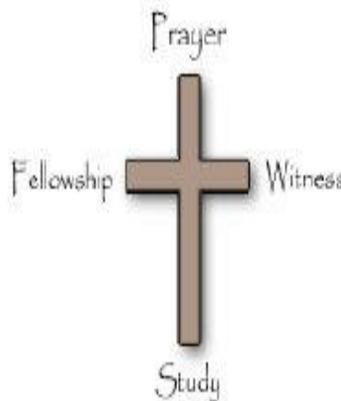
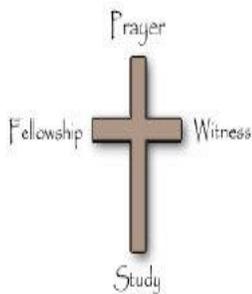




No Greater Love Ministries “Cross Training”



Cross Training



Cross training involves four areas. The first two areas have to do with our relationship with God on the vertical plane. These two areas constitute our devotional life involving our study of God's Word, to see what God has to say to us; and then our prayer life, which is our verbal communication with God.

The second two areas have to do with our relationships with other people on the horizontal plane. These two areas are our fellowship with other believers in Christ and our witness to people who do not know Christ as Savior and Lord.

Cross training uses the CROSS for our example. The vertical plane has **STUDY** at the bottom and **PRAYER** at the top. The horizontal plane has **FELLOWSHIP** on the left side and **WITNESS** on the right.

Our fellowship and witness will only be as strong as our study and prayer can maintain. Let's look with more depth at these four dimensions of the Christian life.

Cross Training: Study

<p>Devotional Reading</p>	<p>We must spend regular time in God's Word. I recommend reading the book of Proverbs as a daily devotional. There are 31 chapters in the Proverbs and there are 31 days in the longest months of the year. So you simply read whichever chapter of Proverbs that corresponds to the day of the month. <i>This is the book of wisdom, which makes it very important to each one of us.</i></p> <p>** Share with your partner what you have been reading lately and what God has been showing you through the scripture. **</p>
<p>Study Method</p>	<p>First, we must read the Bible for ourselves. To study profitably you need to involve these four elements:</p> <ol style="list-style-type: none"> 1 OBSERVE what is being said. Ask questions of the text such as: <i>What</i> is being said, <i>Who</i> is saying it? <i>Who</i> is being spoken to? <i>What</i> is the occasion? <i>Where</i> are they and <i>When</i> is it taking place? This will help you understand the passage. 2 INTERPRET what is being said. Ask questions of the text such as: What does this mean? Why would he say this that way? Why would he use this particular word? 3 CORRELATE or compare this passage with other texts using Bible study tools such as: CROSS REFERENCES, A CONCORDANCE, DIFFERENT TRANSLATIONS and BIBLE COMMENTARIES to help you understand the passage. These will answer many questions about word usage and which other Biblical texts correspond with this one. Look at other passages which relate to the same idea and learn what scholars have to say about this text. 4 APPLICATION is when we ask questions like so what? and What do I need to do? What do I need to be or think about what God is saying to me? How shall we put into practice the things God has brought to light through this study?As we read the Bible we ask questions. As we study we get answers. When we memorize, we get ammunition. Then as we meditate, the scriptures come alive in our spirits. <p style="text-align: center;"><i>II TIMOTHY 3:15 "Study to shew thyself approved unto God as a workman that needeth not to be ashamed, rightly dividing the word of truth."</i></p>

Cross Training: Prayer

God's Word will not return to Him void. (Isaiah 55:11) So we need to learn what God has to say about our prayer concerns. Our outline for prayer uses the word **ACTS** as an acronym. The four letters stand for **ADORATION, CONFESSION, THANKSGIVING** and **SUPPLICATION**.

Adoration	Spend some time first adoring God for who He is. One way of doing this is by using the alphabet and naming an attribute of God that starts with each letter. Begin with "a" and end with the letter "z". Another way is to read Psalms of adoration like Psalm 103 and 105.
Confession	It is not enough to "admit" our sins, we must be willing to "confess" them. To confess is to take the same attitude toward our sins that God does. Look to Proverbs 28:13, I John 1:9 and Psalm 51 for models and promises.
Thanksgiving	In adoration we praise God for WHO He is. In thanksgiving we thank God for WHAT He does. See I Thessalonians 5:18.
Supplication	<p>Supplication is taking our petitions to God. We need to ask for things earnestly and humbly for others and ourselves. When making your request:</p> <p style="text-align: center;">Ask according to God's will. (I John 5:14-15) Check your motives. (James 4:3) Pray in Jesus' name. (John 14:13)</p> <p>This means that we come to the Father in the character and the authority of Jesus. (John 14:6)</p> <p>** Take some time now to pray in supplication for and with your partner. **</p>

Cross Training: Fellowship

Fellowship is represented by the left "arm" of the cross.

Just think of it as a "whole bunch of fellows in the same ship." It is true that "a man's gift makes room for him." (Proverbs 18:16) However, it makes room for him to fit into the whole. The Bible states that the gates of hell will not prevail against the church body as a whole.

Each of us must realize that we need each other. No scripture is given to private interpretation. This means that we need to realize that other people have revelation of the truth which many times is necessary for our understanding to fit in. We need each other to make the revelation of God's will complete.

God is holy and wants us to be holy as well. James 5:16 states that we need to confess our problems to one another and then to pray for each other to be healed. The following is a way to help us help each other to recognize our problems as the first step toward correcting them.

Open	Blind
Hidden	Unknown

Open	Confessing this area of our lives is to confess the things which are already known and are out in the open.
Blind	Confessing this area involves other people telling us our faults they see in us that we are "blind" to.
Hidden	Confessing this area involves telling things which we know about, but have not allowed to become public knowledge.
Unknown	Confessing this area involves our being made aware of something we had forgotten, but are reminded of by another person's confession.

Cross Training: Witness

The Great Commission; to share Jesus to the ends of the earth, was given to ALL believers. (Matthew 28:18-20, Acts 1:8) We teach three simple methods in pursuing this goal:

Testimony	This can be done by answering three simple questions. WHEN were you born again? WHERE were you when you were born again? WHY did you decide to give your life to Christ?
Witness	One's testimony tells of his own experience and it begins and ends with himself. However, witnessing begins and ends with the person or group one is addressing. It is best to begin by asking a question such as the Big Question. "If you were to die this minute, do you have the assurance you would go to heaven?" If the response is no, the next question could be, "Can I tell you how you can go to heaven?" If the answer is yes, then say, "Here is what you need to know to get to heaven." 1 Recognize that God loves you very much. (John 3:16) 2 Realize that you have sinned and are separated from God. (Romans 3:23) The word sin means to shoot at a target and miss it. The Bible states that we have all missed the target. 3 Jesus Christ, God's son died to forgive our sins and to bring us back to God. (John 14:6, Romans 5:8) 4 You must repent of your sins and ask Jesus to forgive you and to come and live in your heart. (John 1:12) 5 You must confess to others that Jesus has come into your heart and that you are a Christian. (Romans 10:10)

Prayer to Receive Christ

Heavenly Father, I repent of my sin, please forgive me of my sin. Jesus, come into my heart right now. In Jesus' name I pray, Amen.

Now have the person confess, "Jesus Christ is in my heart as my Savior and Lord."

Cross Training: Follow-Up

It's very important that we give the people we lead to the Lord a start in their new life with Christ. This makes the follow up of our time in sharing Christ with them of great value.

We suggest you do these things:

- 1 Go over the **four parts of the cross** (CROSS TRAINING) with him and encourage him to begin a daily life of **STUDY** (read one chapter from the gospel of Matthew each day), **PRAYER** (walk him through A-C-T-S), **FELLOWSHIP** (encourage him to become part of a gospel centered church family) and **WITNESS** (Help him to establish his testimony with the questions of When, WHERE and WHY?)
- 2 Write down the name and address of the person who has just received Jesus so you can continue to disciple the new Christian by mail. Turn in a copy of the name and address to the ministry administration for a follow up mailing.