

DISCIPLESHIP TRAINING



TEEN & ADULT SERIES: VOLUME 1
WHITE, ORANGE & YELLOW BELTS

DEFEND YOURSELF. DEFEND YOUR FAITH.

ChristJitsu Discipleship Training

TEEN & ADULT SERIES: VOLUME 1

White, Orange and Yellow Belts

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WELCOME ANOINTED FIGHTER

This is the first in a series of studies designed to help you grow in your knowledge and understanding of God. Our goal is that through this study and the leading of the Holy Spirit, you will deepen your relationship with God through His Son, Jesus Christ.

Just as most martial arts schools use ranks to signify a person's development, ChristJitsu uses belt ranks to keep track of your progress as you complete this course of study. This volume covers the beginner ranks of ChristJitsu and is designed to give you a firm foundation in the Christian faith. This curriculum will help you as you grow and develop in the intermediate and advanced ranks of ChristJitsu.

Please take the time to read the introductory section to learn more about what it means to be an Anointed Fighter and to practice the art of ChristJitsu.

For more information about the ChristJitsu program and other resources visit us at www.christjitsu.com

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White Belt: Warm-Up Godly Character vs. Sinful Man

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness" (Ephesians 4:22-24).

One of Satan's best knockout punches against Anointed Fighters inside the Cage of Life is the overhand right of deception. Or a lie! This was the punch that he used to send mankind down for the count in the Garden of Eden. Just as any experienced fighter does during a physical fight, Satan set up the knockout blow by attacking his opponent's weakness.

What was this weakness? Pride! "...you will be like God..." (Genesis 3:5). The evil fighter punched at mankind during the early rounds of the fight. It wasn't long before man was standing in the center of the Cage with his hands down. We all know what happened next, mankind was knocked out of close fellowship with God.

Pride is a character flaw or a kink in sinful man's armor. It rears its ugly head every round we try to control the "good fight." But as students of ChristJitsu, we will never be the Grandmaster, Jesus. Our divine objective is to learn from God and become godly, taking on His values, attitudes, and character. We are meant to "...put on the new self, created to be like God in true righteousness

and holiness" (Ephesians 4:24).

The ultimate goal for every Anointed Fighter should be to develop a "good faith fighting" style that builds Godly character. Our Grandmaster wants us to mature spiritually and become like him. Christ-likeness is all about transforming your character, not your unique personality.

ChristJitsu-trained Anointed Fighters must submit. They must allow God to develop in them the kind of character described in the Beatitudes of Jesus, the fruit of the Spirit, Paul's powerful chapter on love, and Peter's list of the characteristics of an effective and productive life (Matthew 5:1-12, Galatians 5:22-23, I Corinthians 13, II Peter 1:5-8). We cannot accomplish this within ourselves.

It is important during the championship rounds of the "good fight", when we are getting punched and kicked by the adversary, to remember that our Grandmaster is trying to build our character to be more like his. However, we know that in the end, our championship in Heaven will be worth all the blood, sweat and tears suffered while inside the Cage of Life.

Remember, it is called a fight for a reason. However, we fight *from* victory not *for* victory.

KEEP FIGHTING!

Prayer: *Heavenly Father in the name of Jesus Christ, please let your will be done in my life. Lord I pray that your character becomes part of everything I am. Thank you for your perfect will in Christ Jesus.*

Extra Conditioning

Books of the Bible
Continue memorizing the names
of the books of the Bible in order.

Attributes of God

Omnipresent –

God is everywhere all the time.

Omnipotent –

God is all powerful.

Omniscient –

God is all knowing.

Read the following scriptures
and record which attribute
the verse is referring to.

Psalms 139:8

Acts 15:18

Isaiah 46:10

Matthew 19:26

Luke 1:37

Psalms 147:4-5

Jeremiah 23:23-24

White Belt: Godly Character vs. Sinful Man

Memory Verse

Romans 3:23 “For all have sinned and fall short of the glory of God.”

God's Character

Read the following scripture and list some of the character traits of God.

Deuteronomy 32:4 _____

I Samuel 2:2 _____

Ezra 9:15 _____

I John 1:9 _____

Ephesians 2:4-5 _____

This list is just a small sample of the character qualities used to describe God in scripture. While God is all of these things and more, it is also important to understand that God is a personal God and He desires a relationship with His creation.

God the Creator

All things were created by God primarily for one person. Read Colossians 1:16, who were you created for?

God tells us in Isaiah that he had a very specific reason for creating mankind. According to Isaiah 43:7, what was that reason?

The story of creation is found in Genesis Chapter 1. Read over the story of creation. According to Genesis 1:31, how did God view His creation?

God viewed His creation as good. Both Adam and Eve were sinless and perfect in God's sight. Genesis 2 gives a more detailed account of the creation of the first people to live on earth, Adam and Eve. After reading Genesis 2, write down the only rule that God gave Adam.

In Genesis 3 you can see the first time sin entered into the world. After reading Genesis 3, write down how Adam disobeyed God and what the punishment was for his disobedience.

Godly Character vs. Sinful Man

Man's Condition Before Christ Entered the World

Because of Adam's disobedience, the position of all mankind in relation to God changed. Genesis 6:5-6 says that God's heart was filled with pain because of how wicked man had become on the earth. Read the scripture references below and record man's position in relation to God as a result of our disobedience.

Ephesians 2:1 _____

Romans 3:10 _____

Romans 3:23 _____

Whether you want to admit it or not, according to scripture, you have sinned. As a result of this sin you fall short of God's perfect character. To sin simply means to miss the mark. In this case, missing the mark means not living up to the standards of God's character. Exodus 33 records an interaction between God and Moses regarding the leading of God's people out from captivity in Egypt. In Exodus 33:18 Moses asks to see the Glory of God. Read Exodus 33:12-23 to learn more about this interaction between God and Moses. Looking at the character of man and the character of God, why can't God reveal His full glory to us?

There is Hope

Scripture is full of references to God's character as well as the sinful position of man from God's perspective. If this were all the scripture revealed on this subject, life would have a pretty bleak outlook. Fortunately, God made a way for you to have a relationship with Him in spite your imperfections. Read John 3:16 what is that way?

In the next section you will see the amazing gift that God offers you through the death of His only son, Jesus Christ.



Prayer

Heavenly Father, I thank you that my character can be one with yours through Jesus Christ. May your perfect will be done in my life. AMEN



Romans 5:12

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned -

Through which one man did sin enter the world?

What do you think Moses was thinking when he asked to see the Glory of God?



"Though our feelings come and go, God's love for us does not."

- C.S. Lewis

