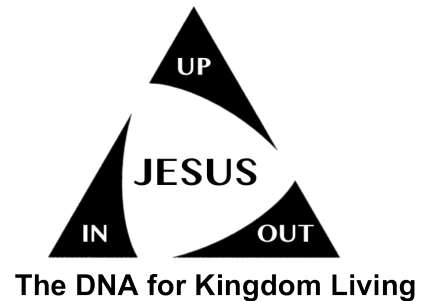


Command 1: Testify

Mark 16.15

First Third - Look Back:

1. Member Care: Ask each person how they're doing. (Give introductions if this is your first meeting)
2. Worship and Prayer
3. Loving Accountability (Skip this if it's your first meeting)
4. Vision Casting: Explain **Jesus-Up-In-Out**. Share the multiplication strategy of your group. (You can watch a video on Multiplication Strategy at www.jmovement.net)



Second Third - Look Up:

5. New Lesson: Tell and/or read the story about the Demoniac from Mark 5.1-20
Head: Summary and Facts (What does the man desire to do when Jesus enters his life? What does Jesus tell him to do?)
Heart: Emotions (When Jesus gives the man his final instructions, how do you think he felt? How does this story make you feel?)
Hands: Response (Do you want Jesus to enter your life and control it like he did the Demoniac? Are you willing to share your story the way the Demoniac did?) Make a list of people you could share your story with. Aim for 20.

Final Third - Look Ahead:

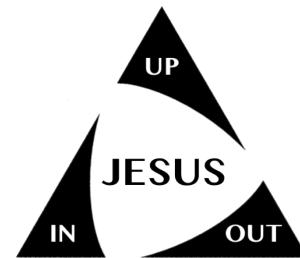
6. Practice: Explain the One-One-One method. Practice sharing your story.
One story: Write your story on half a sheet of paper -- no more. Divide your story into three parts: Before Jesus' rule in your life, how you received His forgiveness for your sins and asked Jesus to rule in your life, and how you have changed since you surrendered your life to Him.
One minute: Share your story in one minute or less. Use three different chairs as you share. Sit in the first chair to share your life before Christ. Move to the middle chair and share how Jesus took control in your life. Finally, sit in the third chair and share how Jesus has changed your life since you surrendered to Him.
One question: Ask the person you're sharing with this question: ***Do you want Jesus to call all the shots in your life?*** This one question is the essence of the good news.
7. Goal Setting and Prayer.
UP & IN: Continue to follow Jesus and return for fellowship and training.
OUT: Pray and ask for the Holy Spirit's leading to help you select five people to share your story with this week. Aim to share your story with those five people this week.
To find this study online, go to www.juio.net - Command 1 (v 3.1)

Command 2: Proclaim

Luke 10.8-9

First Third - Look Back:

1. Member Care. Ask each person how they're doing.
2. Worship and Prayer.
3. Loving Accountability. Ask *everyone* how they did when sharing their testimony and the gospel five times.
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group multiplication strategy.



The DNA for Kingdom Living

Second Third - Look Up:

5. New Lesson. Read or tell the story of the fishermen from Mark 1.14-20.

Head: *Summary and Facts* (What do the fishermen leave to follow Jesus (v. 18, 20)? Are those things evil?)

Heart: *Emotions* (How do the fishermen feel about following Jesus? How does the story make you feel?)

Hands: *Response* (What would you give up to follow Jesus? Are you willing to fish for men?)

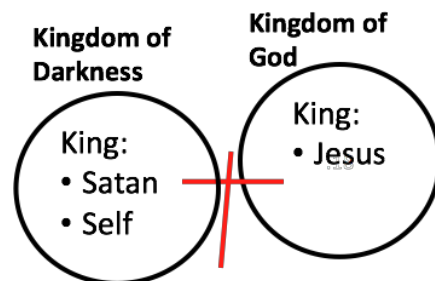
Final Third - Look Ahead:

6. Practice. Practice sharing the two Kingdoms (right). First learn to draw it, then learn to share it orally.

Two Kingdoms: There are two Kingdoms: The Kingdom of Darkness and the Kingdom of God. Most people think they are in a “Middle Kingdom”, but there are only two: the Kingdoms of Darkness and God.

Kings: Satan rules in the Kingdom of Darkness, but he will let you rule, as well. That's his great deception. When you're king, you're really in Satan's Kingdom. In the Kingdom of God, there's only one King: Jesus. No one else may rule in His Kingdom.

Question: Finally, ask the person which Kingdom they're in. If they're in Satan's Kingdom, ask them if they want Jesus to be their King. If they're in Jesus' Kingdom, ask them to join you in sharing this message.



7. Goal Setting and Prayer.

UP & IN: Continue to follow Jesus and return for fellowship and training.

OUT: Review your list of names from last week. Pray for the Holy Spirit's leading and share the Two Kingdom's or One-One-One with five people this week.

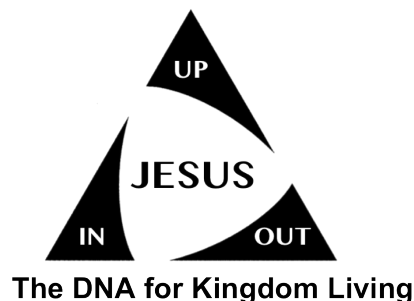
To find this study online, go to www.juio.net - Command 2 (v 3.1)

Command 3: Baptize

Matthew 28.18-20

First Third - Look Back:

1. Member Care.
2. Worship and Prayer. Pray for all the people you shared with or want to share with. Pray for courage to share, not for opportunity. Opportunity is there.
3. Loving Accountability. Ask *everyone* how they did sharing the Two Kingdoms.
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group multiplication strategy.



Second Third - Look Up:

5. New Lesson. Tell and/or read the story of Jesus' baptism from Matthew 3:13-17.
Head: *Summary and Facts* (Why did Jesus get baptized by John? What was the result?)
Heart: *Emotions* (How did John feel when Jesus asked to be baptized? How did Jesus feel after He was baptized? How does the story make you feel?)
Hands: *Response* (What does this tell you about what Jesus expects from His followers? Have you undergone a baptism like Jesus? Are you willing to baptize others?)

Final Third - Look Ahead:

6. Practice.
 - A. Practice baptizing each other by saying "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit" and gently pretending to submerge your friend in water. For those who haven't been baptized of their own free will after their decision to let Christ rule their life, baptize them as soon as possible.
 - B. Practice One-One-One again. Briefly include your baptism story. Remember the One question at the end: "Do you want Jesus to call the shots in your life?"
7. Goal Setting and Prayer.

UP: Set a time and place for those who will obey Jesus in baptism. Those being baptized should invite all their lost friends, and share One-One-One story at their baptism.

IN: Return for fellowship and training.

OUT: Share either the Two Kingdom's or One-One-One with five people this week. If anyone says they want to follow Jesus, ask them if they would obey Jesus in baptism.

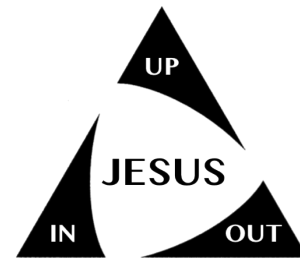
To find this study online, go to www.juio.net - Command 3 (v 3.1)

Command 4: Abide

John 15.4

First Third - Look Back:

1. Member Care.
2. Worship and Prayer.
3. Loving Accountability. Ask *everyone* if they shared the gospel five times. Ask each person to share one story.
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group multiplication strategy.



The DNA for Kingdom Living

Second Third - Look Up:

5. New Lesson. Tell and/or read the story of the Vine and the Branches from John 15.1-11.

Head: Summary and Facts (What are the three gardening symbols and who do they represent [vs. 1-5]? How do you abide or remain [vs. 9-11] in the love of Christ?)

Heart: Emotions (How do the branches feel about the vine? How does the story make you feel?)

Hands: Response (The two essentials of abiding in Christ are *communicating with* and *obeying* Jesus. Are you willing to communicate with Jesus through His word and prayer and obey what He tells you to do?)

Final Third - Look Ahead:

6. Practice.
 - A. Practice abiding in Christ by using PLUMP on the right. The gospel of John is a good place to start. Read, underline, and pray now for five minutes. Share how God spoke to you with the group.
 - B. Make a list of things you believe Jesus wants you to pray for every day. Start with the list of lost friends you already made.

7. Goal Setting and Prayer.

UP: Read 20 chapters of the Bible this week. Pray using your prayer list daily. Be ready to answer two questions: "What did God say to you?" and "How are you going to respond to Him?"

IN: Return for fellowship and training.

OUT: Continue to share Two Kingdoms or One-One-One five times a week.

To find this study online, go to www.juio.net - Command 4 (v 3.1)

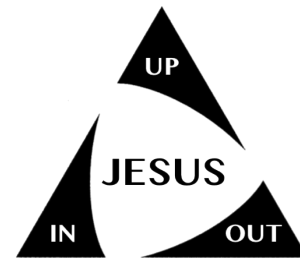
How to have **PLUMP** fruit by
Abiding in Christ
PRAY that God will speak to you
LISTEN to God by reading His Word
UNDERLINE or highlight the verses that stick out to you
MEDITATE- or think how to apply what you underlined
PRAY and ask God how He wants you to obey Him

Command 5: Relate

John 15.17

First Third - Look Back:

1. Member Care.
2. Worship and Prayer.
3. Loving Accountability. Ask *everyone* how God spoke to them and how they responded to Him from their time abiding in Christ this week.
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group multiplication strategy.



The DNA for Kingdom Living

Second Third - Look Up:

5. New Lesson. Tell and/or read the story of Jesus calling the Apostles from Mark 3.13-15.

Head: *Summary and Facts* (What are two reasons Jesus chose the Apostles?)

Heart: *Emotions* (How do you think these men felt after they were chosen? How does the story make you feel?)

Hands: *Response* (Are you willing to build a deep relationships with other disciples?)

Final Third - Look Ahead:

6. Practice.
 - A. Agree to meet with another disciple of Jesus Christ to practice Accountability Team this week. Continue to meet in this group each week.
 - B. Practice memorizing His word. Have each person of the group quote 2 Corinthians 5.17. This verse is the first verse in the Topical Memory System (TMS) found at www.jmovement.net

7. Goal Setting and Prayer.

UP: Review 2 Corinthians 5.17 daily.

Read at least 20 chapters of the Bible using PLUMP this week and pray using your prayer list daily.

IN: Return for fellowship and training. Meet in an A-team.

OUT: Continue to share Two Kingdoms or One-One-One five times a week.

To find this study, the TMS, and the A-Team prayer list online, go to www.juio.net - Command 5 (v 3.1)

A-Team Meeting

JESUS

How are you doing?

Pray that we will become like Jesus.

UP

Do you have any sin to confess? (Relational, Sexual, Financial, Pride, Integrity, Submission to Authority, etc...)

Did you obey what God told you last time?

Did you read 20 chapters in the Bible?

Did you pray through your prayer list daily?

Did you memorize a new verse this week? Quote it.

What did God say to you this week from the Word?

What are you going to specifically do about it?

IN

Did you experience challenging and encouraging fellowship 3-4 times this week?

OUT

Did you pray for your lost friends daily?

Did you share the gospel five times this week?

Practice one minute testimonies and the gospel right now. Share with someone nearby if possible.

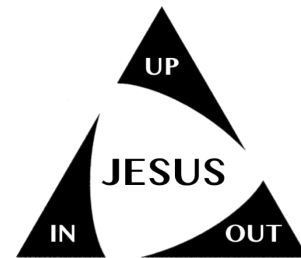
Who will you invite to the group next week? If the group is four or more, multiply it.

Command 6: Assemble

John 13.34-35

First Third - Look Back:

1. Member Care.
2. Worship and Prayer.
3. Loving Accountability. Go around the room and ask everyone if they met in an Accountability Team (A-Team).
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group/church multiplication strategy.



The DNA for Kingdom Living

Second Third - Look Up:

5. New Lesson. Tell and/or read the story of the first church formation from Acts 2.41-47.

Head: *Summary and Facts* (What do the new disciples commit to in fellowship?)

Heart: *Emotions* (How did these people feel as they began to live in community? How does the story make you feel?)

Hands: *Response* (Does Jesus believe your group is a church? Will you and your group commit to being a church?)

Final Third - Look Ahead:

6. Practice.
 - A. Practice the Lord's Supper from Luke 22.19-20. Offer each other some bread as His body and some juice as His blood. Pray and thank God for Jesus Christ.
 - B. Commit to begin giving regularly to [your] those in need and to your spiritual leaders. This should be a consistent monthly gift to those in need and to the person or church that is helping you grow spiritually.
 - C. Commit to take up a one-time offering next week. Decide who your church wants to bless this month. Next week, take up an offering for the mission, church, group, or person you want to bless.

7. Goal Setting and Prayer.

UP: Pray daily with your prayer list, read 20 chapters and memorize one new verse weekly.

IN: Meet with your A-Team and your group/church weekly for fellowship and training.

OUT: Share your testimony and the gospel five times weekly, seek to multiply your A-Team, and start your own church as soon as possible.

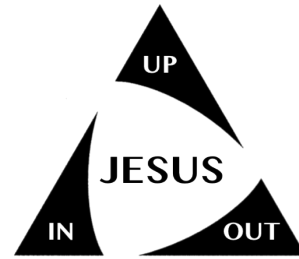
To find this study and the A-Team prayer list online, go to www.juio.net - Command 6 (v 3.1)

Command 7: Persevere

John 6.27

First Third - Look Back:

1. Member Care.
2. Worship and Prayer.
3. Loving Accountability. Pick one of the accountability goals from Command 6 and ask *everyone* how they did.
4. Vision Casting. Review **Jesus-Up-In-Out** - Review your group/church multiplication strategy.



The DNA for Kingdom Living

Second Third - Look Up:

5. New Lesson. Tell and/or read the story of the Apostles being sent out from Luke 10.1-16.

Head: Summary and Facts (What are Jesus' instructions to the Apostles as He sends them out? How would Jesus' assignment require the disciples to persevere?)

Heart: Emotions (How did the Apostles feel when they were sent out? How does this story make you feel?)

Hands: Response (Are you willing to persevere until you find a Person of Peace and multiply your group or church?)

Final Third - Look Ahead:

6. Practice. Practice whatever command your group needs work on. One-One-One is usually something that needs to be practiced often.

7. Goal Setting and Prayer.

UP: Pray daily through your prayer list, read 20 chapters and memorize one new verse weekly.

IN: Meet with your A-Team and your group/church weekly for fellowship and training.

OUT: Share your testimony and the gospel five times weekly, seek to multiply your A-Team, and start your own group/church as soon as possible.

To find this study online, go to www.juio.net - Command 7 (v 3.1)