

Back to the Basics - Week 1

Summer 2025

Bethlehem Bible Church

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Back to the Basics

8-Week Preview

1. Expository Preaching & Catechism
2. Biblical Counseling & Family Worship
3. Church Membership & Discipleship
4. One-on-One Discipleship & Home Visits
5. Church Discipline & Evangelism
6. Ministry Apprenticeship & Fellowship
7. Prayer & Serving
8. Mercy Ministry & Review

Week 1: Expository Preaching & Catechism - Objective

Learn to engage with expository preaching and catechism to deepen faith,

Observing individual applications and

Practicing through BBC ministries and home life, using Luke 9:23–27 to grow in Christ.

Learning

- **Expository Preaching:** BBC's verse-by-verse teaching reveals Scripture's truth (2 Timothy 4:2).
 - **Engage Sermons:** Listen actively and apply (See **Learning Details** Handout).
 - **Ex: Luke 9:23–27** - Teaches self-denial, connecting to Q. 21's focus on Jesus as Redeemer.
- **Catechism:** Structured doctrine clarifies faith, aligning with BBC's 1689 Confession (bbcchurch.org/statement-of-faith).
 - Study Catechism: Memorize and understand the Westminster Shorter Catechism.
 - **Ex:** Christ as Redeemer
 - Q. 21 "Who is the Redeemer of God's elect?"
 - A: "The only Redeemer of God's elect is the Lord Jesus Christ."



Method (Fishing Rod): Listening



Apply (Fish): Luke 9:23-27 (Discipleship)

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| <ul style="list-style-type: none">• Prepare Your Heart: Pray for the Holy Spirit's guidance before the sermon• Take Notes: Record key points, scriptures, and applications• Identify the Main Point: Focus on the central truth or challenge• Reflect on Application: Consider how the sermon applies to your life | <ul style="list-style-type: none">• Pray for openness to Jesus' call to self-denial. _____• Note "take up his cross daily" (v. 23) and the promise of eternal life (v. 24). _____• Identify the main point: Discipleship requires daily sacrifice. _____• Reflect on applying self-denial by serving others at BBC. _____ |
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Apply (Example) - Luke 9:23–27 – Jesus' call to deny self and follow Him.

Memorize/Internalize Luke 9:23 – "And he said to all, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me.'"

Memorize/Internalize Q. 21 Who is the Redeemer of God's elect?

A: The only Redeemer of God's elect is the Lord Jesus Christ.

- Q.1 What is the chief end of man?
A. Man's chief end is to glorify God, and to enjoy him forever.
- Q. 2 What rule hath God given to direct us how we may glorify and enjoy him?
A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy him.

Activities & Discussion



Observing (Small Groups, 15 min)



How do others (and I) apply sermons / catechism?

- **Prepare Your Heart:** How has someone at BBC sought the Holy Spirit's guidance before the sermon? _____
- **Take Notes:** Who records and recounts key points and applications? _____
- **Identify the Main Point:** How does this person grasp the central truth? _____
- **Reflect on Application:** Who is intentional in applying the sermon and showing fruit in their lives? Can I imitate? _____

Ex: How do people apply Luke 9:23 and Q.21?

- **Church-Life:** How has someone at BBC applied Luke 9:23, like sacrificing time to help a member? _____
- **Home:** How has a parent taught Q. 21 to children? _____
- **Work:** How has someone shown integrity after Luke 9:23? _____
- **Neighborhood:** How has someone shared Q. 21 with a neighbor? _____

Observe: Name(s): _____ **Area:** _____



Practicing (Pair-Sharing, 10 min)



How will you apply sermons or catechism?

- **Prepare Your Heart:** How do I intend to change my preparation today? _____
- **Take Notes:** How will I record the key points in my mind to recount it? _____
- **Identify the Main Point:** Check if I got the main point. If not, ask someone. _____
- **Reflect on Application:** What specific area does the text apply in my life today. _____

Ex: How do I apply the specific texts (Luke 9:23, Q1, Q2, Q21) today?

- **Church:** Can I join Home Groups (Jonathan) to live out v. 23? What challenges are there? _____
- **Church:** Can I serve in Meals Ministry (Spencer)? What obstacles are there? _____
- **Home:** How can I teach Q. 21 with AWANA (Taylor) or at home? What barriers should I consider? _____
- **Home:** How can I lead my wife or child in prayer (v. 23)? What fears do I have? _____

Sign-Up: Name(s): _____ **Ministry Interest:** _____

Ministry Connections: Apply Luke 9:23 by joining a BBC ministry (bbcchurch.org/ministries):

- **Greeters** (Gary Lozeau)
- **Ushers** (Jose Burgos)
- **Home Groups** (Jonathan Ferreira)
- **Prayer Teams** (Jose Burgos)

- **Evangelism, CONNECT** (Jonathan Ferreira)
- **Meals Ministry** (Spencer Kennard)
- **Children's Ministry** (Mark Krans)
- **AWANA** (Taylor Crane)

Key Takeaways for Reflection

- **Listen Actively:** Pray and note Elder Preaching points to apply Luke 9:23.
- **Learn from Others:** Reflect on individual examples of self-denial or doctrine.
- **Serve at BBC:** Join a ministry to live out sermons and catechism.
- **Lead at Home:** Teach Q. 21 or model Luke 9:23 for your family.

Week 1: Expository Preaching – Learning Details

How I can Learn from an Expository Sermon

Approach an expository sermon (*verse-by-verse teaching that reveals Scripture's context, meaning, and application*) with humility, intentionality, and a desire to grow in Christ.

By preparing my heart, listening actively, reflecting deeply, and applying the sermon's truths, I internalize God's Word and live it out in my daily walk.

1. Prepare Your Heart with Prayer and Expectation

Why?

- God's Word is God speaking to me. Do I receive it with reverence, humility, and love ([James 1:21](#))?
- Understanding God's Word requires the Holy Spirit's illumination ([1 Corinthians 2:12-14](#)).
- Prayer opens the heart to receive his wondrous truth ([Psalm 119:18](#)).

How?

- **Before Service:** Spend 2–3 mins praying, ask God to soften your heart, remove distractions, reveal His truth through the sermon.
- **Be Expectant:** Approach the sermon expecting God to speak, trusting that His Word is living and active ([Hebrews 4:12](#)).
- **Confess Sin:** Acknowledge known sins that might hinder receptivity, seek forgiveness ([Psalm 66:18](#)).

Example: Before hearing the sermon on Luke 9:23–27 (find the passage first), and pray along these lines, “Lord, open my eyes to what it means to deny myself and follow You daily, and where I need to surrender.”

Practical Tip: Arrive early to service, sit quietly, and use a prayer like Ps 119:18 to focus your mind.

2. Listen Actively with Focus and Notetaking

Why? Active listening engages the mind and heart, helping retain and process the sermon's message ([Proverbs 4:2](#)).

Expository preaching unfolds Scripture's depth, requiring attention to context, doctrine, and application.

How?

- **Bring Tools:** Jot down the sermon's main point, key verses, and supporting ideas in a notebook or device. Use your mind to remind/repeat if you don't have tools.
- **Follow the Structure:** Note the passage's context (e.g., historical setting, author's intent), the doctrinal truth, and the pastor's applications.
- **Capture Applications:** Write down 1–2 ways the sermon challenges or encourages you to act.
- **Minimize Distractions:** Silence your phone, and close other apps. Sit away from distractions and maintain eye contact with the preacher and constantly refer to the scripture text to stay engaged.

Example with Luke 9:23–27: During a sermon on Luke 9:23–27, note:

- Context: Jesus teaches His disciples about the cost of following Him.
- Truth: Discipleship requires daily self-denial and commitment to Christ.
- Application: Sacrifice personal time to serve, reflecting the call to “take up his cross.”

Practical Tip: Simple note-taking template: Passage, Main Point, Key Truth, Personal Application.

3. Identify the Main Point and Reflect Deeply

Why? Expository sermons aim to convey a central biblical truth for life change ([2 Timothy 3:16-17](#)).

Reflecting on this truth connects it to your personal walk ([Psalm 1:2](#)).

How?

- **Pinpoint the Truth:** Ask, “What is the one truth God wants me to grasp?” Look for the pastor's repeated emphasis or the passage's core message.
- **Meditate on the Passage:** Reread the sermon text later that day, using a Bible app or physical Bible, to internalize its meaning.

- **Ask Reflective Questions:** How does this truth reveal God's character? Where am I falling short? How can I grow in this area?
- **Connect to Doctrine:** Relate the sermon to catechism (e.g., [Westminster](#) Q. 21 for Christ's work) to deepen understanding.

Example: For Luke 9:23–27, following Jesus requires daily self-denial and prioritizing Him above all.

Reflect: *"God calls me to put Christ first. I often prioritize comfort—how can I sacrifice for others?"*

Connect to Q. 21, noting Jesus as Redeemer motivates your obedience – *"How far do I want to follow my Redeemer today?"*

Practical Tip: Set aside 5–10 minutes after church to reread the passage.

Journal one reflection, e.g., *"How can I apply this truth tomorrow?"*

4. Apply the Sermon Through Action and Accountability

Why? Seek to be a doer of the Word, not just a hearer ([James 1:22–25](#)).

Application transforms knowledge into obedience, especially through BBC's ministries and home life.

How? (Some suggestions below – actively seek your LORD: You deal with your God – the Lord of your life.)

- **Choose a Specific Action:** Select one practical step to apply the sermon, prioritizing church involvement (e.g., joining a ministry) or home leadership (e.g., family devotions).
- **Start Small:** Focus on a manageable change, like one conversation or task, to build consistency.
- **Seek Accountability:** Share your goal with a trusted friend, Home Group member, or spouse, asking them to check in weekly.
- **Pray for Strength:** Ask God daily to help you live out the application ([Philippians 4:13](#)).

Example: After the Luke 9:23–27 sermon, you decide to:

- **Action:** Join Home Groups to discuss and practice self-denial (v. 23).
- **Small Step:** Give up a personal hobby night to attend Home Group and encourage others.
- **Accountability:** Ask a Home Group friend to check if you're prioritizing group time.
- **Prayer:** Pray, *"Lord, help me deny myself and follow You in Home Groups."*

Practical Tip: Write your action step in your notes (e.g., *"Join Greeters to practice kind speech"*)

Share it with a partner during BBC's Sunday School pair-sharing.

Practical Example at BBC

Last Sunday, Pastor Mike preached on Luke 9:23–27. Here's one way you can apply this guidance:

- **Saturday Night:** Pray, *"Lord, prepare me to hear Your call to follow You tomorrow."*
- **Sunday Morning:** Arrive early, silences phone and prays Psalm 119:18. During sermon, notes:
 - Main Point: Discipleship requires daily self-denial.
 - Application: Sacrifice time to serve in Meals Ministry (Contact Spencer Kennard).
- **Sunday Afternoon:** Reread Luke 9:23–27, reflecting, *"I prioritize my schedule—how can I put Christ first?"* Connect to Q. 21, love for Jesus as Redeemer and Lord as the reason to follow Him.
- **Monday:** Join Meals Ministry, committing to serve a meal. Shares goal with a friend for accountability.
- **Week's End:** Reflect on serving, noting growth in self-denial, and prays for consistency.

Key Takeaways

- **Humble Dependence:** Rely on the Spirit through prayer to receive the sermon ([John 16:13](#)).
- **Intentional Engagement:** Listen actively with notes to retain truth ([Luke 8:15](#)).
- **Deep Reflection:** Meditate on the sermon's truth to align with God's will ([Joshua 1:8](#)).
- **Faithful Action:** Apply the sermon through BBC ministries (e.g., Greeters/Gary Lozeau, AWANA/Taylor Crane) or at Home to grow in obedience ([Matthew 7:24](#)).