

**BUILDING UP THE CHURCH LIFE IN THE HOMES  
TRAINING AND EXERCISE (1)**

From Gospel Contacts to Vital Companions

**Outlines for Hosts'  
Training**

Name: \_\_\_\_\_

Church: \_\_\_\_\_

# **BUILDING UP THE CHURCH LIFE IN THE HOMES TRAINING AND EXERCISE (1)**

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## **Outlines for Hosts' Training**

Message One

### **The Key to the Success of This Training**

Scripture Reading: Acts 2:42, 46, 47; Eph. 4:12-16; 1 Tim. 4:7-8.

**I. The Lord's new way is a dream that we all need to be brought into; if we are faithful by the Lord's mercy to practice the New Testament economy according to the God-ordained way, we will see the fulfillment of this dream—Acts 2:42, 46-47:**

- A. The church life in all the cities will be practiced in many homes.
- B. Regularly, the church life will be going on in all the homes, and the entire church can also come together with everyone functioning.
- C. Every home can be a station of the gospel, a station of the truth, a station of life, and a station of the church life, and the members of this home can be preachers of the gospel.
- D. We should practice preaching the gospel according to the God-ordained way, and then we should train the faithful ones who have the way and the burden.

**II. The key to the success of this training—James 1:4; Eccl. 10:10:**

- A. It depends on the exercise, not on the speaking; it depends not on how much you have spoken but on how much the new ones have gained—1 Tim. 4:7-8:
  - 1. Prophesying is to speak for the Lord, to speak forth the Lord, and to speak the Lord into others.
  - 2. The old way of teaching evaluates itself by asking “whether the teacher has taught the lesson,” but the new way of teaching evaluates itself by asking “whether the students have learned the lesson.”
  - 3. Effective teaching can be described by four words: listening, asking, practicing, and speaking. First, you must listen carefully to the lesson. Second, you must ask any questions you have. Third, you must practice what you have learned. Fourth, you must speak to others about what you have practiced. After these four steps, you would have really learned the lesson.
  - 4. Many meetings in the past only had the first step (listening) with very little of the following three (asking, practicing, and speaking), so in the end people still have not learned anything.
- B. This training must be carried out in the way of companionship—Prov. 13:20:
  - 1. Our training is to perfect people to do certain things, not just to be clear about certain concepts; to perfect people in doing things, someone must accompany

them. For example, in learning writing, someone needs to write alongside the learner.

2. In the new believers' training, we must arrange some helpers to exercise alongside the new ones; the new ones are the trainees, and the helpers are their companions.
  3. The helpers should accompany the trainees to have morning revival, to pray, and to read the Bible together, just as someone learning how to run has the coach running alongside them.
  4. With a companion, it would be very easy to build up a daily habit; without a companion, it would be very difficult.
  5. The new believers' training is to perfect the new believers first in life—exercising to call on the Lord; second, in truth—exercising to pray-read the Word; third, in meetings—exercising to meet regularly; and fourth, in service—exercising to preach the gospel. For every one of these exercises, the new ones need companions.
- C. The participation and mutuality of the new ones—Rom. 12:5; 1 Cor. 14:26:
1. An effective training, an effective education, or an effective perfecting is one that strengthens participation, mutuality, companionship, and repetition.
  2. First, there must be the participation in which everyone has ample opportunity to ask questions or give suggestions; the more questions and suggestions one brings, the more is one's sense of participation.
  3. Second, there must be the mutuality in which everyone has ample opportunity to contribute, help, and balance one another; this is to have much interaction.
  4. Third, there must be the companionship through which everyone learns together; this is why in conducting a new believers' training, we must have helpers to accompany the new ones and follow up with their exercise, because people learn most effectively with companions.
  5. Fourth, there must be the repetition without which people would retain very little; for a training to produce results, one must not be afraid to repeat—Mark 3:12.
- D. The hosts must build up a long-term relationship with the helpers, and so must the helpers with the new ones—1 Cor. 13:4:
1. The spreading of life needs a certain amount of time and labor.
  2. We in the Lord's recovery should be laborers and strugglers; anything that needs labor or struggling will not go very fast or grow very fast.
  3. The destiny of Christ's lovers is fruit-bearing, but the vine tree can bear fruit only through suffering and waiting until the proper season comes.

**III. If we are willing to take the way of the recovery, we must cooperate with the Lord by living a revived and overcoming life; since we are the saved ones, we must have a revived living, and to be revived is to be enlivened from within to live solely and singly for the Lord—2 Tim. 1:6; 1 Cor. 3:9; 2 Cor. 5:15; 6:1.**

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## **Outlines for Hosts' Training**

Message Two

### **The Weekly New Believers' Meetings**

Scripture Reading: Acts 2:42, 46, 47; Eph. 4:12-16; Heb. 10:25; 14:28; 1 Pet. 3:15; Prov. 22:18

- I. Our goal is that, by the exercise in the weekly meeting, the helpers and the new ones would continue to coordinate and exercise together steadfastly throughout the week, so that they would enter into a vital companionship after such weekly exercises—Acts 2:42, 46-47; 11:26; Eph. 4:12-16; Heb. 10:25:**
  - A. The meetings are conducted in the homes, where everyone can exercise and function.
  - B. Our goal is not that a few would speak, but that everyone would learn to speak.
  - C. As the saints take up all the services of a meeting, they will become strong and rich.
  - D. Through such meetings, we apply the truth to our practice, and through such a living, we build up vital relationships through such practices.
- II. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week—Luke 14:28; 1 Pet. 3:15; Prov. 22:18:**
  - A. For every lesson of the new believers' training, there are two sets of materials to be downloaded at <http://churchlifeinthehomes.org/>
    1. A PowerPoint slideshow.
    2. The reading material.
  - B. If the PowerPoint slideshow will be used, the host should have tested the slideshow on the computer and know what to speak during the slideshow by previewing the reading material.
  - C. If the reading material will be used, the host should print out copies according to the number of attendants.
- III. There should be sufficient fellowship and prayer before the meeting—Rom. 15:30; Eph. 6:18; Col. 4:2-3:**
  - A. One hour before the meeting, the host should intercede for every helper, then call them to pray for the new ones and for the meeting.
  - B. The host should remind the helpers to contact the new ones to remind them of the meeting time and place, and arrange transportation for the new ones in need.

#### **IV. The content of the meeting—Acts 11:26; 1 Cor. 14:26:**

- A. The meeting may be started by hymn singing or prayer to release and stir up the spirit; the hymn should be chosen according to the subject of the weekly lesson (see the suggested hymn in the weekly meeting guidelines).
- B. According to the plan, the host should lead everyone into the weekly lesson by pursuing one of the three materials (the video clip, the PowerPoint slideshow, or the reading material) for 20 minutes.
- C. In the next 20 minutes, everyone should discuss and practice the weekly exercise:
  - 1. In the weekly meeting guidelines, there are suggested exercises; everyone can discuss them and add suggestions.
  - 2. More importantly, the host, helpers, and new ones should practice the exercise during this time.
  - 3. Exercise can be done corporately or individually; in particular, the helpers should pair up with the new ones to exercise together.
  - 4. During the week, the helpers should contact the new ones frequently to exercise together.
- D. In the last 20 minutes, everyone may discuss the exercise of last week, the lesson content of this week, and the exercise for the coming week; there should be mutual sharing, interacting, and question asking and answering:
  - 1. In the weekly meeting guidelines, there are suggested questions for discussion.
  - 2. In the first meeting, everyone should find a companion (helpers with new ones).
  - 3. The helpers should fellowship with their companions (new ones) about the exercise and confirm their times to exercise together in the coming week; then, pray for one another and end the meeting.

#### **V. Follow-up—Eph. 6:18; Philem. 1:4:**

- A. The host should frequently pray for the helpers during the rest of the week.
- B. The host should contact the helpers to supply, remind, and encourage them to exercise; they may pray for each other's needs and exercises, fellowship about new ones' situations, and pray for their needs and exercises.
- C. The helpers should frequently pray for the new ones.
- D. The helpers should frequently contact the new ones (at least according to the set times), care for their situations, cherish and nourish them, and exercise with them.
- E. The host, helpers, and new ones should contact each other whenever there is the need for fellowship and intercession so that they may be built up in love.

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## Outlines for Hosts' Training

Message Three

### Reminding the Helpers Constantly to Follow Up with New Ones

Scripture Reading: Eph. 4:12, 16; 2 Pet. 1:12-13; Heb. 10:24-25; 2 Thes. 2:7, 11

**I. This training has a twofold purpose: to establish the groups (homes) and the relationships among the group members (vital groups); this is to establish the hosts (as reminders for the vital groups) and the helpers (as coordinators for the vital groups)—Matt. 18:19; 1 Pet. 5:2-3; Eph. 4:12, 16:**

- A. The first purpose of this training is to establish the groups for the producing of helpers:
  - 1. The first step is to train some people to be the hosts; in addition to the regular definition of a host, any sister who opens her home or any brother who works at an office can be a host (for those in his office).
  - 2. Next, every host will find some helpers to build up a unit and conduct the training as a unit; such training unit is called a "home".
- B. The second purpose of this training is to establish the relationships among the group members through the 12 weeks of training:
  - 1. Through the helpers, the new ones are gathered for the new believers' training with the goal of bringing them into a vital relationship.
  - 2. Then the group should be divided into smaller vital groups as its basic units composed of the helpers with new ones.
  - 3. This training is not a meeting but a training unit (home) that trains the smaller units (the vital groups).
  - 4. The training can take place in a home, on a campus, in an office, in a meeting hall, or through the Internet, and the way of training can be through reading materials or video clips; the crucial point is for the helpers to be vitally connected with the new ones.

**II. In reminding the helpers to follow up with new ones, the hosts should mainly contact, supply, remind, and encourage them—Eph. 4:16; 3:8; 2 Pet. 1:12-13; Heb. 10:24-25:**

- A. Contacting the helpers—5:29:
  - 1. When calling the helpers, the hosts must first greet them and care for the various things of their daily lives, not first to share the high-peak truths; this is human cherishing, which is part of shepherding.
  - 2. Contacting also includes matching and coordinating people together, that is, finding companions for people so they may be built into the church; they cannot be built into the church until we find companions for them.

- B. Supplying the helpers—Col. 2:19; 1 Pet. 4:10:
  1. Supplying is to share with people what we have enjoyed and experienced, whether it is something spiritual or practical; as we share our experience with each other, we are joined together—Phil. 2:1-2.
  2. Supplying also includes supporting; we often end up talking about problem after problem as we chat about our life, but this is actually a good opportunity for us to support one another and experience a spiritual turning point—1:19.
- C. Reminding the helpers to contact the new ones frequently to exercise together—2 Pet. 3:1; Jude 5:
  1. We need to be deeply impressed with Paul’s charge to Timothy: “If you lay these things before the brothers”; today, we should follow the pattern of Timothy to be nourished with the fellowship of the Lord through the ministry and lay these things before the brothers—1 Tim. 4:6; 2 Tim. 1:6.
  2. The fellowship of the reminding service increases the “blood circulation” in the Body and causes the Body to be healthy; the health of the saints depends on the contacting, opening, reviving, and encouraging, which unfortunately are mostly neglected—Acts 2:42; John 13:34-35.
- D. Encouraging the helpers to contact the new ones frequently to exercise together—Acts 23:11; Rom. 1:12; 1 Cor. 14:3; Phil. 2:1, 19:
  1. We need to keep encouraging people, as this is a great element in perfecting others and a strengthening to them; sometimes one encouraging and strengthening word can change a person’s whole life of service.
  2. A striking point in 1 and 2 Thessalonians is commendation—to acknowledge and approve others’ progress and achievement; to perfect people, we must approve them within the proper measure at the proper time—1 Thes. 1:2-4, 7-9; 3:1-13; 2 Thes. 1:3-12; 2:13-3:5.

**III. The reminding service also includes supplying testimonies to others; testimonies are a very good way of inciting people to take action—1 Thes. 1:5-9:**

- A. If we want people to follow us in what we do, giving them testimonies is more effective than giving them messages; messages move the heart, but testimonies move the feet—Acts 20:17-38.
- B. Experience tells us that testimonies are more effective than messages; testifying is a wonderful way of reproduction and duplication—2 Tim. 3:10-14.

**IV. If we want to perfect others, we must cherish them patiently. Although this point is not directly related to perfecting, it nonetheless is a very important point. We shouldn’t treat people as our project but as our own children, as objects of life. Everything about life takes time. For example, as we serve together, we need to learn to love one another and realize that we all are in the process of growing. So we need to care for the daily life, the family, and the health of brothers and sisters. This is human cherishing. In other words, to perfect younger ones, it is not enough just to demand something of them or assign them some responsibilities. To really perfect someone takes much encouragement and much cherishing from all the brothers and sisters—Eph. 4:12; 2 Thes. 2:7, 11; Acts 20:19, 20, 31, 32.**

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Message Four

### **Finding Helpers and New Ones**

Scripture Reading: Matt. 18:19; John 15:2, 8, 16; 1 Tim. 1:5, 13-16; 2:1, 14; 5:1, 2; Acts 1:8;  
2 Tim. 2:2, 14

#### **I. The host has one important commission, that is, to build up the group with the vital groups—Matt. 18:19; Eph. 4:12, 16:**

- A. A vital group can come into being only by a saint who is desperate and absolute for the increase of the Lord's recovery:
  - 1. A vital group begins with one vital saint.
  - 2. We desire to be vital for a purpose, for a goal, and that is for the increase of the Lord's recovery.
  - 3. We need to be desperate and absolute for the increase of the Lord's recovery; then we will be vital.
- B. Such a desperate saint (host) would spontaneously contact others by the Lord's leading and gain some vital companions (helpers).
  - 1. We need to pray desperately, reject our natural preference, and follow the Lord's leading, the Lord's choice.
  - 2. Then, we should fellowship with our companions through desperate prayer.

#### **II. New faces are the life pulse of the small groups, so the most important challenge is to bring in new ones—John 15:2, 8, 16:**

- A. In order for a small group to be successful and blessed by the Lord, it must be full of new ones:
  - 1. New faces (new ones) are the salvation and the life pulse of the small groups.
  - 2. Once there are new ones, we will have the burden and the word to speak.
  - 3. We (the hosts) need to pray and fellowship with the helpers to find new ones, new faces, to attend this new believers' training in the homes.
- B. Beginning with the people around us—Acts 1:8:
  - 1. Acts 1:8 tells us to be witnesses "both in Jerusalem and in all Judea and Samaria and unto the uttermost part of the earth."
  - 2. Today our Jerusalem is our relatives and friends; this is the Lord's way.
  - 3. Today we should think about nothing but the people around us; we should pray for them, bring them to the Lord, and faithfully testify to them the vision of the vital groups.
  - 4. Soon after, the vital groups, as ripples caused by a stone thrown into water, will begin to slowly spread from the center to the circumference.



5. This is the Lord's charge as well as His promise to us; as we go out, His economical Spirit will be upon us.

**III. Every one of us needs to actively become a living pattern to perfect the helpers in doing the same thing we do—1 Tim. 1:13-16:**

- A. In practicing the God-ordained way today, our greatest challenge and bottleneck is not that many disagree, but that very few actually practice it.
- B. We ourselves need to become a pattern in order to produce perfected ones.
- C. The most effective way of perfecting is by who we are; the kind of person we are determines the kind of person we can produce.
- D. We need to ask the Lord for more mercy and to uplift us, so that we may learn and advance in life and service to become good patterns for others to walk the new way.

**IV. In the pattern of Paul's perfecting of Timothy, there are seven crucial points—1 Tim. 1:5, 13; 2:1, 14; 5:1, 2; 2 Tim. 2:2, 14:**

- A. Love: this love comes out of the resurrection life, not the natural life—1 Tim. 1:5.
- B. Pattern: we perfect people by who we are; this is perfecting by patterns, not by skills, and we can only perfect people to become the same as we are—vv. 13-16.
- C. Prayer: from the viewpoint of God's New Testament economy, we need to pray desperately to God that we may perfect someone—1 Tim. 2:1.
- D. Charging: we need to testify repeatedly and continually; this is how Paul perfected Timothy—1 Tim. 5:21; 2 Tim. 2:14; 4:1.
- E. Committing: after committing something to a person, we should follow up our committing by observing and overseeing him; this is true committing—2 Tim. 2:2.
- F. Exhorting: we need to exhort elderly men as fathers, younger men as brothers, elderly women as mothers, and younger women as sisters; do not blame or demand, but keep accompanying them and exhorting them—1 Tim. 5:1-2.
- G. Reminding: refresh their memory by telling them what they might have forgotten; for example, you may remind people of their consecration—2 Tim. 1:6; 2:14.

**V. We need to help people make a commitment, that is, to help them consecrate themselves—Rom. 12:1, 2, 11:**

- A. A person can have the opportunity to be perfected only when he is willing to serve, has promised to serve, and has come to serve.
- B. In order to build up a vital corporate living in the homes with the new ones, build them into a corporate living, and carry out the vital groups in the homes, we (the hosts) first need to hand ourselves over in prayer, and commit ourselves to serve in this new believers' training in the homes with all its exercises.
- C. In order to perfect the helpers and new ones effectively, we (the hosts) need to help the helpers consecrate themselves to the Lord in the same way by committing themselves to participate in this new believers' training in the homes with all its exercises; the helpers need to do the same thing with the new ones.