

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

Weekly Meeting Guidelines

Name: _____

Church: _____

Building Up the Church Life in the Homes
Training and Exercise (1)
From Gospel Contacts to Vital Companions

Meeting & Exercise Guidelines for Week 1

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 1. 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.
 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and the weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #255*). Pray and release the spirit.
- B. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson One: The Mingled Spirit and Calling on the Name of the Lord* (choosing one item from 1-2 under I-B above).
- C. Practice the exercise of the week (20 minutes)—*Calling on the Name of the Lord*:
 1. Call on Him audibly.
 2. Stop the activity of the soul and exercise our mouth, heart, and spirit from deep within to call, “O, Lord Jesus.”
 3. First thing in the morning—call on the Lord; call on His name anywhere and anytime.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually (see IV).
 2. Find an exercise companion (helpers with new ones).
 3. Set definite times with your companion (from once a week to once a day) to exercise together according to the lesson. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-D-1):

- A. Give a testimony of calling on the Lord.
- B. Explain how Christian life all depends on the spirit.
- C. Based on the Bible, explain how calling on the Lord is the practical way to exercise the spirit.
- D. How can we build up a life of calling on the Lord?

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Meeting & Exercise Guidelines for Week 2

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and the weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #309*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Two: Judicial Redemption and Organic Salvation* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Calling on the name of the Lord*:
 - 1. Truly open to the Lord, call on His name, and exercise spiritual deep breathing to breathe in the Lord.
 - 2. Call on the Lord to defeat the negative things within us.
 - 3. Call on the Lord day by day and moment by moment.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-D-1):

- A. Give a testimony of calling on the Lord.
- B. Briefly explain God's full salvation and what God's righteousness does for you.
- C. What are the steps of God's organic salvation?
- D. How can we experience the transformation by the Lord Spirit?

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Meeting & Exercise Guidelines for Week 3

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #811*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Three: The Word of Life and Pray-reading the Word* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Pray-reading the Word*:
 - Pray-read the Word personally—quick, short, genuine, and fresh.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of enjoying God as food through pray-reading the Word.
- B. The Bible is God-breathed. What should be our attitude toward the Word?
- C. How can we be like newborn babes, longing for the guileless milk of the word?
- D. Share about what you have learned from pray-reading.

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Meeting & Exercise Guidelines for Week 4

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #609*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Four: The Triune God's Revelation and His Move* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes): *Pray-reading the Word*:
Pray-read the Word personally—quick, short, genuine, and fresh.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of contacting God through pray-reading the Word.
- B. Briefly describe the Triune God revealed in the Bible.
- C. Please explain 2 Corinthians 13:14.
- D. How do we build up a life of enjoying the Triune God?

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Meeting & Exercise Guidelines for Week 5

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns*, #445). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Five: God's Economy and Consecrating to the Lord in Love* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Consecrating to the Lord in Love*:
 - 1. By the constraining love of the Lord, consecrate our whole beings to the Lord; write down the consecration sheet.
 - 2. Declare to the Lord our consecration in the spirit of prayer.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of consecrating yourself to the Lord.
- B. What is God's economy?
- C. What is the content of God's economy?
- D. How can we cooperate with God's economy?

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Meeting & Exercise Guidelines for Week 6

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #501*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Six: The Revelation and Experience of Christ* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Consecrating to the Lord in Love*:
 - 1. Give your first love to the Lord.
 - 2. Pray to the Lord, “May we all become passionate lovers of the Lord Jesus!”
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of Christ making His home in your heart.
- B. Briefly describe the Person of Christ.
- C. Briefly describe the work of Christ.
- D. How can we experience the Triune God dispensing into our tripartite being?

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Meeting & Exercise Guidelines for Week 7

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #864*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Seven: The Body of Christ and the Meeting Life* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*The Meeting Life*:
 - 1. Exercise to enliven people and revive people's spirit in the meetings.
 - 2. Exercise mutuality in the meeting—praying, hymn singing, and sharing.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of the corporate grace in the meetings.
- B. Why must we not only know Christ but also the church?
- C. Why should the Lord's Day be separated?
- D. How do we enjoy the Lord in bread-breaking meeting?

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Meeting & Exercise Guidelines for Week 8

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a video clip, a PowerPoint slideshow, and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #267*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Eight: Knowing the Holy Spirit and Being Filled with the Spirit* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Being Filled with the Spirit*:
 - 1. Exercise to be filled with the Holy Spirit by thorough repentance and confession.
 - 2. Exercise to be filled with the Holy Spirit by calling on the Lord and speaking the Lord.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually.
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions:

- A. Give a testimony of the Spirit as the heavenly electricity applying all that God is to us.
- B. How does God become our enjoyment?
- C. Why is the filling of the Holy Spirit inwardly more precious than the filling outwardly?
- D. How can we be filled with the Holy Spirit continually?

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Meeting & Exercise Guidelines for Week 9

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #921*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Nine: Serving the Lord and Preaching the Gospel* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Preaching the Gospel*:
 - Exercise to preach the gospel by using the four sections of *The Mystery of Human Life*.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of preaching the gospel with the authority of Christ.
- B. Why must all the redeemed people serve God?
- C. What is the reward of serving the Lord?
- D. The Lord has set us to go forth and bear fruit. How can we exercise to preach the gospel at every opportunity?

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Meeting & Exercise Guidelines for Week 10

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #852*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Ten: The Truth and Practice of the Church* (choosing one item from 1-2 under I-B above).
- D. Discuss the exercise of the week (20 minutes)—*The Practice of the Church*:
 - 1. How to keep the oneness and avoid division.
 - 2. How to take God's eternal economy as the center in the meetings.
 - 3. How to have righteousness, peace, and joy in the Holy Spirit in the church life.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually (see IV).
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions (for II-E-1):

- A. Give a testimony of having righteousness, peace, and joy in the Holy Spirit as the reality of the kingdom in the church life.
- B. What is the church?
- C. What is the designation of the church?
- D. How do we endeavor to keep the oneness of the Body of Christ?

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Meeting & Exercise Guidelines for Week 11

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #554*). Pray and release the spirit.
- B. Share briefly with one another the experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Eleven: The God-ordained Way and Being Revived Every Morning* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Being Revived Every Morning*:
 - 1. Exercise to have personal morning revival.
 - 2. Exercise to have corporate morning revival.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually.
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions:

- A. Give a testimony of being revived personally every morning.
- B. Briefly describe the four steps of the God-ordained Way.
- C. How can we experience transformation by daily revival?
- D. How can we help new ones enter into the same exercise?

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Meeting & Exercise Guidelines for Week 12

I. Preparation:

- A. One hour before the meeting, the host should have prepared the training materials and set up the necessary equipments for the week.
- B. There are two sets of training materials to be downloaded from the Internet: a PowerPoint slideshow and the reading material.
 - 1. 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.
 - 2. If the reading material will be used, the host should print out copies according to the number of attendants.
- C. The host should call the helpers to pray for the meeting and weekly exercise. The host should also remind the new ones of the meeting time and arrange transportation for them.

II. The content of the meeting:

- A. Start the meeting on time, maybe first with hymn singing (suggestion: *Hymns, #956*). Pray and release the spirit.
- B. Share briefly with one another your experience of exercise last week.
- C. Introduce the exercise outline and exercise lesson of the week (20 minutes): *Lesson Twelve: The Truth of the Kingdom and Christ's Second Coming* (choosing one item from 1-2 under I-B above).
- D. Practice the exercise of the week (20 minutes)—*Christ's Second Coming*:
 - 1. Strengthen our longing for the Lord's appearing by praying together.
 - 2. Await the Lord's coming by encouraging one another.
- E. Mutual sharing and interaction (20 minutes):
 - 1. Ask and answer questions mutually.
 - 2. Fellowship with your companion about the exercise and confirm your times to exercise together in the coming week. Pray for one another and end the meeting.

III. Follow-up:

- A. In the coming week, the host should contact the helpers to remind and encourage them to exercise.
- B. The helpers should contact the new ones frequently (at least according to the set times) to exercise together.

IV. Q&A suggestions:

- A. Give a testimony of how to live in the reality of the kingdom of the heavens.
- B. How can we share in the manifestation of the kingdom of the heavens?
- C. What are the signs of Christ's return?
- D. How do we watch and prepare ourselves for the Lord's return?