

BUILDING UP THE CHURCH LIFE IN THE HOMES
TRAINING AND EXERCISE (2)

From Vital Companions to Gospel Companions

Weekly Meeting Guidelines

Name: _____

Church: _____

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 1

Exercises of the Week:

- 1. Find a prayer companion.**
- 2. Make a prayer list of new ones.**
- 3. Start to pray for them one by one.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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. Introduce the lesson and exercises of the week (20 minutes): *Lesson One: Praying with Spiritual Companions*.
- C. Discuss the exercises of the week (20 minutes):
 1. Find a Prayer Companion.
 2. Make a Prayer List of Gospel Friends.
 3. Start to Pray for Them One by One.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of praying for the salvation of people.
- B. Give a testimony of praying with spiritual companions.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 11; Weekly Lesson: Lesson One

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 2

Exercises of the Week:

- 1. Continue to pray for the new ones.**
- 2. Contact (only contact) them and find out with whom you can establish a relationship.**
- 3. Continue to pray for those with whom you couldn't establish a relationship.**
- 4. Add other new ones into the prayer list.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #1351). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Two: Making a Prayer List to Pray for New Ones.*
- C. Discuss the exercises of the week (20 minutes):
 1. Continue to pray for the new ones.
 2. Contact (only contact) them and find out with whom you can establish a relationship.
 3. Continue to pray for those with whom you couldn't establish a relationship.
 4. Add other new ones into the prayer list.
- D. Mutual sharing and interaction (20 minutes)
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of contacting people.
- B. Give a testimony of praying for people.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 5; Weekly Lesson: Lesson Two

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 3

Exercises of the Week:

- 1. Write out your testimony.**
- 2. Continue to pray for the new ones regardless whether you can contact them or not.**
- 3. Continue to contact the new ones whom you have contacted.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #930). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Three: Making Friends for the Gospel.*
- C. Discuss the exercises of the week (20 minutes):
 1. Write out your testimony.
 2. Continue to pray for the new ones regardless of whether you can contact them or not.
 3. Continue to contact the new ones whom you have contacted.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of contacting people.
- B. Give a testimony of praying for people.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 7; Weekly Lesson: Lesson Three

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 4

Exercises of the Week:

- 1. Give testimony to new ones (at least two). If not ready, practice privately for a week (facing a mirror or an ocean).**
- 2. Continue to pray for the new ones.**
- 3. Continue to contact the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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. Introduce the lesson and exercises of the week (20 minutes): *Lesson Four: Witnessing for the Lord.*
- C. Discuss the exercises of the week (20 minutes):
 1. Give testimony to new ones (at least two). If not ready, practice privately for a week (facing a mirror or an ocean).
 2. Continue to pray for the new ones.
 3. Continue to contact the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of witnessing to people.
- B. Give a testimony of praying for people.
- C. Give a testimony of contacting people.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 10; Weekly Lesson: Lesson Four

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 5

Exercises of the Week:

- 1. Continue to give testimony to the new ones.**
- 2. Continue to pray for the new ones.**
- 3. Continue to contact the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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: Hymn: *Do you know what you were made for?* <http://www.hymnal.net>). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Five: Preaching the Gospel Using The Mystery of Human Life*
- C. Discuss the exercises of the week (20 minutes):
 1. Continue to give testimony to the new ones.
 2. Continue to pray for the new ones.
 3. Continue to contact the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of witnessing to people.
- B. Give a testimony of praying for people.
- C. Give a testimony of contacting people.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 12; Weekly Lesson: Lesson Five

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 6

Exercises of the Week:

- 1. Help the new ones to receive the Lord.**
- 2. Continue to finish giving testimony to the new ones.**
- 3. Continue to pray for the new ones.**
- 4. Continue to contact the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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. Introduce the lesson and exercises of the week (20 minutes): *Lesson Six: Consecrating for the Gospel*
- C. Discuss the exercises of the week (20 minutes):
 1. Help the new ones to receive the Lord.
 2. Continue to finish giving testimony to the new ones.
 3. Continue to pray for the new ones.
 4. Continue to contact the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of helping the new one to receive the Lord.
- B. Give a testimony and review of the past exercises.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 3; Weekly Lesson: Lesson Six

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 7

Exercises of the Week:

- 1. Go out for door-knocking for the first time and add the open ones to the prayer list.**
- 2. Continue to pray for the new ones regardless whether you can contact them or not.**
- 3. Continue to contact the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #264*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Seven: Being Filled with the Holy Spirit*.
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the first time and add the open ones into the prayer list.
 2. Continue to pray for the new ones regardless whether you can contact them or not.
 3. Continue to contact the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of going out for door-knocking.
- B. Review the past exercises.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 13; Weekly Lesson: Lesson Seven

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 8

Exercises of the Week:

- 1. Go out for door-knocking for the second time and add the open ones to the prayer list.**
- 2. Call to follow up with the new ones visited.**
- 3. Continue to pray for the new ones.**
- 4. Hold a love feast at home for the gospel and invite the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #1007*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Eight: The Key to Success in Door Knocking*.
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the second time and add the open ones into the prayer list.
 2. Call to follow up with the new ones visited.
 3. Continue to pray for the new ones.
 4. Hold a love feast at home for the gospel and invite the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of going out for door-knocking.
- B. Give a testimony of following up with new ones by phone calls.
- C. Give a testimony of holding a love feast for the gospel.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 4; Weekly Lesson: Lesson Eight

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 9

Exercises of the Week:

- 1. Go out for door-knocking for the third time and add the open ones to the prayer list.**
- 2. Review and share the experience of door-knocking.**
- 3. Continue to contact the new ones and re-visit the open homes.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #1048*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Nine: Follow-up Visit and Shepherding*.
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the third time and add the open ones to the prayer list.
 2. Review and share the experience of door-knocking.
 3. Continue to contact the new ones and re-visit the open homes.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of re-visiting the open homes.
- B. Review the past experience of door-knocking.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 18; Weekly Lesson: Lesson Nine

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 10

Exercises of the Week:

- 1. Go out for door-knocking for the fourth time and add the open ones to the prayer list.**
- 2. Continue to pray for the new ones.**
- 3. Continue to contact the new ones.**
- 4. Hold a love feast at home for the gospel and invite the new ones.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #1017*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Ten: Practicing Persistently to Build Up the Habit of Gospel Living*
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the fourth time and add the open ones to the prayer list.
 2. Continue to pray for the new ones.
 3. Continue to contact the new ones.
 4. Hold a love feast at home for the gospel and invite the new ones.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of door-knocking.
- B. Review the past re-visitation.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 6; Weekly Lesson: Lesson Ten

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 11

Exercises of the Week:

- 1. Go out for door-knocking for the fifth time and add the open ones to the prayer list.**
- 2. Continue to pray for the new ones.**
- 3. Continue to contact the new ones and re-visit the open homes.**
- 4. Hold a love feast in the new ones' home for the gospel and encourage the new ones to invite their friends and relatives.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #812*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Eleven: Feeding the Babes in Christ*.
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the fifth time and add the open ones to the prayer list.
 2. Continue to pray for the new ones.
 3. Continue to contact the new ones and re-visit the open homes.
 4. Hold a love feast in the new ones' home for the gospel and encourage the new ones to invite their friends and relatives.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of door-knocking and re-visitation.
- B. Review the past door-knocking and re-visitation.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 19; Weekly Lesson: Lesson Eleven

Building Up the Church Life in the Homes
Training and Exercise (2)
Meeting & Exercise Guidelines for Week 12

Exercises of the Week:

- 1. Go out for door-knocking for the sixth time and add the open ones to the prayer list.**
- 2. Continue to pray for the new ones.**
- 3. Continue to contact the new ones and re-visit the open homes.**
- 4. Hold a love feast in the new ones' home for the gospel and encourage the new ones to invite their friends and relatives.**

I. Preparation:

- A. One hour before the meeting, the host should have prepared the copies of weekly lessons and hymn books according to the estimated number of attendance.
- B. The host should call the helpers to pray for the exercises of the week. 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, #1237*). Pray and release the spirit.
- B. Introduce the lesson and exercises of the week (20 minutes): *Lesson Twelve: Bearing Remaining Fruit*
- C. Discuss the exercises of the week (20 minutes):
 1. Go out for door-knocking for the sixth time and add the open ones to the prayer list.
 2. Continue to pray for the new ones.
 3. Continue to contact the new ones and re-visit the open homes.
 4. Hold a love feast in the new ones' home for the gospel and encourage the new ones to invite their friends and relatives.
- D. Mutual sharing and interaction (20 minutes):
 1. Ask and answer questions mutually.
 2. Fellowship and set the times for the weekly exercises. 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) for the exercises.

IV. Suggestions for Interaction and Q&A:

- A. Give a testimony of door-knocking and re-visitation.
- B. Review the past door-knocking and re-visitation.
- C. Give a testimony of holding a love feast for the gospel in the new ones' home.

V. Weekly Reading:

The Exercise and Practice of the God-ordained Way, Ch. 9; Weekly Lesson: Lesson Twelve