

SPECIAL THANKS

I would like to dedicate Just Milk to the plethora of people I have taught over the years at various mentorship and Christian training sessions; thank you for learning and growing in the knowledge of the Word of God with me.

*To the **Apostolic Pentecostal Church of Pickering**, thank you for being the home where I had the privilege of developing the first (unpublished) edition of this study manual for over seven years.*

Thank you for challenging, inspiring, praying, and encouraging me throughout my faith journey to my family and friends. If I could name every one of you, I would.

*To **Kereisha Biggs**; thank you for tirelessly editing sections in many of the chapters, and for the countless witty and meaningful feedback you have provided to augment the presentation of this project.*

*To **Jordon & Brianne Mills from Perfect Blend**; for your dedication, commitment and patience in helping to bring this work from a plain Google document into the creative, user-friendly, and dynamic presentation that it's become. May God continue to bless your lives continually.*

*To **Kassandra Santiago, Kadine Taylor, Shaday Skinner, and Diana Sharpe**, thank you for revising, proofreading, and improving this book. I appreciate each of you.*

*To my late aunt **Salome Taylor**, who continually spoke life to me and asked God to do me a favour. May she rest in peace.*

To God, above all, thank You for never giving up on me! May this work help in accomplishing the advancement of your Kingdom.

ABOUT



Just MILK Community Bible Program

The “Just Milk: Community Bible Program” is a specialized ministry designed to communicate the Gospel of Jesus Christ to people of different backgrounds and cultures. My goal is to positively impact these peoples lives with the Gospel message of the Kingdom of God. Whether you know little or nothing about Jesus Christ, are a new convert, or only interested in being part of a refresher, interactive Bible study group, the ***Just Milk*** program welcomes you to a learning environment that focuses on providing a deeper understanding of God and His Word.

A newborn's diet is incomplete without milk because milk plays an essential role in the healthy growth and development of babies. It provides them with the necessary nutrients, calcium, and minerals needed to promote healthy growth.

Milk is the primary source of energy and nutrients for the first six months of a human's life. Whether a child is on the breast or formula-fed, milk soothes a hungry baby while strengthening their vulnerable musculoskeletal system.

Perhaps, this is why the apostle Peter uses the analogy of a baby's dependence on literal milk to mirror our reliance on spiritual milk, which is God's Word. **“As newborn babes, desire the pure milk of the word, that you may grow thereby” (1 Peter 2:2-3).**

We take joy in teaching the Bible in a compassionate, comprehensive, and accessible way to all. We believe that, by sharing spiritual milk with others, we will help build healthier communities and individuals on a faith foundation, enabling them to share spiritual milk with others.

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Just **MILK**
Community Bible Program





INTRODUCTION



As the Church finds itself existing in the “End Times,” we should be wholeheartedly invested in helping to reach a greater harvest of people, encouraging them to accept the liberating knowledge of the Lord Jesus Christ.

The Church was first established in the New Testament era, over two thousand years ago, (possibly between AD 40-70). Since then, its mission has been to fulfill the “Great Commission” by reaching unbelievers all across the globe. When the Church was first inaugurated on the Day of Pentecost, three thousand people believed the apostles’ preaching of the Gospel (meaning, “**good news**”), and were added to the body of Christ (**Acts 2:41**). As the message of the Gospel began to spread throughout many geographical regions of that day, the Church’s congregation in Jerusalem grew to **5000 believers** in a relatively short amount of time (**Acts 4:4**). Yet, their growth did not stop there; the early Church’s expansion was too exponential to be accurately accounted for as “**multitude of both men and women**” were added to their number (**Acts 5:14**). Thankfully, the Gospel and hope of salvation is not a fable of the past as it continues to save and change millions of lives today.

Did you know that Pentecostalism is one of the fastest-growing faith communities in the world?

Although denominations such as Catholicism and the Anglican Church may appear more prevalent in Christendom, the Holy Blog cited a five page academic journal to illustrate that people began to gravitate toward the Pentecostal experience more than any other sect of Christianity in recent years.

However, despite this very positive news, the sad truth is that many of these new converts come to Christ without ever being allowed to mature spiritually, having a proper understanding of the Bible, or reaping the benefits of having an intimate relationship with Jesus Christ. As the Lord says in Hosea 4:6, **“my people are destroyed for lack of knowledge”**...

I am passionate about sharing the “Just Milk: Community Bible Program” to expose individuals from all walks of life to some of the basics of Christian teaching and to assist them in laying a strong foundation for joining in the making of disciples of the Lord Jesus. Just Milk addresses topics every Christian should know to understand **“sound doctrine”**, feel confident to share their personal experiences with others and have an excellent grasp of what it means to **“rightly divide the word of truth.”**

Just Milk consists of 8 lessons that can be taught over a period of 21 weeks. However, trained believers of the faith should facilitate each lesson in a training session. Just Milk advocates for an interactive, stimulating and inclusive learning environment that caters to the needs of various learning styles. Discussion questions will be posed throughout the book to encourage readers to apply what they have learned through critical and analytical thinking.

Just Milk’s final lesson focuses on the importance of staying spiritually connected to God and building meaningful connections with others through one's testimony of growth and zeal to evangelize. The Just Milk Bible Program’s development strives to embody this by becoming an accessible and practical resource for churches, institutions, and outreach programs to advance the Kingdom of God.

HOW TO EFFECTIVELY USE JUST MILK

THE JUST MILK STUDENT

Students are encouraged to read and study this manual regularly with a pen/pencil, highlighter, paper, while having their Bible in easy access. Taking useful notes, highlighting and underlining your Bible and study materials are excellent strategies that can be employed to solidify and absorb new learning content. Throughout this study, readers will also encounter group discussion questions and Bible reading assignments. Both are designed to help develop their practice in studying the Word of God more critically and analytically. Students will gain the confidence and zeal to conduct in-depth studies of the Bible and discover answers to questions that relate to the lessons discussed throughout the book.

THE JUST MILK FACILITATOR

The Just Milk Program facilitator should be an individual who is passionate and actively involved in evangelism, mentorship and training. In addition, every facilitator should possess a firm grasp of the basic understanding of systematic theology, homiletics and Christian leadership. To ensure that training sessions run smoothly, instructors are encouraged to approach classes prayerfully and become familiar with each week's topic and biblical passages referenced and their relevance to the discussion beforehand.

As the name rightfully implies, Just Milk is a framework that is designed to lay a sturdy foundation for new converts to stand on. Therefore, all facilitators must be knowledgeable of sound doctrine prepared to meet the needs of those who are young in the faith as they continue to grow and go beyond this program's content.

Finally, implementing the culture of having a 12-15 minute discussion each class using the discussion questions, is an essential component of each class. Facilitators should always aim to build rapport and maintain a conducive learning environment that actively engages each student.

Use of the New King James Bible

Unless stated otherwise, every verse of Scripture is quoted from the New King James Bible, (NKJV) and the Amplified Bible, (AMP). The New King James Bible is an accurate translation of the Bible and is an easy to read and useful study tool that acknowledges the nuances of the original Hebrew and Greek text while maintaining the integrity of the Divine Word of God.

Suggested Engagement Plan

Although the *Just Milk* study guide can be experienced in a number of ways, below is a suggested engagement plan that has been curated to ensure an adequate amount of time and attention is paid to each lesson. Each class has been broken down into sections that will allow the learning experience to flow seamlessly from one class to the next.

LESSON ONE: FIRST THINGS FIRST

Week 1: Let's Talk About the Existence of God

Week 2: Unlike Any Other God-like Concepts

Week 3: Man's Need for Salvation

LESSON TWO: GOD'S BOOK CLUB

Week 4: God, the Bible, and Human Authors

Week 5: The Divisions of the Bible

Week 6: How to Study the Bible

LESSON THREE: SIN ENTERS INTO THE WORLD

Week 7: What is Sin?

Week 8: The Effects of Sin?

LESSON FOUR: OPPOSING KINGDON

Week 9: What's Your Citizenship?

Week 10: The Kingdom of Light

LESSON FIVE: IT IS FINISHED

Week 11: Who is Jesus Christ?

Week 12: Understanding the Godhead

Week 13: The Death of Jesus Christ

LESSON SIX: BE STRONG IN THE LORD'S MIGHT

Week 14: Fighting Temptations

Week 15: The Destruction of the Human Temple

Week 16: The Restored Temples

LESSON SEVEN: HOLINESS

Week 17: New Creatures

Week 18: Eight Simple Truths You Should Know About Holiness

LESSON EIGHT: GROW AND GO

Week 19: In Pursuit of God

Week 20: Stages of Spiritual Growth

Week 21: Giving

Finally, authentic evangelism does not stop at reaching believers. Therefore, keeping and teaching new converts is also a vital aspect of fulfilling “the Great Commission” and maintaining the health of the body of Christ. This is why *Just Milk*'s ultimate purpose is to support believers as they embark on their journey of faith through fellowship and exposure to the inspired Word of God.