

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Pentecostal Church of Pickering**, thank you for being the home where I had the privilege of developing the first (unpublished) edition of this study manual for over seven years.*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

LESSON ONE

FIRST THINGS FIRST





INTRODUCTION

Can a story have an ending without a beginning? Italian philosopher Thomas Aquinas is well known for his five cosmological arguments concerning God's existence. His second argument for the existence of God is the First Cause argument. Through this argument, Aquinas theorized that cause and effect are also applicable to the world in that God was the First Cause, and the world was the effect.

Although many critique this belief by questioning who caused God, God's omnipotence relinquishes His need for contingency. In other words, He is not dependent on anything or bound by time, He is God all by Himself. Philosophers, like Aquinas, often use logic and reason to prove the existence of God. However, we as believers are instructed to trust God and His Word to reveal Who He is and put first things first in our lives.

This chapter is designed to bring us back to the beginning by causing us to understand that God is more than a distant First Cause Being; and that from the very beginning, He desired a personal relationship with His creation.

DISCUSSION OBJECTIVES:

In a world where a plethora of ideas are competing to deny the reality of the existence of God; the objective of this lesson is to demonstrate God's existence and love for humanity by exploring:

- 1 The existence and love of God
- 2 God's plan of salvation
- 3 The before and after portrait of a child of God

1

LET'S TALK ABOUT THE EXISTENCE OF GOD

The popular phrase “**in the beginning God...**” are the first four words of the bible that form our Christian faith and belief in a supernatural creator. This is one of the most clearly made statements in the Bible, yet individuals from the past and present continuously challenge it's validity. It will likely continue to be tested in the future. As challenging as it may be, it is important to understand that we can rely on the development of **science**, **archaeological findings** of ancient cities and texts, **historical records**, and the **life transformational testimonies** of millions of people across the world to affirm the reality of God's existence. Together, these records demonstrate the authenticity of the Word of God.

When reading through the book of Genesis, it is clear that the author makes no attempt to prove God's existence, but simply affirms His existence and demonstrates how God is responsible for the creation of the universe, the earth, and humanity.

GENESIS 1:1-3

“In the beginning God created the heavens and the earth. **2** The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. **3** Then God said, “Let there be light”; and there was light. “

Despite this biblical claim, many people still seek to doubt the existence of God because He cannot be seen with the natural eye. However, living by faith calls us to believe in the supernatural and the hope that God is not confined to human intelligence. For this reason, it is only through faith that we can accept and share with others the knowledge of God's existence.

HEBREWS 11:1-2, 6

“Now faith is the substance of things hoped for, the evidence of things not seen. **2** For by it the elders obtained a good testimony. **6** But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

GOD'S WORDS CAN BE TRUSTED



As you may soon come to understand, God is a God of His Word. Unlike human beings, God does not break promises, deceive, lie, or use words to manipulate people. Since God is holy, pure, and absolutely perfect, we can trust that every word from Him is equally trustworthy.

PSALMS 12:6-7

“The words of the Lord are pure words, Like silver tried in a furnace of earth, Purified seven times. **7** You shall keep them, O Lord, You shall preserve them from this generation forever.”

(Please reference Philippians 2:9-11)

Many individuals, scholars, and theorists challenge the validity of the Bible by claiming that science and the Bible disagree one with another. Some even go as far as to argue that God is a mystical figure, incapable of pursuing relationship with man.

This form of anti-christ thinking has led many scientists, naturalists, and evolutionists to publish spurious literature that seeks to contradict the veracity of God's Word.


While we do not rely on empirical evidence alone to prove miraculous events or the supernatural, it is essential to note that many excavations and discoveries have taken place to showcase archaeological evidence that corroborates the Bible.



Every year, ***Christianity Today*** publishes the top 10 biblical archaeological discoveries that were found or further explored. For example, in 2004, archaeologists discovered the Pool of Siloam mentioned in John 9 during a project to repair a sewage system; they also found the bottom of the street that led up to the Temple Mount in Jerusalem in the first century. Digging continued to be done in 2019 to make this street more accessible.

The Bible Archaeological Society is a non-profit organization dedicated to exploring and sharing the relationship between the Bible and archaeological relics, tablets, rocks, and structures. In 2011, they published the book *Top Ten Biblical Archaeology Discoveries*; the final chapter focused on Dr. Nahman Avigad from the Hebrew University and his discovery of an Israelite tower in Jerusalem's Jewish Quarter that was used to defend the city against the Babylonian invasion.

PSALMS 138:2



“I will worship toward Your holy temple, And praise Your name
For Your lovingkindness and Your truth; For You have magnified
Your word above all Your name.”



Psalms 138:2 stresses an inextricable truth between God and His Word. We can see from reading this passage that trusting God means trusting His Word, and vice versa. While believing the Bible requires us to have faith, we can also use the natural world to verify and identify the truth of its content. Acknowledging the authenticity of the Bible is proof of the existence of God because it is through the Bible itself that we better understand who God is.

GOD

is the Holy Spirit whose personality and intelligence are superior to human understanding. He can be personally experienced through faith in His Word.



JOHN 4:23-24

“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. **24** God is Spirit, and those who worship Him must worship in spirit and truth.”

ARGUMENTS FOR THE EXISTENCE OF GOD

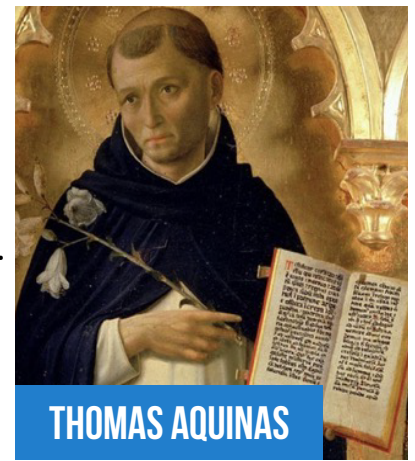
The existence of a God is a controversial topic that has given rise to significant debate for centuries. Discussions surrounding this topic have influenced the realm of philosophy, religion, and popular culture. Whether individuals use personal experiences, logic and reason, or scientific methodologies, there are a host of arguments for and against God's existence.

For example, in the western world, **Plato and Aristotle** are notable pioneers in philosophical thinking about God's existence. They, like many others over the centuries have made an effort to craft a perfectly bulletproof argument for the existence of God. For the purpose of our study we will explore in brief two of the many arguments that have been offered to substantiate God's reality. These two arguments are popular in various schools of religious and secular learning and or themed coined as the **Cosmological Argument**, and the **Intelligent Design Argument**.



THE COSMOLOGICAL ARGUMENT

The Cosmological Argument was introduced by philosopher **Thomas Aquinas** to provide an explanation of the existence of God by showing how everything that exists has a cause behind its existence. Aquinas lived in what is considered to be a very unscientific time in history (the 1200's). The arguments he made regarding the existence of God are mostly based on his understanding of our natural world. (see **Psalm 19:1-6** and **Romans 1:19-20**)

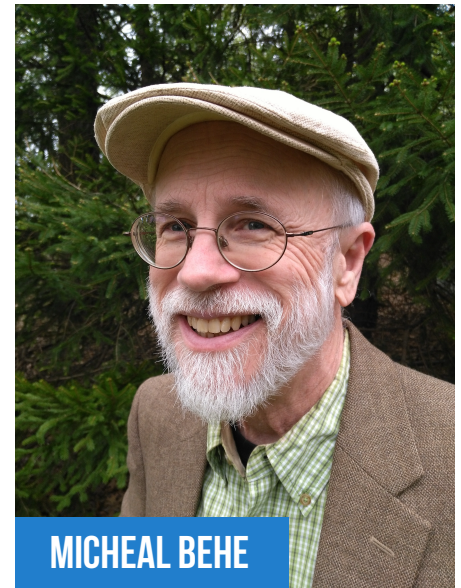


THOMAS AQUINAS

The point of the cosmological argument is that we live in a world where things are moving, and since movement is caused by movers, everything that moves must have been put in place by something else. In other words, according to this view, the universe began to exist, therefore the universe has a cause.

INTELLIGENT DESIGN

Micheal Behe, the modern philosopher offers another perspective on the arguments for God's existence by introducing the **Intelligent Design** concept. The argument was first developed by **William Paley** in the 1700s. This argument argues that all features of the universe and living things are to be best explained by an intelligent cause, not an undirected process such as the evolutionist position of "*natural selection*". This argument believes that the creation of the world is a design, and it must have a designer, similar to the way that a watch must have a watchmaker.



MICHEAL BEHE



THE WATCH

To better understand this argument, consider the watch you wear on your wrist. Is it possible for such an intricate object to function without a mastermind behind its creation?

DISCUSSION QUESTION



In our multicultural and pluralistic society, where many different explanations are given to prove or disprove the existence of God, in what ways can you prove the existence of God?



UNLIKE ANY OTHER GOD-LIKE CONCEPTS

The God which Genesis introduces to the entire world is unlike any of the other 'god-like concepts' we are introduced to on a regular basis. This bold statement is not intended to offend others who may have different beliefs about the identity/character of who God may be.

However, such a bold statement can be made because the God of the Bible is the only God who can be personally known and be interacted with.

JEREMIAH 10:6-10

“Inasmuch as there is none like You, O Lord (You are great, and Your name is great in might), **7** Who would not fear You, O King of the nations? For this is Your rightful due. For among all the wise men of the nations, And in all their kingdoms, There is none like You. **8** But they are altogether dull-hearted and foolish; A wooden idol is a worthless doctrine. **9** Silver is beaten into plates; It is brought from Tarshish, And gold from Uphaz, The work of the craftsman And of the hands of the metalsmith; Blue and purple are their clothing; They are all the work of skillful men. **10** But the Lord is the true God; He is the living God and the everlasting King. At His wrath the earth will tremble, And the nations will not be able to endure His indignation”. (consider also; Isaiah 40:18-28, Acts 17:16-34)

UNLIKE ANY OTHER GOD-LIKE CONCEPTS

Some people choose to identify themselves as being **atheists** because of their reluctance to accept the Bible's claim regarding God's existence. One of their main arguments is, how can anyone intelligent believe in someone or something who they cannot **see, touch, or hear?**

They conclude that God exists as a fairy tale, and those who choose to believe in His existence are either brainwashed into doing so or are merely uneducated individuals. However, despite this popular view, the Bible offers a different perspective and verifies the claims that it makes. For example, the following passage describes the person who denies the existence of God.

PSALMS 14:1

“The fool has said in his heart, “There is no God.” They are corrupt, They have done abominable works, There is none who does good.”



WORD DEFINITION: FOOL

A fool is described as a person who acts unwisely or imprudently; a silly person. A person who is tricked or deceived; someone who is duped. There are numerous credible sources to support God's existence, and it is a fact that the God of the Bible can be personally known and experienced by any man or woman who desires to get to know him.

GOD LOVED YOU FIRST

1 John 4:19 informs us about a fundamental truth regarding the love that exists in God for human beings.

“We love Him because He first loved us.”

Humans did not desire one day to begin initiating a love relationship with God. This love relationship was initiated long before any of us came into the world. It can be quite amazing to observe why people choose to like or dislike each other; because people tend to gravitate to others based on their physical appearance, education, or socio-economic background, or some other predilection. Given that God has no prejudices, one will not find this within Him; He loved us even before we chose to acknowledge Him.



ROMANS 5:8

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.”



God loved us so much that He knew He needed a plan of salvation to bring humanity back into a relationship with Him. He became willing to do the unthinkable act of giving up the life of His only begotten Son to provide us with a way back to Him.

JOHN 3:16-17

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.
17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”

THE ENCOUNTER WITH GOD

God knows you; He knows you better than you or anyone else in the world does. His desire is that you will long to know Him as well, and fulfill the purpose He has for your life. God won't force you to choose Him, but be assured that your encounter with Him is not coincidental.



JEREMIAH 1:5

“Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations.”

IMAGINE THIS...



God knew your name long before you were born. He knew you even before your parents met each other, and He has been busy at work in your life for many weeks, months, and even years before this point of you showing interest in Him. God has been actively pursuing humanity, desiring to begin a life-long relationship with them.

WHY?

Because He loves us with an everlasting love, a love that no human can fully comprehend. He first loved humanity even when we were all too busy rejecting His love and rule in our lives.

JEREMIAH 31:3

“The Lord has appeared of old to me, saying: “Yes, I have loved you with an everlasting love; Therefore with lovingkindness I have drawn you.”

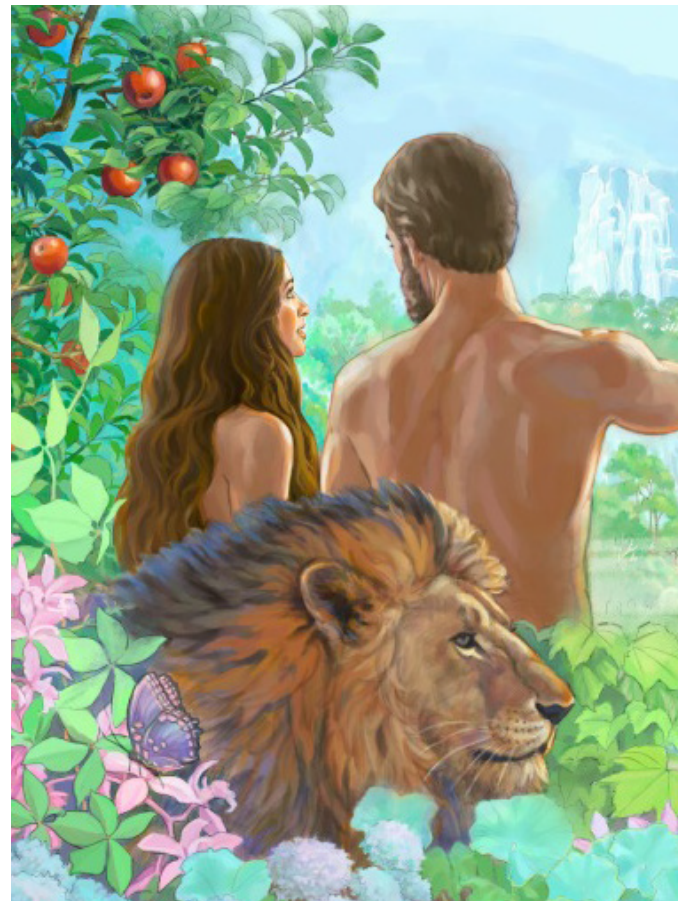
God’s love caused us to hear the gospel message about Jesus and the Kingdom of God, knowing that when we heard it, we would place our trust in Him and call unto Him for salvation.

UNDERSTANDING THE CREATION OF MAN

HOW DID YOU GET HERE, AND WHY ARE WE HERE?

People from past generations have thought about this question in-depth and consequently have offered their explanations for our existence and purpose. Some have even cited science as evidence for their belief. But what should be believed about this most critical question? Thinkers too, from different cultures, have different views about how human beings were created, and what, if any, are their specific responsibilities to a so-called deity or God.

The following biblical verses provide evidence that God created humanity. (Genesis 1:26-28, Psalms 8:3-6, 139:13-14; Job 10:8-10, Isaiah 42:5, Jeremiah 27:5; Malachi 2:10; Acts 17:26).



We will examine two prominent concepts existing within the religious realm from the vast array of world views that currently exist.

1ST Let us begin by examining the theory of **dualism** proposed by French philosopher **Rene Descartes**, and the biblical concept of a **three-fold creation** presented by **Moses** and **Paul**. By understanding these views, individuals can begin to examine better the information they have been presented with about the Gospel.

DUALISM:

French society in the 1600s had begun to take a turn from religion to secularity. Its scientists and philosophers argued that faith-based thinking had created unenlightened minds, and thus needed to be reintroduced with significant changes or simply be done away with. It was during this climate that thinkers began rethinking man's creation. Dualism was the idea of creation they came up with. Dualism, like other secular thoughts about man's creation, is primarily a western school of thought.

Descartes (1641) helped to shape the underlying thought process of this doctrine. In a nutshell, dualism's most fundamental teaching is that man possesses only body and mind, thus eliminating the spirit or (the God side) of the human being from the equation. For Descartes, the mind is a non-physical substance—consciousness—which provides the body's actions.



A THREE-FOLD CREATION:

Eastern thinkers, dating back as far as the times of Genesis, have understood man as the result of a three-fold creation, namely spirit, soul, and body. New Testament philosophers, too, like Paul, hold this view of a tri-creation.

1 THESSALONIANS 5:23

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ”

To illustrate the completeness of man's creation, Paul identifies that man's construction consists of three unique parts.

- 1 The **Spirit** refers to life (God-breathed).
- 2 The **Soul** speaks of our psychological (not tangible) processes.
- 3 The **Body** identifies us physiologically.

This view best describes the revelation of man's creation as explained by Moses in:

GENESIS 2:6-7

“But a mist went up from the earth and watered the whole face of the ground. **7** And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.”

SEVERAL ESSENTIAL TRUTHS SHOULD BE NOTED IN GENESIS 2:6-7

A mist from the earth gave moisture to the dust so that it could become pliable for molding. The moist dirt was skillfully used to design the body that would eventually house **(the inner)** man. This is described in the following passage:

JOB 33:4

“The Spirit of God has made me, And the breath of the Almighty gives me life.”

Once that outer layer was **“formed”**, the inner man **(the soul)** was supernaturally breathed into, thus allowing the whole man's activation. Therefore, a correct way of visualizing man's creation would be to understand man as a soul **(spirit being)** that wears a mortal body that is kept mobile by the breath of life—the Spirit.

THINK ABOUT IT IN THIS WAY...

“Formed man from the dust of the ground” refers to man's body; *“breath into his nostrils the breath of life”* refers to man's spirit as it came from God; and *“man became a living soul”* refers to man's soul when the body was made alive by the Spirit and became a self-consciousness-man.

