

Introduction

This series of lessons provide a basic study of topics relating to God and the Bible. They are entitled **Body Builders** as they are intended to strengthen you in your understanding of the basic truths of the Christian Faith.

According to the Bible, a Christian will be a disciple of Jesus Christ. A disciple is a follower of Christ and a learner from that which Christ taught. As you learn of Him, you will grow in the faith and in your influence upon others for Christ's sake. God intends for every Christian to grow and it is that progressive sanctification that will bring glory to God.

- ◆ **II Peter 3:18 a** – *“but grow in the grace and knowledge of our Lord and Savior Jesus Christ...”*
- ◆ **Colossians 1:28** – *“We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.”* Sources used:

1. The McArthur Bible Handbook, Thomas Nelson, c2002.
2. Discipleship Lessons, Faith Baptist Church, Lafayette, IN.
3. Fundamentals of the Faith, by the Elders of Grace Community Church, Sun Valley, CA.

(All Scripture quotations, except those noted otherwise, are from the New American Standard Bible).

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