

LUKE 10 TRANSFORMATION
FOR YOUTHFUL
FOLLOWERS OF JESUS

TRAINING MANUAL

FOREWORD TO THE L-10-T TRAINING MANUAL

Welcome to L-10-T an exciting and lifestyle changing training course!

L-10-T challenges you to a radical new lifestyle! L-10-T guides you to a lifestyle where you will follow Jesus Christ daily wherever you go and imitate him in a way that is possible to **all of you** in your interaction with friends and even strangers. L-10-T will allow the Holy Spirit to work in you and through you in ways you **never before** thought possible. L-10-T will allow your faith in Christ to **get shoes** and to move out of your home or congregation to the places where you work, get your education or hang out.

I pray that YOU will take up the challenge to L-10-T from Monday to Saturday wherever you go, yes, that you may even be willing to lay down your reputation by bending your knees publicly to the One who lost His life deliberately so that YOU may live forever!

There is no more time to loose, LET'S GO!

Willem Joubert

L-10-T

Luke 10 Transformation

Introduction

L-10-T is an exciting and radical new way for the youth to follow Jesus (introduced by THE MAN Himself nearly 2 000 years ago!).

With L-10-T you and the Holy Spirit can preach the Good News everywhere you go - at school, at university or college, on the sports field, at the cinema, club or wherever you hang out with your friends -

And only if necessary use words!

Everybody can L-10-T!

Requirements?

You must have committed your life to follow Jesus with everything in you.

Have you committed to a no reputation lifestyle?

LET'S GO!

Checkpoint:

My Commitment to the Jesus Christ

LORD Jesus, I now pray to you and give you my word that:

- I love you and would like to follow you.
- I know I am always doing things wrong and I am sorry for being so sinful.
- Please forgive the sin I have done and which I know I might still do.
- I want to be Your follower and live Your lifestyle.
- Please accept me as Your disciple and teach me as I follow You, talk with you and study your written commandments.



Name _____

Signature _____ Date _____

Lesson 1

Why L-10-T?

Jesus was a thirty-year-old radical in the society in which he lived. He was not someone's old man or a minister of a church - He was one of us! But He was GOD! He had a perfect relationship with Father GOD. He lived a lifestyle of no reputation for His Father. He took all our sins upon Himself and died for us. His only requirement was that we copy His lifestyle!



How are you currently following Jesus in your

lifestyle?



He trained twelve disciples - ordinary people like you and me. He chose them to take His message to the ends of the earth. He also sent seventy (or seventy two NIV, Good News Bible etc.) others, to take the message ahead of Him. They are the examples that we follow in L-10-T for modern life!



Read Luke 10: 1-9

1 After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. 2 He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. 3 Go! I am sending you out like lambs among wolves. 4 Do not take a purse or bag or

sandals; and do not greet anyone on the road. 5 "When you enter a house, first say, 'Peace to this house.' 6 If a man of peace is there, your peace will rest on him; if not, it will return to you. 7 Stay in that house, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house. 8 "When you enter a town and are welcomed, eat what is set before you. 9 Heal the sick who are there and tell them, 'The kingdom of God is near you.'

What strikes you the most about this passage?

Before Jesus went to heaven to be with the Father He gave a very important instruction called the Great Commission:

19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. (Mat 28:19-20a)



How well are you doing the Great Commission?

Jesus also gave us two Great Commandments.



Read Mat 22:37-40.

37 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." 38 This is the first and great commandment. 39 And the second is like unto it: "Love your neighbor as

yourself.' 40 All the Law and the Prophets hang on these two commandments."

The Great Commandments regulate our relationship with _____ and with _____.

In Mat 25:31-46 we get a clear picture of what will happen on Judgement Day, so that there will be no misunderstanding of what Jesus meant about our love and service to those less fortunate than us:

31 "When the Son of Man comes in his glory, and all the angels with him, he will sit on his throne in heavenly glory. 32 All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. 33 He will put the sheep on his right and the goats on his left. 34 "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. 35 For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' 37 "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? 38 When did we see you a stranger and invite you in, or needing clothes and clothe you? 39 When did we see you sick or in prison and go to visit you?' 40 "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.' 41 "Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. 42 For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, 43 I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.' 44 "They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' 45 "He will reply, 'I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.' 46 "Then they will go away to eternal punishment, but the righteous to eternal life."

Which "less fortunate" ones did Jesus care about?



In verses 41-46 Jesus makes it clear that where such people are despised - the despisers despise _____ himself.



Let's read Mat 7:21 -23

21 "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. 22 Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?' 23 Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'"

GOD doesn't care about the great deeds we do in His name

but His concern is in the fact that He may _____

us.

One of the easiest ways to know the LORD is through

regular _____ with Him through

_____.



Read John 15:9-15

9 "As the Father has loved me, so have I loved you. Now remain in my love. 10 If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete. 12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this, that he lay down his life for his friends. 14 You are my friends if you do what I command. 15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

Jesus puts the second of the Great Commandments on an even higher level by saying we must love one another as _____ loved _____.



What should you do to be called His "friend"?

You might want to do the "GOD, Thanks" prayer once a day, as you start your activities - at school, varsity or work.

How do I L-10-T?
The Next 4 Steps
Will Show you!

STEP 1: BLESS

What is the meaning of praying for the LORD's blessing or peace on a person or place?

The LORD's blessing or peace brings:



The first step is to ask the blessing of the LORD on every place to which you go. Ask the LORD for His blessing and peace to rest on the place, its management, employees, and participants, family and whoever else is there.

This prayer will usually be quiet, many times with eyes wide open. If you are alone or with a friend you may pray out loud or even 30KD. The "GOD, Touch them!" prayer can help you with this step.

What is the blessing that GOD is promising us?



Read Deut 28:1-13

1 If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. 2 All these blessings will come upon you and accompany you if you

obey the Lord your God: 3 You will be blessed in the city and blessed in the country. 4 The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks. 5 Your basket and your kneading trough will be blessed. 6 You will be blessed when you come in and blessed when you go out. 7 The Lord will grant that the enemies who rise up against you will be defeated before you. They will come at you from one direction but flee from you in seven. 8 The Lord will send a blessing on your barns and on everything you put your hand to. The Lord your God will bless you in the land he is giving you. 9 The Lord will establish you as his holy people, as he promised you on oath, if you keep the commands of the Lord your God and walk in his ways. 10 Then all the peoples on earth will see that you are called by the name of the Lord, and they will fear you. 11 The Lord will grant you abundant prosperity—in the fruit of your womb, the young of your livestock and the crops of your ground—in the land he swore to your forefathers to give you. 12 The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none. 13 The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom.

What strikes you the most about this passage?

There is nothing more wonderful that can happen to a person, organisation, city or country than the LORD's



Read 1 Tim 2:1-3

1 I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone— 2 for kings and all those in authority,

that we may live peaceful and quiet lives in all godliness and holiness. 3 This is good, and pleases God our Savior,

What strikes you the most about this passage?

The LORD is serious that in the _____ place we should offer different _____ for all people

and especially those in positions of

_____.



Read Jer 29:7

7 Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper."

What strikes you the most about this passage?

The LORD is serious about seeking the peace of any _____ to which we go, even if we do not want to be there, and commands us to pray for it,



because in its _____ we will find our

_____.



Read Mat 5:43-48

43 "You have heard that it was said, 'Love your neighbor and hate your enemy.' 44 But I tell you: Love your enemies and pray for those who persecute you, 45 that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. 46 If you love those who love you, what reward will you get? Are not even the tax collectors doing that? 47 And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? 48 Be perfect, therefore, as your heavenly Father is perfect.

What strikes you the most about this passage - especially vs 44?

Again Jesus raises the crossbar in the high jump of love to a way-out height! Through this we come to understand His heart.

He aims at nothing less than perfection with the _____ as our ideal. Let's follow Him!

There is something else that can stand in our way:



Read Mat 6:12, 14-15

12 Forgive us our debts, as we also have forgiven our debtors...14 For if you forgive men when they sin against you, your heavenly Father will also forgive

you. 15 But if you do not forgive men their sins, your Father will not forgive your sins.

What strikes you the most about this passage?

If we are praying for the LORD's blessing it is important to _____ everybody for which we bear a grudge.

Be free!

Let go of grudges against people - they are like bondages!
Give them to the LORD and you will be set free!



**Do you have anything against a person whom you have not yet forgiven?
Ask the LORD to help you to forgive that person, now.**

You May Now Start Doing
L-10-T Step 1.

You May Find That You Use
Step 1 More Than The
Others

STEP 2: FELLOWSHIP

Step 2 is a treat. Jesus requires



us to be real **COOL!**

To fellowship with the people wherever you go, whether it

is school, varsity, work or just where you hang out.

Be friendly and normal and use the normal lingo.

NO Christianese!

For the poor disciples in Jesus' time this step was really difficult, because they had a lot of religious stuff to consider, such as what kind of food they were allowed to eat and how to prepare it. We do not have that concern!



When hanging out with friends, it is important not to compromise, like swearing, getting drunk, getting high, having sex before you are married or to do anything against your moral values. What can you think of that we should do while hanging out with friends?

Think of some of the words or phrases which you use when you are around people. Do these words put some people off Jesus because you are using them? Can you use those phrases

in front of Jesus? Because, by the way, He is there, you just aren't looking out for Him.

You are now ready
to implement
step 2

STEP 3: MEETIng NEEDS

What do you understand about meeting people's needs?



In step 3 you respond to the immediate needs of the people you meet wherever you go. One of your friends might express a need such as, a parent who has become ill, the need for money to catch a bus/taxi, the loss of a job, family member or pet, the need of finances for further studies of many others. If you hear about such a need, you might, at an appropriate time, assist by giving some money (only if you can) or give a helping hand and/or by praying about the need - bringing His **BIG HAND** in to assist!

There are **three levels** of prayer in Step 3:

- ① You might pray softly or with a friend (everyone can do this!)
- ② Ask the person if you might pray for the need with him/her. This should be a simple prayer with the person involved, usually away from the group.
- ③ You may ask a person if they have a need that you can pray for (everyone is walking around with some or other need or desire).

The wonderful thing about praying for a need is that if you ask a person if it is okay to pray for the need, most people - Christian, Muslim, Hindu, New Age or atheist - will say yes.

IF they say No - then you simply turn away and pray for them anyway.

Which one of the three levels would you feel comfortable with at this stage?
Why?



DO ROLE PLAY TO PRACTICE DIFFERENT LEVELS

You are now ready to go and care for those around you in a new way at a level that you never thought possible before! Watch for the prompting of the Holy Spirit to approach someone or if you come across a type of need or caring which He might want you to specialise in.

STEP 4: TELL ABOUT JESUS



The fourth step is to answer questions that anyone may ask you about your faith, why you care or pray for people why you kneel (30KD) when you pray.

Answer only the question and no more! Many people are moved (by the Holy Spirit) to a decision for Jesus in their lives. They watch people like you, who they know are Christians. They only need the information for which they ask. The next question may come in a few weeks' time.



Read 1 Cor 3:5-7:

5 What, after all, is Apollos? And what is Paul? Only servants, through whom you came to believe—as the Lord has assigned to each his task. 6 I planted the seed, Apollos watered it, but God made it grow. 7 So neither he who plants nor he who waters is anything, but only God, who makes things grow.

What strikes you the most about this passage?

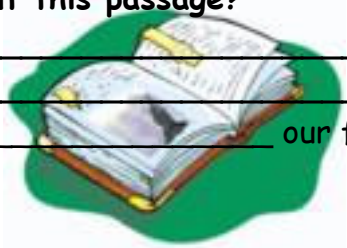


Read Luke 9:26

26 If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his glory and in the glory of the Father and of the holy angels.

What strikes you the most about this passage?

We should always be ready to _____ our faith in Jesus.



To ensure that you are prepared to share your testimony or your reason for your faith, jot down some notes regarding this:

My testimony in a 3-minute story (No Christianese!)

Now share your testimony with someone!

You are now ready to
Implement the Four
Steps of
L-10-T

THE RETURN - THE L-10-T EFFECT!



L-10-T changes lives - firstly yours and then those with whom you L-10-T.

Let us read what happened to the Luke 10 disciples as they returned:

*17 The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."
18 He replied, "I saw Satan fall like lightning from heaven. 19 I have given you authority to trample on snakes and scorpions and to overcome all the power*

of the enemy; nothing will harm you. (Luke 10:17-19)

Likewise ordinary people like you and me will return from wherever we have been during the week with glowing faces and reports of the wonders that GOD has done in the lives of the people touched by Him.

Example

We also learn that we do not have to _____.

When you start with L-10-T it is good to do it with a friend (Remember that Jesus sent the disciples out two-two.) But if you do not have someone with you, you do not have to delay your L-10-T-ing.

ALWAYS find a place where you can report back as the disciples did when they returned. A once a week report back

or debriefing. Which can happen at school with a friend or teacher or in a group setting. You may also report back in your cell group, congregation (on Sundays) or Sunday school.



Read Luke 10:20-24

20 However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven." 21 At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure. 22 "All things have been committed to me by my Father. No one knows who the Son is except the Father, and no one knows who the Father is except the Son and those to whom the Son chooses to reveal him." 23 Then he turned to his disciples and said privately, "Blessed are the eyes that see what you see. 24 For I tell you that many prophets and kings wanted to see what you see but did not see it, and to hear what you hear but did not hear it."

What strikes you the most about this passage?

Jesus warns us not to think too _____ of ourselves if wonderful things happen when we L-10-T. If anything happens it is the work of the _____.

Jesus rejoiced when He saw what the impact was when the disciples came back after L-10-Ting!

**THAT IS HOW JESUS WILL REJOICE TODAY IF YOU
START TO L-10-T!**

**L-10-T creates a spiritual battle of note in the
heavenlies!**

TOWARDS 30KD

As you progress with your L-10-T-ing, you might feel the prompting of your friends or the Holy Spirit that you are now ready to put your entire reputation on line by praying while kneeling down for 30 seconds.

This might be done as you enter the school grounds, on the sports field, at your classroom door or at your desk.

Before doing 30KD at school, please ensure that you have some friends and a teacher supporting your action.

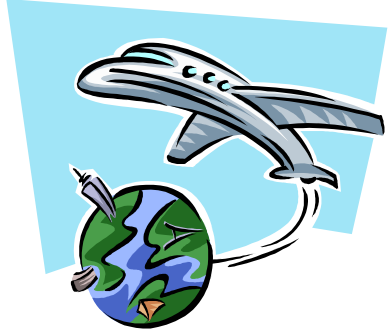
Remember! Even if you never get to 30KD and just L-10-T (even by praying quietly) - you are following Jesus' commandments and should not feel any condemnation.

thirtysecondkneeldown



LET'S GO!

You have to start - within a maximum of four days of this training!



Read James 2:14-17

14 What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? 15 Suppose a brother or sister is without clothes and daily food. 16 If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead.

What strikes you the most about this passage?

Use the accompanying table to monitor your first 21 days (the period it takes to establish a habit) of L-10-T-ing - you will do what as you measure!

L-10-T

Summary

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

You are now
ready to start
L-10-T!

DAY NO/ DATE	WHAT DID YOU DO?	WHAT HAPPENED?
Example	I asked in class for the LORD to bless my school.	Everybody looked calm and happy to me.
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		


11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		

21 days to form a habit; 21 months to change a lifestyle (30KD)


1. God
2. other people
3. thirsty
4. hungry
5. foreigners
6. naked
7. ill
8. prisoners
9. Jesus
10. know
11. communication
12. prayer
13. He
14. us
15. we should do what He commanded us
16. to ask His wonderful goodness, mercy and grace in a person's life
17. blessing
18. first
19. prayer
20. authority
21. place
22. peace
23. peace
24. Father in heaven
25. forgive
26. helping someone where an if you can
27. share
28. fear
29. much
30. Holy Spirit



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