



# THE DISCIPLE'S ANCHOR

**GOD'S FOUNDATION STONE  
FOR MANKIND**

Rev. Dr. James Paul Humphries  
Rev. Dr. Lahtaw, Zau Sam

**"And that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. All scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work." II Timothy 3:15-17**

# The Disciple's Anchor

---

**TITLE: The Disciple's Anchor**

ISBN: 978-1-927468-24-1

COPYRIGHT © 2013 Dr. James Paul Humphries

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Project L.A.M.B.S. Publications.

Author: Dr. James Paul Humphries

Editor: Sue Nichols

Copy-editor: Hkaw Win Humphries

Cover Design / Layout: Van Pelt's Design Plus

Printed in Canada by:

Project L.A.M.B.S. International Inc.  
Box 20569 Steinbach, MB Canada R5G 1R9  
E-mail: [projectlambs@gmail.com](mailto:projectlambs@gmail.com)  
Website: [www.projectlambs.com](http://www.projectlambs.com)

Unless otherwise indicated, Scripture quotations are from:

**New American Standard Bible**, © The Lockman Foundation 1960, 1962, 1963, 1968, 1971, 1973, 1975, 1977, 1995.

or

**New King James Bible** © Thomas Nelson, Inc. 1982

First Edition: Dec.15, 2006

Second Edition: Nov.1, 2013

Third Edition: Mar.1, 2017

Ezra Project

**Level One • Book 4**

# **The Disciple's Anchor**

---

## **Contents**

<b>Preface</b>	<b>3</b>
<b>Introduction</b>	<b>5</b>
<b>1. The Word as Inspiration</b>	<b>10</b>
<b>2. The Word as Foundation</b>	<b>14</b>
<b>3. The Word as Light</b>	<b>17</b>
<b>4. The Word as Nourishment</b>	<b>20</b>
<b>5. The Word as Wisdom</b>	<b>23</b>
<b>6. The Word as Truth and Freedom</b>	<b>27</b>
<b>7. The Word as Discipline</b>	<b>31</b>
<b>8. The Word as Sword</b>	<b>35</b>
<b>9. The Word as Hope</b>	<b>38</b>
<b>10. The Word as Treasure</b>	<b>41</b>
<b>Conclusion</b>	<b>44</b>
<b>Application</b>	<b>44</b>
<b>Meditation</b>	<b>44</b>
<b>Memorization</b>	<b>45</b>
<b>Communication</b>	<b>45</b>
<b>Appendix A: Passages for Devotional Study</b>	<b>46</b>
<b>Appendix B: You and Your Bible</b>	<b>47</b>
<b>Discipleship / Ezra Project</b>	<b>54</b>
<b>Project L.A.M.B.S. International</b>	<b>55</b>
<b>Discipleship / Leadership Booklets</b>	<b>58</b>

# **The Disciple's Anchor**

---

## **Preface**

Making disciples is the call and mandate of our Lord Jesus Christ. Jesus urges the disciples to follow Him. He has laid down the teaching and the walk before us that we need to follow in His steps as our supreme example.

It is key for every believer and the church to know that disciples are not born but they are made. For the church to be strong in the last days, we must be about the business of equipping the saints (disciples) for the work of service.

It is our belief here at Project L.A.M.B.S. that it is important and key for the disciples to know and understand clearly what and who they are in Christ before they will be able to pass it on to someone else. Our hope is that you will want to commit yourselves and take seriously this pilgrimage journey that you are about to take.

It will not be easy and for many it will be like looking in a mirror and seeing things you really do not want to know or see. But before something can become mature it has to start as a seed then be nurtured by its environment before it can become mature enough to produce more fruit. This takes time, dedication and training in the disciplines of Christ.

James 4:10 tells us that this discipleship journey starts by “humbling thyself in the sight of the Lord and He will lift you up.”

Secondly, we learn through Paul and James that it is important to draw closer to Christ, to who He is, so that we could begin to make the next step of making a lifelong commitment to Him as a disciple.

James 4:8a points out that as you draw closer to Christ; He will draw closer to you. This training is to help the disciple to understand who they are, so that they can give it away to someone else and to keep spreading the good news to as many as would receive it.

# **The Disciple's Anchor**

---

This booklet is for you to learn from so that you could take two or three other people and teach and equip them in their faith so that they could in turn teach, equip and train also two or three more people (multiplication factor).

This is a pilgrimage that I believe that Jesus is taking us on so that we will be able to fulfill the great commission of making disciples so that they could become laborers who will bring in the last day harvest that is ready (Matthew 9:37-38).

Our call is not to be so much a Nehemiah, who built physical walls, but to be an Ezra, who built a spiritual relationship in people with God. Ezra means “the one who helps.” The role of the teacher is to help guide and equip others in their discipleship walk with Jesus Christ.

# The Disciple's Anchor

---

## Introduction:

At the beginning of each discipleship step you will find a key verse that sets the foundation for the entire book. The booklet is also set up in the “**A. B. C. Method**” of outlining. “**A**” representing the word **approach** (as known as introduction) which helps to introduce the section that will be discussed. “**B**” is the **body** of teaching that helps to better explain the topic and “**C**” represents the **conclusion**. This is where the teaching is summed up, plus it gives to the reader ideas on how to apply this truth to one life.

Each booklet also has as a memory verse, plus a little prayer to help the disciple to focus his prayer life on. Each section point contains one to three questions to help the disciple to think about that point in their own personal lives. There is also study question and extra Scriptures that could be used in a group setting. Example: cell groups, Sunday school etc. Pastors could also use these materials as a foundation for a sermon.

The best way for people to learn, is for the reader to clearly study and understand each step themselves personally and then for them to go out and teach someone else. This will bring greater discipline and understanding into one's own personal lives.

We pray that as you freely receive you will freely give to others around. The Holy Spirit is our great teacher and we need to call upon him as we study these lessons individually or as a group. God wants to use **YOU** as a channel of His love and grace, to be a vessel of faith and hope to people who you will come into contact with each day. I encourage you to “Keep on keeping on for Jesus Christ”.

# The Disciple's Anchor

---

*"And that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. All scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."*

2 Timothy 3:15-17

## APPROACH:

When we study theology of Scripture we see how Scripture is God's Word, the authority that we are to follow and live by, that Scripture is truth, and how God inspired the Word for us as a divine tool for instruction and encouragement. The Old and New Testaments together are a testimony of God walking and working with Mankind. It is a history of His grace, mercy and love for us. It is a redemptive story that gives hope and freedom to mankind. It is the true foundation that we are to build all our lives upon and Scripture provides the road map and instruction manual for everything in life.

It is amazing how what we are anchored to in life comes out in our character, attitude and action. When our lives are held by anchors other than God's Word (such as culture, ideologies, etc.), we become hindered as disciples from following God fully. Therefore, we are going to study the centrality and importance of Scripture to our lives.

## FOCUS AND TARGET FOR TEACHER AND STUDENT

**TEACHER:** Communicates the reasons why Scripture is so central and vital to the Christian's life and walk with God, so that the students learn how to use it as their daily spiritual food and guidance in all areas of life.

**STUDENT:** The student will come to anchor his life in God's Word, as the authoritative basis for every area of experience by beginning a

# The Disciple's Anchor

---

lifelong practice of its study and application to all he does.

## DEFINITION AND SYNONYM

*Understanding the meaning of words is the heart to understanding Scripture. Words are the bridge that can help us to understand more about ourselves and about God and the Bible. Please take time to meditate and reflect on the broad and narrow view of each word as defined, along with its synonyms.*

**Word:** One or more sounds expressing an idea, object, or action; used as a title of Jesus Christ. Synonyms: words are used for conversation, consultation, discussion, talk, declaration, expression, communication, oath, promise, vow.

**Scripture:** Holy Bible, Holy Writ, The Bible, The Book of Books, The Gospels, The Word, The Word of God, sacred writings from God.

## HISTORY AND BACKGROUND

The Bible is made of sixty-six books; thirty-nine are what is known as the Hebrew Scripture or the Old Testament. The New Testament has twenty-seven books written mainly in Greek. These books were written over thousands of years by a number of authors who were moved by the Holy Spirit to record facts and truths so that man could become acquainted and have a personal relationship with God Himself. The Bible as a whole was canonized by the church fathers around 300 AD. Today it is translated into hundreds of languages worldwide.

## SCRIPTURE

Study 2 Timothy 3:15-17, it is the key to a good biblical foundation and it is the next step to helping you as a disciple understand the ministry of the Holy Spirit. Please look up and read it in its entirety. Take into account the author who wrote it, who it was written to and the context in which it relates to the other verses and chapters around it.



# The Disciple's Anchor

---

## STUDY

Scripture is the foundation to life and ministry and Paul wanted Timothy to know that he had a heritage through his grandmother and mother that bore testimony to the importance of Scripture and how it impacts one's daily life. Scripture is inspired by God for a purpose – to help the disciple grow into a place of maturity. God uses Scripture in our lives for teaching, for reproof, for correction, for training in righteousness. Why? So that we may be people of God adequate and equipped for every good work. God's Word is there to help the disciple walk a life of service for Christ Jesus.

## BIBLICAL EXAMPLES

The Bible is full of illustrations showing what God wants us to understand about the importance of Scripture for the disciple. Take time to look up in the Scripture these biographies and reflect on how God called these people to be His vessels for service. Notice how God calls everyday people to Himself and to His Kingdom.

**David:** The Psalms to God express the words of David from his heart in a relationship of worship and dependence.

**Solomon:** Asked God for wisdom and the Lord poured Proverbs into his heart.

**Ezra:** Taught God's word to the people in Jerusalem and a revival broke out.

**Jesus:** Used the Word and was also the Word Himself.

**Peter:** Used God's Word to show how the gospel was for both Jews and Gentiles.

**Paul:** Carried the Good News of Christ's grace to the Gentiles.

# The Disciple's Anchor

---

## KEY OBJECT LESSON

**Roots:** When it comes to a tree we often do not see much of the root system. But we are told that the root system is the same or larger than the tree itself. The roots are what anchor the tree to the ground. Their job is to give stability and food to the rest of the plant. Life first starts in the root system, for without it the tree dies. It also gives firmness and stability during the time of storms. The Word of God is to be the same for the disciples. The Scriptures are to root us and feed us for our everyday pilgrimage.

## Transition

What follows are ten different pictures that are given to us in the Word about the importance of the Scripture in the daily walk of disciples.

## **BODY:**

### **POINT ONE: THE WORD AS INSPIRATION**

**LEAD-IN:** Everything that God has made has come from God speaking it forth. From the first day of creation to the present day, God speaks into the hearts of men and women. His words have inspired countless numbers of people through the ages. The Bible is known as The Word or The Scriptures given to us by God, who moved upon people to write down what He had spoken into their hearts.

#### **DEFINITION AND SYNONYMS**

**Inspired:** God-breathed; prompted by or emanating from a supernatural source. Synonyms: prompted, gave rise to, animated, breathed out, influenced.

#### **KEY SCRIPTURE:**

“All Scripture is **inspired** by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.” **2 Timothy 3:16-17**

#### **CONTEXT: 2 Timothy 3:1-15**

- Paul wanted Timothy to know that they were in the last days and there were some difficult times ahead.
- Paul described what people will be like in the last days, that they will be lovers of themselves.
- Paul warns that people will be promoting their own ways and



# PROJECT L.A.M.B.S. INTERNATIONAL

Project LAMBS Publications:  
Canada / Myanmar / Thailand  
[www.projectlambs.com](http://www.projectlambs.com)



DISCIPLESHIP  
**SCHOOL  
IN A BOX**

**Project Ezra - Level 1  
Book 4**

**English | \$4.95 CDN**

ISBN 978-1-927468-24-1



9 781927 146824 1

