

**2007 Shepherding Training
for
The Churches in Northern California**

General Subject:
The Organic Practice
of
Shepherding According to God

II

Church: _____

Veg. No.: _____

Name: _____

The Goals of This Training:

- I. To build up a vital living.
- II. To produce vital companions.
- III. To strengthen the practice of shepherding.
- IV. To build up a habit of pursuing the truth.
- V. To bear one remaining fruit.
- VI. To build up the Body of Christ.

Weekly Exercises

- I. A few items of exercise for a vital living:
 - A. Having Morning Revival
 - B. Reading the Word
 - C. Pursuing Ministry Books
 - D. Attending Church Meetings
 - E. Intercessory Prayer
- II. Praying for the new ones with vital companion three times a week, fifteen minutes each time.
- III. Setting aside scheduled time for reading ministry materials.
- IV. Pursuing the truth with a vital companion(s) weekly and gather once a week to present to one another.
- V. Setting aside an hour each week for contacting new ones.
- VI. Filling out the checklist for vital living and shepherding every week and turning it in to the leading brothers in your locality the following Lord's Day.
- VII. Attending the Shepherding Training.

Vital Exercise Checklist

Week _____ Name _____ Church _____ Veg. No. _____

Date	A Scheduled Living	Morning Revival	Pursuing the Truth	Praying at Fixed Time	Meeting Regularly	Contacting New Ones	Handling Finance in a Sanctified Way
/ (L.D.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
/ (Mon)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
/ (Tue)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
/ (Wed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
/ (Thu)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
/ (Fri)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
/ (Sat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Vital Companions							
	Shepherded Ones	Intercession	Contacting	Shepherding	Meeting	Notes	
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

A Word of Explanation on the Vital Exercise

Being revived every morning, and living an overcoming life every day. In this way, not only can we ourselves be preserved, but also it will be beneficial to others. We ourselves can have such an enjoyable church life, our Lord will get the glory, and everyone can be blessed (*Messages given to the Working Saints msg 4*)

A. A Scheduled Living

In addition, all of us, whether young or old, must all make a schedule, according to our environment, family, jobs, and other factors in our lives. The schedule should include when to go to bed and when wake up. This will give us a regulated living. If a lover of the Lord is not regulated in his daily living, he will surely fail. We should exercise self-control and be restricted in all things. It is not appropriate to conduct ourselves according to impulse. We must rise up in the morning at regular time to enjoy the Lord and go to bed at regular time. Then we can rise up early the next day. (*Three Crucial Matters for the Increase and Building of the Church—Begetting, Nourishing, and Teaching. Chapter 16, p. 232 in Chinese.*)

B. Morning Revival

The Bible reveals that a proper Christian should love the Lord, take Him as the center, and give Him the preeminence, offering Him the first place. Such a person should have a proper condition in his daily life. His schedule should have a proper time to rise and go to bed. He should do everything in a regulated way. We must be such people, living a normal life; everything we do should be through consideration, prayer, and advance calculation, whether it is going to bed, rising in the morning, eating our meals, or taking care of our business. If, according to our situation, it is right for us to rise at 6:30 in the morning, we should practice this daily. The first thing we should do after waking up is to draw near to the Lord. Before getting out of bed, we should call on the Lord, being careful not to disturb others. Following this, we should read a short portion of the Lord's Word. We should read at least two verses from the Bible, pray-reading the verses, reading by praying. Then while we are preparing for the day, we should muse over these verses. This is the proper condition of those who love the Lord as normal Christians. (*Three Crucial Matters for the Increase and Building of the Church—Begetting, Nourishing, and Teaching. Chapter 14, pp. 215-216 in Chinese.*)

C. Pursuing the Truth

From today forward, we should endeavor to learn the truth, and we should exercise to have a schedule. We should never feel that this is difficult. We are absolutely sure that as long as we practice step by step according to our schedule, we will walk in peace. If we practice these matters with persistence, considering them as part of our daily life, we will see the Lord's work. (*Three Crucial Matters for the Increase and Building of the Church—Begetting, Nourishing, and Teaching. Chapter 14, p. 207 in Chinese.*)

Every Christian should have a definite plan of studying the Bible. If you can set aside half an hour a day, develop a plan to study the Bible for half an hour a day. If you can afford an hour each day, develop a plan that includes an hour of study. (*Collected Writings of Watchman Nee, vol 48, ch. 9*)

D. Praying at Fixed Time

If we do not watch unto our prayer life, we shall lose time. Here and there throughout the day, our time will be wasted. We may lose time because our time is neither scheduled nor controlled. When we are at work, our time may be closely regulated. But when it comes to prayer, many do not schedule their time. As a result, much time which could be devoted to prayer is lost. ... According to the examples in the Bible, it is better to have more than one time set aside for prayer daily. For example, Daniel prayed three times a day (Dan. 6:10). Also the psalmist spoke of praying in the morning, at noon, and in the evening (Psa. 55:17). If we build up the habit of praying at regular times every day, great blessing will be brought in. This blessing will affect not only our personal lives, but also the church, our neighborhood, and even our nation. (*Life-Study of Ephesians, Msg. 66*)

[Matt. 18]verse 18 says that we should touch heaven by our binding and releasing prayer. This is the prayer of the vital group. Verse 19 says, "Again, truly I say to you that if two of you are in harmony on earth concerning any matter for which they ask, it will be done for them from My Father who is in the heavens." This is the practice of a vital group of two or three in harmony touching the very God in heaven.

Verse 20 says, "For where there are two or three gathered into My name, there am I in their midst." This is the reality of the vital groups. These two or three are gathered into the Lord's name for His purpose. ...take Christ as the heavenly ladder in verse 18 to climb up to the heavens with prayer that binds Satan and looses the sinning brother. (*The Vital Groups, Msg. 1*)

E. Meeting Regularly

"And [1] day by day, [2] continuing steadfastly [3] with one accord [4] in the temple and breaking bread [5] from house to house" (Acts 2:46).

This verse reveals to us that we should, first, meet daily; second, meet steadfastly and continually; third, meet with one accord; fourth, meet in a large place (such as the temple); and fifth, meet from house to house, that is, meet in every home. (*Life Lessons, Vol. 2, Ch. 15*)

F. Contacting New Ones

We should have a budget for our time, our energy, and our finances. When people talk about budgeting, most of them consider only finances. But according to my experience, even our energy has to be budgeted. I know how much strength I have. Every day I can use only a certain amount of strength. ...Timewise, every week and every day, we should set aside some time for the Lord. If you really love the Lord, at least you have to sanctify the Lord's Day for Him. The Lord's Day is the Lord's. In addition, you should devote at least one evening out of a week for helping others for the Lord's sake. Either you should go to preach the gospel to gain people, or you should go to others' homes to have home meetings or small group meetings with them.

Hence, the new way requires that everyone mean business the whole day long. In the morning we have to contact the Lord and read His Word. During the day we have to walk according to the Spirit. Every Lord's Day has to be sanctified, and every week we devote one evening for helping others. If we practice this now, when the Lord comes back we will then be able to give an account. (*Messages given to the Working Saints msg 8*)

We Christians should also be growing vitally. To be vital means to be healthy. We need to be healthy and normal. We should not expect to get many persons saved. We should always be prepared to bear one remaining fruit a year. We should pray, “Lord, give me one fruit per year, remaining fruit, healthy fruit, fruit that is healthy just as I am.” (*The Training and the Practice of the Vital Groups*, pp. 166-167)

G. Handling Finance in a Sanctified Way

In budgeting your finances, you should offer up what you have in excess according to the prosperity that the Lord has provided you (Acts 11:29; 1 Cor. 16:2). ... The money that you earn should firstly be used to honor the Lord. You should say to the Lord, “Lord, You have given me this. I am offering a tenth of this to you.” As long as you have the heart, surely you can save one-tenth. You should save this money first, either for the preaching of the gospel, or to give to the poor. ... Hence, the way of the Lord is a way of blessing. It is a blessing to you, to those that come into contact with you, and to society. If we want to follow the Lord, our financial planning for the Lord should be adjusted upward yearly. (*Messages given to the Working Saints msg 8*)

“We believers at least should give one-tenth of our income to the Lord in the principle of the Old Testament. Five percent of our income should be given to support full-time workers” (*The Way to Practice the Lord’s Present Move*, p. 75)

We should make a schedule Because every person has his own circumstances we should make our own schedule. This schedule will naturally reflect the specifics of our circumstances. If we love the Lord and pursue the Lord, we should make a schedule and practice according to our schedule. Otherwise, we will not succeed. (*Three Crucial Matters for the Increase and Building of the Church—Begetting, Nourishing, and Teaching. Chapter 14, p. 206 in Chinese.*)

A Word of Explanation on the Practice of Shepherding

- I. Find your vital companions, list their names, and pray together at set times:

“First, you have to fellowship with your companion through desperate prayers for the Lord’s blessing. We have shared previously that we need to look to the Lord for some companions. If you do not have a companion, pray desperately from tomorrow to get one. Without a companion, there is no way for you to start the vital group. Then you need to fellowship with your companion through desperate prayers. You should not just talk to one another. Talk means nothing. It is vanity. When you come together, it is better to turn your talk into prayer. If you talk, talk to the Lord.” (*The Training and Practice of the Vital Groups*, p. 44)

- II. Make a list of those whom you are taking care of:

“We also need to review all of our acquaintances and make a list of them. Our acquaintances include our relatives, neighbors, friends, schoolmates, and colleagues. (*The Training and Practice of the Vital Groups*, p. 46)

- III. The number of times and the segment of time you pray for the new ones each week:

“Then you need to pray over the name list and seek the Lord’s leading concerning who should be the first for you to take care of. If you would pray in this way, the Lord will lead you and you will have the burden to contact specific people. You need to take every step of the God-ordained way by prayer. You should not do anything without adequate prayer. (*The Training and Practice of the Vital Groups*, p. 46)

- IV. Time of contacting people per week: _____ minutes, and the way of contact: face-to-face, phone calls, emails, or letters.
- V. Time of shepherding per week: _____ minutes, and the way of shepherding: face-to-face, phone calls, emails, or letters.
- VI. Check \surd if the new one has attended the group meeting.
- VII. Check \surd if the new one has attended the Lord’s Day meeting.
- VIII. Check \surd if the new one has served in the church.

Chapters of the Books of the Bible and Numbers of Life Study Messages for Each Book

The Old Testament

Book \ Item	Chapters	Life-Study Messages
Genesis	50	120
Exodus	40	185
Leviticus	27	64
Numbers	36	53
Deuteronomy	34	30
Joshua	24	15
Judges	21	10
Ruth	4	8
1 Samuel	31	38
2 Samuel	24	
1 Kings	22	23
2 Kings	25	
1 Chronicles	29	13
2 Chronicles	36	
Ezra	10	5
Nehemiah	13	5
Esther	10	3
Job	42	38
Psalms	150	45
Proverbs	31	8

Book \ Item	Chapters	Life-Study Messages
Ecclesiastes	12	2
Song of Songs	8	10
Isaiah	66	54
Jeremiah	52	40
Lamentations	5	4
Ezekiel	48	27
Daniel	12	17
Hosea	14	9
Joel	3	7
Amos	9	3
Obadiah	1	1
Jonah	4	1
Micah	7	4
Nahum	3	1
Habakkuk	3	3
Zephaniah	3	1
Haggai	2	1
Zechariah	14	15
Malachi	4	4
Total	929	867

Chapters of the Books of the Bible and Numbers of Life Study Messages for Each Book

The New Testament

Item Books	Chapters	Life-Study Messages
Matthew	28	72
Mark	16	70
Luke	24	79
John	21	51
The Acts	28	72
Romans	16	69
1 Corinthians	16	69
2 Corinthians	13	59
Galatians	6	46
Ephesians	6	97
Philippians	4	62
Colossians	4	65
1 Thessalonians	5	24
2 Thessalonians	3	7

Item Books	Chapters	Life-Study Messages
1 Timothy	6	12
2 Timothy	4	8
Titus	3	6
Philemon	1	2
Hebrews	13	69
James	5	14
1 Peter	5	34
2 Peter	3	13
1 John	5	40
2 John	1	2
3 John	1	2
Jude	1	5
Revelation	22	68
Total	260	1117

Training Outline