

# BETTERMAN EXPLORE

Spiritual Truths Every  
Man Needs to Know

B

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WKS

BETTER**MAN**

**EXPLORE**

Spiritual Truths Every  
Man Needs to Know



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# SESSION 1



## THE BIBLE'S GRAND CLAIM





# THE BIBLE'S GRAND CLAIM

## 01

### QUESTIONS THAT SHADOW EVERY MAN

- Is there a \_\_\_\_\_ out there?
  - If there is a God, what does He \_\_\_\_\_ of me?
  - What is the meaning of \_\_\_\_\_ or, is there any meaning?
  - Can I \_\_\_\_\_ God?
  - Is there life after \_\_\_\_\_?
  - What will happen to me when I \_\_\_\_\_?
- 

## 02

### OUR PROBLEM WITH “TRANSCENDENT QUESTIONS”

**A.** We're stuck!

**Proverbs 30:4:**

Who has gone up to heaven and come down?

**B.** The futility of “I think ...”

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## 03

### THE ONLY SOLUTION: SPECIAL REVELATION

A. Revelation is defined as “a divine or supernatural \_\_\_\_\_ regarding things otherwise impossible to know.”

B. In other words, God must \_\_\_\_\_ to answer our “unanswerable questions” about life. If not, we are left to ourselves.

C. The Bible says God has done this!

**Deuteronomy 29:29:**

“The secret things belong to the Lord our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law.”

---

## 04

### THE SUPERNATURAL CLAIMS OF THE BIBLE

A. The Bible claims that God has revealed Himself throughout history in a variety of ways. For instance:

- **Numbers 12:6-8:** He said,  
“Hear now My words:  
If there is a prophet among you,  
I, the LORD, shall make Myself known to him in a vision.  
I shall speak with him in a dream.



Not so, with My servant Moses,  
He is faithful in all My household;  
With him I speak mouth to mouth ...”

- **Deuteronomy 18:18:**

“I will raise up a prophet from among their countrymen like you, and I will put My words in his mouth, and he shall speak to them all that I command him.”

- **Ezekiel 1:1:**

Now it came about in the thirtieth year, on the fifth day of the fourth month, while I was by the river Chebar among the exiles, the heavens were opened and I saw visions of God.

- **Luke 2:25-26:**

And there was a man in Jerusalem whose name was Simeon; and this man was righteous and devout, looking for the consolation of Israel; and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ.





- **Revelation 1:1:**

The Revelation of Jesus Christ, which God gave Him to show to His bond-servants, the things which must soon take place; and He sent and communicated it by His angel to His bond-servant John ...

- **Hebrews 1:1-2:**

God, after He spoke long ago to the fathers in the prophets in many portions and in many ways, in these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world.

**B.** The Bible's "grand claim" is that it is a book of supernatural communication, inspired by God in its entirety!

- **2 Timothy 3:16-17:**

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 Peter 1:20-21:**

But know this first of all, that no prophecy of Scripture is a matter of one's own interpretation, for no prophecy was ever made by an act of human will, but men moved by the Holy Spirit spoke from God.

# 05

## BUT HOW CAN WE KNOW THE SUPERNATURAL CLAIMS OF THE BIBLE ARE TRUE? WHAT PROOF DO WE HAVE?

### A. Prophetic evidence

- **Micah 5:2 -- 700 B.C.**

“But as for you, Bethlehem Ephrathah,  
Too little to be among the clans of Judah,  
From you One will go forth for Me to be ruler in Israel.  
His goings forth are from long ago,  
From the days of eternity.”

- **Isaiah 9:6-7 -- 740 B.C.**

For a child will be born to us, a son will be given to us;  
And the government will rest on His shoulders;  
And His name will be called Wonderful Counselor, Mighty God,  
Eternal Father, Prince of Peace.  
There will be no end to the increase of His government or of peace,  
On the throne of David and over his kingdom,  
To establish it and to uphold it with justice and righteousness  
From then on and forevermore.  
The zeal of the Lord of hosts will accomplish this.

### B. Personal, experiential evidence

- **1 Thessalonians 2:13:**

For this reason we also constantly thank God that when you received the word of God which you heard from us, you accepted *it* not *as* the word of

men, but *for* what it really is, the word of God, which also performs its work in you who believe.”

- **John 8:31-32:**

So Jesus was saying to those Jews who had believed Him, “If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.”

---

## 06

### WHAT JESUS SAYS ABOUT THE IMPORTANCE OF SUPERNATURAL COMMUNICATION

- **Matthew 4:4:**

But He answered and said, “It is written, ‘Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.’”

---



## 07

### SOME GOOD “FIRST STEPS” WITH THE BIBLE

A. \_\_\_\_\_ it.

B. Get in a \_\_\_\_\_ and discuss it with others.

C. Try \_\_\_\_\_ it.

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## 08

### A FINAL WORD AND PROMISE

- **Psalm 1:1-3:**

How blessed is the man who does not walk in the counsel of the wicked,

Nor stand in the path of sinners,

Nor sit in the seat of scoffers!

But his delight is in the law of the Lord,

And in His law he meditates day and night.

He will be like a tree *firmly* planted by streams of water,

Which yields its fruit in its season

And its leaf does not wither;

And in whatever he does, he prospers.

## DISCUSSION QUESTIONS

1. Look again at the six questions that “shadow every man.” Have you felt these shadows? Which of these are still shadowing your life now? Explain.
2. Have you ever had a moment where you sensed the presence of God? What was that moment like? Describe it. Did you feel God was revealing something to you? What?
3. How would you describe your view of the Bible right now? God’s word? Man-made stories? Something else? Explain.
4. Has the Bible ever personally impacted your life? Any stories to share?
5. Did the prophecies we looked at in this session add anything to your thinking that the Bible is inspired and supernatural in its origin? Explain. Do you have other thoughts about where prophecies like these could have come from other than from God? What are they?
6. How familiar would you say that you are with the Bible? Not very? A little? A lot? Explain. Are you reading the Bible right now? If so, how’s it going and what are you learning?
7. What kind of help (reading plan, meeting with other men, etc.) would motivate you to read and know the Bible better? Discuss.



## SESSION 2



## JESUS AND ME





# JESUS AND ME

From start to finish, the Bible's main character is Jesus -- history's greatest person -- and its main theme is connecting man to God. So how does Jesus and connecting man to God come together? And how does that apply to each of us? Few questions could be more important than these two.

## 01

### WHAT JESUS HAD IN MIND FOR US?

So why did God send Jesus to reach out to us? For what reason?

1. He came to transform our lives and make them \_\_\_\_\_.

**John 10:10:**

"I came that they may  
have life, and have it abundantly."

"Abundant life" as explained in the New Testament means Jesus offers us ...

- forgiveness for our sins.
- healing for our hurts.
- truth and instruction for making our lives and our relationships prosper.
- supernatural support for the challenges we face. We are no longer alone and on our own in life.
- hope that there is life beyond the grave.

2. He came to establish a personal \_\_\_\_\_ with us.

**Revelation 3:20:**

"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me."

## 02

### WHAT HOLDS US BACK FROM AN ABUNDANT LIFE WITH JESUS?

The human race has always been a mystery. We are at the same time a blend of noble brilliance and tragic foolishness. The Bible acknowledges our conflicted nature using Paul's words (one of Jesus' followers) in **Romans 7:15**:

"For what I am doing, I do not understand; for I am not practicing what I *would* like to *do*, but I am doing the very thing I hate."

We've all been there, haven't we? Probably many times!

We've all had moments where we were unwilling to do what we knew was right while giving in to things we knew were clearly wrong and would ultimately regret.

The Bible diagnoses this persistent problem within each of us with a single word:

\_\_\_\_\_.

So, what is sin? It's easy to assume sin is lawless pleasures (drunkenness, sexual immorality, pornography, gluttony, etc.) or hurtful behaviors (murder, rage, theft, lying, cheating, adultery, etc.). But sin as defined by the Bible is actually much deeper than these evil actions.





1. How does **Isaiah 53:6** define sin?

All of us like sheep have gone astray,  
Each of us has turned to his own way ...

Sin is ... Going my \_\_\_\_\_ in life without God.

2. How many people sin like this?

- **Isaiah 53:6** (see above in question 1)
- **Romans 3:23:** ... for all have sinned and fall short of the glory of God ...

So, sin at its root is not simply about bad habits and vile behaviors. Those things are merely the outward fruit of sin. Sin at its root is about a universal, inward reality within each of us: we want our way, not God and His way.

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## 03

### WHAT SIN LEADS TO IN OUR LIVES

According to **Romans 6:23**, what does sin bring to a person's life?  
For the wages of sin is death, but the free gift of God is eternal life  
in Christ Jesus our Lord.



Sin brings \_\_\_\_\_.

So, what kind of death is being referred to in **Romans 6:23**? Again, let's let the Bible define that answer for us in Genesis 2 and 3 where sin first entered our world through Adam and Eve. Here is where you will find what the Bible means by death.

**1. Genesis 2:16-17:**

<sup>16</sup>The LORD God commanded the man, saying, "From any tree of the garden you may eat freely; <sup>17</sup>but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die."

What specifically was God's revealed will to Adam in Genesis 2:16-17?

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What would be the consequence for disobeying this command in Genesis 2:17?

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When would this consequence take effect according to verse 17?

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Now the BIG question. Did Adam and Eve die the moment they ate?

It's important that we find out.



One thing is for sure. As we read on in Genesis 3, the “death” God promised for this sin was more than just the physical loss of life. So in Genesis 3, let’s observe what kind of death actually came about after Adam and Eve sinned.

## 2. Genesis 3:7-13:

<sup>7</sup>Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loincloths. <sup>8</sup>They heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. <sup>9</sup>Then the LORD God called to the man, and said to him, “Where are you?” <sup>10</sup>He said, “I heard the sound of You in the garden, and I was afraid because I was naked; so I hid myself.” <sup>11</sup>And He said, “Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?” <sup>12</sup>The man said, “The woman whom You gave to *be* with me, she gave me from the tree, and I ate.” <sup>13</sup>Then the LORD God said to the woman, “What is this you have done?” And the woman said, “The serpent deceived me, and I ate.”

What kind of death did the first couple suffer in their relationship with God in Genesis 3:8?

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What kind of death was suffered in this couple's feelings of security in verse 9-10?

---

What kind of death undercut their openness and transparency in verses 7-8?

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What kind of death broke out in their relationship with each other in verses 11-13?

---

What kind of death infected their clear consciences in verses 7-11?

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**3. Genesis 3:16-19:**

<sup>16</sup>To the woman He said,

“I will greatly multiply

Your pain in childbirth,

In pain you will bring forth children;

Yet your desire will be for your husband,

And he will rule over you.”

<sup>17</sup>Then to Adam He said, “Because you have listened to the voice of your wife, and have eaten from the tree about which I commanded you, saying, ‘You shall not eat from it’;

Cursed is the ground because of you;

In toil you will eat of it

All the days of your life.

<sup>18</sup>Both thorns and thistles it shall grow for you;

And you will eat the plants of the field;

<sup>19</sup>By the sweat of your face

You will eat bread,

Till you return to the ground,

Because from it you were taken;

For you are dust,

And to dust you shall return.”

What kind of death would play out in the future for this couple in verses 16-17?

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What kind of death would bring their lives to an end according to verse 19?

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So Genesis 2 and 3 tell us that the death promised by God “in the day” Adam and Eve sinned would not be one thing, but a variety of things including physical death. These sadly are the same deaths that afflict our lives as men and women when we sin today.

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## 04

### HOW JESUS HELPS US

Rather than leaving us alone in our sin and death, Jesus entered history offering us a better way if we would turn and believe in Him. Remember His words in **John 10:10**, “I have come that you may have life, and have it abundantly.”

To bring this life to us, Jesus did two things:

#### 1. He died for our sins.

Sin, as God promised in Genesis, always brings death with it. This is to show us how serious our sin is to God. But with Jesus’ help we can escape this punishment. It’s NOT that this punishment has been set aside. It’s that Jesus

stepped in and suffered this penalty for us (on the cross, Jesus suffered all the “deaths” sin brings, not just physical death) by willingly dying in our place.

- **Romans 5:8:**

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

By dying for us, Jesus offers us deliverance from the death we deserve as sinners. By believing in Him, we are forgiven and set free rather than punished for our sins.

**2. Through His resurrection, He connects us to God for a better life.**

By rising from the dead, Jesus brings us into a relationship with God so we can experience the abundant life. This is a life we could have never obtained on our own by trying harder to live better. We have it because Jesus has joined us to God.

- **2 Corinthians 5:17-18:**

*(As you read verse 18, substitute “connected” for “reconciled.”)*





Therefore if anyone is in Christ, *he* is a new creature; the old things passed away; behold, new things have come. Now all *these* things are from God, who reconciled (i.e., connected) us to Himself through Christ ...

This new life and connection with God goes on ever after our physical death.

- **John 11:25:**

Jesus said to her, “I am the resurrection and the life; he who believes in Me will live even if he dies ...”

## 05

### SO HOW DO WE RESPOND TO JESUS’ OFFER OF A BETTER LIFE?

The Bible says over and over, we need to believe in Jesus.

- **John 3:16:**

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.”

But what specifically does “believe in Jesus” mean? Consider the following five statements:

1. We need to believe Jesus is who \_\_\_\_\_.

- **John 14:6:**

Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father but through Me.”



2. We need to believe Jesus \_\_\_\_\_ for our sins.

- **1 Corinthians 15:3:**

For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures ...

3. We need to believe in the \_\_\_\_\_ Jesus offers.

- **John 10:10:**

"I came that they may have life, and have it abundantly."

4. We need to believe this life becomes ours by giving up \_\_\_\_\_  
for Jesus' way.

- **Mark 8:34:**

And He summoned the crowd with His disciples, and said to them, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me."

5. We need to believe in Jesus' promise of life after death.

- **John 11:25:**

Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies ..."

## DISCUSSION QUESTIONS

1. How would you describe your spiritual story coming into today's session? Explain.
2. Look again in your notes at "What Jesus Had in Mind for Us." What in points 1 and 2 are you drawn to the most? Why?
3. In this session, we defined "sin" as simply "going my own way without God," and the "death" that comes from sinning, as a variety of things, including guilt, fear, separation from God, insecurity, shame, and loss of life after death. Did defining these key terms help you? Explain.
4. Does the following statement about Jesus make sense to you? Read it and share your thoughts.

*By Jesus dying for our sins, we are offered pardon and forgiveness from God for going our own way. In Jesus' resurrected life, He offers us a personal connection to God to help us live a new and better way.*

5. Read John 11:25 again. Here Jesus promises life after death. On a scale of 1-10, with 1 being "unsure" and 10 being "completely sure," how sure are you that you'll go to Heaven after you die? Pick a number and explain.
6. Look again at the five things that go with believing in Jesus. Are these what you believe about Jesus? Yes/No? Discuss.
7. If you haven't already, would you like to tell God that you're ready to believe in Jesus now?



# SESSION 3



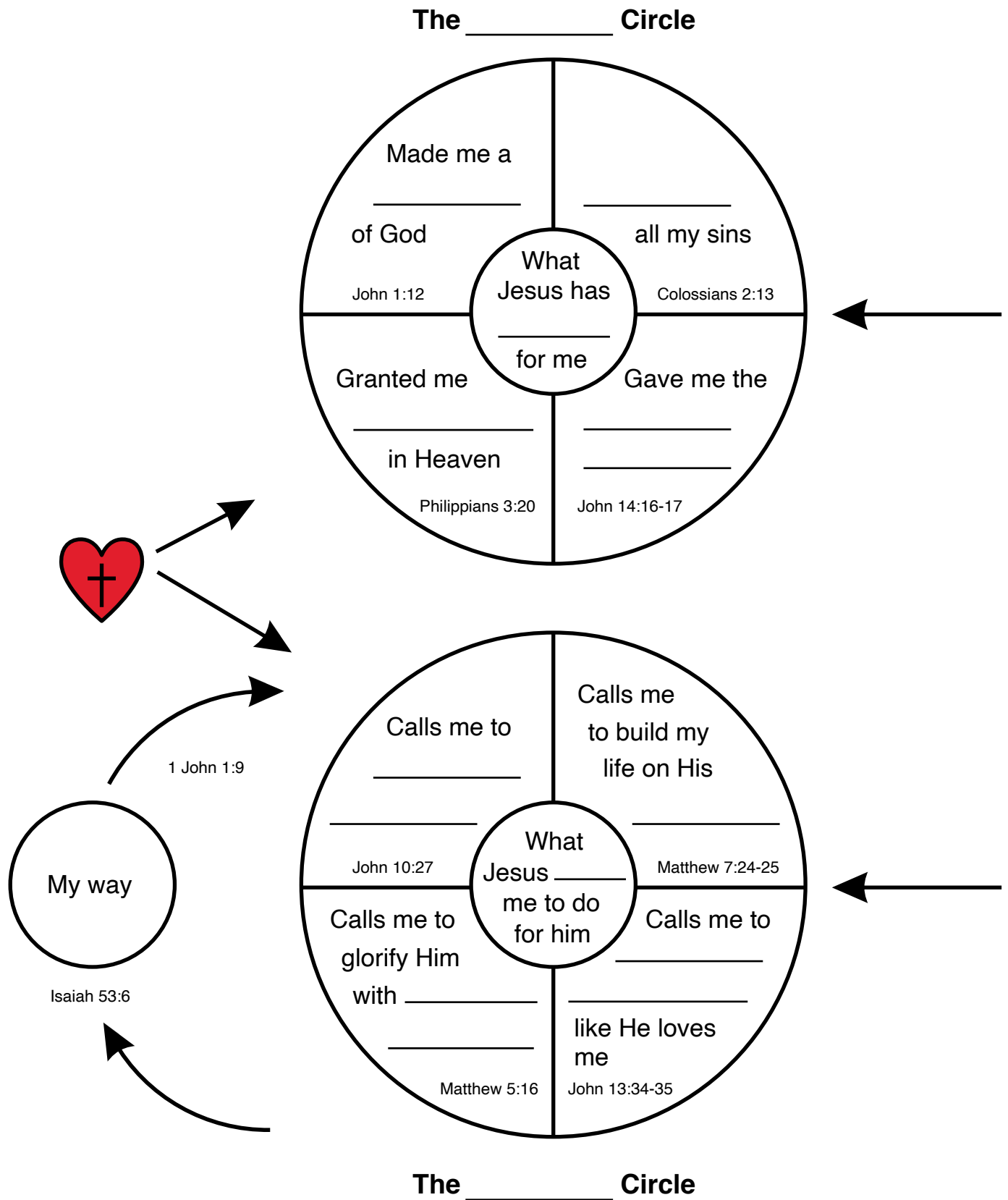
## PICTURING THE CHRISTIAN LIFE

B



# Picturing the Christian Life

2 Corinthians 5:17





After Death

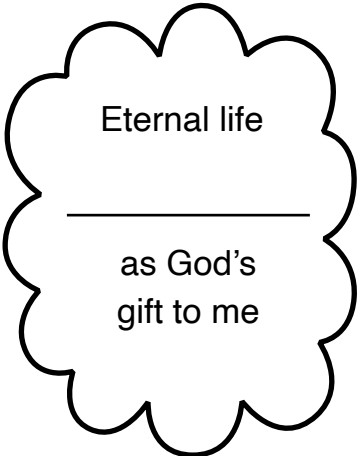
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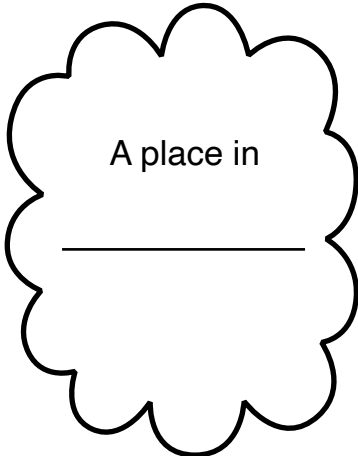
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Romans 8:38-39

I \_\_\_\_\_ this  
and it brings...



1 John 5:11-13



John 14:1-3

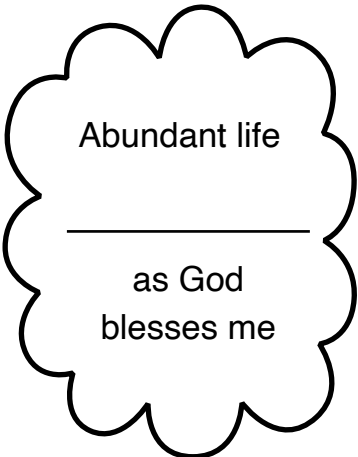
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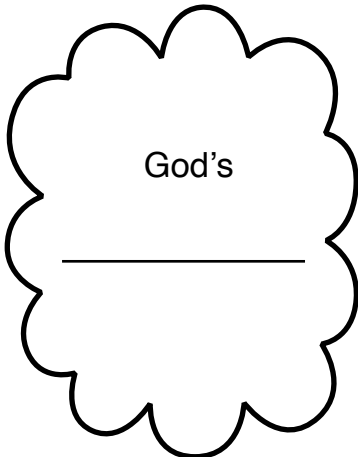
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Galatians 5:16

I \_\_\_\_\_ this  
and it brings...



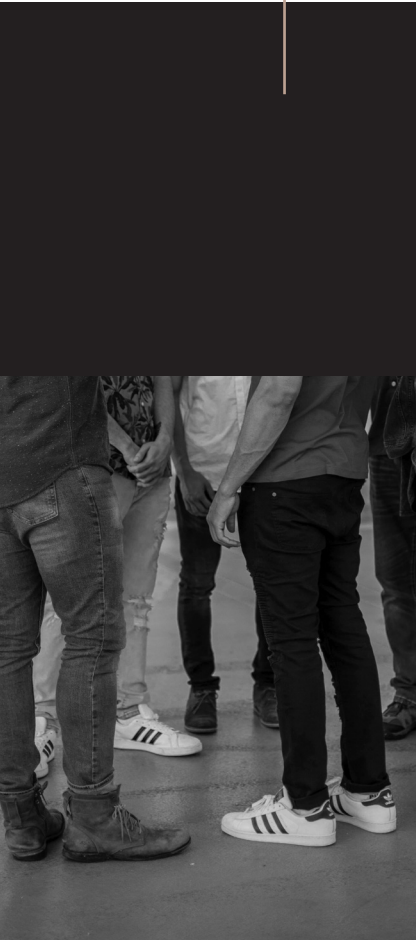
John 10:10



1 Corinthians 3:10-15

## DISCUSSION QUESTIONS

1. In looking over this picture of the Christian life, what is still unclear to you? Let's discuss it.
2. What impacted you the most in this picture of the Christian life? Share it and tell why it had an impact.
3. Look again at the "Upper Circle." Is it clear to you from looking at this circle that once you believe in Jesus, you cannot lose the salvation He has given you? Share your thoughts. Using the items in the "Upper Circle," explain why a believer is secure and has a place guaranteed in Heaven.
4. Look at the "Lower Circle." Is it clear to you that you need to partner with Jesus and follow Him to experience the abundant life He wants to give to you? Using the "Lower Circle," explain your part in helping bring about these abundant life experiences.
5. Which one of the four things listed inside the "Lower Circle" could you do more of to better partner with Jesus? What help do you need to do that? Discuss.
6. Did the promise of God's rewards in eternity for faithfulness in this life, encourage you when you heard it? Share your thoughts.
7. What else would you like to discuss as you look over this comprehensive picture of the Christian life?



## SCRIPTURE REFERENCES

- **2 Corinthians 5:17:** Therefore if anyone is in Christ, *he* is a new creature; the old things passed away; behold, new things have come.
- **John 1:12:** But as many as received Him, to them He gave the right to become children of God, *even* to those who believe in His name ...
- **Colossians 2:13:** When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions ...
- **John 14:16-17:** “I will ask the Father, and He will give you another Helper, that He may be with you forever; *that* is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, *but* you know Him because He abides with you and will be in you.”
- **Philippians 3:20:** For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ ...





- **Romans 8:38-39:** For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.
- **John 10:27:** “My sheep hear My voice, and I know them, and they follow Me ...”
- **Matthew 7:24-25:** “Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock.”
- **John 13:34-35:** “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.”
- **Matthew 5:16:** “Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.”
- **Isaiah 53:6:**  
All of us like sheep have gone astray,  
Each of us has turned to his own way ...



- **1 John 1:9:** If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.
- **Galatians 5:16:** But I say, walk by the Spirit, and you will not carry out the desire of the flesh.
- **1 John 5:11-13:** And the testimony is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life. These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.
- **John 10:10:** “I came that they may have life, and have *it* abundantly.”
- **John 14:1-3:** “Do not let your heart be troubled; believe in God, believe also in Me. In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, *there* you may be also.”
- **1 Corinthians 3:10-15:** According to the grace of God which was given to me, like a wise master builder I laid a foundation, and another is building on it. But each man must be careful how he builds on it. For no man can lay a



foundation other than the one which is laid, which is Jesus Christ. Now if any man builds on the foundation with gold, silver, precious stones, wood, hay, straw, each man's work will become evident; for the day will show it because it is to be revealed with fire, and the fire itself will test the quality of each man's work. If any man's work which he has built on it remains, he will receive a reward. If any man's work is burned up, he will suffer loss; but he himself will be saved, yet so as through fire.



# ANSWER KEY

## SESSION 1: THE BIBLE'S GRAND CLAIM

### I. Questions That Shadow Every Man

- God
- think
- life
- know
- death
- die

### III. The Only Solution: Special Revelation

- A. disclosure
- B. act

### VII. Some Good "First Steps" with the Bible

- A. Read
- B. small group
- C. trusting

## SESSION 2: JESUS AND ME

### I. What Jesus Had in Mind for Us?

- 1. better
- 2. relationship

### II. What Holds Us Back from an Abundant Life with Jesus?

- sin

- 1. own way

### III. What Sin Leads to In Our Lives

- death

- 1. Genesis 2:16-17:

- God's will was freedom in the garden; to enjoy it, create in it, innovate in it. God wanted to give Adam the whole planet to subdue it.
- The consequence was death.
- Starting that day.
- Yes

- 2. Genesis 3:7-13:

- They suffered a lack of desire to be with the Lord and felt shame.
- They feared the Lord.
- They sewed fig leaves together because they became exposed.
- They started to hurl the blame.
- They experienced heavy guilt.

- 3. Genesis 3:16-19:

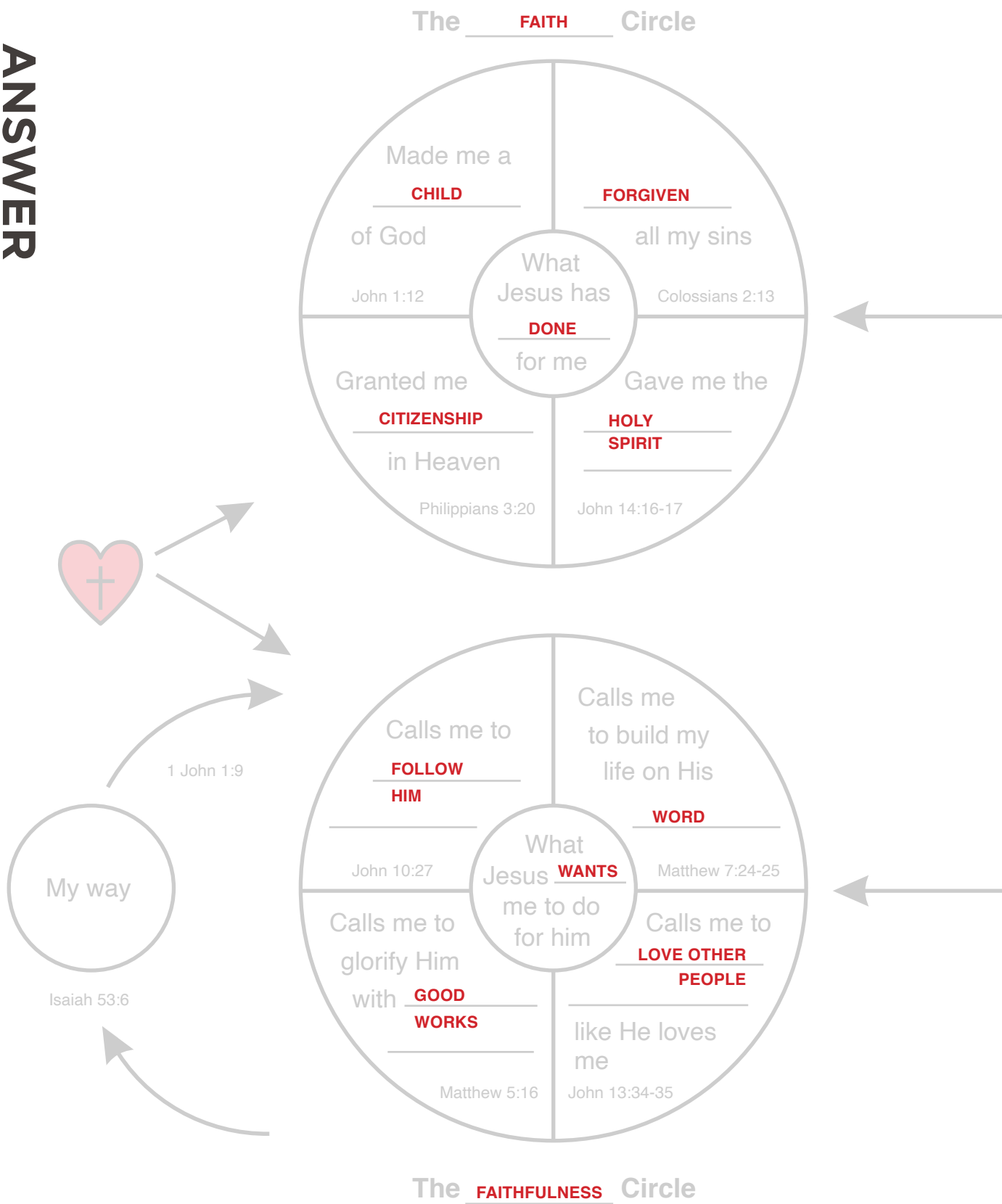
- Woman will feel pain and have a desire to control her husband. Man will take care of the fields and have a desire to dominate his wife.
- Life will be from dust to dust.

### V. So How Do We Respond To Jesus' Offer Of A Better Life?

- 1. He says He is
- 2. died
- 3. life
- 4. our way

SESSION 3: PICTURING THE CHRISTIAN LIFE

ANSWER  
KEY



**YOU CAN'T  
FALL OUT OF  
THIS CIRCLE**

Romans 8:38-39

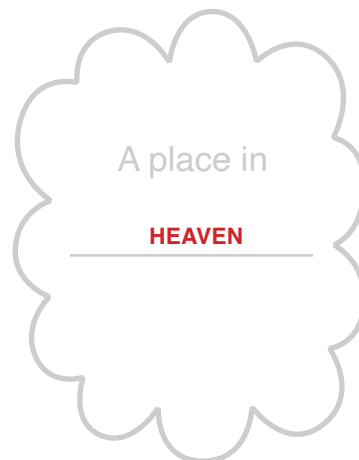
I **BELIEVE** this  
and it brings...



1 John 5:11-13



## After Death



John 14:1-3

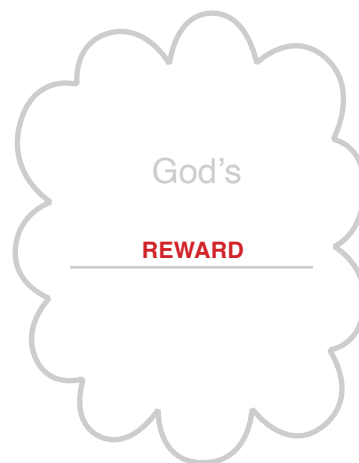
**YOU CAN  
FALL OUT OF  
THIS CIRCLE**

Galatians 5:16

I **DO** this  
and it brings...



John 10:10



1 Corinthians 3:10-15



BETTERMAN