

*Do Greater Things*

*Following in Jesus' Footsteps*

*Teacher's Guide*

By  
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## Class 1

### Chapter 1 — Believe in Me

This chapter introduces the idea that we not only can repeat what Jesus did but that we are meant to. It is not a matter of if; rather it is a matter of when.

#### Chapter intentions:

- To examine what it means to believe in Jesus and how what we believe about him shapes how we follow him.
- Begin to see ourselves as evolving beings capable of reaching the evolved level that Jesus did.

#### Opening:

- **Prayer**—Start the class with a heart-opening prayer.
- **Introductions and Intention**—Ask the students to introduce themselves and take a few moments to share their intention for the class. Ask why they are here and what they hope to gain from the class.
- **Group agreements**—Create a set of group of agreements to help create an atmosphere of trust where people feel free to explore their relationship with Jesus and their own spirituality.
- **Begin by reading the line from John 14:12**— “Those of you who believe in me will do what I do and greater things because I am going to the Father.” Invite participants to close their eyes and allow Jesus’ words to wash over them. Allow for a few moments of silence to let the words go even deeper. Then have them open their eyes and share what their visceral reaction is to this phrase. There will be a variety of responses and all responses are to be honored. This question sets the stage for the entire series.
- **Present the purpose for this class and the book**—to support and encourage people to take this line seriously and become intentional about living and growing into it. The purpose is specifically stated on page X and again on page XV of the Introduction.
- **Review the nine spiritual practices** that are covered in the book and listed on pages XII and XIII of the Introduction along with an explanation of how each will be covered. The nine practices are: vision, faith, prayer, humility, forgiveness, gratitude, community, death, service. Because of the length of the

## **What and who do I believe in?**

### **Key Points:**

- To believe means “To accept as true, genuine or real, to have a firm conviction as to the goodness, efficacy or ability of something.”
- We are willing to follow those we believe in because we trust them and what they stand for.

### **Discussion points:**

- Who do you believe in and how does your belief shape your life? Discuss how their presence in your life has made a difference. Take some time this week to acknowledge them in some way.
- Do you believe in Jesus and if so what do you believe about him?
- What do you think of Rev. Felicia’s story about her early experience with Jesus? Can you relate? What is your experience? Allow people time to share a bit about their journey past and present with Jesus. Encourage participants to journal about their journey over the next week to get in touch with some of the barriers they may have to Jesus and his message.
- Discuss the difference between Emulating rather than worshipping Jesus. Can we change how we see him and ourselves. (Page 22)
- Take time to imagine how life would be different if we knew God as Jesus knew God. Describe what you think this would be like.
- Discuss the effects of the savior mentality. The savior mentality suggests that there is something to save us from. A deeper look at this philosophy reveals that the thing we need to be saved from is God.

## **What does it mean to repeat what Jesus did?**

### **Key Points:**

- Jesus was able to discover the higher possibility in the moment
- Jesus loved others like very few ever have before and people were change by that kind of love.
- Jesus was able to perform so called miracles because he saw possibility where others saw other insurmountable odds-pg. 18-19

- Jesus saw the divine in others and in situations until it came forth.

**Discussion Points:**

- In your mind, what did Jesus do exactly?
- What do you think Jesus is asking us to repeat?
- What is the single most profound thing you think Jesus accomplished that you would like to repeat in your life? This will become the basis for the class and the reading of the book.
- How are the miracle stories relevant for us today? How can you apply the stories to your life?

**All boils down to that he wants us to know God as he knew God and from that everything else follows. This will allow us to shift our paradigm of what is possible and what our part is in it. (Page 21)**

**Homework for the week**—Read thru chapter two. Take some time and journal about your journey with Jesus and ask yourself if you can see yourself in him and what he did.

## Class 2

### Chapter 2 — Vision

This chapter explains the importance of having a vision, the ability to see beyond the appearances. It provides guidelines for the participant to discover his or her unique vision.

#### **Chapter intentions:**

- To expand understanding of the Kingdom of Heaven
- To realize the power of vision and the role it plays in forming our life
- To develop the ability to hear and see God’s vision for our own life and discover how it fits in with Jesus’ vision

#### **Opening:**

- **Open with prayer and introduce any new people.**
- **Review the class agreements.**
- **Review last week**—What were the ah-ha moments they had when reading the book and revisiting the material from last week. Did they notice any change with how they saw things and how they interacted with others?

### **Jesus’ vision of the Kingdom of Heaven**

#### **Key Points**

- Jesus had a vision and he called it the Kingdom of Heaven.
- The Heaven that Jesus describes is inclusive leaving no one out.
- He describes his vision of the Kingdom of Heaven extensively throughout the Bible and he tells us that it is here with us now.

#### **Discussion Points**

- Discuss the vision that Jesus had for us and our world. (Page 26) How would you describe Jesus’ vision?
- Is it compelling enough for you want to participate with bringing it into fruition?

## God's vision for your life

### Key Points

- Vision is defined as foresight or the ability to see beyond the obvious to something revolutionary.
- Different from visualization-allowing something bigger than you to express through you.
- Vision expands and serves. It fosters excitement, originality and creativity and has a positive long lasting effect on everyone.
- We all have a vision within us waiting for us to discover it and bring it into manifestation. The world needs our vision.
- We cultivate our vision by paying attention to our dreams and desires.
- As we move toward fulfilling and realizing our vision, we grow and develop hidden talents within ourselves.
- It is the journey and the process that brings it into fruition rather than the destination.
- Clear vision provides clarity on how to spend our time, where to put our focus and the energy to stay with the small details that are involved. It gives meaning to the small day to day actions. Guides our decisions and actions. Gives our life meaning and purpose.
- Vision comes from process of spiritual practice-learn to hear and see it and trust it.

### Discussion Points

- Discuss the importance and purpose of vision. (Page 23)
- Facilitate the vision meditation on pages 41-42 under *Practicing the Practice*. Invite participants to take some time to discover God's vision for them and how God wants to be expressed through them. Encourage participants to pay attention to their dreams and desires. These are God's nudges for each of you. Listen deeply and ask, "What is my dream?"
- Everyone will be writing more about this as time goes on. Explore how each dream will contribute to the well-being of others? (Pages 32-33)
- Encourage the class to explore the gifts they have to offer and how they can be used to manifest their vision. You will continue this work in later chapters.

**Homework for the next week**—Spend time this week continuing your visioning about what heaven looks like to you. Where do you see yourself and what is yours to do to manifest heaven?”

## Class 3

### Chapter 3 — Faith

### Chapter 4 — Prayer

Chapter Three focuses on the importance of faith as a key ingredient toward bringing the vision of the Kingdom of Heaven alive. We have all of the faith that we need, it is a matter of intentionally directing it toward the higher vision described by Jesus.

#### Chapter intentions:

- To understand the nature and the role that faith plays in repeating what Jesus did.
- To examine where we place our faith and to see the connection between the focus of our faith and the conditions in our lives and world.
- To understand that we have the power to change lives by simply shifting the focus of our faith.

#### Opening:

- **Open with Prayer**
- **Take time to review last week.** Allow people to share the visions that came to them during their meditation time.

#### Faith defined

##### Key Points

- Merriam Webster defines faith as having belief or trust.
- Faith is an expectation about what will happen and how something will turn out.
- Jesus expected the power and abundance of God to always be present. He had faith in the ever present presence of the all abiding Father-Mother God.
- Jesus showed us that we can change things simply by changing where we have placed our attention which changes our expectation.
- We begin to image a new normal by expecting something different.
- As we do, our faith in God's goodness grows and things begin to change for us.



### **Discussion Points**

- Think of a particular situation in your life. It doesn't matter if it is positive or a challenge. What do you expect to happen? What are you basing your expectation on? Is this what you want to experience? If not, what if you changed your expectation. Imagine how it would go if you had the same level of faith in the presence of God that Jesus did. Allow people to share their insights. (Page 46)
- What do you believe about God? What keeps us from having the same level of faith in God that Jesus did. Can you see the connection between what we believe about God, our faith and our ensuing experience? (Page 48)

## **What did Jesus have faith in?**

### **Key Points**

- Jesus had faith in God as the flow of water. It was something he assumed without question.
- He knew that the world was created with the means to support itself and flourish.
- Jesus had faith in people, their goodness, their potential, their wholeness.
- Jesus lived his faith.
- Jesus lived his faith because he was able to shift the outer by seeing a circumstance as true until the appearance matched the reality.
- Jesus saw God as the Ultimate and the essence of who and what he was. He knew no separation between him and God.

### **Discussion Points**

- Describe the kind of faith you saw in Jesus and the way you see it manifested in the outer world.
- What does it mean to live our faith?
- Discuss the anatomy of a miracle. What needs to shift in us in order to bring that to pass? (Pages 58-59)

**The way to expand and apply our faith in the allness of God is through prayer!**

## Chapter 4 — Prayer

This chapter focuses on the power of prayer to shift our consciousness and as the vehicle through which we evolve. Prayer is meant to deepen our awareness and faith of the allness of God and to bring our hearts and minds into alignment with what we know is true in order to evolve and more effectively repeat and surpass what Jesus did.

### Chapter intentions:

- To understand the nature and purpose of prayer.
- To establish and deepen our prayer life by emulating the way Jesus prayed.
- To study the model of prayer that Jesus gave his disciples as the model of prayer that Jesus provided.

### What is prayer?

#### Key Points

- Prayer is the way to grow vision and faith.
- Prayer is the way to know God greater and drop the illusion of separation. Prayer is the vehicle through which we hear divine presence—to know God's will.
- It is how we learn to be present for all of life's circumstances.
- Prayer prepares our heart to hear and follow divine inspiration.

#### Discussion Points

- What is prayer and why do you pray? (Page 71)
- How has prayer changed you?
- What does your prayer life look like and how would you like to grow in your prayer life.

### How do we pray?

#### Key Points

- Begin by changing the way we see God and create an image of God that fosters the reality of oneness and a sense of infinite possibilities
- We use affirmative prayer stating what we know to be true until it is by focusing our thoughts and feelings on the presence of God.

- Create a name for God that fosters a sense of intimacy and belonging.

### **Discussion Points**

- What is the image of God that you pray to? (Page 77)
- How has your image changed over time and how has that affected your relationship with God and your prayer life?
- What is the most exciting and scariest thing about praying the prayer “your will be done?”
- Spend time this week experimenting with different names for God and with the *Lord’s Prayer*. Use it during your time of prayer and meditation focusing on the meaning of each phrase. If you do not have a time set aside for prayer and meditation, make that happen this week and for the rest of this study. (Pages 81-82)
- There are several other suggested ways to pray at the end of the chapter. Experiment with a statement that is meaningful to you as your mantra.

**Homework**—Pay attention to what you notice and what that tells you about where your faith is placed. Journal about this. Set some time aside for prayer this week and examine your image of God. Ask God to reveal Herself to you and write down what comes. Describe the experience you want with God and allow an image to emerge from that desire. (Page 87)

## Class 4

### Chapter 5 — Forgiveness

This chapter focuses on how forgiveness is the necessary ingredient to catapult us to the next level of spiritual awakening. As we discover the truth about our essence, we begin to see that same divine nature in others and treat each other accordingly. We begin to take things less personally and instead see the divine in everyone.

#### Chapter intentions:

- To recognize forgiveness as a key practice toward emulating what Jesus did.
- To redefine what we mean by forgiveness and look at the manner in which we are to forgive. To look at specific methods of forgiveness and see forgiveness as an ongoing practice.

#### Opening:

- **Begin the class with a prayer** focusing on opening the heart to one another and to the process of forgiveness.
- **Allow time for participants to share their experience from last week.** Did their prayer life deepen and did their faith in God as Good everywhere present expand?

#### Jesus and forgiveness

##### Key Points

- Forgiveness was a constant theme in Jesus' teachings.
- We are not able to carry out his instructions or example as long as we continue to harbor resentment and anger.
- Forgiveness shifts our focus from being a victim to the Christ presence in all.
- Science has shown the healing power of forgiveness on the body and on our outlook.

##### Discussion Points

- Why is the forgiveness process important? Lead the class in a discussion about the need to forgive. How is Jesus' view of forgiveness different from the one you have held in the past? Explore how Jesus viewed forgiveness versus the traditional way of forgiveness. (Pages 92-93 and 96)

- Discuss the effects that holding resentments has on the body. Refer to the information by Bruce Lipton. (Pages 94-95)
- How has forgiveness liberated participants? Have they experienced times when their perspective of another has shifted as a result of forgiveness? How has their life changed as a result? (Page 96)
- Who do we need to forgive and how do we know if we need to forgive them? Look within to see if there is anyone we feel irritated, angry, upset, deprived or any thing else other than love. That is our signal that we have forgiveness work to do.
- Spend time during class doing forgiveness work. One especially powerful activity is writing letters to the people that we still feel angry at. Have participants write out what they think each person is withholding from them and then see how that element is still present in their lives realizing that that no one can withhold our good from us. (Pages 107-109 *Practicing the Practice*)
- Have them ask if there is anyone that they have harmed or done anything to diminish another. Say, “Is there something you need to ask forgiveness for. Do not delay. Make a commitment in class to take the action necessary to clear it up.”

**Homework**—Read chapters 6 and 7. Spend time continuing forgiveness work this week both for others and for yourself. Follow the daily practice outlined on pages 109-110.

## Class 5

### Chapter 6 — Gratitude

### Chapter 7 — Humility

This chapter focuses on the power of gratitude to change our perception of people and things which then results in changed circumstances.

#### Opening:

- **Open the class with a short gratitude meditation.** Take some time in the silence simply repeating the word thank you over and over again as a mantra. After you come out of this, give participants time to share their experience with this simple practice of gratitude.
- **Review last week’s discussion and what has happened for them during their forgiveness process.**

#### Jesus and the power of gratitude

##### Key Points

- When we give thanks we acknowledge the power and presence of God in our lives.
- When we give thanks in advance we create the expectation that God’s good is manifesting.
- Jesus modeled gratitude as a causative agent rather than as an effect when he gave thanks in advance.
- Jesus modeled gratitude often and in some of the most difficult situations
- When we practice gratitude we learn to become gracious receivers as well as givers.
- Gratitude leads you to the present moment.

##### Discussion Points:

- Discuss how the miracle of feeding the 5,000 was an example of gratitude as cause rather than effect and why this is such an important lesson? (Pages 112-114)
- Ask, “Can we change the course of an event by practicing gratitude? Have you ever experienced this?” (Pages 117-119)

- Gratitude invites us to become receivers. Jesus showed us how to receive God’s good. He easily accepted it into his life. Ask, “Are you a gracious receiver or do you take pride in not being able to accept gifts from others?” (Pages 120-122)
- Jesus teaches us to give thanks in all things. Ask, “Can you do that? As you look back, do you see the gifts that came from what seemed like difficult times? How can this knowledge help you the next time you find yourself in a challenging time?” (Pages 123-124)
- Ask, “Can you give thanks for another’s good particularly someone you may not like and can you see the power in this act?” (Page 126)

**Homework**—Have participants choose one of the exercises at the end of the chapter for their spiritual practice during the week.

## Chapter 7 — Humility

This chapter sheds new light on an old concept. It is something we can learn and grow as a necessary ingredient to emulating what Jesus did. Humility opens our heart to the presence of God in a way that is so much bigger than we are. This chapter looks at humility as a spiritual practice that results in a humble spirit.

### Humility described

#### Key Points

- When we practice humility, we acknowledge God as our ultimate source and power working through us.
- False modesty is simply denying the power of God working through us.
- When we practice humility we are able to recognize our gifts and use them in a way that benefits others.
- Jesus was practicing the greatest level of humility when he spoke the affirmations “I AM...”

#### Discussion Points

- Ask, “What is your impression of humility. How do you define humility and why do you think it was included as a specific practice?” (Pages 133-134)
- How are humility and gratitude closely related?
- Discuss how Jesus was humble and strong at the same time. How can we apply his example to our lives? Can we afford to be humble in today’s world? (Pages 137-139)
- Either during class or as homework take some time to make a list of ten gifts that each participant has been blessed with to share. Part of humility is the ability to recognize our gifts to share. Ask, “Can you see yourself as a gifted person with something to offer? How does diminishing ourselves help anything?” (Page 137)
- Look at the affirmative statements that Jesus made throughout the Gospels. How are these signs of humility? Why would he have to be humble in order to make these statements?
- Do—”Right now, pick a statement (either as individuals or pick one as a class) and say it aloud to yourself. Can you believe it or does it feel false



in your mouth?” How is it false pride to deny these truths? How can we give credit to God? (Pages 141-142)

- How can we integrate awe and mystery into our lives? What does this have to do with gratitude?
- Are you willing to be more vulnerable with others in the spirit of humility?

**Homework**—Look at the suggested activities at the end of the chapter and pick a few to work on during the week. What kinds of things are you willing to incorporate into your spiritual practice in order to foster humility?

## Class 6

### Chapter 8 — Community

This chapter looks at the necessity of having a community in which to practice and grow. Jesus lived, practiced and contributed to his community. All that we are learning means nothing unless we can practice it in our immediate and world community.

#### Opening:

- **Open with prayer.** Include specifics about our world community in the prayer. Allow participants to include their prayer requests both personally and from the global community.
- **Review last week's discussion about gratitude and humility.** What new insights did you gain through out the week on both topics? How did you incorporate what you learned and read into your daily lives?

#### The importance of community

##### Key Points

- Jesus lived and practiced in a community.
- His teachings are meant to be practiced within the parameters of a community.
- We all live in a community whether we are aware of it or not.
- When we practice community we intentionally practice what we are learning with others. Our community naturally changes and expands when we actively seek to manifest Jesus' vision.
- We are all interconnected. All of our decisions affect others.
- We grow spiritually when we practice our new spiritual discoveries in our communities.
- Our relationships reflect the teachings of Jesus when we seek to practice what he taught with everyone we meet.

##### Discussion Points

- Encourage participants to think about their need for others and their ability to let others in. (Pages 153-154)
- Invite the class to think about who and what is their community. Have them define their community.

- Discuss how to apply what they have been learning to their community. Explore the different levels and facets of community and how we can apply each practice to the variety of communities.
- Say, “Think of a choice or decision you have made recently. Can you see the far-reaching impact of it?” Discuss the possible ramifications of that decision across the different levels of community. (Pages 155-156)
- Who has been a part of your community that you wished went away? Can you see the lessons you learned from them?

**Homework**—Spend this week reflecting on how connected we are. Send silent blessings to all of the hands that went into a simple task like a meal or an article of clothing. Have the class look at the different facets of their community and how they interact with each.

## **Class 7**

### **Chapter 9 — Death**

The intention of this chapter is to embrace death as a spiritual practices as modeled by Jesus. Everything written about Jesus was done through the filter of his death and subsequent resurrection. He demonstrated the importance of allowing things to die or fall away in order to allow a greater, more expanded experience of God into our lives.

#### **Opening:**

- **Open with prayer giving thanks for the courage and willingness participants have shown so far on this journey.**
- **Have participants share about the new insights they have about community as a spiritual practice.**

#### **Jesus and death**

##### **Key Points**

- Jesus' death and subsequent resurrection are the backdrop for how we view and relate to him.
- Through his death, Jesus taught us that life is eternal.
- Through his death, he showed us that death is the ultimate act of surrender and the path to life.
- In order to follow in Jesus' footsteps, we must be willing to embrace death as an integral part of our spiritual journey.

##### **Discussion Points**

- Ask, "How have you viewed Jesus' death? How has that changed over time?"
- Ask, "What is the greatest gift that came from Jesus' death?"

#### **Death as a spiritual practice**

##### **Key Points**

- Death is a natural part of life.
- We experience death on a multitude of levels at different stages of our lives.

- By embracing death as a spiritual practice, we learn to live fully.

### **Discussion Points**

- Ask, “How do you view death?”
- Discuss the different kinds of death and the impact that each has on our ability to live more fully. Encourage them to think of different examples of how things have died in their lives similar to the ones included in the book. (Pages 176 and 179-181) Invite them to share their insights.
- What did they have to surrender and what was resurrected as a result?
- Ask participants to share their times in the desert. What were the ensuing results? (Pages 181-186)
- Ask, “Why do we resist death so hard and what would help us to embrace it?” This goes back to our image of God and the idea of heaven and hell.
- Have participants think of the one thing that is the most precious to them. Now have them imagine life without it. Could they go on? Can we surrender that which is most precious in order to surrender to God completely? Do we have to?
- Spend time in class listing the principles and truths that you know are eternal. Explore how focusing on these truths equips us to be able to face the deaths in our lives. (Page 192)
- Take about five minutes in class doing a simple mindfulness meditation. Have participants just simply focus on their breath as a way to bring them to the present moment. Bring them out and discuss the power of presence this simple action creates.

**Homework**—Encourage participants to take time this week to inventory the deaths of their lives. If that seems too big, then look at the past year. Invite them to see what they gave up and then what have they gained or been blessed by. If they are still in the grief process, encourage them to seek support either from the group, you, or a professional.

## Class 8

### Chapter 10 — Service

### Chapter 11 — Final Words

This chapter's intention is to realize that service is the sole intention for everything we have discussed and applied throughout the book. Jesus dedicated his whole life to serving others knowing that to serve his brothers and sisters was to serve God. We were created to be happy and the quickest way to happiness is to freely share ourselves and our gifts.

#### Opening:

- **Open with prayer** acknowledging the path you have taken together over the last eight weeks and the gift it has brought you.
- **Ask participants to share their insights they gained over the week about death as a spiritual practice.** How did they apply it to their day-to-day routine during the week?

#### Jesus' example of service

##### Key Points

- Jesus understood that his whole existence was to contribute to the awakening of the planet.
- Serving was as natural as breathing because He realized Himself as the extension of the Father-Mother God.
- Jesus demonstrated that there were a number of different ways to serve including just simply being present and our authentic self.
- When we serve as Jesus did we recognize that we give from the essence of who we are and we experience the sheer joy that comes from that level of giving.

##### Discussion Points

- Discuss the power of service. Allow participants to share their experience with service. (Pages 196 and 199)
- Discuss the myths of service found in chapter 10. They are: "Service can't be fun," "Service means sacrifice," "Service means hard work." Ask, "Do you feel this way about service? Has your opinion and experience of service changed? If so, how." (Pages 198, 201-202)

- Discuss the different ways to serve. They are: Sharing gifts, giving time, being vulnerable, admitting mistakes, your own spiritual practice, being conscious. Ask, “Think of times you served in these ways. Did it seem like service? How did it contribute to others? How have you been served by another in these ways?”
- Have the class describe a time they served by receiving the gift of another.  
(Page 202)

## Chapter 11 – Final Words

### Where do we go from here?

#### Key Points

- Jesus realized who he was as God's beloved son and wanted us to know this about ourselves.
- This is not an overnight event, it is a lifetime process.
- Each step we take contributes to our own ability to repeat what Jesus did.
- All practices weave together. It is impossible to work one without working all of them.
- The most powerful thing you can do is to just get started.

#### Discussion Points

- Have participants share about their journey with this book study during the last eight weeks. What has been the most powerful change that they have experienced? How have they changed? How has their relationship with Jesus changed?
- Discuss how spiritual evolution is a process and not an event. Are they in it for the long haul? Can they see progress? (Page 214)
- Ask the question posed on pg. 216. "Can you contribute to the vision of the Kingdom of Heaven realizing that you may not see it fully realized in this lifetime?"
- Review the practices and ask, "Which ones are easy for you to practice and why?" "Which ones do you struggle more with and why?" "Are you willing to stay with them?"
- Discuss what everyone thinks greater things would be. (Page 219)
- Have class members share what they are willing to commit to in order to continue their spiritual growth and evolution once the study is complete. (Pages 224-225)
- Ask if there is anything else anyone else wants to share and then close with prayer.