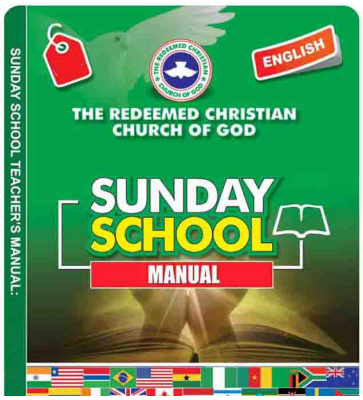


RCCG Sunday School Teachers Manual Lesson 7: 18 October 2026

Description

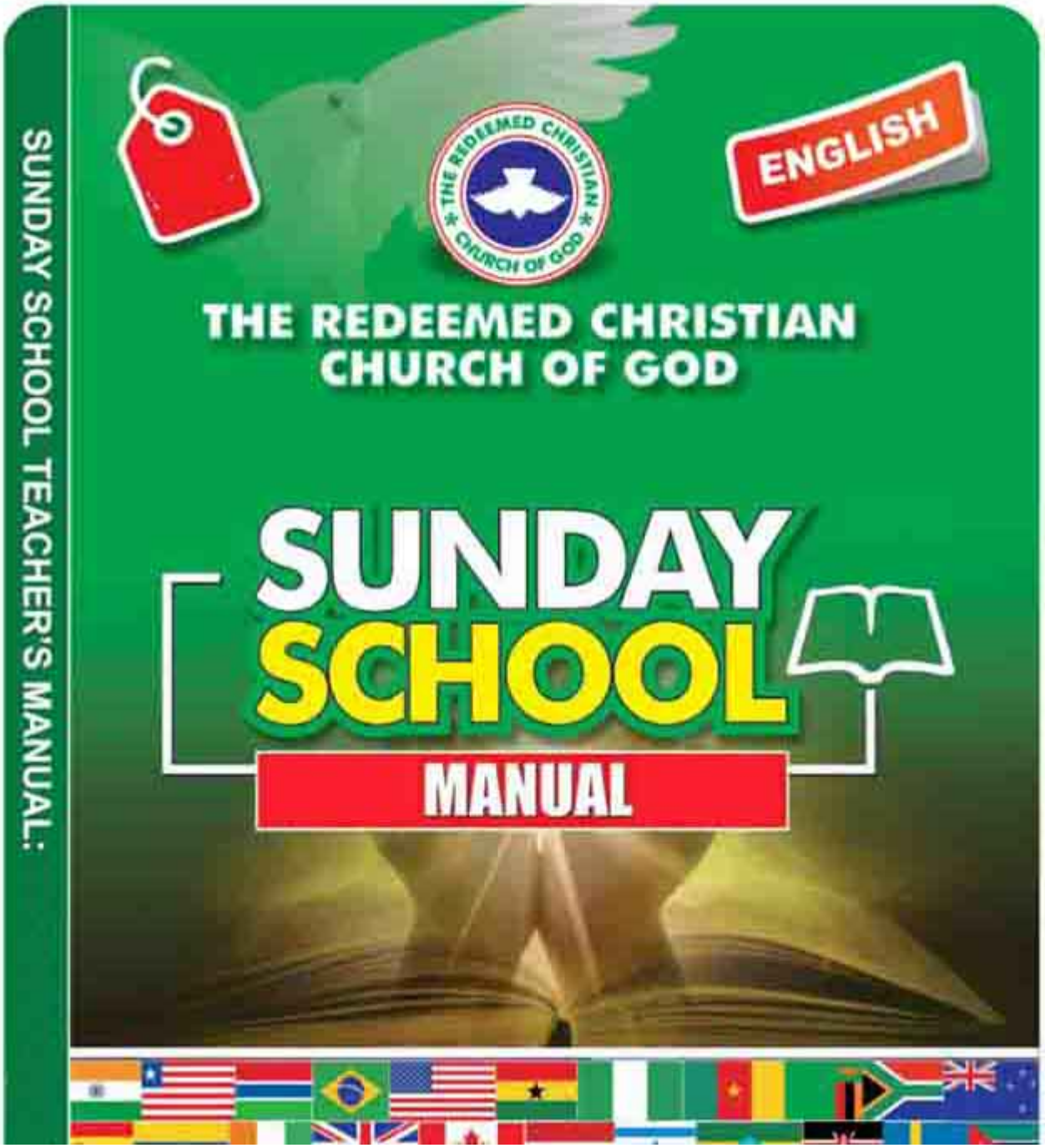
This is RCCG Sunday School Teachers manual for the adult class.

Todayâ??s Lesson 7 topic: SPIRITUAL DISCIPLINE

Date: 18 October 2026

Read:

- **RCCG Sunday School Students Manual Lesson 7**
- **Open Heaven 18 October 2026 Devotional**



Note: Check **RCCG SUNDAY SCHOOL HYMN LYRICS**

RCCG SUNDAY SCHOOL TEACHERS MANUAL LESSON 7 (18 OCTOBER 2026)

TOPIC: SPIRITUAL DISCIPLINE

OPENING PRAYER:

Father, let me be more intimate with you in the name of Jesus.

PREVIOUS KNOWLEDGE:

The teacher should review the lesson for the previous week.

BIBLE READING

BIBLE PASSAGE: Acts 2:42-47

42 And they continued steadfastly in the apostlesâ?? doctrine and fellowship, and in breaking of bread, and in prayers.
43 And fear came upon every soul: and many wonders and signs were done by the apostles.
44 And all that believed were together, and had all things common;
45 And sold their possessions and goods, and parted them to all men, as every man had need.
46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,
47 Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.

MEMORY VERSE:

â??For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.â?• 1 Timothy 4:8.

LESSON INTRODUCTION:

When we hear the word discipline, we often relate it to cruel punishment or harsh words, but discipline is far from that. Discipline is strict training carried out judiciously over time to achieve a specific goal. At every stage in our lives, we see that discipline comes into play; from childhood experiences, when our parents set certain standards in the home (Proverbs 22:6), to teachers in the classroom and society at large. Now, for believers, spiritual discipline is an intentional practice and habitual exercise that helps deepen our relationship and intimacy with God.

TEACHERâ??S DIARY

LESSON AIM: To teach the church how to be spiritually disciplined.

TEACHING OBJECTIVES: Through this study, students are expected to:
a. Understand the meaning of discipline.
b. Identify a key spiritual discipline.
c. Know the need for spiritual discipline.

TEACHING PLAN: To achieve the above-stated objectives, the teacher should:
a. Allow the students to recite the memory verse, read the Bible passage, contribute to the discussion,

and do class activities and assignments.
b. Allow the Assistant Teacher to see to the well-being of the class, and mark attendance and assignment.
c. Teach the lesson outline, summarise, conclude, evaluate the lesson and give assignments.

TEXT REVIEW: Acts 2:42-47

A. The above passage identified spiritual discipline as a major virtue in the early Church. It states that they continued steadfastly in the apostlesâ?? doctrineâ?¦. Vs. 42.
B. Their consistency in spiritual discipline was evident in:
i. Fear coming onâ?¦.. Vs. 43a
ii. Many wonders andâ?¦..Vs. 43b
iii. Togetherness and unity. Vs. 44
iv. Selling theirâ?¦.. Vs. 45.
v. Continuing dailyâ?¦.. Vs. 46.
vi. Theyâ??re praising God and havingâ?¦.. Vs. 47a
vii. The Lord addingâ?¦.. Vs. 47b

TEACHING METHOD: The Lecture Method.

TIME MANAGEMENT: The teacher should apply the two-lesson outline teaching time.

LESSON OUTLINE 1: KEY SPIRITUAL DISCIPLINE

1. As believers, we should always study the Bible and be doers of Godâ??s word because it is the blueprint for our lives (Psalm 119:105; Joshua 1:8).
2. Prayer is a means of communication with the Father and knowing His mind (Luke 18:1; 1 Thessalonians 5:17).
3. Fasting subdues the flesh, edifies our spirit and also releases supernatural power to us (Matthew 17:21).
4. Worship should be a lifestyle for believers. We should constantly live a life of worship and praise (John 4:24; Philippians 3:3).
5. As believers, we should devote ourselves to fellowshipping with one another and Christian service in our local assembly (Acts 2:42; Hebrews 10:25).
6. Evangelism is about sharing the good news of our Lord Jesus Christ, and it is a commandment for all believers (Matthew 28:19-20).
7. We must devotedly witness for Christ (Romans 10:14-15; Mark 16:15).

CLASS ACTIVITY 1:

Why is discipline often misunderstood?

LESSON OUTLINE 2: THE NEED FOR SPIRITUAL DISCIPLINE

Some of the reasons we need to be spiritually disciplined include:
i. Conformity: Christ is our Lord, and we must be conformed to His nature and likeness (Romans 12:2;

Hebrews 12:1-2).
ii. Intimacy: Spiritual discipline brings intimacy with God and gives strength over sin and temptations (James 4:8; Jeremiah 29:13).
iii. Growth: Our devotion to the things of God brings growth in knowledge and enables us to do greater works than Jesus (2 Peter 3:18; John 14:12).
iv. Continuous fellowship and answers to prayers: The discipline of a continuous study of Godâ??s word will ensure that we are in constant fellowship with Him, and we will also receive answers to prayers (2 Timothy 2:15; John 15:7). It also helps to avoid falling away (John 15:6).
v. Bearing fruit: Spiritual discipline will propel us to constantly witness Jesus and preach to others in obedience to His command (Matthew 28:19-20; John 15:5, 16).

CLASS ACTIVITY 2:

Why is intimacy with God impossible without spiritual discipline?

CONCLUSION: RCCG Sunday School Teachers Manual 18 October 2026

Every believer in Christ must be spiritually disciplined.

EVALUATION:

Mention the key spiritual disciplines for believers.

CLOSING PRAYER:

Father, I receive the grace to be spiritually disciplined at all times in the name of Jesus.

ASSIGNMENT: RCCG Sunday School Teachers Manual Lesson 7

List five (5) signs that show a believer is living a life of spiritual discipline (2X5=10 marks).

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