



RCCG Sunday School Students Manual Lesson 42: 15 June 2025

Description

RCCG Sunday School Student manual for the adult class.

Today's Lesson 42 topic: BUILDING CAPACITY

Date: 15 June 2025

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RCCG SUNDAY SCHOOL STUDENT MANUAL LESSON 42 (15 JUNE 2025)

TOPIC: BUILDING CAPACITY

BIBLE PASSAGE: 1 Samuel 22:1-2

1 David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him.

2 And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

MEMORY VERSE:

“But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.” Jude 20.

LESSON INTRODUCTION

Capacity is defined as an individual’s mental ability, physical ability, or power to produce, perform, or deploy. It simply means the maximum amount something can contain or produce.

Capacity-building is the process of developing and strengthening the skills, instincts, abilities, processes, and resources that organizations and communities need to survive, adapt, and thrive in a fast-changing world. It can also be personal development, which means to up-skill and improve oneself. It denotes a conscious and deliberate improvement of one’s actions. The Bible admonishes us to grow our capacity spiritually (1 Peter 22) mentally (Hebrews 5:13-14) and in all spheres of life.

LESSON OUTLINE 1: BIBLICAL EXAMPLES

There are so many instances in the Bible of people who built their capacity and achieved great success or influence in life. Here are some of them and what they did:

- i. David: He built his capacity from being the little shepherd boy in the desert to a giant slayer and also built great warriors (1 Samuel 17:49; 2 Samuel 23:8-12).
- ii. Jephthah: He had a very discouraging beginning being an outcast. He developed himself to become a warrior and the ruler of his people (Judges 11:1-11).
- iii. Stephen: He distinguished himself from every other qualified individual in his days to serve in a leadership capacity (Acts 6:1-8).
- iv. Deborah: In her days, she became a mother in Israel, a prophetess, a judge, and went with Barak to war (Judges 4:4, 8-9).
- v. Peter: He was initially timid but he became bold and was the leader of the Apostles (Acts 4:13). Also, he moved from being a fisherman to a fisher of men (Luke 5:1-11).

CLASS ACTIVITY 1:

The class should discuss contemporary people known to have also built their capacity in different areas of human endeavour.

LESSON OUTLINE 2: SOME AREAS TO BUILD CAPACITY

Broadly speaking, we are to build capacity in every aspect of human life because it helps us to be the very best we can be. Specifically, we are to build capacity in these under-listed areas:

Knowledge-Base: Knowledge is a vital key to success in any field. Learning is a productive way to build capacity in your field. Study the word of God (2 Timothy 2:15) and learn from people who have developed capacity. Start by reading one book concerning your desired destination every month.

Mind: The mind is popularly known as the nation of images. You can only go as far as your mind can see (Numbers 13:30-33). Invest in capacity development with your time, money, and other re-sources. You can use the internet to your advantage.

Character: Your attitude is a very potent weapon that can disarm the enemy, and at the same time, your character can be the weapon formed against you (Proverbs 11:3). Be teachable to build capacity. No man is an Island (James 1:19).

Time Management: Time is a fragment of destiny, which must be handled with all seriousness, and all productivity. Learn how to utilize time productively for your advancement in career and ministry (Ecclesiastes 3:1: 8:5b).

Finance: The mandate to reach the world has been given to all believers; you need to be intentional about wealth creation. You may never accomplish much if you neglect the potency of financial capacity (Zechariah 1:17).

Prayers: Your prayer capacity must be built. The power of prayer is in its consistency (Luke 18:1). Be regular in your prayers, because the more unswerving you are, the more capacity you receive to pray. Be deliberate with your prayer life and fast at least once a week (Mark 9:29).

Gift: Every man has a deposit of God's grace which must be increased (Matthew 25:14-27). Joseph started by dreaming then to interpreting dreams and then implementing the interpretation.

Association: Surround yourself with like minds and people who have an interest in your growth (Proverbs 13:20; 20:18). Map out an action plan and create an accountability system.

CLASS ACTIVITY 2:

Are there other areas that believers need to build their capacity? Discuss.

CONCLUSION: RCCG Sunday School Students Manual 15 June 2025

Capacity development brings you out of your comfort zone and stretches you. It however prepares you for opportunities and leads to promotion. Pursue capacity development (Proverbs 14:4).

ASSIGNMENT: RCCG Sunday School Students Manual Lesson 42

From Acts 6:1-8, Identify five things that qualified Stephen to be ordained as one of the Deacons (2X5=10 Marks).

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