

# THE JOURNEY

*A Bible Study Correspondence Course  
from  
Lighthouse Seamen's Centre*

*North Vancouver, BC Canada*



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# *Help for Seafarers who want to be faithful to the Lord*

## *Introduction*

Your life as a seafarer can be both exciting and challenging. Because your job is based on travel, you have the opportunity to see a great variety of sights and meet people from many different lands. However, travel also means that you are separated from your family and friends, Church and fellowship. This can create significant challenges to your spiritual health.

Temptation exists for Christians and non-Christians alike, but as a Christian seafarer, who is far from home, it may seem especially difficult for you to remain faithful and committed to the Lord. Therefore, it is critical that you follow God's Word which tells us to "put on the full armor of God so that you can take your stand against the devil's schemes." (Ephesians 6:11) "But," you may ask, "What can I do to strengthen my ability to remain close to the Lord when I am surrounded by temptation?" The study course you are holding was developed to help answer this question. It is designed to provide you with some knowledge and practical suggestions so that, with God's help, as a Christian seafarer "when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand." (Ephesians 6:13)

## *Course Outline and Explanation*

This course has 6 chapters for you to read and 6 examinations for you to complete. The chapters are as follows:

- 1) The Contract - How to be sure of God's promise.
- 2) The Manual - How to operate your life.
- 3) The Watch Duty - Keeping your eyes on Jesus.
- 4) The Crew - Your relationship with other Christians.
- 5) Life as a Cadet - Humbly walking with Jesus.
- 6) The Compass - Trusting the Lord for direction.

After reading each chapter, please turn to the middle of the booklet and complete the examination for the chapter. The examinations will help you to make sure that you understand the material you have read in the chapters. If you wish, you may read the chapters many times before completing the examinations.

The format for the examinations is *multiple choice*. So, to answer the questions you simply need to choose the correct answer from one of the four choices (a, b, c or d) given. Put the letter of the correct answer in the space next to the question. At the end of each examination there is also a question which requires you to give a short answer in your own words.

After you have completed all 6 chapters and examinations, please remove only the examination pages from the booklet, put them in an envelope and post them to the Lighthouse Seamen's Centre. The address is shown on the back cover of this booklet. After we receive the examinations, we will grade them and return them to you with any corrections. This will help you to know how well you understood the ideas presented in this study. We will also send you a certificate indicating that you have completed the course.

We wish you all of the Lord's blessings as you work on this course.

**Please proceed...**

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## Chapter 1

### The Contract

#### *How to be sure of God's Promise*

Your life as a seafarer is very different from other people's lives. Each day you live and work aboard a ship that carries you, your crew and cargo to ports around the world. As a seafarer you receive certain benefits (travel, wages etc.) in exchange for your work aboard a ship. Your employer (shipping company) receives the benefit of your work in exchange for the wages, accommodation etc. that it provides to you. The relationship between you and your employer is written down in a document called a *contract*. It outlines the promises and benefits that are agreed to by the two of you.

If you are a Christian, your relationship with God is based on something similar to a contract; in the Bible this is called a *covenant*. This covenant which has been established by God is similar to your seafarer's contract in that it outlines an agreement based on promises and benefits. However, it differs from your seafarer's contract in many ways including the fact that the promises and benefits of God's covenant were determined by Him alone. Christians had nothing to contribute to the agreement; the only thing they have done is accept it. God's covenant also differs from a contract in that it is based on love and justice, not on business. Even though there are these and many other differences, it is still helpful to use the idea of a contract to understand the Christian's relationship to God.

At this point, you may ask, "What is God's covenant?" The Covenant between God and Christians which was put into effect through Jesus (simply stated) is: God promises to forgive the sins and grant eternal life to anyone who fully trusts in Jesus and believes that He died for their sins on the cross (see John 1:12 and 3:16). It is an exclusive promise whereby God's forgiveness is given *only* through Jesus, with no other way being accepted (as indicated in John 14:6). The participants in this covenant include God, who promises full forgiveness of sins, and Christians, who have turned to God to forgive their sins.

Just as you are responsible for the promises that you make in your seafarer's contract, so you and the Lord are responsible to keep the terms of His covenant. To be more specific: you are committed to obey God by

receiving Jesus as Lord and God has committed Himself to grant forgiveness to you because you have received the One who paid for your sins on the cross.

God's covenant comes with the amazing, loving commitment by God to provide eternal life to those who participate in His covenant. This is revealed in 1 John 5:11-13 where it is stated: "And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life." These verses from the Bible tell us that we can be absolutely sure we will go to heaven if we participate in God's covenant. So, if you have entered into God's covenant you are a Christian who has eternal life. (It should be noted here that God's covenant is more than an agreement of the mind. It affects all of one's life. Jesus told us that our commitment to God must be with all of our heart, soul, mind and strength (Mark 12:30). No part of a Christian is excluded.)

If you think that you are a Christian, but you are not sure of having eternal life or perhaps you are not 100% certain that you are a Christian, now is the time to consider surrendering your life to Jesus. The following prayer (or one like it) could be said by you in order to enter into God's covenant:

*Heavenly Father,*

*I have sinned against you and accept that I should be punished for my sins. I am sorry for doing these sins and turn away from them now. I accept and believe that Jesus your Son, who is God, received my punishment when He died on the cross and that through His death my punishment has been paid. I receive Jesus as my Lord and Saviour now. Please help me to follow Him for the rest of my life. In Jesus Name I pray. Amen.*

If you have prayed the above prayer and honestly meant it, congratulations you are now a Christian! You can now be absolutely certain that God forgives you for your sins and that you will be with Him in heaven when you die.

You can fully depend on God's covenant because as the Scripture tells us,

“God is not a man, that he should lie, nor a son of man, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?” (Numbers 23:19).

In summary, you can see that just as your seafarer’s contract outlines promises and benefits, so God’s covenant in Jesus also outlines promises and benefits. God’s covenant, however, is very different from a human contract because He alone has determined the promises and benefits; Christians have had no role in negotiating the terms. Because God’s covenant is from Him you can fully depend on it because as the Scripture tells us, God keeps His promises!

**Please turn to Chapter 1 examination.**

### ***A short word on the Promises of God***

*Just as a ship often encounters rough seas as it sails so also Christians seafarers can expect to encounter challenges, experience hardship and go through times of uncertainty in their lives. However, as a Christian seafarer you are not left alone to drift without help or hope. In His Word, God has given you promises to steady you and provide you with great hope for the future. Therefore, in order to live a victorious, fruitful life, it is important for you to claim some of these promises for your life. If you do, God’s promises will act like immovable anchors to steady you during the “storms of life” and as shining lights during times of uncertainty. For example, a verse that was mentioned earlier in this chapter (1 John 5:11-13) is an eternal, unchangeable promise from God that tells us that we will have eternal life forever with God if we have received Jesus as Lord. This gives Christians solid hope to help them when life gets difficult or during times when we may have doubts.*

*A list of 5 of God’s promises to Christians is included at the end of this booklet (page 24) as memory verses. These are great examples for you to look at. However, as you continue on your Christian journey, hopefully, you will notice many other promises that the Lord provides for you in His Word.*

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## Chapter 2

### The Manual

#### *The operating instructions for your life*

As a seafarer, you are required to do many different jobs on your ship. In order to perform them well, you must do these jobs according to certain standards or guidelines. Your ship most likely has a set of manuals which describe, in detail, the requirements for proper performance of many of a seafarer's tasks. For example, your ship may have manuals that include standards set by the International Maritime Organization (IMO) for the operation of sea-going vessels. These standards must be followed by you and your crew or certain penalties may apply.

When it comes to your life as a Christian, there are also guidelines that God expects you to follow. They are given by God so that you might know how to behave in order to please Him. These guidelines are listed in a book that we might call *God's Manual*, commonly known as *the Bible*. Actually, the Bible is much more than just a manual which gives Christians rules and regulations for living; it reveals the very heart of God.

The Bible has sixty-six books in it which provide general and specific guidelines that God has given for all people to follow. These guidelines are more than just "suggestions" for a nice life because God's Word is more than just a magazine article or news item. In fact the Bible teaches that God's Word "is living and active" and "sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart" (Hebrews 4:12). Christian seafarers should, therefore, read the Bible because its words are living and meaningful for life in a deep way. God's Word affects and judges people's hearts so that they can know what is right and wrong.

Every part of the Bible is significant and important as 2 Timothy 3:16-17 tells us: "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." Therefore, consistent reading of the Bible is an extremely important activity for you as a Christian seafarer so that you can receive the "teaching, rebuking, correcting and training in righteousness" that will enable you to be "equipped for every good work" that the Lord wants you to do. (\*Please read the Note

at the end of this chapter for one method of reading God's Word.)

The importance of consistent reading of God's Word is shown to Christians in chapter 17 of the book of Deuteronomy where God instructs the Israelites, through Moses, about the requirements of the kings who would rule over them. Verses 18-19 say, "when he [a king] takes the throne of his kingdom, he is to write for himself on a scroll a copy of this law, taken from that of the priests, who are Levites. It is to be with him, and he is to read it all the days of his life, so that he may learn to revere the Lord his God and follow carefully all the words of this law and these decrees." From these verses, we see that God wanted Israel's leaders to read His Word in order to learn to deeply respect Him and His laws. Like these leaders, Christians who read God's Word can also learn to follow Him by knowing what He desires. Jesus said, "Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him." (John 14:21)

A Christian seafarer will almost certainly face many temptations. However, the Bible shows us in Psalm 119:9 that you are not alone in your struggle to remain pure. The author of Psalm 119 wrote: "How can a young man keep his way pure?" The author also wonderfully answered the question by writing: "By living according to your word." This tells the Christian seafarer that he can keep his way pure by following what the Bible (God's Word) teaches. But, it is only possible to do this if a seafarer knows God's Word and, therefore, reading and thinking about God's Word is very important.

In addition to regular reading of God's Word, a Christian seafarer can have God's Word guide him by memorizing (remembering it without looking at the Bible) it. The author of Psalm 119 wrote: "I have hidden your word in my heart that I might not sin against you." As a seafarer, you also can receive help to avoid sin by having God's Word live in your heart. Isn't that a great promise? (A section on how to memorize Scripture, including five verses to get you started, is included at the end of this booklet.)

In summary, we know that proper performance of a seafarer's job means following guidelines, many of which are often found in manuals.



Christian seafarers also need to follow guidelines and these are given in the Bible. Knowing God's Word provides Christian seafarers with, for example, the certainty that God loves them and the guidance to make sure that their lives are pleasing to the Supreme Captain, Jesus our Lord.

**Please turn to Chapter 2 examination.**

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***\* Note on Reading God's Word***

God's Word can be read and studied in many ways. If you don't currently have a method, and would like to try one, consider the *Chapter Outline and Application* method. To do this, begin by reading a part of the Bible (usually one chapter per session is a good starting point) and then do **A)** and **B)**:

**A)** Answer five "W's": 1. **Who**: Who are the main people in the chapter? 2. **What**: What is happening to the people or what is being said to them? (For example, does the chapter tell the story of the lives of people or tell you how God wants you to live.) 3. **When**: When did the event that is written about happen? (For example: was it written before Jesus was born or after? Or, did it occur during a time of peace or struggle for Israel?) 4. **Where**: Where did the event that was written about happen? Or, in the case of Paul's letters for example, where were the receivers of the message (eg. in Corinth, Rome, Galatia etc.)? 5. **Why**: Why do you think the Lord wanted the passage to be written (what is the purpose)? The "why" question is very important in helping you to find meaning from the passage and to help you answer part B. Try to answer the "5 W's" to the best of your ability but don't be discouraged if you cannot always give a detailed answer to every question. After completing part A, work on part B.

**B)** What does the passage mean for you personally? For example, how should it change your attitude and behaviour so that you can love God better. Think carefully and pray before answering part B so that you can gain the most from your study.

The Chapter Outline and Application method is just one way you can study a Bible passage. Many others also exist so you may want to try them as well.

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*Chapter 3*  
**The Watch Duty**  
*Keeping your eyes on Jesus*

Whether working on the deck or in the engine room of a ship, it is necessary for seafarers to keep their attention focused on their assigned duties. If they don't, situations can arise which may adversely affect the safety of the ship and crew. For example, when the ship is sailing, seafarers on the bridge must carefully monitor the ship's course or the ship may run aground or head into a dangerous weather zone. In a similar way, if the engine room crew don't make sure that the mechanical, electrical and other physical systems of the ship are carefully monitored and attended to the ship may not be able to reach its destination.

As a Christian seafarer, your attention must be focused on what God has determined to be important. In the book of Hebrews, chapter 12 verse 2, the author wrote: "Let us fix our eyes on Jesus, the author and perfecter of our faith." By this, you are encouraged to focus on Jesus: to follow His teaching and example. But, you may ask, "How can I do this when I have so many duties to perform each day and so many responsibilities that pull my attention away from God?" This is a good question.

Jesus, Himself, showed us how to stay close to God. Mark 1:35 reveals: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Thus, we see that at times Jesus made a special effort to be alone and meet God; He separated Himself from distractions that would prevent Him from concentrating on God.

As God's child, you can also experience the blessing of being alone with God. The writer of Psalm 42 indicated: "My soul thirsts for God, for the living God. When can I go and meet with God?" Clearly, the writer had a deep desire to know God. If you also want to have a close relationship with your Heavenly Father, you should think about how you can spend time each day meeting with Him.

Christians who have a close, exciting relationship with God will often reveal that, regularly, they spend focused, quality time with the Lord. They sometimes refer to this special time as "devotional time" or "quiet time."

The title is not particularly important, but the regular meeting with God is. The remainder of this chapter is dedicated to helping you plan and put into practise a special meeting time with God.

Two basic questions need to be answered when planning a meeting time with God:

- 1) *When should I have my meeting?*
- 2) *What should I do during the meeting?*

1) *When to meet:*

As a seafarer, your duty schedule will greatly affect the time of day that you can meet with the Lord. If you have a regular daily shift (for example: 0800 hrs. - 1700 hrs.) then you can probably plan to have your meeting before 0800 hrs. or after 1700 hrs. However, if you are on call during the day or your schedule is frequently changing you will need to be more flexible. In these cases, you may need to use a coffee break or other regular off duty time. The most important issue is not the time of day but the consistency of your meeting time. To be most beneficial, you need to commit to meeting God every day.

For those with regular schedules, a regular meeting may mean that you need to rise 15 or 30 minutes (or more) earlier than you do now. Jesus, as we saw in the passage from Mark 1:35, rose “while it was still dark.” It is strongly recommended that you follow a pattern of rising early if you can. This is because the early morning does not, usually, have many distractions. For example, it is unlikely that your captain will call a regular crew meeting at 5:30 a.m. Also, the morning is good because at this time you are more likely to be fresh and alert than at the end of a full day. (In the past you may have noticed that after a long work day you have fallen asleep with your Bible open! 😊)

The establishment of a regular, special time with God each day is extremely important for many reasons. For example, you will be much better prepared to deal with the trials and difficulties that sometimes arise if you have first committed your day to the Lord. By seeking the Lord, you can (see Psalm 34:4) be certain that He will be with you to help and guide you. Of course, there is no better source for obtaining direction than the Lord Himself!

Spending time with the Lord is also wonderful for another reason. Just as

you want to spend time with those on earth that you love, so also you can spend quality time with the one whom you should love above all else (Matthew 22:36-38).

2) *What to do:*

What you do during your meeting with God is really up to you. However, the content for many people includes two things: reading God's Word and prayer.

The Bible tells us that "man does not live on bread alone but on every word that comes from the mouth of the LORD." (Deuteronomy 8:3) Therefore, we know that it is very important for us to spend time reading and thinking about God's Word. (Chapter 2 in this booklet gives more detail on this.)

With regard to prayer, Jesus told us "Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete." (John 16:24) Jesus told us to ask in order to receive and that our joy would be made complete. Prayer is the way of communicating with God. It can include praising God, thanking Him and presenting our requests to our Heavenly Father, among other things. Prayer is sharing our love, shortcomings, gratefulness and desires with our Lord.

You may wish to spend half of your time reading the Bible and half praying or whatever combination is best for you. At the early stages of your time with the Lord you might try to set aside 10-15 minutes total. If you can do this every day for one month you should be able to develop a habit (a regular activity). This will, hopefully, make a difference in your life (for the better!). Over time, as you grow in your faith, you will probably want to spend more time with the Lord because knowing our loving God is a great and wonderful thing! The benefits of your meeting time are limitless because the Lord has no limits and we can never grow too close to Him. As you meet God you will hopefully experience the wonderful promise of Psalm 34:5: "Those who look to him are radiant; their faces are never covered with shame."

**Please turn to Chapter 3 examination.**

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## Chapter 4

### The Crew

#### *Your Relationship with other Christians*

On a large cargo ship, seafarers work together as a crew. The captain is the leader of the crew and is responsible for guiding and directing it. In order for a ship to function properly, the combined effort of all of the crew is needed. Each member has skills and abilities that help the ship to sail in a safe and efficient manner. If one member is ill or unable to perform his duty, the overall performance of the crew is affected.

As a Christian, you are also part of a group, one that is very special. The Bible calls this group “the body of Christ.” “Now you are the body of Christ, and each one of you is a part of it.” (1 Corinthians 12:27) The body of Christ is made up of everyone who follows Jesus. Your membership in the body of Christ began when you put your faith in Jesus Christ. In chapter 1 of the book of Ephesians Paul writes: “And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit.”

God’s Word reveals that “the body is a unit, though it is made up of many parts; and though all of its parts are many, they form one body. So it is with Christ.” (1 Corinthians 12:12) Our human bodies have many parts and so does the body of Christ. Each part of a human body has a different function and so do the parts of the body of Christ. In a manner that is similar to how our bodies are directed by our brains, the body of Christ is directed by Jesus, Himself: “he is the head of the body, the church.” (Colossians 1:18) It is a wonderful blessing for Christians to have Jesus, the God of the universe, lovingly directing them.

Each member of the body of Christ has valuable and unique spiritual gifts (1 Corinthians 12:4-11) and Christians are called to use their gifts for the benefit of the body. So, as a child of God, you are called to use whatever spiritual gifts that the Lord has given you for the good of other Christians. There are many different spiritual gifts (as 1 Corinthians 12 reveals) and you may have one or more of these.

Make every effort to determine which gifts you may have by trying different ministries, asking other mature Christians what they see as being your gifts and praying to the Lord to reveal them to you. Then, put all your heart (Colossians 3:23) into serving the Lord by lovingly exercising these gifts.

*(Note: You may be the only Christian aboard your ship but you can still exercise your spiritual gifts by reaching out to other crew members (eg. sharing, teaching or encouraging others to have faith in Jesus). Also, you can still remain in fellowship with other members of the body of Christ via letters, telephone, email and at evangelical seamen's missions (see internet web site: [www.sealight.org](http://www.sealight.org) for locations) in different countries around the world).*

As part of the body of Christ you have the wonderful privilege of knowing the love of Jesus and having fellowship with other Christians. However, just as you receive benefits from being a member of your crew and with this share responsibilities, as a Christian the Lord desires that you share your gifts for the benefit of others in the body of Christ. You may be able to do this by taking an active, helping role in a Bible study or fellowship group on your ship, if one exists. Your local Church at home is also a great place to get involved in exercising your gifts.

**Please turn to Chapter 4 examination.**

# Chapter Examinations

**Seafarer's Information:**

Name	Ship Name	End of Contract (Month/Year) (approximate date when signing off)
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Home Address

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Ship Address

## Chapter 1 Examination

*Please choose the correct answer and write the letter in the blank space:*

1. A seafarer's contract and God's covenant with Christians are similar because they are both based on:

- A) the regulations of the I.M.O. C) promises and benefits.  
B) the Bible. D) travel, wages etc. \_\_\_\_\_

2. The New Covenant of the Bible is that:

- A) God forgives people who try to be good. C) God loves anyone who prays hard, reads the Bible and tries to avoid sin.  
B) God promises to forgive our sins and grant eternal life to anyone who fully trusts in Jesus and believes that He died for their sins on the cross. D) all people who believe in God will go to heaven. \_\_\_\_\_

3. With God's Covenant:

- A) only Christians, not God, must obey it. C) only God, not Christians, must obey it.  
B) you must go to Bible school before you can accept it. D) both Christians and God are responsible to keep the terms of it. \_\_\_\_\_

4. In the Bible, 1 John 5:11-13 tell us that:

- A) God promises to give eternal life to those who have the Son of God. C) it is impossible to know if we have eternal life.  
B) he who does not have the Son of God lives. D) eternal life isn't possible. \_\_\_\_\_

5. If you have accepted God's Covenant by receiving Jesus as your Lord:

- A) you may be a Christian who may have eternal life. C) you need to do many good things and then God might forgive your sins.  
B) you are a Christian who has eternal life. D) confessing your sins in a Church is required if you want to go to heaven. \_\_\_\_\_

6. God's covenant is different from a seafarer's contract because:

- A) seafarer's contracts are more certain. C) God's covenant was determined by Him alone.  
B) God's covenant is less serious. D) seafarer's contracts are better. \_\_\_\_\_

7. God's New Covenant:

- A) is true some of the time. C) can be changed because God often changes His mind.  
B) is certain because God's promises are certain. D) is shaky because it is only temporary. \_\_\_\_\_

***Please answer in your own words: Why is God's Covenant (in Jesus) important to you?***

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## Chapter 2 Examination

1. The Bible includes:

- A) Sixty-six possible suggestions to help or hurt Christians.      C) Sixty-six books which include guidelines given by God for all people to follow.  
B) ideas that men have suggested.      D) stories like those found in a magazine.
- \_\_\_\_\_

2. Christian seafarers should read the Bible:

- A) because it is only a book of history.      C) because it includes God's living Word.  
B) because it teaches them that all religions are good.      D) but only priests can understand it.
- \_\_\_\_\_

3. 2 Timothy 3:16 tells us that the Bible is important because its words are:

- A) given by God (God-breathed).      C) about the nation of Israel.  
B) simple to understand.      D) peaceful and nice.
- \_\_\_\_\_

4. The importance of reading God's Word (in the book of Deuteronomy) is so that:

- A) Christians can be better educated.      C) Other people will like Christians.  
B) Christians can have lots of money.      D) Christians can follow God better by knowing what He desires.
- \_\_\_\_\_

5. Psalm 119:9 reveals that a young man (also seafarers) can keep his way pure by:

- A) eating healthy foods.      C) living according to God's Word.  
B) exercising regularly.      D) Attending Church every day.
- \_\_\_\_\_

6. In Psalm 119 the writer reveals that sinning against the Lord can be avoided through:

- A) singing loudly.      C) visiting the sick.  
B) serving the poor.      D) hiding the Word in a person's heart (memorizing it).
- \_\_\_\_\_

7. One benefit of knowing God's Word is that it can help Christian seafarers to:

- A) know they will never get seasick.      C) know they will never suffer.  
B) know God loves them.      D) have perfect children.
- \_\_\_\_\_

**Please answer in your own words:** *Why is it important for you to know God's Word?*

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## Chapter 3 Examination

1. As a Christian seafarer, God desires that your attention be concentrated on:  
A) your ship captain above everything else.      C) Jesus.  
B) your family and nothing else.                      D) your wages/ salary.      \_\_\_\_\_
  
2. What is one thing that Jesus did to keep His life properly focused?  
A) He obeyed the teachings of all religions.      C) He lived alone.  
B) He rose early in the morning, found a place to be alone and prayed .      D) He refused to pay taxes.      \_\_\_\_\_
  
3. How can Christian seafarers improve the relationship they have with God?  
A) establish a regular meeting with God.      C) wear expensive clothing.  
B) pray to idols.    D) spend most of their time painting.      \_\_\_\_\_
  
4. To be most effective, how often should a Christian seafarer try to meet with God?  
A) three times a week.                                      C) every day.  
B) almost every Sunday while at sea.              D) at Christmas and Easter.      \_\_\_\_\_
  
5. If a seafarer's schedule permits it, why is the early *morning* the best time to meet with God?  
A) because morning is the time when God listens.      C) less injuries occur in the morning.  
B) because God is not busy in the morning.      D) because, usually, there are less distractions early in the morning.      \_\_\_\_\_
  
6. What two things are often part of a regular meeting time with God?  
A) artistic drawing and loud singing.      C) stretching the body and carving wood.  
B) mathematical calculations and bargaining.      D) reading God's Word and prayer.      \_\_\_\_\_
  
7. Psalm 34:5 says that when people look to God (focus on Him) the following happens:  
A) their lives will never be difficult.      C) they will all know how to win the lottery.  
B) they will be radiant (shining).                      D) they will be given anything they want.      \_\_\_\_\_

***Please answer in your own words:*** *What is your plan for starting a regular meeting with God? When will you do it and what will you do in it? (You are not required to write your answer to this question—it is being asked to assist you to make a definite plan!)*

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## Chapter 4 Examination

1. When the Bible speaks of the body of Christ (in 1 Corinthians 12) it means:
- A) the one buried in Jerusalem.                      C) it is kept in a shroud somewhere in the east.  
B) it is not something Christians talk about.      D) the people who follow Jesus.      \_\_\_\_\_
2. When a seafarer trusts in Jesus Christ as Lord one thing that happens is:
- A) the seafarer becomes a member of the body of Christ (world-wide group of Christians).      C) the crew of the ship will congratulate the seafarer.  
B) the seafarer gets promoted on the ship.      D) the seafarer becomes a full-time Pastor.      \_\_\_\_\_
3. St. Paul told the Ephesian Christians (includes Christians today) that when they believed:
- A) they stopped being Ephesians.                      C) they were marked with a seal (Holy Spirit).  
B) they had to quit their regular employment.      D) they no longer sinned.      \_\_\_\_\_
4. The parts of the body of Christ:
- A) all have the same function.                      C) have different functions.  
B) are basically the same in look and function.      D) are few in number.      \_\_\_\_\_
5. The body of Christ is directed:
- A) by the smartest person in the group.              C) actually, no one directs the body of Christ.  
B) by St. Thomas.                                      D) by Jesus, Himself.      \_\_\_\_\_
6. As a member of the body of Christ, every Christian:
- A) may have some type of gift.                      C) has gifts but they are not valuable.  
B) has one or more gifts but they are not to be shared.      D) has gifts that are valuable and are to be used for the benefit of the body.      \_\_\_\_\_
7. Christian seafarers should try to determine their spiritual gifts by:
- A) confessing their sins.                              C) trying different ministries, asking mature Christians for their input and praying.  
B) actually, they should avoid doing this because not every Christian has spiritual gifts.      D) it is impossible to know if a Christian seafarer has any spiritual gifts.      \_\_\_\_\_
8. A Christian seafarer should exercise spiritual gifts so that:
- A) others in the body of Christ can benefit.      C) the captain of the ship will like the seafarer.  
B) the seafarer can be popular.                      D) spiritual gifts should not be used.      \_\_\_\_\_

**Please answer in your own words:** *What do you believe to be your spiritual gifts and how could you use one (or more) of them to help the body of Christ?*

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## Chapter 5 Examination

1. The word *disciple* means:

- A) one who disagrees. C) learner.  
B) a person who has many family members. D) teacher. \_\_\_\_\_

2. Christian disciples:

- A) are blessed because they know everything. C) are perfect in every way.  
B) should only care about other disciples. D) have a lifelong experience of growing in love and knowledge of Jesus. \_\_\_\_\_

3. As a Christian disciple, a seafarer's attitude should be like Jesus who:

- A) was proud and lived like a wealthy king. C) looked out for His own interests first.  
B) was God but made Himself nothing. D) never talked about hell. \_\_\_\_\_

4. A Christian disciple's life is similar to which of the following positions on a ship:

- A) a cadet seafarer. C) a captain.  
B) a bosun. D) an oiler. \_\_\_\_\_

5. According to the Navigator organization, which of the following are helpful guidelines for determining discipleship? (Put an "x" beside the ones that apply.) A disciple is a person who:

- \_\_\_\_\_ demonstrates faithfulness and a desire to learn and apply the Word of God.  
\_\_\_\_\_ honors others by buying them expensive gifts.  
\_\_\_\_\_ is a learner—open and teachable.  
\_\_\_\_\_ attends church and maintains close ties with its Fellowship, displaying love and unity.  
\_\_\_\_\_ prays at least 4 out of 7 days per week.  
\_\_\_\_\_ manifests (demonstrates) a heart for witnessing (evangelism).  
\_\_\_\_\_ is never sad because Christians should never cry.  
\_\_\_\_\_ puts Christ first in his life and is taking steps to separate from sin.

***Please answer in your own words:*** Which of the 10 guidelines for discipleship do you follow? Which of them could you begin to work on? Try to focus on one or two (that you are not currently doing or are weak at) over the next few weeks and see if you can make them part of your life!

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## Chapter 6 Examination

1. Where can a Christian seafarer look for wisdom to help him know God's will?  
A) the ship's navigation system.                      C) an IMO manual.  
B) it is never possible for a seafarer to know God's will.                      D) the Bible. \_\_\_\_\_
2. What type of attitude is extremely important to have in order to receive God's guidance:  
A) a clear desire to do God's will.                      C) a desire to be honored by all of the crew.  
B) a determination to focus on the world around us.                      D) a desire to live according to all religions. \_\_\_\_\_
3. According to 2 Tim. 3:16, why is the Bible important for guiding a Christian?  
A) because part of the Bible comes from God.                      C) because all of the Bible comes from God.  
B) because the Bible was written by wise men.                      D) because the Bible has maps in it. \_\_\_\_\_
4. Seeking Godly advice from spiritually mature Christians is an important part of making good decisions because:  
A) mature Christians never make mistakes.                      C) God doesn't help us in any other way.  
B) the Holy Spirit can minister through them.                      D) they are over 65 years of age. \_\_\_\_\_
5. Even though a Christian may not understand what is happening in his life, it is important to be open to what God is doing because, as Isaiah 55:8-9 reveals:  
A) God only works in ways we can understand.                      C) good happens only to confused Christians.  
B) God's ways are higher than our ways.                      D) God's ways are exactly the same as ours. \_\_\_\_\_
6. One reason Christians should pray when they want God's guidance for their decisions is:  
A) because prayer may work at times.                      C) so others can see that Christians are good.  
B) because Jesus promised that prayer would be answered.                      D) so Christians can always receive exactly what they desire, even if it is not good. \_\_\_\_\_
7. Philippians 4:6-7 tells Christians to pray and the result will be:  
A) the peace of God.                      C) that they will never suffer.  
B) healing of any physical illness.                      D) they will receive better employment. \_\_\_\_\_
8. True or False: Often, Christians have great freedom to choose among different options:  
A) False. Being Christian means no freedom.                      C) True. God gives Christians much freedom.  
B) True. Because God does not really care what Christians do.                      D) False. Freedom is not in the Bible. \_\_\_\_\_

**Please answer in your own words:** Are you currently struggling to make a Christ-centered decision about something in your life? How could you use the 5 guidelines provided in Chapter 6 to help you in this decision?

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*Chapter 5*  
Living as a Cadet  
*Humbly Walking with Jesus*

The life of a cadet seafarer can involve much humility. This is because cadets do not have the same rights and privileges that regular seafarers have. They are learners and may be viewed as less important (which is not true) than the other crew aboard the ship. Cadets are often expected to place the other crew members in priority to themselves and to serve them without demanding anything in return.

Not all of a cadet's life is negative, however. Parts of their lives can also be very exciting. For example, a cadet's new life on a ship provides the opportunity to see many parts of God's creation which are visible only at sea. Visiting many countries for the first time is also a benefit for these new seafarers. Also, cadets are free from the burden of a prideful attitude that can accompany positions of higher rank on the ship; they are free to live a humble life.

The life of a Christian disciple has many similarities with that of a seafaring cadet. In fact, the very word "disciple" is the Greek translation of "learner." So, the essence of discipleship is learning. As a Christian disciple, learning is a lifelong experience of growing in our love and knowledge of Jesus (2 Peter 3:18).

Christian disciples are called to have the same attitude as Jesus did, the true humble servant. Philippians 2:5-8 tells us: "Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross!"

Christian discipleship is somewhat like being a Jesus cadet for life (eternal life, that is!). A Christian organization called *the Navigators* has developed ten guidelines for determining discipleship. These guidelines can be helpful in giving Christian seafarers direction on how to live as disciples of Jesus.

These guidelines tell us that a disciple is one who:

1. *puts Christ first in his life and is taking steps to separate from sin* - This involves asking God to show a disciple if there are aspects of his/her life that is preventing him/her from fully surrendering to His will (See Titus 2:11-12).
2. *has a consistent daily devotional time and is developing a prayer life* (See Psalm 42:2) – By regular intake of God’s Word and prayer a disciple keeps the Lord’s ways at the forefront of his/her life and communes with Him regularly. Both of these will help a disciple to seek and to follow God’s will for his/her life.
3. *demonstrates faithfulness and a desire to learn and apply the Word of God through regular Bible study, Scripture memory, reading and meditation on the Scriptures* – Consistent contact with God’s Word is critical for a disciple of Jesus. Humans seem to easily drift away from the Lord. But, by remaining connected to God’s Word a disciple has a wonderful anchor to help resist this drift.
4. *manifests a heart for witnessing (evangelism)* – In Matthew 5:13 Jesus says to His disciples: “You are the salt of the earth” and in verse 14: “You are the light of the world.” So, a disciple is to be an effective witness (salt and light) for Jesus in the world. 1 Peter 3:15 indicates “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”
5. *attends church and maintains close ties with its Fellowship, displaying love and unity* - Jesus told His followers that others would recognize them as disciples if “[they] love one another” (John 13:35). A disciple must thus be in fellowship with other believers in order to reflect Christ’s love. One of the best ways this can be accomplished is through church involvement (see Hebrews 10:24-25).
6. *demonstrates a servant heart by a sincere interest in helping others* - Our Lord washed His disciples’ feet and told them, “I have set you an example that you should do as I have done for you” (John 13:15). A disciple is called by Jesus to serve others. (See also Philippians 2:6-7 and Mark 10:45.)



7. *is a learner – open and teachable* – In the Book of James it says: “Everyone should be quick to listen” (v. 19) and, also, that we should “not merely listen to the word” but “do what it says” (v. 22). Jesus often followed a time of teaching with words such as “He who has ears, let him hear” (Matthew 13:43). A disciple must be open to hearing and applying what God is telling him/her.
8. *is giving regularly and honouring God with his/her finances* – What people do with their money is a significant sign of where their hearts are focussed. The things that are loved and valued tend often to determine where money is spent. A disciple of Christ needs to carefully consider how his/her giving reflects the love and commitment to the Lord that it should. The manner of our giving is also important. As 2 Corinthians 9:7 reveals: “God loves a cheerful giver.” Thus, giving should be done with joy and out of love for the Lord.
9. *will demonstrate the fruit of the Spirit by an attractive relationship with Christ and his fellowman* – The fruit of the Spirit, as indicated in Galatians 5:22-23, is: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” A true disciple’s life will radiate the fruit of the Spirit.
10. *is seeking to use his Spiritual gifts* – In 1 Corinthians 12 it is written: “There are different kinds of gifts, but the same Spirit” (v.4) and “All these are the work of one and the same Spirit, and he gives them to each one, just as he determines” (v. 11). (See also Romans 12.) Thus, God gives a disciple gifts and it is expected that they will be used to glorify Him. Jesus talked about the use of *talents* in Matthew 25.

These guidelines make discipleship appear to be a radical commitment to the Lord. Quite frankly it is. However, the Lord walks with disciples in their discipleship journey (Hebrews 13:5) and helps them as they daily take up the calling to follow Him (John 21:19).

**Please turn to Chapter 5 examination.**

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*Chapter 6*  
**The Compass**  
*Trusting the Lord for Direction*

One of the basic pieces of information that your crew requires to carry out a successful voyage is direction of travel. When a voyage is being planned, a seafarer (usually a senior officer) on your ship will be informed of the destination to be reached and then a course will need to be plotted by one or more of your crew. At the time of departure, the bridge crew will set the ship on the proper course and, as the voyage progresses, they will monitor this to make sure that the correct heading is maintained. The heading is checked through the use of one of the oldest and still most critical pieces of equipment on a ship: a compass.

As a Christian seafarer, you will also need direction in your life if you are to please God. You already know where your final destination is: heaven. However, as you progress along your life's journey, you will need guidance to help you make good decisions—ones that will bring glory to God and help you grow closer to Him. Looking for this type of guidance is sometimes called “seeking God’s will.” But, you may ask, “How is it possible to know God’s will for my life?” The Bible provides much wisdom to help answer this question.

Five Biblically based guidelines that, when used together, can help you make Christ-centered decisions are provided below. They are like a compass to help you to navigate through times of uncertainty in your Christian life.

1. *Commitment of your will to Christ.* “I desire to do your will, O my God.” (Psalm 40:8) - The writer of Psalm 40:8 gives an example of the type of attitude that is extremely important to receive God’s guidance: a clear desire to do God’s will. A Christian seafarer must be open to whatever the Lord wants. George Muller, a man known for his life of prayer and closeness to God, said, “When we are ready to do the Lord’s will—whatever it may be—nine-tenths [90%!] of the difficulties are overcome.” Mr. Muller learned that being truly open to God’s will was a critical part of actually knowing it. This requires that you be as free as possible of influences that are not of the Lord. This truth is revealed in Romans 12:2 where it says, “Do not conform

any longer to the pattern of this world, but be transformed [changed] by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.” So, you need to have your mind focused on the Lord, not on the world.

2. *Be centered on God's Word.*—After being sure that you are open to doing God's will, you can look to the Bible itself to give you guidance about making a decision. As 2 Timothy 3:16 indicates, “All Scripture [God's Word] is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” This verse clearly teaches that the Bible is an incredibly important resource to guide us in the path of righteousness because its words come from God. George Muller (mentioned above) discovered the following regarding the importance of the Bible in obtaining guidance: “If the Holy Spirit guides us, He will do it according to the Scriptures, never contrary to them.” The Bible contains God's truth and you can refer to it as you seek to please the Lord.
3. *Prayer.* “Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” (John 16:24) In this verse Jesus promised His disciples that their prayers would be answered if they asked in His name (by His authority and identity before God). As a child of God, you have been given privileged access to God because of Jesus' death and resurrection (John 1:12). The Lord has told Christians to ask and then they will receive what is good (Matthew 7:7-11). This does not mean that you will always receive exactly what you want but, more importantly, you will receive the perfect gift: those things that are in accordance with God's perfect will (James 1:17). When you pray, you can also be assured of peace in your life as Philippians 4:6-7 says, “Do not be anxious about anything, but in everything, by prayer and petition [request], with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.”
4. *Seek Godly advice.* “Plans fail for lack of counsel, but with many advisers they succeed.” (Proverbs 15:22) - Seeking the counsel of spiritu-

ally mature Christians is another very beneficial step in obtaining guidance for our decisions. It is good if these people are familiar with your life, but it is more important that they are committed to the Lord and to the truth of His Word. The counsel of other Christians is beneficial because they can bring additional perspective to your situation and the opportunity for the Holy Spirit to minister through them (see Matthew 18:20).

5. *Keep your eyes open to what's going on around you.*—In the book of Acts, chapter 8, the Scripture reveals that the early church experienced persecution (great opposition) and that many Christians fled from Jerusalem and ended up in areas all over Judea and Samaria. As a result of this, the Word of God spread outside of Jerusalem to wherever the scattered Christians went. Did the early Christians ask for persecution? Probably not, because persecution is not pleasant. But, even in the midst of their difficulties it seems that God was working through these Christians. The scattering of these people resulted in the spread of the Gospel. This may not have occurred, at least not as quickly as it did, if everything remained peaceful in Jerusalem. So, this event was actually used for the Lord's glory.

With regard to guidance, the situation in Acts 8 (mentioned above) reveals that it is important to consider what is happening around you and be open to what the Lord is doing. He may be guiding your life for a wonderful purpose even if what is happening around you may be the very opposite of what you would like. In Isaiah 55:8-9 it is written: “ ‘For my thoughts are not your thoughts, neither are your ways my ways,’ declares the LORD. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’ ”

The five guidelines given above, if you use them together, can be like a compass to guide you through times of uncertainty in your Christian life.

Finally, it is worth mentioning that, in many situations, God provides you with great freedom to choose among different options. You have been given the gift of being able to make choices according to your personal likes or dislikes. In Genesis 2:16-17, God gave Adam the freedom to choose to eat from any tree in the garden, except one. So we do know

that God does give Christians much freedom to choose.

When you are committed to following Jesus with your whole heart you will not have to worry. Jesus said: "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you." (John 15:7) So, you are able to exercise considerable freedom in much of your decision making knowing that if you are in fellowship with the Lord (studying and listening to His Word, praying, fellowshiping with other Christians, serving others etc.) He will be with you.

**Please turn to Chapter 6 examination.**

### *Further Information*

We hope that you found the *Journey* study helpful in assisting you to walk more closely with Jesus. If you have found the material beneficial and would like to continue sailing toward a growing knowledge and love for the Lord, we would be happy to hear from you. Please contact us to request further Bible study courses so that your “journey” may continue.

Please contact us at:

**Lighthouse Harbour Ministries**  
**1 - 260 East Esplanade**  
**North Vancouver, B.C.**  
**Canada V7L 1A3**

**email: [info@sealight.org](mailto:info@sealight.org)**

Also, please visit our web site at **[www.sealight.org](http://www.sealight.org)** in order to find a listing of evangelical Christian seafarer’s missions located in different countries around the world.

Finally, may Jesus, Himself, be your great Captain as you sail the seas of the world!

## *Bible Memory Verses*

In Chapter 2 you learned the importance of reading and studying the Bible. In that chapter the value of remembering God's Word (by memory) was also mentioned. Psalm 119:11 shows us how important Scripture memory is.

Since we know, from the above, that remembering God's Word is important, we can take steps to make this part of our lives. As is common for many things, Scripture memory is not difficult if you work at it consistently.

To be able to remember a part of the Bible, "by heart" it is helpful to break it up into smaller pieces. So, for example if you wanted to remember 1 John 5:11-12 (the first verse on the next page), you would do the following:

1. First say to yourself: "1 John 5:11-12." Try saying this 4 or 5 times. Then, try to repeat this without looking at the verse. When you can do this successfully, you can begin to start remembering the verse itself.
2. Next, read 4-6 words from the verse. For example, read: "And this is the testimony." After saying it 4 or 5 times, try to say the words without looking at them. Look away from the book and say: "And this is the testimony." Say this 10 or 15 times until you feel that you have remembered it.
3. After you have remembered the first part of the verse, move on to the next 4 or 5 words. For example, say: "God has given us eternal life." Again, as in #2 above, say this 4 or 5 times. Then, look away from the book and say it 10 or 15 times until you feel that you have remembered it.
4. Next, combine the first three parts. So, you would do the following (not looking at the book): Say, "1 John 5:11-12 And this is the testimony: God has given us eternal life." Say this 10-15 times without looking at the book. If you can't remember all of these words at first, don't worry. You may need to return to step 1. Start again by saying the verse reference over and over again until you remember it. Then, go to step 2 and 3 and do them until you can say the verse exactly as it is written, without looking at it. Repeat steps 1,2 and 3 until you are confident that you know the words you are working on.
5. Continue adding words until you have finished the part of the Bible that you are working on.

It is important to note that after you have remembered a part of the Bible (eg. 1 John 5:11-12) you will probably need to review it as time goes on. After a period of time, we tend to forget! So, review, review, review. Keep the verses that you are working on in your pocket, wallet or wherever you can refer to them often. If you keep working on the verses and reviewing them, you will be much more likely to hide them in your heart for the rest of your life!

On the next page, you will see five important verses from the Bible. These verses reveal basic truths that God promises Christians in His Word. As a suggestion, cut the five verses out of this booklet and keep them with you (in your pocket or wallet) so that you can work on memorizing them when you have free time. During any given day we all have some “dead time” where we are waiting for something or someone and during those times you can practise your Scripture memory. You will see the blessing of doing this if you put a good effort into it! May the Lord bless you as you hide His Word in your heart.



**Note: If English is not your first language, you may want to write out the five verses below from your own Bible (in whatever language you speak) and then work on remembering them.**

<p><i>God's promise that you have eternal life:</i></p> <p>And this is the testimony: God has given us eternal life and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life.</p> <p>1 John 5:11-12</p>	<p><i>God's promise that you will be forgiven:</i></p> <p>If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.</p> <p>1 John 1:9</p>
<p><i>God's promise that your prayer will be answered:</i></p> <p>Until now you have not asked for anything in My Name. Ask and you will receive, and your joy will be complete.</p> <p>John 16:24</p>	<p><i>God's promise that He will direct your life:</i></p> <p>Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.</p> <p>Proverbs 3:5-6</p>
<p><i>God's promise that you can overcome temptation:</i></p> <p>No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.</p> <p>1 Corinthians 10:13</p>	



*“Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are - yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” (Hebrews 4:14-16)*

