

LIFETRAC.INFO DISCIPLESHIP CURRICULUM

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Course Outline

The Goal of LifeTrac.info	To help people experience new, more abundant, and everlasting life in preparation for the Second Coming, Heaven, and the earth made new—by coming to Jesus, into His church, and growing daily in grace through reading, believing, and sharing the LifeTrac.info message.
COURSE 1 Basic Christianity	The Essential Teachings of the Christian Faith: An Introduction
1. Our Greatest Need	The great spiritual need of every human being, and how Jesus Christ is the only true solution
2. New Beginnings	What our universe was originally like, the origin of evil, and God’s means of restoration
3. Miracles of Faith	How God’s covenant with Abraham and his descendants was designed to reveal His love and faithful plan of salvation to the world
4. The Perfect Solution	How the life, death and resurrection of Jesus reveals what God is really like
5. Your Way to Personal Peace	How to know Jesus Christ as a personal Friend and Savior
6. Life At Its Best	The foundational principles of a thriving Christian life
7. Your Future in a Dream	What the Bible says about the world’s future
8. Signs of the End	World conditions that suggest that the end of the world is near, and how to prepare for the return of Christ
9. Friends Forever	The significance of church membership—how to discern a gospel-centered, Scripture-rooted community where salvation by grace through faith in Christ leads to joyful obedience and Spirit-formed transformation.
COURSE 2 In The Beginning	The Divine blueprint for our planet at creation, God’s continued involvement with our world, and His ultimate purpose of complete restoration
1. The Reality of God’s Existence	Evidence for the existence of God, and how to know Him through personal experience
2. Channels of Communication	How God communicates with humanity. The nature of the Bible, its authority, reliability, and divine inspiration
3. What is God Like	God’s Oneness, the dual nature of Christ, the role and divine identity of the Holy Spirit, God’s unique characteristics, and His love and mercy as the answer to our greatest needs
4. How It All Began	The Bible’s account of the origin of the universe, the beginning of life on earth, the Bible and evolutionary theory, the nature of man before sin, God’s plan for restoration
5. Order in the Universe	Core principles of God’s moral law, the role of the Ten Commandments, Salvation in relation to God’s law
6. Why Death	The cosmic conflict and the origin of evil, the devastating effects of sin, the hope and redemption God offers
7. The Way to Life	God’s plan of salvation through the Old and New Testaments

8. You Can Be Forgiven	What forgiveness means, why it matters, and how it transforms lives. How to personally experience God's forgiveness
9. An Unsurpassed Gift	God offers His righteousness to us freely, by faith, not merely as a legal pardon but a transformation beginning at conversion and ongoing through life
10. Healing of the Mind	The battle for the mind. How becoming like Christ is a transformative process. Biblical qualities of a renewed mind. Hope, holiness, and the Spirit's work
11. Living is Growing	The necessity and means of ongoing spiritual growth. Facing and handling temptation effectively
12. The Goal is Victory	God's standard and His provision of divine power for holiness. Preparing for the close of human probation. Understanding and preparing for God's final seal
13. Free at Last	The ongoing challenges of the Christian life, how God offers ongoing strength and blessings now as well as the incomparable joy of eternal fellowship, peace and glory
COURSE 3 People of Destiny	Traces the history, mission and ultimate failure of God's people in the Old Testament, called to reveal His character and prepare the world for the Messiah; how the promise of redemption is fulfilled in Jesus, forming, a new people of faith
1. Great Men of Antiquity	How people like Abel, Seth, Enoch and Noah chose to follow God by faith
2. The Flood	The Biblical account and key questions raised, flood traditions throughout history, geological evidence that supports the Biblical narrative, its relevance for people in the modern world
3. The Tower of Babel	God's covenant promise after the flood, migration patterns, reasons for building the Tower and God's intervention, modern applications
4. God Calls a Man	The call of Abraham, God's preservation of the promise of salvation by working through Abraham, modern applications including God's forgiveness and grace even when mistakes are made
5. Birth of a Nation	God's guiding, overruling providence as evidenced in the lives of Abraham, Isaac, Jacob, Joseph, and God's deliverance of His people from bondage
6. The Law of Liberty	God's law from creation through the time of Christ and the apostles. The free gift of salvation and the connection between belief and behavior
7. Good News—Ancient and Modern	Old Testament symbolism fulfilled in the sacrifice and ministry of Christ
8. The Friend Who Always Cares	Christ, our example, gives us the means of spiritual life and power
9. Freed by the Court	Symbolism of The Most Holy Place of the ancient sanctuary; the Day of Atonement practiced in Israel and its end-time significance
10. Greatness of Israel	How kings of ancient Israel illustrate the far-reaching consequences of our choices
11. Fall of a Great Nation	The history of Israel following Solomon's reign, tracing its division and capitulation to Assyria and Babylon, the Roman rule and destruction of Jerusalem, and finally the transition of God's message to the international Christian church

12. The Coming Prince	The New Testament claim that Jesus was the Messiah as prophetic fulfillment of Daniel 8 and 9
13. Literal and Spiritual Israel	Covenant promises to ancient Israel, its failure to carry out God's plan and its replacement by spiritual Israel
COURSE 4 The Promised One	The Life of Christ--God's promised Savior, the long-awaited Messiah foretold by the prophets, revealed in the Gospels and central to God's plan of redemption
1. The Coming Messiah	God's promise of a Redeemer foretold through prophecies of His birth, ministry, suffering, death and resurrection
2. The Quiet Years	The world of Jesus' day; Scripture indications of his childhood, immediate family; first trip to the temple at age 12
3. Call to Ministry	Jesus' baptism—the date as prophetic fulfillment, the reason and method of His baptism and its relevance for believers today; the baptism of the Holy Spirit
4. The Wilderness of Temptation	Jesus faced Satan's temptations with Scripture and unwavering trust in God, showing how to stand firm against evil
5. First Miracle	Jesus' attitude toward people, their interests and problems; the wedding feast at Cana, purpose and symbolism; Jesus' teaching on marriage
6. The Adulterous Woman	Jesus' approach to fallen people and His willingness to reveal love and forgiveness to the most sin-stained souls
7. The New Birth	Jesus' metaphor for salvation reveals the Spirit's work—made possible by Calvary—bringing reconciliation with God and launching a lifelong, Spirit-empowered journey of transformation into Christlikeness
8. Sermon on the Mount	A blueprint for the Christian –featuring the Beatitudes, the Lord's Prayer, and Jesus' call to heart-level obedience over outward conformity. Rejection of self-exaltation and judgmental spirit
9. Betrayal and Trial	Christ's response to betrayal and injustice--Example of grace and faithfulness in suffering, Pilate's failure to act on truth, Warning against silencing conscience and rejecting light
10. Calvary	The events and meaning of the crucifixion. How Christ's death on the cross fulfilled God's redemptive plan—bearing our sin, reconciling us to God, and making the gift of righteousness available through grace.
11. Resurrection	The events, importance and meaning of Christ's Resurrection
12. Ascension	Christ's visible, triumphant ascension, commission to disciples and promise of return, Entry into heavenly sanctuary, High priestly ministry and ongoing intercession, Final phase of redemption before Second Advent.
13. Second Coming	Christ's visible, glorious return, Fulfillment of prophecy and apostolic teaching, Signs invite spiritual readiness, Resurrection of the dead and transformation of the living, Judgment for unbelievers, Call to live in hope and readiness
COURSE 5 Real Christian Living	Explores the abundant life by leading readers into a saving relationship with Jesus through practical, grace-filled steps
1. God is Love	God's unconditional love as the foundation of salvation
2. Man's Need of Christ	Human sinfulness and the universal need for a Savior

3. Repentance	Explores heartfelt sorrow for sin
4. Confession	The healing power of honest confession
5. Consecration	Calls for full surrender and trust in God's promises
6. Faith and Acceptance	Explores conviction, forgiveness, the only path to freedom from sin, the born-again Christian life, the importance of daily renewal
7. Test of Discipleship	Genuine discipleship rooted in dependence on Christ; faith leading to transformation over time; peace, purpose, and hope in daily walk; grace empowering recovery after failure; strength drawn from Christ's continual presence
8. Growing Up in Christ	How a newborn Christian grows spiritually; what it means to abide in Jesus, to rely entirely on His presence, His strength, and His righteousness. Growing in spiritual maturity through a daily, living connection with Christ
9. The Work and the Life	Explores where we fit in God's plan
10. A Knowledge of God	How God imparts the ever-growing experience of abiding in Christ; how we remain receptive to His voice; methods He uses to provide knowledge and grace, equipping us for life's challenges
11. The Privilege of Prayer	Ways we are invited to participate in prayer; how believers engage with God in faith, humility, and worship
12. What to Do with Doubt	How doubt fits into the journey of faith; how the Word leads us into a progressive understanding of truth; causes of doubt; need for surrender to the work of grace
13. Rejoicing in the Lord	Keys to a radiant Christian life whether walking through trials or navigating ordinary days
COURSE 6 New World Coming	God's answer to this broken world. The incredible promise of renewal and how we can prepare for God's ultimate restoration
1. The Christian Hope	The foundational timeline of Daniel 2; insight into the unfolding of history leading to the grand climax of Christ's return
2. Messages to the Seven Churches	Jesus instructed John to write messages to seven churches. How these message shaped church history and how they continue to speak to us today
3. Rise of a Persecuting Power	A study of Daniel 7, demonstrating God's sovereignty over history and confirming that we are living in the final stages of time.
4. Seal of God	Explores God's final seal placed on those He will gather at His return and the role of Sabbath worship.
5. Mark of the Beast	The sobering warning of Revelation 13; the symbols of the beast and its image and mark, and how it contrasts with the seal of God. The beast's claims compared with New Testament truth about God's law and worship. How to stand faithful to Christ.
6. Three Angels Messages	God's final messages to the world
7. God's Judgment	The Bible's description of the pre-advent judgment; prophetic timing; why this judgment matters personally for our walk with Christ and our eternal future
8. Seven Last Plagues	God's final response to persistent rebellion

9. When Jesus Comes	The nature of Christ's return; the destinies of the living and the dead; identifying signs that Jesus' return is near; the final invitation—how to be ready to meet Him
10. Where are the Dead	What Scripture teaches about the nature of death, the soul, where the dead are now; the resurrection and when will it happen
11. Thousand Years of Peace	What is the millennium and when it begins; what occurs during and at the close of the millennium and what that means for eternity
12. Where is Hell	What the Bible actually teaches about hell and how we can avoid it
13. The New Earth	Scripture glimpses into a world untouched by sin, sorrow or death
COURSE 7 The Remnant Church	Founded by Christ, sustained through history, God's instrument to share the gospel. Explores marks of the true church, spiritual gifts and sacred practices, call to unity in faith and mission, membership as belonging--not exclusivity
1. The Purpose of the Church	The teachings of Jesus and the apostles provide a trustworthy foundation for understanding the nature and function of the church.
2. Gifts of the Spirit	Explores spiritual gifts as part of God's love-language to His people—highlighting their biblical foundations and role in building up the church
3. Special Gift to the Church	Explores whether the prophetic gift can still be active; Scripture tests of a true prophet; what the Bible says about last day prophecy; evaluation of the ministry of Ellen G. White
4. Supporting the Church	God's ownership and our role as stewards; biblical tithing, freewill offerings; the blessing of faithful stewardship
5. Sacred Practices of the Church	How the physical symbols of spiritual renewal in the Lord's Supper serve as recurring reminders of Christ's sacrifice and our ongoing participation in His grace
6. Joining God's Family	Explores the significance and biblical method of baptism, how baptism publicly proclaims Christian commitment; who should be baptized and when and how baptism relates to church membership; the baptism of the Holy Spirit; spiritual warfare
7. Christian Education	Foundational principles of Christian education, preparing for vocations and forming lifelong disciples of Jesus, the Master Teacher. How this worldview shapes every area of academic discipline; its increasing importance in prioritizing truth, character, and readiness for eternity; the Seventh-day Adventist philosophy of education and its global school system
8. Living God's Values	Biblical principles that guide daily decisions about dress, recreation and entertainment, a call to joyful separation from worldly influences with Jesus as our example and the Spirit as our guide
9. God's Blueprint for Health	The spiritual connection between physical and spiritual health; avoiding harmful substances; the importance of a balanced, nourishing diet, a practical plan for physical and spiritual health; The Adventist Health Study; a plant-based-- grace-filled guide to whole-person nourishment
10. Your Church and Mine	Jesus' invitation to join His church--a place of fellowship, worship, service and mission; five biblical truths of God's church

11. Unity in God's Family	Explores the kind of unity God desires for His church; the relationship of love and tolerance to doctrinal unity; how this unity embraces diversity without compromising truth
12. God's Blueprint for Family Life	God's design, diagnosis and healing for family life; His blueprint for marriage and intimacy; biblical teachings on divorce, restoration, and parent-child relationships
13. A Call to Worship	The foundation of Christian worship as the supreme expression of love for God; Bible teaching on personal, family and church worship; the call to true worship in God's last-day message to the world
COURSE 8 Solving Doctrinal Differences	Engages doctrinal issues with Scripture and historical context; fosters respectful, grace-filled dialogue; clarifies key theological distinctions; affirms unity of truth in Christ, promotes understanding, conviction, and compassion
1. Once Saved, Always Saved	Examines the biblical foundation of salvation and the doctrine of eternal security; affirms the power of choice, explores the possibility of falling away, and highlights the call to ongoing connection with Christ; relationship between grace, obedience, and transformation; assurance rooted in Scripture and a living walk with Jesus
2. The Rapture	Examines the popular teaching of a secret rapture and contrasts it with the full biblical picture of Christ's second coming. Explores key questions about the resurrection of the righteous, the timing and nature of the tribulation, and whether Scripture supports a two-phase return of Christ. Engages with the history of futurism and dispensationalism, and what the Bible says about end-time events, judgment, and hope
3. God's Chosen People	Explores Israel's prophetic role and the meaning of being "chosen" in Scripture. Examines whether political support for modern Israel aligns with biblical promises and spiritual identity, comparing dispensationalist views with broader Scriptural teaching. Studies the conditional nature of restoration prophecies, the role of the Christian Church in God's redemptive plan, and whether Scripture supports a future national restoration of Israel during the millennium
4. Moral vs Ceremonial Law	Clarifies the biblical distinction between ceremonial laws—fulfilled at the Cross—and the enduring moral law expressed in the Ten Commandments; affirms that salvation has always been by grace through faith, not law-keeping, and explores how obedience flows from a Spirit-transformed life. Examines the Sabbath's place in God's covenant and how Scripture continues to guide Christian living today
5. Saved by Faith	Reviews major historical views of justification to lay the foundation for the Adventist understanding of salvation. Affirms justification as God's legal pardon and the believer's new birth, and sanctification as both the indwelling holiness of Christ and the ongoing growth in grace. Explores what it means to walk with Christ daily—until He comes
6. Trinitarianism vs Arianism	Examines the biblical teaching of one God in three persons—Father, Son, and Holy Spirit. Affirms Christ's eternal divinity and co-equality with the Father, contrasting Trinitarian doctrine with Arian claims that Christ was a created being. Explores the nature of the Holy Spirit, the unity of the Godhead, and how Scripture supports the full deity of Christ

7. Predestination	Affirms God’s prevenient grace as the foundation of salvation—restoring the human capacity to choose. How divine foreknowledge differs from causation, and how biblical predestination reflects God’s desire to save all who freely respond. Highlights the universal scope of Christ’s atonement, the gift of choice extended to all people, and the harmony of Romans 9 with the broader narrative of Scripture
8. Mary and the Saints	Reviews key Roman Catholic teachings and examines what Scripture says about the role of saints, spiritual mediation, and Mary’s place in God’s plan. Explores how tradition and biblical texts intersect, and considers the nature of intercession, honor, and worship through a Christ-centered lens
9. The Body and the Blood	Examines the Roman Catholic doctrine of transubstantiation and explores whether Christ is physically present in the bread and wine of the Lord’s Supper. Considers biblical support for and against this view, helping discern between literal and figurative language in Scripture. Addresses whether the Lord’s Supper is a sacrifice or a memorial, and explores the biblical significance of the bread and wine as symbols of Christ’s body and blood
10. Sabbath and Sunday	Investigates whether Jesus or His apostles changed the day of worship from the seventh to the first day of the week. Explores biblical teaching on Sabbath and resurrection memorials, early Christian worship practices, and the historical rise of Sunday observance. Examines whether the 7 th day Sabbath was dismissed as merely Jewish and how tradition, politics, and theology shaped Sunday’s emergence
11. The Non-Immortality of the Soul	Examines fourteen Bible passages often cited to support the belief in the soul’s natural immortality. Explores each in its full biblical context to uncover its intended meaning. How Scripture consistently teaches the conditional nature of life—declaring immortality as a gift from God, not an innate human trait
12. Spiritualism	Explores the biblical role of heavenly angels and the origin, activity, and strategies of Satan and his demons. How to discern between divine and deceptive spiritual manifestations, understand prophetic warnings about evil spirits in the last days, and recognize Satan’s final act of deception—and be prepared to remain faithful to Christ
13. A True Prophet	Explores how God may use later messengers to clarify earlier revelation. Examines the human element of prophetic ministry, including use of sources and literary borrowing. Evaluates Ellen White’s writings using biblical tests of a true prophet; distinguishes canon from prophetic counsel, and reflects on the spiritual impact and lasting relevance of the gift of prophecy.