

# Basic Training!

## **FAST Basic Training - Practice Quiz Week 1**

1. What did Jesus claim about himself
  - ☐ He could give living water
  - ☐ He was living bread
  - ☐ He was the light of life
  - ☐ All of the above
2. According to John 17:3, what is the key to eternal life?
  - ☐ Baptism
  - ☐ Church membership
  - ☐ Bible memorization
  - ☐ Knowing Christ
3. This study identifies four critical facets in a life of discipleship. Which of the following is not in that list?
  - ☐ Church Attendance
  - ☐ The Word
  - ☐ Witnessing
  - ☐ Prayer
  - ☐ Obedience
4. To be successful in Basic Training, you will need to overcome busyness, challenges, and distractions. The key is
  - ☐ Time
  - ☐ Commitment
  - ☐ Money
  - ☐ Talents
5. According to the Bible, which of the following does Jesus ask of us?
  - ☐ To Deny our self
  - ☐ To Take up our cross
  - ☐ To Follow Christ
  - ☐ All of the above

## **FAST Basic Training - Practice Quiz Week 2**

1. According to 1 Timothy 4:15, what will happen if we give ourselves wholly to scripture?
  - ☐ We will grow in knowledge
  - ☐ Others will see our success
  - ☐ We'll enjoy better health
  - ☐ We'll have great joy
2. The key to making the Morning Watch a daily habit that will last the rest of my life, is:
  - ☐ Going to bed early
  - ☐ Commitment
  - ☐ A Sharp Mind
  - ☐ Starting Young
3. Which of the following is the order recommended in the daily study plan:
  - ☐ Pray, Paraphrase, Projects, Principles
  - ☐ Purpose, Pray, Principles, Projects
  - ☐ Pray, Principles, Projects, Purpose
  - ☐ Prepare, Paraphrase, Principles, Projects
4. When looking for principles, one should be on the look out for
  - ☐ Sins to avoid
  - ☐ Character qualities to develop
  - ☐ Expressions of God's will
  - ☐ Examples to Follow
  - ☐ All of the above
5. To transform a principle into a project, I should ask specific questions. Which of the following is not in our list of recommended questions for applications:
  - ☐ who
  - ☐ what
  - ☐ when
  - ☐ why
  - ☐ where
  - ☐ how

## **Bible Secrets to Living for Christ**

### ***FAST Basic Training - Practice Quiz Week 3***

1. The real purpose of prayer is more than just asking God for things, it is the transformation of our own heart.
  - ☐ True
  - ☐ False
2. The Bible identifies three things that are obstacles to answered prayer. Which of the following was not discussed in the lesson?
  - ☐ Lack of Faith
  - ☐ Not enough time in prayer
  - ☐ Wrong Requests
  - ☐ Cherished Sin
3. The suggested approach to organizing your prayer journal is:
  - ☐ Sort them into priority, regular, and answered requests
  - ☐ Sort them by how long they have been in your journal
  - ☐ Sort them into topics or categories
  - ☐ Do not sort them at all, and pray randomly through your journal
4. List the problems a prayer journal can help solve?
  - ☐ Forgetting to pray for things
  - ☐ Giving up on prayer requests too early
  - ☐ Not claiming specific promises
  - ☐ Failing to see how God answers prayers
  - ☐ All of the above
5. According to John 15:7, one condition for answered prayer is
  - ☐ God's Word in the Heart
  - ☐ Faith
  - ☐ Victory in the Life
  - ☐ Humility

### ***FAST Basic Training - Practice Quiz Week 4***

1. According to this study, the most commonly neglected area of discipleship is probably:
  - ☐ Prayer
  - ☐ Word
  - ☐ Obedience
  - ☐ Witnessing
2. According to II Corinthians 8:11, how should we "perform the doing" of something when there is a "readiness to will":
  - ☐ Much prayer
  - ☐ Allow the Holy Spirit do it
  - ☐ Get exhortation from others
  - ☐ Use what we have
3. Obedience is the result of countless small decisions and actions. It is a mindset that must be developed.
  - ☐ True
  - ☐ False
4. Being down to business in the Christian life is primarily about:
  - ☐ Time
  - ☐ Commitment
  - ☐ Faithfulness
  - ☐ Obedience
5. To effectively manage my time, I should
  - ☐ Use a weekly planner
  - ☐ Have a daily schedule
  - ☐ Overcome procrastination
  - ☐ Finish projects before starting new ones
  - ☐ Learn to say no
  - ☐ All of the above

## **FAST Basic Training - Practice Quiz Week 5**

1. In the Bible, Scripture memory is
  - ☐ Encouraged
  - ☐ Commanded
  - ☐ Not Mentioned Specifically
2. To memorize 1000 verses in 10 years, which of the following is most important
  - ☐ A good memory
  - ☐ Lot's of prayer
  - ☐ Commitment
  - ☐ Being young
3. According to Proverbs 4:13, why should we memorize scripture?
  - ☐ To remember Bible promises
  - ☐ To win an argument about the Bible
  - ☐ To save our life
  - ☐ To discern God's direction
4. As a general rule, back review verses only need to be reviewed once a year to retain them indefinitely.
  - ☐ True
  - ☐ False
5. If a verse gets a little rusty, I should
  - ☐ Get rid of it
  - ☐ Leave it in back review and hope for the best
  - ☐ Put it with my daily review verses for a while
  - ☐ None of the above

## **FAST Basic Training - Practice Quiz Week 6**

1. As Disciples, we should
  - ☐ Live lives focused on reaching others
  - ☐ Sense a responsibility to our personal world
  - ☐ Pray faithfully for opportunities to share
  - ☐ Be prepared at any moment to present the Gospel
  - ☐ All of the above
2. The secret to effectively sharing a personal testimony is to write it out beforehand, and practice sharing it.
  - ☐ True
  - ☐ False
3. People in my personal world include:
  - ☐ People at work or school
  - ☐ Neighbors
  - ☐ Non-Christian friends and family
  - ☐ People at my favorite stores
  - ☐ All of the above
4. List the basic characteristics of an effective personal testimony:
  - ☐ Be no more than two to three minutes long
  - ☐ Be simple and free from religious jargon
  - ☐ Tell about my life before and after I became a Christian
  - ☐ Focus on and clearly tell how to become a Christian
  - ☐ Include an appropriate verse of Scripture
  - ☐ All of the above
5. What three verses can be used to summarize the basic truths of the Gospel?
  - ☐ Romans 3:23, Romans 5:8, Romans 8:14
  - ☐ Romans 10:13, Romans 5:8, Romans 6:23
  - ☐ Romans 1:18, Romans 3:23, Romans 10:13
  - ☐ Romans 6:23, Romans 5:8, Romans 10:13

## ***FAST Basic Training - Practice Quiz Week 7***

1. Where does the Bible teach we should seek encouragement, training, and fellowship?
  - ☐ Church
  - ☐ Small groups
  - ☐ Both
2. According to Hebrews 3:13, meeting in small groups is important because interaction with fellow believers makes us more aware of sin in our lives.
  - ☐ True
  - ☐ False
3. A healthy discipleship team:
  - ☐ Seeks to cultivate an environment that raises up disciples who faithfully follow the Master
  - ☐ Attempts to encourage maximum spiritual growth in each member, and through them, to impact the world
  - ☐ Challenges each member to press forward in every essential area of discipleship
  - ☐ Calls members to a deeper level of commitment
  - ☐ All of the above
4. In a successful discipleship team:
  - ☐ God is the one who knows the group's goal
  - ☐ The leader understands the group's goal
  - ☐ Each member understands the group's goal
  - ☐ The members of the group may all have different goals
5. Which of the following are essential building blocks for a discipleship team?
  - ☐ The four spokes
  - ☐ Love and acceptance
  - ☐ Extended time together
  - ☐ Meals together

## ***FAST Basic Training - Practice Quiz Week 8***

1. The key to reaching the entire world with the Gospel is
  - ☐ Television and other media
  - ☐ Better evangelistic tools
  - ☐ Spiritual multiplication
  - ☐ None of the above
2. The Great Commission calls us to both preach the Gospel, and train believers for service
  - ☐ True
  - ☐ False
3. In choosing individuals for discipleship training look for individuals who are
  - ☐ FAST vs SLOW
  - ☐ In positions of leadership
  - ☐ People you are closest to
  - ☐ Try and train everyone!
4. According to Isaiah 60:22, God wants to multiply us:
  - ☐ 10 fold
  - ☐ 100 fold
  - ☐ 1000 fold
5. According to the "recipe" discussed in this study, which is the proper order for training?
  - ☐ Tell why, show how, get started, keep going
  - ☐ Pray, Study, Act, Share
  - ☐ Prepare, Present, Practice, Persevere
  - ☐ Internalize, Implement, Impart

## ***FAST Basic Training - Practice Quiz Week 9***

1. To experience the power of the Holy Spirit it is vital that we be purpose filled men and women
  - ☐ True
  - ☐ False
2. According to II John 1:8, to receive a full reward we must:
  - ☐ Reach souls for Christ
  - ☐ Watch carefully to avoid losing things
  - ☐ Completely surrender the will to God
  - ☐ Become a church leader
3. In which of the following areas does the Holy Spirit empower and sustain disciples
  - ☐ Prayer
  - ☐ Bible Study
  - ☐ Obedience
  - ☐ Witnessing
  - ☐ All of the above
4. An effective life mission statement is one that is:
  - ☐ Written out
  - ☐ Memorized
  - ☐ Limited to one concise sentence
  - ☐ Used in decision making
  - ☐ All of the above
5. Striving for excellence in discipleship is important because in essence, ministry is an extension of our personal walk with God.
  - ☐ True
  - ☐ False

## ***FAST Basic Training - Quiz Answer Keys***

Week 1

D D A B C

Week 2

B B D E D

Week 3

A B A E A

Week 4

C D A A F

Week 5

B C C D C

Week 6

E A E F A

Week 7

C A E C A

Week 8

C A A C A

Week 9

A B E E A