

MAX-15
THE WORLD'S MOST
EFFECTIVE DISCIPLESHIP
PROGRAM

“But we will give ourselves continually
to prayer and to the ministry of the word.”

Act 6:4

He asked him the third time, "Simon, son
of John, do you love Me?" Peter was grieved
that He asked him the third time, "Do you love Me?"
He said, "Lord, You know everything! You know
that I love You." "Feed My sheep," Jesus said.

Joh 21:17

What Makes MAX-15 So Uniquely Awesome?

1. **NO** cost! So whether for 1 person, or a church of 5000, here is a lifetime discipleship program that is absolutely FREE for every single individual!
2. There is **NO** preparation needed to do **MAX-15**!
3. There is **NO** homework!
4. There are **NO** other materials needed except a Bible! Nothing else! **NO** workbooks! **NO** concordances! **NO** pens or pencils! **NO** commentaries! Nothing!
5. There is **NO** note taking! You read that correctly! Note taking is strongly discouraged with **MAX-15**! Here are a few of the reasons why:
 - a.) Experience shows that people remember more from a conversation than they do from a lecture. **MAX-15** is a “conversational” Bible study and not a lecture. Though it is common to take notes during a lecture or a sermon, only under very unusual circumstances would you take notes during a conversation. So engage in the **MAX-15** conversation and joyfully leave the note taking for sermons and lectures.
 - b.) Most people will remember less when they take notes because subconsciously they tell themselves, “I don’t need to remember this because I can always look back on my notes!”
 - c.) Taking notes often results in you missing significant parts of what is being discussed. The conversational style of **MAX-15** has you completely engaged every moment; hence, you miss less and retain more!
6. **MAX-15** builds deep meaningful relationships between those participating in the study.
7. There is no theological position taken except that the Bible is the Word of God. The only theology is that which is uncovered as you study the Bible and pray. So regardless of what church you attend, **MAX-15** should be received with open arms and open hearts.
8. Because it is a conversational Bible study, it works as well with a person across the room as it does with a person across the globe! All you need is a phone or a way to communicate over the internet and you can do a life-changing Bible study with anyone anywhere in the world! This makes **MAX-15** the perfect Bible study for parents with children away at college; a spouse whose job has him/her away from home on a regular basis; and for friends and military families that are separated by distance.
9. **MAX-15** not only has each person engaged in Bible study, but it also guides them into a very deep and intimate prayer life. Together these actions will deeply impact a person’s relationship with the Lord, his/her knowledge of God, and their ability and confidence to share their faith with others!
10. Responses from participants strongly indicate that those who do **MAX-15** seem to remember more of the Scriptures than when they have done other types of Bible studies. Here are a few of the reasons why:
 - a.) As stated earlier, the conversational style has a person more deeply engaged and less likely to get distracted, resulting in greater recall.
 - b.) Multiple times during the study, **MAX-15** has each person basically switching roles from being the “student” to being the “teacher”. This rotation of how they engage seems to produce greater results when recalling the discussion.
 - c.) The fact that each person in the study must read/scan the material in the chapter a minimum of nine times most certainly leads to a greater retention of that material.
 - d.) Steps 8-15 have a person being sent into the chapter at least 9 times with a very specific mission! Because they enter the chapter looking for something specific, they are far more apt to remember what they find. You may not remember if you pass a green house on the way to work each day because you were not specifically looking for a green house. But if you drove that route intentionally looking to see if you pass a green house and you found one, you would be far more prone to remember it! Those who have done **MAX-15** indicate they have greater recollection of the material as a result of being sent into the chapter looking for specifics as opposed to reading the chapter and not looking for those things, and afterwards trying to answer questions about the material they read.
11. **MAX-15** is easily translated into other languages because it consists solely of the **MAX-15** steps and the directions as to how to carry out each step. Once a person has this very small amount of info, they have a complete discipleship program that can be passed down from generation to generation.
12. Because there is no cost to **MAX-15**, and because the only thing you need is a Bible, it maximizes a church’s ability to disciple large numbers of people, making it perfect for doing missions work!
13. Those who have done **MAX-15** say they cannot imagine how it would be possible to consistently get more out of a 1-2 hour Bible study.
14. **MAX-15** is a discipleship program that can, and is intended to, last the rest of a person’s life! Unlike other Bible studies that conclude when you finish the workbook, **MAX-15** is designed to continue impacting you and your relationship with the Lord until you go to be with Him!
15. **MAX-15** maximizes every minute of your study!

MAX-15 Questions and Answers:

Q. Is there a recommended group size for **Max-15** studies?

A. Yes. 2-4. However, if you have couples doing the study, you can have as many as four (so a total of eight people) but rotate the person who gives the response for each couple. Otherwise, the time needed for your study will increase significantly.

Q. Can I do **Max-15** by myself?

A. Although it is possible to do **Max-15** independently, the added impact of another person joining in is so significant that every effort should be made to do so. If there is no other option than to complete the study alone, replace the conversation with written responses.

Q. How long should an average **Max-15** Bible study take?

A. Between 1 and 2 hours. Numerous factors impact the time frame: 1) The number of participants. 2) The chapter of the Bible being examined. 3) If the participants are discussing responses at the appropriate times? (See the underlined directions under the heading “**Steps 8-11**” for those details.)

Q. Is **MAX-15** associated with a church or denomination?

A. No.

Q. How often should I do a **MAX-15** ?

A. As often as you want and your schedule allows. **MAX-15** has no “must do” quantity. The answer to that question is related to the goals you are trying to achieve, and how much time will you devote to achieving them?

Q. Does a person need the printed **MAX-15** card to do **MAX-15** ?

A. No. Although many people like having the actual laminated card (it makes a great book marker to keep track of the chapter your **MAX-15** study is covering), many others simply have a picture of the **MAX-15** card on their cell phone which they use. One great aspect of having the cell phone picture is that it allows you to send **MAX-15** to anyone, anywhere in the world!

Q. Is there an app for **MAX-15** for my phone?

A. Not yet, but it is expected to be available soon.

Q. Can I distribute **MAX-15** cards and **MAX-15** info freely to whoever I want?

A. Absolutely! Do all you can to get it in the hands of every person, pastor, church, etc. Take it to the world! Just do it freely. **MAX-15** is always to be offered without cost to every person.

Q. Was there a specific goal in mind when developing **MAX-15** ?

A. Actually there were multiple very specific goals:

1. The goal of each individual **MAX-15** session was that it would maximize the impact of *every minute* that a person devoted to it! If a person would devote an hour or two of their time to the program, I wanted it to conclude with them feeling amazed at how much they got out of it! **MAX-15** does this like no other!

2. Another very important goal was to design it so the maximum number of people would be willing to actually participate in the program. After all, how much benefit is a discipleship program if no one wants to do it? So the goal was to continue to modify **MAX-15** until it was something people around the world would enjoy enough to actually do long term. It took 25 years of testing and modifications to achieve this goal!

3. As stated, the goal was to maximize the impact of **MAX-15** , but the impact seeking to be achieved was that each individual session would maximize the growth of a person’s intimacy in their relationship with the Lord while at the same time maximize the person’s abilities to share, live, and defend the Christian faith. Again, **MAX-15** does this like no other

(You may have noticed how often the word “maximize” is used in describing the goals of the program. As you probably suspected, that is from where the “MAX” in MAX-15 originated.)

Q. Should I start doing **MAX-15** with New Testament books or Old Testament?

A. Though you can certainly start with either, it is **highly recommended** that you begin in the New Testament with one of the smaller epistles (Ex. Ephesians, Colossians, Philippians, Titus, James, etc...) to get a feel of how the study works. Also, by selecting one of these books to start, you will get the widest glimpse of each component of **MAX-15** right from the start. After doing one or two of these, then you can change it up and try another book of your choice.

Q. Is someone available to come and speak at our church regarding **MAX-15** and the benefits it would bring our congregation?

A. Yes, simply send an email with any requests to runtothefight@gmail.com. You can also send any thoughts, questions, or comments you have about **MAX-15** to that same email address.

MAX-15

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 2. Reveal Christ/Wisdom
 3. Intercede/Mt 28:18-20
 4. Hindrances/Battles
 5. Love/live the Word
 6. God's will/Be still
 7. 1-6? Read the chapter
 8. Promises
 9. Warnings
 10. Commands
 11. Doctrines
 12. Q & A - Scenario?
 13. What would I teach
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MAX-15

Discipling the World

MAX-15 consists of the two most essential activities related to growing in the Christian life. The first is prayer/fellowship with the Lord, and the second is getting the Word of God into your heart and mind. The first six steps (1-6) of MAX-15 are each devoted to prayer, while the remaining nine (7-15) direct you in your study of the Word of God. What follows is a brief description of how you carry out each of the 15 steps. Keep in mind that the steps pertaining to prayer (1-6), typically,

should not be done immediately prior to your Bible study. That is because doing so will, in most cases, have you rushing as you try to get through the list so you can begin your Bible study and then it becomes something other than an intimate time of prayer and fellowship with the Lord. Therefore, it is strongly recommended that you complete steps 1-6 during your week when you are not rushed for time. And now, the fifteen steps to Max-15 !

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1. Pray/Worship/Confess:

The first step of Max-15 has you taking time to get alone with Lord and seek His heart while you pour out your heart to Him. You are strongly encouraged to spend this time free from the distraction of others or the busyness of life. Jesus directed us to find a closet in which to pray. (But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. Matt 6:6). Your "closet" may be your car parked out in the country or in a quiet parking lot somewhere. It may be your bedroom or basement. Wherever it is, it should be a place as free of distractions as possible. Once in your "quiet place" you should voice your heart to the Lord in prayer with thanksgiving and worship, confessing your sin in humility and reverence.

2. Reveal Christ/Wisdom:

Reveal Christ —

As you continue in prayer, you follow the example of the apostle Paul in Ephesians asking "that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of

wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, ..." (Eph 1:17b-19). Your request is that God, by His Spirit, would reveal His Son to you in a deeply personal way that will greatly impact your love for Christ and your desire to honor Him with your life.

Wisdom — You continue in prayer asking God for wisdom pertaining to Christ and His Word. You are basically asking the Lord to open up the Scriptures to you like He did to the two disciples on the road to Emmaus. (Luk 24:27 And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself.) Not only are you asking Him to open up what the Scriptures say about Himself, but also every part of your life: work, parenting, finances, relationships, apologetics (i.e. defending the Christian faith. See, 1 Pet 3:15), etc.

3. Intercede/Mt 28:18-20:

Intercede —

Just as Paul encouraged Timothy to pray for others, you are to intercede for the people in your life (Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, 1 Tim 2:1). This is to be what many would refer to as praying for the people on their "prayer list". Below are a few examples of Jesus and Paul praying for others. You can follow their examples by praying for the people in your life.

Jesus praying for others: Joh 17:20-21 "I do not pray for these alone, but also for those who will believe in Me through their word; ..."

Jesus prayed for Peter: Luk 22:31-32 "And the Lord said, "Simon, Simon! Indeed, Satan has asked for you, that he may sift you as wheat. But I have prayed for you, that your faith should not fail; ..."

Paul praying for those Israelites not yet born-again: Rom 10:1 "Brethren, my heart's desire and prayer to God for Israel is that they may be saved."

Paul praying for the Christians in Colossae: Col 1:9-11 "For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;"

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Mt 28:18-20 —

As Christians, our heart for the lost should reflect the very heart of Jesus himself; therefore, now you want to pray that God would grant you the wisdom, boldness, commitment, strength, and, most importantly, the love to take the gospel to every person around the globe. We must seek to live for the purpose for which Jesus Christ died, namely, to seek and save the lost!

Mat 28:18-20 “And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.” Amen.”

4. Hindrances/Battles:

Hebrews 12:1 exhorts us to “lay aside every weight, and the sin which doth so easily beset *us*, and let us run with patience the race that is set before us.”. We also read in Eph 6:11-12 “Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.”

Together these verses remind us of the need to pray for wisdom regarding both, those things which “hinder” us from pursuing God with all of our heart; and for the strength and wisdom to

recognize and overcome the attacks the devil is using to try to defeat us from living a life of victory in Christ. Ask the Lord to help you to see both of these and to help you know how to better eliminate their destructive impact on your life.

5. Love/live the Word:

Job said, “I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my necessary *food*” (Job 23:12). David wrote, “I will delight myself in Your statutes; I will not forget Your word” (Psa 119:16). We, likewise, are to have a deep and abiding love for the word of God. Pray that God open your heart so as to love His Word passionately and to help you see that its value to your life is without measure. Also pray that not only will you love the Word of God, but that you will also live it! Jesus said “Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.” Matt 7:24–27. Pray for God to help you both love and live His Word.

6. God's will/Be still:

God's will —

In John chapter four, Jesus said, “My food is to do the will of Him who sent Me, and to finish His work” (Joh 4:34). The apostle Paul prayed regarding the will of God, “For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God;” (Col 1:9-10). Following these examples, you want to pray asking God to reveal His will for your life.

Be still —

Psa 46:10-11 “Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts *is* with us; The God of Jacob *is* our refuge...”

Isa 40:29-31 “He gives power to the weak, And to *those who have* no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”

Close out your time in prayer by waiting upon the Lord as you ask Him to speak to your heart as you “be still” and wait upon Him to do so. Keep in mind as you do this, the words found in First Kings 19:11-13 “Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, *but* the LORD *was* not in the wind; and after the wind an earthquake, *but* the LORD *was* not in the earthquake; and after the earthquake a fire, *but* the LORD *was* not in the fire; and after the fire a still small voice. So it was, when Elijah heard *it*, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice *came* to him, ...”

You have presented your praise and petitions to the Lord, conclude your prayer time by waiting upon Him and being still while you trust God, by His Spirit, to speak to your spirit in that “still small voice”.

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7. 1-6? Read the chapter

1-6? —

Prior to reading the chapter for your Max-15 Bible study, those participating in the study should ask each other if at some point in the previous week they carried out Steps 1-6. This is not done to put someone on the spot; but rather, to serve as a reminder that prayer is a critical part of the Christian's life and cannot be substituted by any amount of Bible study or ministry activity. It is also to remind you that the topics themselves (1-6), pertain to critical aspects of the Christian life and are therefore essential to building a strong relationship with the Lord. If you or anyone in the study has not done Steps 1-6, simply be encouraged to do them in the following week and proceed with your Bible study.

Read the chapter—

Each Max-15 Bible study begins by reading a single chapter of a selected book of the Bible, progressing through each book you select, chapter by chapter, until you complete that book. You then move on to another book of your choice and start the same process again. You may find it easier to follow along if every person in the group uses the same translation, especially if a participant is not well acquainted with the Scriptures; however, this decision is entirely up to those engaging in the study.

It is recommended, for simplicity and time, that the chapter be read aloud by only one person.

A different person can be selected to read for each study, but reducing study time is a critical part of each Max-15 (see Q&A). The chapter should be read aloud at conversational speed without pausing for comments or discussion at this point.

Steps 8-11

- a. When study participants carry out Steps 8-11, keeping in mind that you only do one step at a time, each person will be scanning the chapter looking for verses containing either **Promises, Warnings, Commands, or Doctrines**. You are not expected to read the chapter like Step 7 “at a conversational speed”; instead, each person is to quietly scan it as quickly as you can but not so quickly that you miss the items you are looking to find.
- b. This time frame is a free-for-all where each person interjects by reading aloud any passage that fits into the category being examined. While there is no order for people calling out what they find, you certainly want to take turns and encourage each person's involvement. So when one of you finds a verse that has a promise, and that is the category you are examining, that participant should read the verse out loud and state what the promise is. Follow this same process as you work your way through the remaining three topics, one at a time.
- c. **VERY IMPORTANT** — though you will often be tempted to, it is not yet time to go into discussion about the responses you find. That will come in the following steps. For the moment, simply read the verse, state what the promise or warning, etc. is, and do your best to let the Scripture speak for itself as you read it aloud. Considering that most of us can readily identify promises, warnings, and commands, spending more than a quick moment or two to explain how what you read fits the category, can often (though certainly not always) be a good indicator that it may not fit in that topic. However, doctrines are not quite so easy to recognize because, though most people are familiar with the term, they may not know what should and should not qualify as a Doctrine for the purposes of Max-15. On the next page, under step **II. Doctrines**, you will find helpful information to guide you in the process of recognizing Bible doctrines.
- d. Don't be alarmed if you don't find one or any of these topics in the chapter you are reading. What you find or don't find depends entirely upon what book and chapter of the Bible you are reading. Some books, like Romans and Galatians, are very heavy on Doctrine, while others like Proverbs and Psalms will contain lots of Promises, Warnings, and Commands. Gospels and other historical books may contain very few, if any, of these categories. When this happens, simply move on to the next step and continue your study.
- e. It is not uncommon to find a verse containing one statement which may be both a Promise and a Warning, or a Warning and a Command, or a Command that is a Doctrine; however, if it has already been stated out loud in a previous category, you are NOT to restate it. So if you see a passage that applies to more than one heading, simply try to determine if it applies to one more strongly than the other and choose to voice it when that category is being examined. There are two benefits of this: (1) it has you thinking more deeply about the passage as you try to discern in what category you will place it. (2) It saves time by avoiding repetition on a subject that will likely be covered in much more detail in the steps which follow.

8. Promises

The promises which you are looking for here are promises relating to the people of God in a positive fashion (i.e. those promises which reveal God's goodness and grace.) Negative promises, though they are indeed promises (i.e. relating to punishment or judgment, etc.) are not the subject of this heading ; but instead, should be discussed when examining the next topic of Warnings. (For more about Step 8 see the previous heading “**Steps 8-11**”.)

9. Warnings

Here you are looking for statements that: a) indicate danger or trouble are potential; b) warn of a impending judgment; c) tell of negative and/or destructive consequences that will result if a certain course of action is taken contrary to the direction of God's Word. (For more about Step 9 see the previous heading “**Steps 8-11**”.)

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10. Commands

The commands that you are looking for here are those directives given by God himself, or by one of his servants, which the intended audience is expected to fulfill and/or obey. Commands that don't fall under this description are simply to be passed over at this point in your study. (For more about Step 10 see the previous heading "**Steps 8-11**".)

11. Doctrines

Unlike Promises, Warnings, and Commands, which seem to be more easily recognized when we read the Scriptures, Doctrines are often times not so clear. Before discussing what qualifies as a Doctrine, let's first look at two verses that reveal the importance of doctrine:

Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. (1Ti 4:16)

Whoever transgresses and does not abide in the doctrine of Christ does not have God. He who abides in the doctrine of Christ has both the Father and the Son. (2 Jn 1:9)

These verses alone make it clear that doctrine is of eternal value. Knowing that, how do we determine what is and isn't Biblical doctrine? Fortunately, we are going to seek to keep this task as simple as possible, leaving the in-depth answer to that question for you to work out with God

himself as you progress in your MAX-15 efforts. For now, this is what you are to do on this step: Like the previous steps, you begin by scanning through the material; and as you do, you look for what you would consider to be a biblical perspective on any topic relating to Christian life. So any statement which reveals a truth about the God of the Bible (Father, Son, or Holy Spirit), angels, the Devil, creation, mankind, salvation, sin, heaven, hell, the church, marriage, divorce, etc. is revealing a doctrine. Doctrine is found when you find the answer to any question that begins like this: What does the Bible teach about...? The answer to these questions is what we refer to as "doctrine", and so this is what you are looking for as you scan the chapter. However, it is important to keep in mind as you do this step, that you are to avoid "explaining" or going into detail about the doctrine. At this point in MAX-15 you simply read the verse(s), state the doctrine, and let the Scripture do the explaining. Don't worry if the entirety of a truth is not revealed in one chapter. Many Bible doctrines are like a puzzle, and are only manifest after multiple "pieces" of truth, from a variety of passages, coming from numerous books of the Bible are brought together. You will find yourself connecting these pieces together as you continue to do MAX-15 through additional books of the Bible. Don't be discouraged if you find it takes you a bit longer to become proficient at finding doctrines. Be certain your efforts will have a huge reward. After all, this is the topic that establishes you in truth. More than any other, this is the topic that will help you to explain, share, and defend the Christian faith, while also providing you with the greatest protection against accepting and/or following after false teaching. (For more about Step 11 see the previous heading "**Steps 8-11**".)

Steps 12-15

These are the steps of your Bible study where the in-depth discussions really take place. While doing this part of Max-15 it is very important to have each individual give a response to every one of the remaining steps.

12. Q & A - Scenario?

Try to come up with a "Life" or "Doctrinal" question that could be answered by quoting one or more of the verses found in this chapter. Afterward, describe one or two likely scenarios where someone might ask that question.

13. What would I teach

Imagine if you were given the task to teach the main topic(s) of this chapter to a classroom. Share what you feel are the most significant points you would want to be certain to get across to those you were teaching?

14. His heart/character

Describe how you feel the content of this chapter reveals the heart and character of God. How does it reveal who He is and how He feels about you? How are His heart and character revealed through His words, actions, and/or responses?

15. Impact with God/others

Impact with God —

Discuss how the material found in this chapter should impact your relationship with God? How does it impact how you feel toward Him? What, if any, actions do you think it might provoke in your life?

Impact with others —

Discuss how the material found in this chapter should impact your relationship with the people in your life? How does it affect your relationship with a spouse? family members? friends? co-workers? others? What, if any, actions do you think it might provoke within those relationships?

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