

The Essential 100

A Bible overview plan for 2011-2012

The Essential 100 (E100) is a systematic approach that guides readers through the big picture of the Bible. It is a carefully selected list of short Bible passages—50 from the Old Testament and 50 from the New Testament. The passages are usually one to two chapters in length and can easily be read in 10 minutes or less.

One-page plan: Each testament is broken up into ten, five-week series. We will move from Old to New Testaments every five weeks. My goal is to teach three of the five lessons in every series.

The E100 in Sunday school: We will REAP (read, explain, apply, and personalize) one passage each week and finish a series every five weeks. Each lesson will include a key verse for memorization. At the end of two years, we will have covered the essential 100 passages in the Bible.

Additional information: To learn more about The E100 program and to obtain additional resources, visit e100challenge.com. Our Sunday school website is stuartheights.org/sundayschool.

The Schedule: The Early Years of Jesus

Date	Lesson	Key Verse(s)	Passage	Speaker
February 6	The Word became Flesh	John 1:14	John 1:1-18	Jim Fleming
February 13	Gabriel's Message	Luke 1:30-31	Luke 1:1-80	Terry Bolden
February 20	The Birth of Jesus	Luke 2:10-11	Luke 2:1-40	Jim Fleming
February 27	John the Baptist	Luke 3:15-16	Luke 3:1-20	Jim Fleming
March 6	Baptism and Temptation	Matthew 3:16-17	Matthew 3:13-4:17	Jim Fleming

Sunday school class timeline

8:50: Breakfast ready (February 13: open, February 20: open, February 27: open—sign up to assist with breakfast at stuartheights.org/sundayschool)

9:07: Announcements (let me know prior to a Sunday if you have an announcement)

9:10: Lesson

9:40: Prayer requests at each table

9:45: Dismiss

9:50: Room cleared

The Early Years of Jesus: The Word became Flesh

Preview: In the Beginning . . . Again

Jesus is God in the _____ sent for our salvation.

Read & Explain (What does it mean?): John 1:1-18 (Author = John)

1 In the beginning [Genesis 1:1] was the Word [*Logos*], and the Word was with [near] God, and the Word was God. **2** He was in the beginning with God. **3** All things were made through Him, and without Him nothing was made that was made [see Hebrews 1:2 and Colossians 1:16]. **4** In Him was life, and the life was the light of men. [David Guzik: It isn't that the Word "contains" life and light; He *is* life and light. Therefore, without Jesus, we are _____ and in _____.] **5** And the light shines in the darkness, and the darkness did not comprehend [means to put your hand on and to overcome] it.

6 There was a man sent from God, whose name was John. **7** This man came for a witness [*martureo*], to bear witness of the Light, that all through him might believe. **8** He was not that Light, but was sent to bear witness of that Light. **9** That was the true [means to have the form _____ the substance] Light which gives light to every man coming into the world.

10 He was in the world, and the world was made through Him, and the world did not know Him. **11** He came to His own, and His own did not receive Him. **12** But as many as received Him, to them He gave the right to become children of God, to those who believe in His name [the _____ in four words]: **13** who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

14 And the Word became flesh and dwelt [to pitch your tent or tabernacle] among us, and we beheld [carefully studied] His glory, the glory as of the only begotten of the Father, full of grace and truth.

15 John bore witness of Him and cried out, saying, "This was He of whom I said, 'He who comes after me is preferred before me, for He was before me.'"

16 And of His fullness we have all received, and grace for grace. **17** For the law was given through Moses, *but* grace and truth came through Jesus Christ. [The Old Testament centered on the Law of Moses (commandments). The New Testament centered on the Law of Christ (_____).] **18** No one has seen God at any time. The only begotten Son, who is in the bosom of the Father, He has declared *Him*.

Apply (What does it mean?)

1. The Logos is the _____ of God in human flesh.
2. The Logos is the _____ of God with the glory of God in Him.
3. The Logos shows men _____ God is and _____ God is.

Personalize (What do I do with that?)

1. _____ in His name
2. Know: Logos = God = Life = Light = Jesus Christ

The Early Years of Jesus: Gabriel's Message

Preview: Greetings!

You may feel too old, like Elizabeth ([Luke 1:18](#)), or too insignificant, like Mary ([Luke 1:48](#)), to make a difference. However, God can do incredible things ([Luke 1:37](#)) through people who are faithful and dependent on him ([Luke 1:6, 13, 50](#)). Having faith does not mean you will understand exactly what God is doing in your life. Faith is simply believing that God has the power to do anything ([Luke 1:37](#)) and then committing yourself to his way, no matter what happens ([Luke 1:38](#)).

Key thought: God uses persons of real faith, no matter what their _____ of life.

Read & Explain (What does it mean?): Luke 1 (Author = Luke)

The Birth Announcement of John (5-23)

Zechariah's purpose: To burn _____

Zechariah's heart

1. Righteous
2. _____
3. Humbled

Zechariah's experience

Zechariah's Response

The Birth Announcement of Jesus (24-40)

Gabriel appears again in order to bring good news—this time of the Messiah's _____

Mary was humble

When referring to herself, she used the term "**maidservant**" (literally: female slave) in [Luke 1:38, 48](#)

Mary was obedient

Mary's stay with Elizabeth (41-56)

How involved was God with the _____ of their lives?

1. John the Baptist was filled with the Spirit ([Luke 1:15, 41](#)) from _____

2. Elizabeth was filled with the Spirit (**Luke 1: 41**), recognized Mary carried the _____, encouraged her, and praised God
3. Mary was filled with the Spirit (and carrying the Lord Himself, **Luke 1:35, 44, 46-55**) and gives a beautiful _____ discourse of Messianic Old Testament scriptures that Jesus will fulfill

The Birth and Circumcision of John (57-80)

In obedience to Gabriel's pronouncement, they call him _____

Apply (What is the point?)

1. Take a look at whom God can use:
 - a. God used a couple who were too _____ (**Luke 1:18**)
 - b. God used a woman who was _____ (**Luke 1:43**)
 - c. God used a woman who was _____ (**Luke 1:48**)

Whatever excuse you prefer, it makes no difference to God. The better your excuse may seem, the greater the _____ brought to God.
2. **Luke 1** is full of those who experienced the presence of God. What was their response?
 - a. Gabriel, the one, "who stands in the presence of God" (**Luke 1:19**) is constantly bringing good news, giving _____ to God, and praising His name (compare **Daniel 9**)
 - b. Elizabeth, filled with the Spirit and entering the presence of the pre-born Messiah, gives _____ to God and shares testimony of His goodness (**Luke 1:41-45**)
 - c. Mary, filled with the Spirit and carrying the pre-born Messiah, _____ God, tells of His greatness, and gives Him glory (**Luke 1:46-55**)
 - d. Zachariah, filled with the Spirit, tells of the Messiah's coming and God uses him to prophecy regarding his own son, in turn bring the Lord _____

Personalize (What do I do with that?)

1. Be _____ and allow God to use you (**Luke 1:38**)
2. _____
3. Tell others of His goodness, mercy, love, and greatness. Give Him all the _____.

Testimonies

The Early Years of Jesus: The Birth of Jesus

Preview: Learning to count to one

Key thought: Meeting Jesus changes _____

Read & Explain (What does it mean?): Luke 2:1-40 (Author = Luke)

1 And it came to pass in those days *that* a decree went out from Caesar Augustus [the first _____ of Rome] **that all the world** [the Roman world] **should be registered** [many translations say, 'taxed,' but the word is really the word for registered for a _____]. **2** **This census first took place while Quirinius was governing Syria.** **3** **So all went to be registered, everyone to his own city.**

4 **Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem** [house of bread; ____ miles from Nazareth], **because he was of the house and lineage of David,** **5 to be registered with Mary, his betrothed wife** [a strong form of a modern day _____], **who was with child** [the Greek is literally, 'big _____']. **6** **So it was, that while they were there, the days were completed for her to be delivered.** **7** **And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn.**

8 **Now there were in the same country shepherds living out in the fields, keeping watch** [a __-hour period] **over their flock by night .** **9** **And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them** [Jesus replaces darkness with _____], **and they were greatly afraid** [*megas phobeo*]. **10** **Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people.** **11** **For there is born to you this day in the city of David a Savior, who is Christ the Lord.** **12** **And this *will be* the sign to you: You will find a Babe wrapped in swaddling cloths, lying in a manger."**

13 **And suddenly there was with the angel a multitude of the heavenly host praising God and saying:** **14** **"Glory to God in the highest, And on earth peace, goodwill toward men!"**

15 **So it was, when the angels had gone away from them into heaven, that the shepherds said to one another, "Let us now go to Bethlehem and see this thing that has come to pass, which the Lord has made known to us."** **16** **And they came with haste and found Mary and Joseph, and the Babe lying in a manger.** **17** **Now when they had seen *Him*, they made widely known the saying which was told them concerning this Child.** **18** **And all those who heard *it* marveled at those things which were told them by the shepherds.** **19** **But Mary kept all these things and pondered** [meditated on] ***them* in her heart.** **20** **Then the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told them.**

21 And when eight days were completed for the circumcision of the Child [Genesis 17:12—Jewish boys were circumcised on the eighth day], His name was called JESUS, the name given by the angel before He was conceived in the womb [Matthew 1:21].

22 Now when the days of her purification according to the law of Moses were completed [Leviticus 12 tells us this is ____ days after giving birth], they brought Him to Jerusalem to present Him to the Lord **23** (as it is written in the law of the Lord, “Every male who opens the womb shall be called holy to the LORD”), **24** and to offer a sacrifice according to what is said in the law of the Lord, “A pair of turtledoves or two young pigeons.” [The rich brought a _____ and the poor brought birds]

25 And behold, there was a man in Jerusalem whose name was Simeon, and this man was just and devout, waiting for the Consolation of Israel, and the Holy Spirit was upon him. **26** And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Christ. **27** So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law [EasyEnglish: The parents had to pay money to the _____ for the first son. . . . to buy back the boy (Numbers 18:15-16)], **28** he took Him up in his arms and blessed God and said: **29** “Lord, now You are letting Your servant depart in peace, According to Your word; **30** For my eyes have seen Your salvation **31** Which You have prepared before the face of all peoples, **32** A light to bring revelation to the Gentiles, And the glory of Your people Israel.”

33 And Joseph and His mother marveled at those things which were spoken of Him. **34** Then Simeon blessed them, and said to Mary His mother, “Behold, this Child is destined for the fall and rising of many in Israel, and for a sign which will be spoken against **35** (yes, a sword will pierce through your own soul also), that the thoughts of many hearts may be revealed.”

36 Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; **37** and this woman was a widow of about eighty-four years [life expectancy was only ____ years], who did not depart from the temple, but served God with fastings and prayers night and day. **38** And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.

39 So when they had performed all things according to the law of the Lord, they returned to Galilee, to their own city, Nazareth. **40** And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him.

Apply (What is the point?)

1. God _____ to average, everyday people
2. People respond when Jesus arrives
3. God will bring about His _____
4. Little _____ can have a big impact

Personalize (What do I do with that?)

1. Listen for the _____ of God
2. Respond when you _____ it
3. Give God the glory when He works
4. Look for _____ in everything

The Early Years of Jesus: John the Baptist

Preview: The world's greatest referral

Key thought: Anyone can have an _____ by pointing people to Jesus

Read & Explain (What does it mean?): Luke 3:1-20 (Author = Luke)

John the Baptist Prepares the Way

1 Now in the fifteenth year of the reign of Tiberius Caesar [the _____ Roman emperor], **Pontius Pilate being governor of Judea, Herod being tetrarch of Galilee, his brother Philip tetrarch of Iturea and the region of Trachonitis, and Lysanias tetrarch of Abilene,** **2 while Annas and Caiaphas were high priests** [28 or 29 AD], **the word of God came to John the son of Zacharias in the wilderness** [John was _____].

John the Baptist opens his mouth and he _____ people to Jesus.

3 And he went into all the region around the Jordan, preaching a baptism of repentance for the remission [Remission is a medical term meaning a disease is relaxing—repentance brings about the relaxing of the impacts of sin] **of sins** [the repentance (changing of the mind) saved, not the baptism, but the baptism was new, so it was what was focused on], **4 as it is written in the book of the words of Isaiah** [Isaiah 40:3-5a] **the prophet, saying:**

“The voice of one crying in the wilderness:

‘Prepare the way of the LORD;

Make His paths straight. [John’s job was to _____ the way for the Messiah]

5 Every valley shall be filled

And every mountain and hill brought low;

The crooked places shall be made straight

And the rough ways smooth;

6 And all flesh shall see the salvation of God.”

John Preaches to the People

7 Then he said to the multitudes that came out to be baptized by him, “Brood of vipers! Who warned you to flee from the wrath to come? 8 Therefore bear fruits worthy of repentance, and do not begin to say to yourselves, ‘We have Abraham as our father.’ For I say to you that God is able to raise up children to Abraham from these stones. 9 And even now the ax is laid to the root of the trees. Therefore every tree which does not bear good fruit is cut down and thrown into the fire.” [John was talking to the religious and to those that thought that the faith of their _____ would be enough for them. Your eternal destiny is decided by _____.]

10 So the people asked him [they asked repeatedly], **saying, “What shall we do then?” 11 He answered and said to them, “He who has two tunics, let him give to him who has none; and he who has food, let him do likewise.”** John was telling them to be _____.

12 Then tax collectors also came to be baptized, and said to him, “Teacher, what shall we do?” 13 And he said to them, “Collect no more than what is appointed for you.” [John was telling them to be _____ in their business.]

14 Likewise the soldiers asked him, saying, “And what shall we do?” So he said to them, “Do not intimidate anyone or accuse falsely, and be content with your wages.” [John tells them to be _____.]

15 Now as the people were in expectation, and all reasoned in their hearts about John, whether he was the Christ or not, 16 John answered, saying to all, “I indeed baptize you with water; but One mightier than I is coming, whose sandal strap I am not worthy to loose. He will baptize you with the Holy Spirit and fire. 17 His winnowing fan is in His hand, and He will thoroughly clean out His threshing floor, and gather the wheat into His barn; but the chaff He will burn with unquenchable fire.” [Jesus will separate you into two groups—the _____ and the _____. John speaks the truth about _____.]

18 And with many other exhortations he preached to the people. 19 But Herod the tetrarch, being rebuked by him concerning Herodias, his brother Philip’s wife, and for all the evils which Herod had done, 20 also added this, above all, that he shut John up in prison. [John speaks the truth about _____.]

Luke 7:18-19, 22-23 (John’s question)

23 And blessed is he who is not offended [Greek = scandalized (tripped up)] **because of Me.”** [John was in prison in [Luke 7](#). There are no _____.]

Apply (What is the point?)

1. God uses _____ people
2. Jesus is the One
3. Tomorrow can be _____

Personalize (What do I do with that?)

1. God wants to use me _____
2. My story is _____
3. I must be obedient now

Extra

God’s will requires:

1. Jesus to give Himself for us ([Galatians 1:3-5](#))
2. Jesus to pray for us ([Romans 8:26-27](#))

God’s will:

1. Saves ([John 1:12-13](#))
2. Allows God to hear you ([John 9:30-31](#))

God’s will is for you to:

1. Be baptized ([Luke 7:29-30](#))
2. Be called ([1 Corinthians 1:1](#))
3. Sacrifice yourself ([Romans 12:1-2](#))
4. Be obedient ([Ephesians 6:5-7](#))
5. Do good ([1 Peter 2:15-16](#))
6. Be giving ([2 Corinthians 8:4-5](#))
7. Pray/give thanks ([1 Thessalonians 5:17-18](#))
8. Abstain ([1 Thessalonians 4:3-4](#))
9. Suffer ([1 Peter 3:17-18; 4:19](#))
10. Complete the work ([Colossians 4:12-13](#))

The Early Years of Jesus: Baptism and Temptation

Preview:

Key thought: Jesus _____ with us through His baptism and His temptations

Read & Explain (What does it mean?): Matthew 3:13-4:17 (Author = Matthew)

John Baptizes Jesus (parallel passages of Mark 1:9-11, Luke 3:21-22, and John 1:29-33)

Jesus was _____

13 Then Jesus came from Galilee to John at the Jordan to be baptized by him. 14 And John tried to prevent [in the imperfect sense, meaning he repeatedly did this] **Him, saying, "I need to be baptized by You, and are You coming to me?"**

15 But Jesus answered and said to him, "Permit it to be so now, for thus it is fitting for us to fulfill all righteousness." [Why did Jesus have to be baptized? To fulfill righteousness] **Then he allowed Him.**

16 When He had been baptized, Jesus came up immediately from the water [Jesus' baptism was by immersion]; **and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him.** [The dove is a common symbol of the Holy Spirit in religious _____]

17 And suddenly a voice came from heaven, saying, "This is My beloved Son, in whom I am [in the aorist tense, which means true all time periods] **well pleased."**

All three members of the _____ show up at one time to attest to the fact that Jesus is God

Matthew 4

Satan Tempts Jesus (parallel passages of Mark 1:12-13 and Luke 4:1-13)

1 Then Jesus was led up by the Spirit into the wilderness to be tempted [Coffman: Temptation is in itself no sin. . . . It is not temptation to do wrong that constitutes sin, but _____ to that temptation. The bottom line is that the Spirit meant it for _____ and the devil meant it for _____.] **by the devil** [the slanderer, the accuser]. **2 And when He had fasted forty days and forty nights, afterward He was hungry. 3 Now when the tempter came to Him, he said, "If** [first 'if'] **You are the Son of God, command that these stones become bread** [The lust of the _____]."

4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

5 Then the devil took Him up into the holy city, set Him on the pinnacle of the temple [The lust of the _____], **6 and said to Him, "If** [second 'if'] **You are the Son of God, throw Yourself down. For it is written:**

'He shall give His angels charge over you,' and, [The devil _____ scripture]

*'In their hands they shall bear you up,
Lest you dash your foot against a stone.'* [Psalm 91:11-12]

7 Jesus said to him, "It is written again, *'You shall not tempt the LORD your God.'*" [Deuteronomy 6:16]

8 Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. [The _____ of life] **9** And he said to Him, "All these things I will give You if [third 'if'] You will fall down and worship me." [The devil was offering Jesus a _____]

10 Then Jesus said [said, not argued] to him, "Away with you, Satan! For it is written, *'You shall worship the LORD your God, and Him only you shall serve.'*" [Deuteronomy 6:13]

11 Then the devil left Him [Jesus won! Love always _____], and behold, angels came and ministered to Him.

Jesus Begins His Galilean Ministry

12 Now when Jesus heard that John had been put in prison, He departed to Galilee. **13** And leaving Nazareth [Jesus' hometown], He came and dwelt in Capernaum [Jesus was leaving Lower Galilee and heading to Upper Galilee], which is by the sea, in the regions of Zebulun and Naphtali, **14** that it might be fulfilled which was spoken by Isaiah the prophet, saying:

15 *"The land of Zebulun and the land of Naphtali,
By the way of the sea, beyond the Jordan,
Galilee of the Gentiles:*

16 *The people who sat in darkness have seen a great light,
And upon those who sat in the region and shadow of death
Light has dawned."* [Isaiah 8:21-9:2]

17 From that time Jesus began to preach and to say, "Repent [an imperative meaning to change your _____], for the kingdom of heaven is at hand."

Apply (What is the point?)

1. Jesus was _____
2. Jesus is God
3. The devil tempts
4. Scripture is the _____ to the devil's temptations

Personalize (What do I do with that?)

1. Follow Jesus' _____
2. Know Scripture well enough to _____