# FRIENDS. BIBLE. PRAYER.



We're believing for friend groups meeting for Jesus, in every town and village.

# VINE CLUB

ALBANIA & KOSOVO

## THE VISION



**God is real.**

**He loves us.**

**He sent His Son, Jesus, to take our old self and give us a new self.**

**We get to know God now.**

**He is incredible.**

**Albania and the world need Him.**

### WHY “VINE”?

# ABIDE IN ME, AND I IN YOU.

*“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”*

**JOHN 15:4–5**

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A branch doesn’t bear fruit by trying harder. It stays connected to the vine. That’s Vine Club: friends who **abide in Jesus** together, planted in the local church, bearing fruit in Albania and the nations.

## LET’S RUN TOGETHER.

# * WHAT IS VINE CLUB? *

**Vine Club is a group of friends who meet every week to read the Bible, pray and respond to Jesus together.**

Every group is connected to a local church and has mentors who support it. Starting one is simple: every meeting follows these four steps.

## 1 GATHER

Find two or three friends who want to know Jesus more (friends who don't believe yet are welcome too). Meet **once a week** in a café, the church or a home.



## 2 BIBLE TOGETHER

Discover one passage together. Anyone can lead it. Start with the "Start with Jesus" passages.



## 3 PRAY

Turn outward: pray for your friends, your school, your town, Albania and the nations.



## 4 RESPOND

Everyone answers "How will I obey?" and "Who will I tell?", then checks in with a partner.



### START ONE · CONNECT WITH US

The Vine Club team will be your **mentors**, together with your church's pastor. **Sign up** at vineclub.al/[start]: we'll set up **a call**, come for **a visit**, and check in **every month**.

[ QR ]

**First step this week:** message two friends and pick a day. That's all it takes. · At the back you'll find **Tools** to help you grow.

# HOW TO GATHER

1 · GATHER → 2 · BIBLE → 3 · PRAY → 4 · RESPOND

A small group of friends, **once a week**, same time, same place.

## WHERE TO MEET

### A CAFÉ
Easy for friends who don't go to church. Pick a quiet corner.

### THE CHURCH
Close to your pastor and mentors. Ask about a time that works.

### A HOME
Warm and personal. Ask parents first and keep it open to all.

### OUTSIDE
A park or the beach in summer. Add a prayer walk.

## A MEETING

**1**
**CATCH UP**
Coffee, then: "Did you obey? Did you tell?"

**2**
**BIBLE TOGETHER**
One passage, three questions.

**3**
**PRAY**
For friends, school, town, nations.

**4**
**RESPOND**
Obey, tell, pair up.

## THIS WEEK'S LEADER

Take turns: someone different leads each week. The leader:

1. **Picks the passage** from the list, or continues the series.
2. **Asks the questions** and keeps everyone on the text.
3. **Leads prayer** and chooses the focus.
4. **Closes with Respond** "How will I obey? Who will I tell?"

# THE BIBLE



The Bible is **the heart of Vine Club**. Every week we read a passage together using **Bible Together**: a simple way for anyone to discover what God is saying. You don't need to be an expert, and anyone can lead it.

1 · GATHER → **2 · BIBLE** → 3 · PRAY → 4 · RESPOND

| | |
|---|---|
| **1) CHOOSE** | a passage from the list (start with a story about Jesus). |
| **2) INVITE GOD** | Ask Him to speak: "Holy Spirit, show us what You're saying." |
| **3) READ** | Everyone reads the passage **twice on their own**, quietly. |
| **4) RETELL** | As a group, retell the story in your own words. Others fill in what's missing. |
| **5) DISCUSS** | the three questions below. Answers come from the text. |

## THE 3 QUESTIONS

1. **What stood out to you?**
2. **What does this passage teach us about God?**
3. **What does it teach us about people and about me?**

*Groups work best with 4–8 people. If there are more of you, split up for Bible Together.*

# BIBLE TOGETHER IN PRACTICE

**1** **CHOOSE**

This week Ana leads. She picks **Luke 5:1–11**, Jesus calls the fishermen, from “Start with Jesus”.

**2** **INVITE GOD**

Ana prays: *“Holy Spirit, show us what You’re saying through this passage.”*

**3** **READ**

Everyone reads it **twice on their own**, quietly, on their phone or in a Bible.

**4** **RETELL**

Without looking, the group retells the story: Erion starts, Dea continues, Arbi fills in what’s missing.

**5** **DISCUSS**

Ana asks the three questions. Everyone speaks, and answers come from the text:

### WHAT STOOD OUT TO YOU?

**Erion:** *“Peter said: ‘Because you say so, I will let down the nets.’ He obeyed even when it made no sense.”*

**Dea:** *“They left everything to follow Him.”*

### WHAT DOES THIS TEACH US ABOUT GOD?

**Arbi:** *“Jesus has authority even over the sea and the fish.”*

**Ana:** *“He calls ordinary people, not just religious ones.”*

### ABOUT PEOPLE AND ME?

**Dea:** *“Peter felt unworthy: ‘Go away from me, Lord.’ I feel like that sometimes.”*

**Erion:** *“But Jesus didn’t walk away. He said ‘Don’t be afraid.’”*

**Leader tip:** when someone shares, Ana asks “Where do you see that in the passage?” The text is the teacher.

# HOW TO LEAD BIBLE TOGETHER

You don't need to be a pastor or an expert. A Bible Together leader is simply someone who keeps the questions on track.

1. **Ask, don't preach.**
   Your job is to ask the questions, not give all the answers.
2. **The text is the teacher.**
   When someone shares, ask: "Where do you see that in the passage?"
3. **Everyone speaks.**
   Invite quieter people by name. Gently hold back those who talk a lot.
4. **One passage, not many.**
   Don't jump around the Bible. Stay with today's story.
5. **Obedience over knowledge.**
   The goal isn't knowing more, but becoming like Jesus.
6. **Look back.**
   Start each meeting with: "How did you obey? Who did you tell?"
7. **Share the leading.**
   Someone different can lead each week. That's how new leaders grow.

**Don't know the answer?** That's OK! Say: "Great question. Let's look into it together and ask our mentor or pastor."

*Pray for your group by name during the week. God loves them even more than you do.*

# PASSAGES FOR BIBLE TOGETHER

Five themes with five passages each: enough for six months of meetings. Tick ☐ each one you read.

### START WITH JESUS

- ☐ Mark 1:14–20
- ☐ Mark 2:1–12
- ☐ Luke 5:1–11
- ☐ John 4:1–26
- ☐ Luke 19:1–10

### WHO I AM IN CHRIST

- ☐ Luke 15:11–24
- ☐ John 15:1–17
- ☐ Ephesians 1:3–14
- ☐ Romans 8:1–17
- ☐ Psalm 139

### PRAYER

- ☐ Matthew 6:5–15
- ☐ Luke 11:1–13
- ☐ Acts 4:23–31
- ☐ Philippians 4:4–9
- ☐ Mark 1:35–39

### SHARE JESUS

- ☐ John 1:35–46
- ☐ Mark 5:1–20
- ☐ Acts 2:22–41
- ☐ Acts 8:26–40
- ☐ 1 Peter 3:13–17

### SENT TO THE NATIONS

- ☐ Matthew 28:16–20
- ☐ Acts 1:1–11
- ☐ Isaiah 6:1–8
- ☐ Jonah 1–4
- ☐ Romans 10:9–15

**TIP**

New group? Begin with “Start with Jesus”. Then choose a theme together each month.

# PRAY



After the Bible, we turn outward and pray together.

1 · GATHER → 2 · BIBLE → 3 · PRAY → 4 · RESPOND

### WHY SHOULD WE PRAY?

Jesus taught His disciples that prayer is a way we can **partner with God's will** to be done on earth. The Father hears in heaven and moves on earth because we prayed according to His will. **Matthew 6:6, 9–13**

### WHY PRAY WITH OTHERS?

*"Where two or three are gathered in my name, there am I among them."* **Matthew 18:20**

There is power when we pray together in agreement with God's will.

## HOW TO LEAD PRAYER: PREPARE BEFOREHAND

This week's meeting leader prepares the prayer time before the group meets.

1. **DECIDE WHAT TO PRAY FOR** · Ask God what is on His heart, or choose an issue on your heart, a situation around you, another nation, family or your country. **More ideas on pages 12–13.**
2. **WRITE DOWN THE TOPIC** · Then get **specific prayer points** for that topic.
3. **USE SCRIPTURE FOR EACH POINT** · Find a Bible verse or passage for each prayer point to pray from.
4. **DECIDE HOW THE GROUP WILL PRAY** · For each point: one by one, in pairs, or all together out loud.

## WAYS TO PRAY TOGETHER

**ONE BY ONE**
Take turns praying out loud for each point.

**IN PAIRS**
Pair up and pray for each point together.

**ALL TOGETHER**
Everyone prays out loud at the same time.

# PRAYER EXAMPLES

**EXAMPLE 1 · TOPIC:** **THE GOVERNMENT IN ALBANIA**

**PRAYER POINTS:**

1. **From Deuteronomy 16:19, pray against corruption in leaders.** HOW: ONE BY ONE
   *"Do not accept a bribe, for a bribe blinds the eyes of the wise."*
2. **From Jeremiah 3:15, pray for good shepherds over Albania.** HOW: IN PAIRS
   *"I will give you shepherds after my own heart."*
3. **From Jeremiah 22:3, pray for leaders to protect the weak.** HOW: ALL TOGETHER
   *"Do what is just and right… Do no wrong… to the fatherless or the widow."*

**EXAMPLE 2 · TOPIC:** **TURKEY**

**PRAYER POINTS:**

1. **From Acts 4:29, pray for boldness for the church.** HOW: ALL TOGETHER
   *"Enable your servants to speak your word with great boldness."*
2. **From Colossians 4:3, pray for open doors for the gospel.** HOW: ONE BY ONE
   *"Pray that God may open a door for our message."*
3. **From Revelation 7:9, pray for the Kurds (unreached).** HOW: IN PAIRS
   *"A great multitude… from every nation, tribe, people and language."*

**EXAMPLE 3 · TOPIC:** **SALVATION OF FRIENDS AT SCHOOL**

**PRAYER POINTS:**

1. **From Ephesians 1:17–19, pray our friends would know God.** HOW: ONE BY ONE
   *"…that you may know him better… that the eyes of your heart may be enlightened."*
2. **From Ephesians 3:16–19, pray they would know Christ's love.** HOW: IN PAIRS
   *"…to grasp how wide and long and high and deep is the love of Christ."*
3. **From Philippians 1:9–11, pray our love for them would grow.** HOW: ALL TOGETHER
   *"…that your love may abound more and more in knowledge and depth of insight."*

# PRAYER LEADER'S GUIDE

How to guide the prayer time when your group gathers.

SHARE THE TOPIC → POINT 1 → POINT 2 → POINT 3 → THANK GOD

Share the topic, read the verse for each point and say how you'll pray it. Pray for each point before moving to the next.

## HELPFUL TIPS

- **If only one person is praying,** gently invite others: "Who else wants to pray for this?"
- **If it goes quiet,** that's OK. Wait a moment. God is in the silence too.
- **If someone goes long or off topic,** thank them and gently bring the group back to the point.
- **If someone is new or shy,** don't pressure them to pray out loud. Pairs are a good start.
- **Short, simple prayers are great.** Model it: one or two sentences is enough.
- **Keep an eye on the time,** so every point gets prayed for.
- **At the end, share answered prayers** from previous prayer times and thank God together.

## IMPORTANT THINGS TO KEEP IN MIND

**We pray against the enemy, not people.** *"Our struggle is not against flesh and blood, but against… the powers of this dark world."* **Ephesians 6:12** When we pray about corruption, we don't pray in anger against a person in government. We pray against the works of the devil causing these things.

**The Bible guides our prayers, not own thoughts or emotions.** We never pray anything that goes against the Bible or the character and nature of God.

# WHAT TO PRAY FOR · 1

Topic ideas to help the leader prepare. **These are examples, not the only things to pray for.** Always start by asking God what is on His heart.



## FRIENDS

**Ideas:** friends, classmates and family who don't know Jesus yet. Name them.

**PRAYER POINTS FROM SCRIPTURE**

- That the Father would draw them to Jesus. **John 6:44**
- That their eyes would be opened to see the light of the gospel. **2 Corinthians 4:4–6**
- For courage and the right words when we talk with them. **Colossians 4:5–6**



## SCHOOLS

**Ideas:** your school and others in town: students, teachers, those who are struggling, Christians in your class.

**PRAYER POINTS FROM SCRIPTURE**

- That students would come to know the truth. **1 Timothy 2:3–4**
- For wisdom for students and teachers. **James 1:5**
- That Christian students would shine like a light. **Matthew 5:14–16**



## OUR TOWN

**Ideas:** your neighbourhood, town or village: families, the poor, the sick, local churches.

**PRAYER POINTS FROM SCRIPTURE**

- For the peace and prosperity of our town. **Jeremiah 29:7**
- That God would be close to the hurting and the broken. **Psalm 34:18**
- That local churches would be united and shine. **John 17:21**

*Use the ideas to choose a topic, then pray the points, or find your own verses.*

# WHAT TO PRAY FOR · 2

Pick one area each time and go deep. Something else on your heart? Pray for it, with a verse for each point.



## ALBANIA & KOSOVO

**Ideas:** families, young people and their future, leaders and justice, unity, churches, revival, those who have emigrated.

**PRAYER POINTS FROM SCRIPTURE**

- For leaders who govern with justice and integrity. **1 Timothy 2:1–2**
- For hope and a future for young people here. **Jeremiah 29:11**
- That hearts of parents and children would turn to each other. **Malachi 4:6**
- For revival and healing in our land. **2 Chronicles 7:14**



## UNREACHED PEOPLE GROUPS

**Ideas:** one group each week. See page 30.

**PRAYER POINTS FROM SCRIPTURE**

- That God would send workers into His harvest. **Matthew 9:38**
- For an open door for the message. **Colossians 4:3**
- That every people would worship Jesus. **Revelation 7:9**



## THE NATIONS

**Ideas:** countries in the news, the persecuted church, refugees, missionaries we know.

**PRAYER POINTS FROM SCRIPTURE**

- That God's kingdom would come in every nation. **Matthew 6:10**
- For strength for persecuted believers. **Hebrews 13:3**
- That the Word would spread and missionaries be protected. **2 Thessalonians 3:1–2**

# RESPOND

1 · GATHER → 2 · BIBLE → 3 · PRAY → 4 · RESPOND

Hearing God is the start. **Obeying Him** is where life changes. Every meeting ends with each person answering two questions, then pairing up with an accountability partner for the week. **See an example on page 15.**

**HOW WILL I OBEY?**
One clear step from what God showed you.

**WHO WILL I TELL?**
One name. Share what you learned.

**PARTNER**
Text each other mid-week: "Did you obey? Did you tell?"

## WHERE TO GO NEXT · THE TOOLS



**"I want to tell a friend about Jesus"**
Share your story and the gospel. → Your story **p.18** · Share Jesus **p.19**



**"My friend is from a different background"**
Understand them and love them well. → Muslim friends **p.20** · Catholic friends **p.21** · Non-religious friends **p.22**



**"I need to turn from something"**
Bring it to Jesus and walk free. → The 4 R's **p.23** · Walking free **p.24–25**



**"I'm struggling with a feeling or a lie"**
Find the truth and replace the lie. → Lies to truth **p.26** · Verses of truth **p.28**



**"God showed me who I am"**
Speak it out every day. → Who I am in Christ **p.27**



**"I want to pray more"**
Lead a prayer time or learn to listen to God. → How to lead a prayer time **p.9** · Hearing God's voice **p.17**



**"God is stirring my heart for the nations"**
Pray, give, and ask God to send you. → People groups **p.30** · Missions **p.31**

# RESPOND IN PRACTICE

After Bible Together and prayer, each person fills in these sentences out loud. Keep it to **one clear step and one name**.

**1**

### HOW WILL I OBEY?

**This week I will _____ because God showed me _____.**

FOR EXAMPLE

- *"This week I will apologise to my brother, because Peter obeyed even when it was hard (Luke 5:5)."*

**2**

### WHO WILL I TELL?

**I will tell _____ that _____.**

FOR EXAMPLE

- *"I will tell my cousin that Jesus calls ordinary people, not just religious ones."*

**3**

### PAIR UP AND CHECK IN

Pair up with a partner for the week. Mid-week, send a message:

**Partner:** Did you obey? Did you tell?

**You:** Yes! I talked to my brother. Still need to tell my friend. Pray for me?

**4**

### NEXT WEEK, LOOK BACK

The leader opens the meeting with **"How did you obey? Who did you tell?"** Share stories and thank God together.

*Make it specific. "Read my Bible more" is vague. "Read Mark 1 on Tuesday" is clear.*

# TOOLS



Practical tools to help you grow, get free and share Jesus. Use them on your own, with your accountability partner, or as a group after Bible Together.

## HEARING GOD


Hearing God's voice 17


## SHARE JESUS


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Share Jesus 19
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Catholic friends 21
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## FREEDOM


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# HEARING GOD'S VOICE

### GOD WANTS TO SPEAK

The Holy Spirit guides us into truth. **John 16:13**

### IT'S FOR EVERYONE

"My sheep listen to my voice." **John 10:27**

### IT COMES FROM FRIENDSHIP

Jesus calls us friends and tells us what He hears from the Father. **John 15:15**

**Two riverbanks:** We test everything we hear with **the Bible** and with **community** (friends, mentors, church). No one hears perfectly (1 Corinthians 13:9).

## HOW GOD SPEAKS


The Bible


Thoughts


Feelings


Pictures


Dreams


Other people

## TRY IT: 5 MINUTES

1. Get quiet. Put your phone away, breathe.
2. Pray: "Speak, Lord, your servant is listening." (1 Samuel 3:10)
3. Ask Him something simple: "How do You see me?" or "What would You say to [name]?"
4. Write down what comes: a word, a verse, a picture.
5. Test it: does it match the Bible? Share it with the group.

## GUIDELINES

- A word should encourage, build up and comfort (1 Corinthians 14:3).
- Avoid "words" about dating, marriage, babies or dates.
- Say it humbly: "I think God might be saying…"

# YOUR STORY

Your story with Jesus (your testimony) is one of the most powerful ways to talk about Him. No one can argue with what He has done in your life. Keep it to about **two minutes**.

### 1 · BEFORE

What was your life like? Give a little context, briefly.

### 2 · MEETING JESUS

How did you meet Jesus? What happened?

### 3 · NOW

What has changed? How has He healed and changed you?

**TIP**

Don't focus on how bad things were. Give some context and share how God redeemed and healed you. The hero of the story is Jesus, not your past.

## EXAMPLE

*"Before I knew Jesus, I always felt like I wasn't enough: at school, at home, everywhere. A friend invited me to a group where we read the Bible. We read the story of the lost son and for the first time I understood that God wasn't waiting for me angry, but with open arms. That night I prayed to Him. The feeling of not being enough doesn't always vanish at once, but now I know who I am: His loved daughter. That gives me peace and courage every day."* · **Elsa, 17**

**Try it:** write your story in three sentences and tell it to someone in the group this week.

# SHARE JESUS

The good news is too good to keep to ourselves. Learn these five steps, then say them in your own words.

**Start with:** "Can I tell you why I go to Vine Club?" or "How can I pray for you?"

**1** **GOD LOVES YOU** — **John 3:16**

**Say it simply:** "God made you and loves you. He wants you to know Him."

*"God so loved the world that he gave his one and only Son."*

**2** **SIN SEPARATES US** — **Romans 3:23**

**Say it simply:** "We've all turned away from God, and that cuts us off from Him."

*"All have sinned and fall short of the glory of God."*

**3** **JESUS DIED AND ROSE** — **Romans 5:8**

**Say it simply:** "Jesus died for our sin, and He rose again."

*"While we were still sinners, Christ died for us."*

**4** **TURN AND TRUST** — **Romans 10:9**

**Say it simply:** "Turn from your sin and trust Jesus as Lord."

*"If you declare with your mouth, 'Jesus is Lord,'… you will be saved."*

**5** **FOLLOW HIM** — **Mark 1:17**

**Say it simply:** "Jesus gives a new life. Follow Him every day."

*"Come, follow me."*

**THEN ASK**

**"Is there anything stopping you from trusting Jesus today?"**

**If yes:** pray with them, invite them to your Vine Club and tell your mentor. **If not yet:** keep praying and stay friends. You planted a seed.

# SHARING JESUS WITH MUSLIM FRIENDS

Many of our friends in Albania and Kosovo come from Muslim families. Many don't practise strictly, but family, honour and tradition matter deeply. Most say they love Isa (Jesus) but don't really know Him.

1. **Give a love encounter, not a debate**
   Most Muslims who follow Jesus came through a heart encounter, not an argument. Listen with one ear to your friend and the other to the Holy Spirit: how is Jesus good news for them?
2. **Find common ground**
   One God, the Creator. Isa (Jesus) is named in the Qur'an over 100 times: born of the virgin Maryam, did miracles, called the Messiah. The Qur'an honours the Injil (the Gospels).
3. **Lift up Jesus, not religion**
   Invite them to follow Isa, not to "become a Christian", which can sound like rejecting family. Share Jesus' power over fear, spirits and sickness (Mark 4–5).
4. **Go gently on the hard topics**
   Use "Messiah" before "Son of God". If asked "Is Jesus God?", say: "Jesus taught that God is One" (Mark 12:29). If told "the Bible was changed", don't argue: "Can I read you a story about Isa?"
5. **Pray in the name of Isa**
   Offer to pray for needs in the name of Isa al-Masih. Few will say no. Ask God to reveal Himself, even in dreams.

| Allah | Isa al-Masih | Injil | Maryam |
|---|---|---|---|
| God (used by Arab Christians too) | Jesus the Messiah | The Gospel | Mary |

**Remember:** following Jesus can cost a Muslim friend their family and community. Be patient, never criticise Islam or the Prophet, never shame anyone in public, and be a true friend.

# SHARING JESUS WITH CATHOLIC FRIENDS

There are many Catholics who truly love and follow Jesus. But many of our friends are Catholic (or Orthodox) in name: they grew up with the traditions, but have never had a living relationship with Jesus.

## UNDERSTAND

### Tradition is important

Many grew up with baptism, first communion and church at Easter and Christmas, but have never known Jesus personally.

### The priest as the go-between

Many feel they can't understand the Bible on their own, or that God is too busy, so they pray through Mary and the saints.

### Earning it

Many hope their good deeds will be enough. The good news is that salvation is a gift (Ephesians 2:8–9).

## HOW TO HELP

1. **Focus on Jesus, avoid arguments**
   Don't attack Mary, the Pope or the church. Point to the personal relationship Jesus offers. He is the one mediator (1 Timothy 2:5) and the Good Shepherd who knows His sheep (John 10:14).
2. **Show that God hears**
   God listens when we pray to Him directly (Jeremiah 29:12–13; 1 John 5:14). Pray with them, simply, in your own words.
3. **Open the Bible together**
   Invite them to read for themselves (2 Timothy 3:16). Bible Together at Vine Club is a perfect first step.
4. **Share your story**
   Tell how knowing Jesus personally changed your life. This is often more powerful than any argument.

**A good question:** "If you could ask God one thing, what would it be?" Then: "Did you know you can talk to Him directly, and He listens?"

# SHARING JESUS WITH NON-RELIGIOUS FRIENDS

Lots of our friends aren't religious at all. They value experience, honesty and freedom, and are suspicious of anyone who claims to have "the truth". Here's how to share Jesus well:

**1** **Build real friendship**
Many friends think truth is personal: "That's true for you." Don't dismiss their view. Listen to their story and show real care.
***Avoid: treating every chat as a chance to preach.***

**2** **Speak truth with love**
Don't be timid. Share with conviction that truth is found in a person, Jesus (John 14:6), but respectfully.
***Avoid: winning the argument and losing the friend.***

**3** **Tell your story**
Stories connect. Share how Jesus changed you, and connect His story to theirs: hope, purpose, being known.
***Avoid: leading with theology.***

**4** **Welcome questions**
Let them share doubts. Explore the Bible together instead of giving instant answers. It's OK to say "I don't know, let's find out."
***Avoid: pretending you have every answer.***

**5** **Meet the longing**
Behind "whatever" there is often emptiness and a search for meaning. Jesus offers life to the full (John 10:10).
***Avoid: easy, one-size answers.***

## QUESTIONS TO START

| | | |
|---|---|---|
| **"What gives your life meaning?"** | **"Have you ever experienced something you couldn't explain?"** | **"What do you think Jesus was really like?"** |

*Invite them to come and see: Bible Together at Vine Club lets them discover Jesus for themselves.*

# THE 4 R'S: A PATH TO FREEDOM

Use these four steps when you're stuck: **a sin that keeps coming back, a hurt you can't let go of, or a lie you keep believing** (and with shame, fear, anger or anxiety, p.24–25). They bring you back to Jesus and into freedom.

**R1**

### REPENT

**Acts 3:19**

Turn from sin and towards God. Name it honestly.

> *"Lord, I repent of… I turn from it."*

**R2**

### RECEIVE

**1 John 1:9 · Matthew 6:12**

Receive God's forgiveness. Forgive others who hurt you.

> *"Thank You for forgiving me. I forgive ___."*

**R3**

### REBUKE

**James 4:7**

In Jesus' name, close the door the enemy used. Submit to God, resist the devil.

> *"In Jesus' name, I reject… and I close that door."*

**R4**

### REPLACE

**John 8:31–32 · Romans 12:2**

Put God's truth where the lie was. Keep speaking it.

> *"The truth is that I am… (verse)."*

**TIPS**

- **Do it with someone you trust.** Confess and pray for each other (James 5:16).
- **It's a journey.** Coming back to the 4 R's more than once is normal.
- **Replace every day.** Write the truth down and speak it each morning.

**Example:** *"Lord, I repent of comparing myself to others and I turn from it. Thank You for forgiving me. In Jesus' name I reject the lie that I'm worthless. The truth is I am wonderfully made (Psalm 139:14)."*

*Heavy? Talk to a mentor or your pastor. · Adapted from Brian & Christy Brennt.*

# WALKING FREE · 1

Recognise what you're facing, then walk it through the **4 R's (p.23)** using these verses. Speak the truth out loud.

**IF YOU THINK OR FEEL...**

*"I am dirty."*

*"If they really knew me, they'd leave."*

*"I have to hide this."*

**...IT MAY BE**

**SHAME**

**VERSES OF TRUTH**

*"There is now no condemnation for those who are in Christ Jesus."* **Romans 8:1**

*"Those who look to him are radiant; their faces are never covered with shame."* **Psalm 34:5**

*"Instead of your shame you will receive a double portion."* **Isaiah 61:7**

*"He is faithful and just and will forgive us our sins and purify us."* **1 John 1:9**

**Declare: I am forgiven, clean and fully loved.**

**IF YOU THINK OR FEEL...**

*"I don't belong anywhere."*

*"Nobody would choose me."*

*"I'll push them away first."*

**...IT MAY BE**

**REJECTION**

**VERSES OF TRUTH**

*"He chose us in him before the creation of the world."* **Ephesians 1:4**

*"Whoever comes to me I will never drive away."* **John 6:37**

*"Though my father and mother forsake me, the Lord will receive me."* **Psalm 27:10**

*"Accept one another, then, just as Christ accepted you."* **Romans 15:7**

**Declare: I am chosen, wanted and accepted.**

**IF YOU THINK OR FEEL...**

*"Something bad is going to happen."*

*"I can't do it."*

*"What will people think?"*

**...IT MAY BE**

**FEAR**

**VERSES OF TRUTH**

*"God gave us a spirit not of fear, but of power, love and self-discipline."* **2 Timothy 1:7**

*"Do not fear, for I am with you."* **Isaiah 41:10**

*"Perfect love drives out fear."* **1 John 4:18**

*"When I am afraid, I put my trust in you."* **Psalm 56:3**

**Declare: God is with me. I am safe in His love.**

*Heavy? Don't walk it alone: talk to a mentor, your pastor or a trusted adult.*

# WALKING FREE · 2

Freedom is a journey. Keep coming back to the truth, and keep walking it out with others.

**IF YOU THINK OR FEEL...**

*"Nothing will ever change."*

*"What's the point?"*

*"God has forgotten me."*

**...IT MAY BE**

**HOPELESSNESS**

**VERSES OF TRUTH**

*"I know the plans I have for you… plans to give you hope and a future."* **Jeremiah 29:11**

*"His compassions never fail. They are new every morning."* **Lamentations 3:22–23**

*"May the God of hope fill you with all joy and peace as you trust in him."* **Romans 15:13**

*"Put your hope in God, for I will yet praise him."* **Psalm 42:11**

**Declare: God is good and He is not finished with me.**

**IF YOU THINK OR FEEL...**

*"They always do this to me."*

*"I'll get them back."*

*"I'm fine. (when I'm not)"*

**...IT MAY BE**

**ANGER**

**VERSES OF TRUTH**

*"In your anger do not sin: do not let the sun go down while you are still angry."* **Ephesians 4:26**

*"Be quick to listen, slow to speak and slow to become angry."* **James 1:19**

*"Do not take revenge… leave room for God's wrath."* **Romans 12:19**

*"A gentle answer turns away wrath."* **Proverbs 15:1**

**Declare: God sees, and He is just. I choose to forgive.**

**IF YOU THINK OR FEEL...**

*"What if it all goes wrong?"*

*"I can't switch my mind off."*

*"It all depends on me."*

**...IT MAY BE**

**ANXIETY**

**VERSES OF TRUTH**

*"Do not be anxious about anything, but in every situation… present your requests to God."* **Philippians 4:6**

*"Cast all your anxiety on him because he cares for you."* **1 Peter 5:7**

*"Do not worry about tomorrow."* **Matthew 6:34**

*"You will keep in perfect peace those whose minds are steadfast."* **Isaiah 26:3**

**Declare: My Father cares for me. I can rest in Him.**

*Heavy? Don't walk it alone: talk to a mentor, your pastor or a trusted adult.*

# LIES TO TRUTH

Jesus said: “You will know the truth, and the truth will set you free” (John 8:32). Freedom isn’t only stopping something; it’s replacing the lie with God’s truth. Find the one that fits your week and declare it out loud.

### ~~FEAR~~ → TRUST

- I trust God and I am kept safe. **Proverbs 29:25**
- I have a spirit of power, love and a sound mind. **2 Timothy 1:7**

### ~~ANGER~~ → FORGIVENESS

- I don’t let the sun go down on my anger. **Ephesians 4:26**
- I forgive, as God forgave me. **Colossians 3:13**

### ~~REJECTION~~ → ACCEPTANCE

- I am confident in God’s love for me. **1 John 3:1**
- I bless those who have hurt me. **Luke 6:28**

### ~~INSECURITY~~ → SECURITY

- Nothing can separate me from Christ’s love. **Romans 8:38–39**
- I am complete in Him. **Colossians 2:10**

### ~~PRIDE~~ → HUMILITY

- I humble myself and let God lift me up. **1 Peter 5:6**
- I think of others as better than myself. **Philippians 2:3**

### ~~COMPARING~~ → SERVING

- I serve others instead of competing. **Matthew 23:11**
- I celebrate when others do well. **Romans 12:15**

### ~~SHAME~~ → CONFIDENCE

- I come to God boldly, not hiding. **Hebrews 4:16**
- I am forgiven and made clean. **1 John 1:9**

### ~~HOPELESSNESS~~ → HOPE

- I put my hope in God and I will praise Him. **Psalm 42:11**
- His mercies are new every morning. **Lamentations 3:22–23**

**Pray it:** “Jesus, I reject the lie of ___ and I choose Your truth: ___. Fill me with Your Spirit so I can live it today.”

# WHO I AM IN CHRIST

Our identity doesn't come from grades, followers or our past. It comes from what God says. When you were born again, you were born into a family, and this is your **birthright**: you don't earn it, you receive it and live from it.

| | |
|---|---|
| **I am a child of God.**<br>John 1:12 | **I am loved by the Father.**<br>1 John 3:1 |
| **I am forgiven and set free.**<br>Colossians 1:13–14 | **I am a new creation.**<br>2 Corinthians 5:17 |
| **I am not condemned.**<br>Romans 8:1 | **I am chosen and appointed.**<br>John 15:16 |
| **I am wonderfully made.**<br>Psalm 139:14 | **I am a friend of Jesus.**<br>John 15:15 |
| **I am a branch of the true Vine.**<br>John 15:5 | **I am the light of the world.**<br>Matthew 5:14 |
| **I am a co-heir with Christ.**<br>Romans 8:17 | **I am more than a conqueror.**<br>Romans 8:37 |
| **Nothing can separate me from God's love.**<br>Romans 8:38–39 | **My body is a temple of the Holy Spirit.**<br>1 Corinthians 6:19 |
| **I am God's masterpiece.**<br>Ephesians 2:10 | **I am seated with Christ.**<br>Ephesians 2:6 |
| **I am a citizen of heaven.**<br>Philippians 3:20 | **I have authority over the enemy.**<br>Luke 10:19 |
| **I am sent.**<br>John 20:21 | **I can do all things in Christ.**<br>Philippians 4:13 |

## HOW TO USE IT

- Read the list out loud every morning for a week.
- Circle the one that's hardest to believe. Ask God why, and pray it every day.
- In the group, speak one over each other: "You are…"
- When a lie comes ("I'm worthless"), replace it with the truth. See the 4 R's.

# VERSES OF TRUTH · 1

When you feel a certain way, remember what God says. Read them aloud, save them on your phone, learn them by heart.

### HOPE

*"I know the plans I have for you… plans to give you hope and a future."* **Jeremiah 29:11**

*"May the God of hope fill you with all joy and peace."* **Romans 15:13**

### SHAME

*"There is now no condemnation for those who are in Christ Jesus."* **Romans 8:1**

*"Those who look to him are radiant; their faces are never covered with shame."* **Psalm 34:5**

### FEAR

*"Do not fear, for I am with you."* **Isaiah 41:10**

*"God gave us a spirit not of fear, but of power, love and self-discipline."* **2 Timothy 1:7**

### REJECTION

*"Though my father and mother forsake me, the Lord will receive me."* **Psalm 27:10**

*"Whoever comes to me I will never drive away."* **John 6:37**

### ANXIETY

*"Do not be anxious about anything… present your requests to God."* **Philippians 4:6–7**

*"Cast all your anxiety on him because he cares for you."* **1 Peter 5:7**

### LONELINESS

*"He will never leave you nor forsake you."* **Deuteronomy 31:6**

*"I am with you always, to the very end of the age."* **Matthew 28:20**

### SADNESS

*"The Lord is close to the broken-hearted."* **Psalm 34:18**

*"He will wipe every tear from their eyes."* **Revelation 21:4**

### FEELING WEAK

*"My grace is sufficient for you, for my power is made perfect in weakness."* **2 Corinthians 12:9**

*"The joy of the Lord is your strength."* **Nehemiah 8:10**

**How to use it:** When a false thought comes ("I'm alone"), say: "That isn't true. The truth is…" and read the verse out loud.

# VERSES OF TRUTH · 2

More truth for the battles we face: who we are, what we've done, and where we're going.

### MY WORTH

*"I praise you because I am fearfully and wonderfully made."* **Psalm 139:14**

*"You are precious and honoured in my sight, and… I love you."* **Isaiah 43:4**

### GUILT

*"If we confess our sins, he is faithful and just and will forgive us."* **1 John 1:9**

*"As far as the east is from the west, so far has he removed our transgressions."* **Psalm 103:12**

### TEMPTATION

*"God is faithful; he will not let you be tempted beyond what you can bear."* **1 Corinthians 10:13**

*"Submit yourselves to God. Resist the devil, and he will flee."* **James 4:7**

### ANGER

*"In your anger do not sin."* **Ephesians 4:26**

*"Be quick to listen, slow to speak and slow to become angry."* **James 1:19**

### PURPOSE

*"I chose you and appointed you so that you might go and bear fruit."* **John 15:16**

*"He who began a good work in you will carry it on to completion."* **Philippians 1:6**

### COMPARISON

*"Am I now trying to win the approval of human beings, or of God?"* **Galatians 1:10**

*"People look at the outward appearance, but the Lord looks at the heart."* **1 Samuel 16:7**

### DOUBT

*"I do believe; help me overcome my unbelief!"* **Mark 9:24**

*"You will seek me and find me when you seek me with all your heart."* **Jeremiah 29:13**

### THE FUTURE

*"Trust in the Lord with all your heart… he will make your paths straight."* **Proverbs 3:5–6**

*"Peace I leave with you; my peace I give you."* **John 14:27**

**As a group:** choose one verse a week to learn together, and start the next meeting by saying it from memory.

# UNREACHED PEOPLE GROUPS

### WHAT IS A PEOPLE GROUP?

A group who share a **language, culture and identity**. Albanians are one. One country can hold many people groups.

### WHAT DOES UNREACHED MEAN?

**Less than 2% follow Jesus.** There are too few believers to reach the rest of their people without outside help. Many have never heard the gospel.

| 17,000+ | 7,000+ | 40%+ |
|---|---|---|
| people groups in the world | are unreached | of the world lives in them |

*"How can they believe in the one of whom they have not heard?"* **Romans 10:14**

## HOW TO PRAY FOR ONE

**1** **PICK ONE GROUP EACH WEEK**
Scan the Missions Journal below, or use joshuaproject.net.

**2** **LEARN AND PRAY**
Where they live, what they believe, daily life. Then pray the points below.

**3** **ASK GOD**
"Are You sending me, or someone from our group?" **Isaiah 6:8**

### PRAYER POINTS FROM SCRIPTURE

- **Workers:** That God would send workers to them. **Matthew 9:38**
- **An open door:** For open hearts and an open door for the message. **Colossians 4:3**
- **Open eyes:** That they would turn from darkness to light. **Acts 26:18**
- **A church:** For a church among them that reaches its own people. **Matthew 16:18**

[ QR ]

### MISSIONS JOURNAL

Scan to find a people group to pray for each week, with stories, facts and prayer points.



# NOT ESCAPING TO THE WEST.
# SENT TO THE EAST.

### THE GREAT COMMISSION

*"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations… And surely I am with you always, to the very end of the age."* **Matthew 28:18–20**

Jesus' last words were a mission for every follower, including us. More than **3 billion people** live in people groups where almost no one knows Jesus, many of them in the East.

**Our vision:** Vine Clubs in every town and village across Albania and Kosovo, raising a generation of Albanians who don't escape but are **sent**. With our language, culture and story, we are uniquely placed to go to the East.

### WHAT WE CAN DO NOW

- Pray each week for one unreached people group (p.30).
- Connect with Albanian missionaries.
- Give together as a group to support a missionary.
- Ask God: "Are You sending me?"
- Connect with The Send about joining a missions school.

*"Whom shall I send?" … "Here am I. Send me!"* **Isaiah 6:8**

# WE WEREN'T MADE TO ESCAPE.
# WE WERE MADE TO BE SENT.

**Vine Club: friend groups reading the Bible, praying and responding to Jesus together.**

VINE CLUB

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**With The Send Albania**