

NEW LIFE IN CHRIST



Volume 1

Basic steps of the Christian life

This is the English edition of **NEW LIFE IN CHRIST**. It was originally produced in Spanish as *NUEVA VIDA EN CRISTO*. Its purpose is to give you a solid foundation for your Christian life. When you answer the questions in each lesson, avoid copying the Bible text word for word. Try to answer using your own words. This will help you to better understand what you are studying.

In addition to the specific content, each lesson has practical projects to make the material more useful for your life. The appendices at the end of the book have pages to cut out and paste into your Bible. Make use of them.

When you finish with Volume 1, continue with **Volume 2**

For more information contact us at:
Email: mprcam@comcast.net

You may download a free copy of this book at the following website: **www.NewLifeDiscipleship.com**

For free materials in Spanish go to: **www.obreroziel.com**

It is also available in Spanish French, Ukrainian, Russian and Swahili. It will soon be available in Romanian. The document is in PDF format and requires Adobe Acrobat Reader to be read. Acrobat Reader is free and can be downloaded at: <http://www.adobe.com>



Second English edition 2004. Copyrighted 1993

© Mark Robinson

Permission is given to make copies of this material, with the condition that you cite the original source and make no changes to its content or format.

Produced in cooperation with CAM International and believers
from the Asociación Evangélica Centroamericana de Costa Rica
8625 La Prada Dr., Dallas, TX 75228 USA

TABLE OF CONTENTS

Teacher's Guide.....	4
Introduction to the Christian Life.....	5
Step 1 Saved!.....	6
Step 2 Secure!.....	8
Step 3 Victorious!.....	10
Step 4 Lord of All.....	12
Step 5 Living in the Spirit.....	14
Step 6 God Speaks to Me.....	16
Step 7 Talking with God.....	18
Step 8 Meeting with God Every Day.....	20
Step 9 My Church.....	23
Step 10 Witnessing!.....	25
Step 11 Baptism & Communion.....	27
Step 12 The Family.....	29
Step 13 Following Jesus.....	31
Appendices.....	33



TEACHER'S GUIDE

1. We congratulate you for accepting the challenge of discipling new believers using *New Life in Christ* as your guide. The results of this study can produce eternal fruit.
2. Let the Bible always be your authority in answering the questions. The students should look up the Bible passages by themselves and try to answer the questions based on what the Bible says.

Some new believers need a brief orientation on how to find the references in their Bibles.
3. This manual may be used in many different ways. In most cases, you will study one lesson a week, encouraging the disciple to do all the assignments in each lesson.
4. Try not to let your sessions get too long.
5. Encourage the students to answer the questions in their own words. Avoid copying the Bible word for word. Using their own words will help them to analyze the meaning of the texts studied.
6. Avoid preaching. Use questions to discover what the students understand and to stimulate active participation.
7. Prepare well for each session yourself. As the teacher, you should be familiar with the content and key concepts of each lesson.

Your preparation should include prayer for your students and for your own heart to be prepared for the lesson.

8. Try to have the students think about the practical implications for their lives. Help them to understand specific, practical applications.

The assignments in the boxes at the side of each lesson are designed for this purpose. Make use of them.

9. Help students cultivate the habit of prayer. Teach them by praying together with them.
10. It is important to understand that discipleship is much more than studying the lessons of *New Life in Christ*. Discipleship implies a life change for the disciple.

This manual is just an initial help. The students need continual help in seeking to change their character, ways of thinking, habits, etc.

11. It is of the utmost importance that disciples learn habits like daily Bible reading, prayer, and Scripture memorization.

At the beginning of each lesson, take time to review the previous memory verse and ask them how the daily Bible study is going. Do not scold students who have not completed some of the assignments, but be sure to encourage them to finish.

12. Be sensitive to what God is doing in the disciple's life. Take time out of each session to answer any questions they might have, or to help with facing problems in their personal life.

Keep in mind that there are times when it is not possible to get to every question in the lesson because of lack of time. In these cases, choose the questions of most importance to discuss.

Welcome to the family of God

When you trusted in Christ, you began a new life, an adventure with Christ. The aim of this book is to make you familiar with what the Bible says about the Christian life. Growth in Christ is a process. Every day we need to be fed and to walk with Christ. As we dedicate time to our new relationship with Him, we will progress toward maturity.

A summary of how to walk with Christ

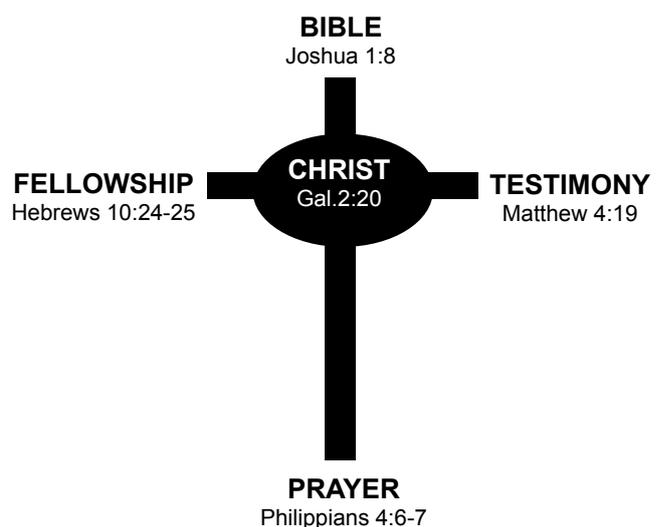
1. Read the Bible every day in order to know Christ better.
2. Talk with God every day through prayer.
3. Allow God to control your life, submitting yourself to His will.
4. Talk with others about Christ.
5. Seek out fellowship with other believers in a church where Christ is preached.
6. Look for one or two believers with whom you can pray and speak regularly about your successes and failures.
7. Demonstrate your new life through your love and interest in others.

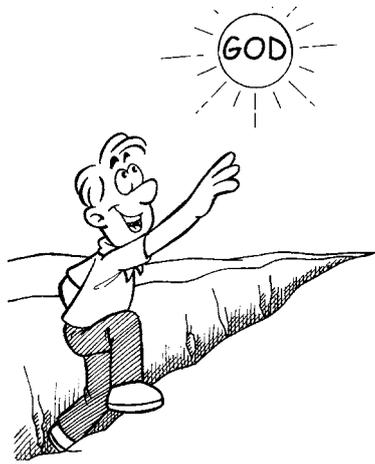
The Christ centered life

The Christian life may be represented by this picture of a cross. Christ is the center of our new life. We live in submission to Him.

The vertical line represents our relationship with God through the Bible and prayer.

The horizontal line represents our relationships with others. We seek fellowship with believers in the church. As for those who are not believers, we should tell them about Christ.





Step 1 Saved

Answer TRUE (T) or FALSE (F)

- ___ To be saved, it is only necessary to believe that God exists.
 ___ Sin causes a separation between God and man.
 ___ I am saved by going to church and doing good things.

THE OLD LIFE

1. According to Ephesians 2:1, what was our condition before Christ gave us eternal life? _____

2. Read Romans 3:23. Does that mean everyone sinned? Yes No
 If that was the case, what was our condition before Christ saved us?

3. The Bible says that we were condemned. Why? (John 3:18) _____

THE WORK OF GOD

4. In Ephesians 2:4-5, how is God described? _____

5. According to this passage, what has God done for us? _____

6. Look at Romans 5:8. How does God demonstrate His love for us?

7. Read Ephesians 2:8-9. God decided that we would not be saved by our works (v. 9). What kinds of good deeds do people perform in order to be saved? _____

8. We are saved by _____ through _____ (v. 8)
 Grace means "an undeserved gift". In other words, God gave us salvation freely, even though we did not deserve it.
9. In whom should we have faith in order to be children of God?
 Galatians 3:26 _____

DECISION TIME

Have you already accepted Christ?

Yes No

If so, when? _____

If not, do you want to?

Yes No

TO RECEIVE CHRIST

1. Admit that you are a sinner. Don't try to hide it any longer.
2. Decide to distance yourself from sin. Repent.
3. Believe that Christ died for your sins and rose from the dead.
4. Ask Jesus to come into your heart to forgive your sins and take control of your life.

The following prayer could serve as a model of how to receive Christ.

Dear Lord

I know that I am a sinner and that I need your forgiveness. I believe you died for my sins and rose from the dead. I want to leave sin behind, and live a pure life. Come into my heart, and be my savior. I want to follow you as my Lord. Thank you for saving me. Amen.

THINK ABOUT IT

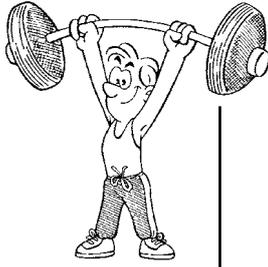
Think about your home and everyone and everything that you love. How does your sin affect them?

Think about your future. Had you continued with the old life, you would have faced the judgment of God. Read Revelation 20:11-15 and think on it, thanking God for His great love.

GROWING STRONGER

It is important to form habits that will help you grow in your new life.

As exercise strengthens the body, there are spiritual disciplines that help you to grow in Christ.



These disciplines include:

- Bible study
- prayer
- memorizing Bible verses.

In addition to completing these lessons, **it is important to read a portion of the Bible and pray to God every day.**

This week read chapters 1-7 in the book of John, one chapter per day.

Pray to God before reading, preparing your heart to receive what He is going to tell you through His Word.

After reading each chapter, pray again, talking with God about what you have read.

With God's help, I commit to reading a chapter a day in my Bible.

Date.

Memorize Ephesians 2:8-9

"For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God, not by works, so that no one can boast."

10. Tell in your own words what it means to have faith in Christ. _____

THE NEW LIFE

11. For what purpose did Christ come? John 10:10 _____

12. What does God offer to the person who accepts Christ? John 1:12

13. According to John 5:24, what happens when a person accepts Christ?

14. What did God create us for, according to Ephesians 2:10?

Note that we are not saved by works but we are saved for good works.

15. Read 2 Corinthians 5:17. To be "in Christ" means to have accepted Him as Savior. So, if someone is in Christ, what does he or she become? _____

16. Explain in your own words the phrase, "the old has gone, the new has come": _____

IN SUMMARY

In your own words, summarize what we have studied.

1. What was your life like without Christ? _____

2. What did Christ do for you? _____

3. How should you show in your daily life the new life that God gave you? _____



Step 2 Secure!

Answer TRUE (T) or FALSE (F)

- ___ Right now I can be sure that I am saved.
- ___ God wants me to sin so He can show more of His love.
- ___ If I sin and die without confessing it, I am still saved.

GOD GIVES ME SECURITY

1. Read Romans 8:38-39. Once we have accepted Christ, is there any way we can be separated from the love of God? _____

Read **John 10:27-29** and respond to questions 2 through 7

2. What is offered to us? (v. 28) _____
3. Who gives eternal life? (v. 28) _____
4. Can something eternal come to an end? _____

The verb "give" is in the present tense. This indicates that we already have eternal life. Eternal life does not begin when we die, but rather from the moment in which we accept Christ as our personal Savior.

5. When will we perish? (v. 28) _____
This refers to the fact that eternal life never ends.
6. Could someone or something snatch us out of Christ's hand? (v. 28)

7. Could someone snatch us out of the hand of our Father? (v. 29)

Now read **Ephesians 1:13-14** and respond to questions 8 - 9.

8. What is the work that God did in us? (v. 13) _____

9. When were we sealed? (v. 13) _____
God gave us the Holy Spirit as a guarantee ("pledge") of the fact that we belong to Him until Christ comes for us.

Read "Who am I in Christ?" in Appendix 2, at the end of the book.

How do you feel as you read these affirmations? Do they give you confidence? _____

GIVING THANKS

According to John 10:28-29, you are in the hand of Jesus Christ, and at the same time you are in the Father's hand.

Think of how protected your life is in those hands! No wonder it says two times that no one can snatch us from that place.



THINK ABOUT IT

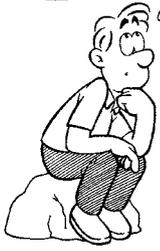
To sin is to do, say, or think something against the will of God. Although God loves me, He hates my sin.

Think about and write down two reasons why you believe that a Christian should seek to avoid sin:

1. _____

2. _____

WHERE WILL I GO WHEN I DIE?

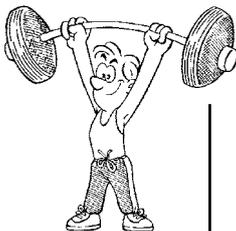


THIS WEEK

This week, pray for one of your family members who has not yet received Christ. Ask for their salvation. Write down their name:

Having trouble finding passages in your Bible? Here's a tip. Memorize in order the names of the first ten books of the New Testament:

- Matthew
- Mark
- Luke
- John
- Acts
- Romans
- 1 Corinthians
- 2 Corinthians
- Galatians
- Ephesians



GROWING STRONGER

Read John 8-14 this week (one chapter per day).

Memorize John 10:27-28

"My sheep listen to my voice; I know them, and they follow me; I give them eternal life, and they shall never perish; and no one can snatch them out of my hand."

10. Read 1 John 5:11-12. Do you have eternal life? _____

How can we know for sure whether we have eternal life or not?

WARNING

11. Now that I am saved, why shouldn't I play around with sin?

Romans 6:1-2. _____

Read **Hebrews 12:5-10** and respond to questions 12-13.

12. Since I am a child of God, He disciplines me. Why does He do this? (v. 6)

13. For what purpose does God discipline me? (v. 10) _____

GOD GIVES ME A CHOICE

It is not God's desire that you sin. But, as human beings, we are subject to temptation. This means that we still struggle against sin in our lives.

What happens when you sin? You do not lose your salvation, but it can affect your fellowship with God. As the loving Father that He is, He has provided the way of escape from temptation and also the means for us to draw near to Him if we do sin. We will study this in detail in Step 3.

DIGGING DEEPER

Read 1 Corinthians 3:11-15. Every Christian will be judged. It will not be to see if they are saved, but rather to test their works.

If his works were pleasing to God, the Christian will receive a reward. If they weren't, he will lose these special rewards (these rewards are not the same as salvation, since the person already has salvation according to v. 15).

Will you receive rewards or will you just barley make it into heaven?



Step 3 Victorious!

Answer True (T) or False (F)

- ___ If we are tempted, it is inevitable that we will sin, because we are so weak.
 ___ If we sin and we confess it to God, He will forgive us.
 ___ We have spiritual enemies who tempt us.

WE ARE ENGAGED IN A BATTLE

The Bible says that God is not the one who tempts us (James 1:13). Who then are our spiritual enemies according to the following passages?

1. James 4:4 _____
2. Galatians 5:17 _____
3. 1 Peter 5:8 _____

How should we respond to each enemy?

4. To the world (Romans 12:2) _____
5. To the flesh (Galatians 5:16) _____
6. To the devil (James 4:7) _____

WE CAN BE VICTORIOUS

7. Who is greater than Satan? (1 John 4:4) _____
8. Who lives in the believer? (1 Corinthians 3:16) _____
9. Who gives us the victory? (1 Corinthians 15:57) _____

GOD GIVES US RESOURCES TO BE VICTORIOUS

According to the following passages, what should we do to avoid falling into temptation?

10. Psalm 119:11 _____
11. Matthew 26:41 _____
12. Proverbs 4:14-15 _____
13. 2 Timothy 2:22 _____

DIGGING DEEPER

We are all tempted, but this doesn't mean that we have to sin. 1 Corinthians 10:13 has three truths that encourage us.

1. Temptations are part of being human. It is possible to overcome them.
2. God puts limits on temptations; we can resist them.
3. In every temptation, God always provides an escape.

WILL I EVER
BE FREE?



Meditate on these truths and BELIEVE THEM!

AFFIRMING THE TRUTH

The Christian can conquer temptations. Can you recall a time recently when you were tempted and overcame it with God's help?

MAKING THINGS RIGHT

The one to whom I should confess my sin is God (Psalm 32:5); but there are cases in which this is not enough. I need to go one step further.

If my sin has affected another person, I should seek out that person and ask his or her forgiveness as well (James 5:16; Matthew 5:23-24).

Paraphrasing the Apostle John: How can I be right with God, whom I don't see, if I am not right with my neighbor, whom I do see? (1 John 5:20)

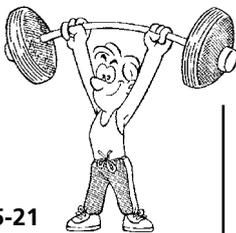
THIS WEEK

This week, pray to God for a friend, co-worker, classmate, or neighbor who needs to know Jesus Christ.

This week I will pray for:

Memorize the next ten books of the New Testament, reviewing the first 10 from the last lesson:

Philippians
Colossians
1 and 2 Thessalonians
1 and 2 Timothy
Titus
Philemon
Hebrews
James



GROWING STRONGER

Read John 15-21 this week (one chapter per day).

Memorize 1 John 1:9

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

WE CAN BE FORGIVEN

14. According to 1 John 1:8, can anyone, even Christians, claim to be sinless? _____

By sinning, the fellowship between God and the believer is broken. God is not happy, and although He loves us, He will not listen to our requests while we are unwilling to confess our sin.

15. What should we do to be forgiven? (read 1 John 1:9) _____



HOW SHOULD I CONFESS MY SIN?

Confessing is not just saying, "I sinned." True confession requires several things:

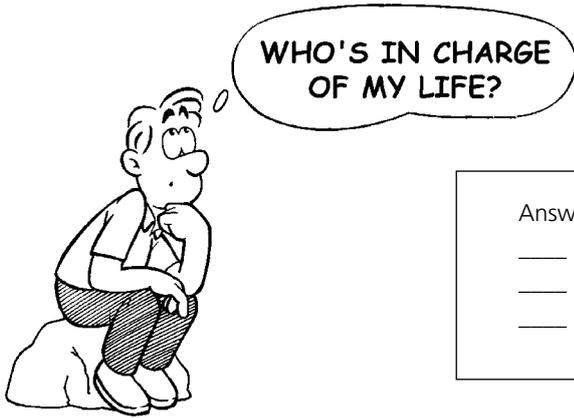
- Be sincere.
- Be repentant (truly sorry and desiring to not commit that sin again).
- Be specific (telling God precisely what I did).
- Be quick to recognize my error. As soon as I realize that I have sinned, I should confess it. Otherwise, I am in danger of falling into more sin.
- Be humble by asking forgiveness of those people who were affected by my sin.
- Accept forgiveness. We should not continue to reproach ourselves for sins that we have already confessed. If God has forgiven us, we must accept His forgiveness, and believing, give Him thanks. Reject Satan's accusation that we can't be forgiven.

16. According to 1 John 1:9, what happens when I confess my sin?

- _____
- _____

SUMMARY

- Who are our spiritual enemies?
- What resources do we have to conquer them?
- If we sin, what should we do to be forgiven?



Step 4 Lord of all

Answer TRUE (T) or FALSE (F)

___ I have the right to control my own life.

___ If I yield control of my life to Christ, He'll take away all my fun.

___ I know how to run my own life. No one else has any right to tell me what to do.

WHO'S THE BOSS?

One of the titles that is often used to refer to Christ is "LORD." Although the world lives today in rebellion against God, one day every knee will bow before Christ and every tongue will confess that He is Lord. (Phil. 2:10-11).

1. What does it mean to say: "Jesus is Lord of my life"? _____

2. Why does Christ have the right to rule my life?

Colossians 1:16 _____

2 Corinthians 5:15 _____

To whom does my life belong now? _____

MY RESPONSE

3. If Christ owns me, how should I respond to Him, according to

2 Corinthians 5:15? _____

4. Read Galatians 2:20. This verse summarizes one of the essentials of the Christian life. Explain the following phrase: "I no longer live, but Christ lives in me." _____

To be "crucified with Christ" means that my old life died, or remains behind me. Now I have new life in Christ, with power to conquer sin.

5. How should I live this new life in Christ? See the second part of Galatians 2:20.

CHECK UP

There are many things that are not bad in themselves but can come to take the place that only Christ should occupy in our lives.

Mark the things that are hindering the work of Christ in your life:

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Belongings | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Work |
| <input type="checkbox"/> Entertainment | <input type="checkbox"/> Habits |
| <input type="checkbox"/> Your character | <input type="checkbox"/> Family |
| <input type="checkbox"/> Other _____ | |

THINK ABOUT IT

What specific areas do you need to surrender to Christ's control?

THIS WEEK

Now finish memorizing the following books of the New Testament, reviewing the other names of the ones you already learned:

- 1 and 2 Peter
- 1, 2, and 3 John
- Jude
- Revelation

CONQUERING FEAR

Does it scare you to think about surrendering your life completely to Christ?



DOES GOD REALLY WANT WHAT'S BEST FOR MY LIFE?

Here are some reasons people have for being afraid to surrender to Christ. Mark those that affect you.

- I fear that Jesus really does not understand my problems.
- I'm afraid Christ will command me to do something I can't fulfill.
- I fear that Christ won't let me marry the person who will make me happy.
- I'm afraid God will take away my friends and fun things I do.
- I fear that I won't be faithful, or not fulfill what He wants me to do.

Now read 1 Peter 5:6-7. In light of this passage, do you think there is any basis for your fears?

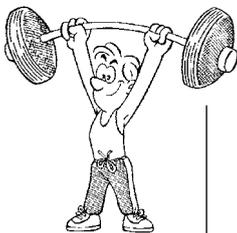
Yes No

GROWING STRONGER

Read Acts 1-7 (one chapter per day).

Memorize Galatians 2:20

"I have been crucified with Christ; and I no longer live, but Christ lives in me. The life I live in the body I live by faith in the Son of God, who loved me and gave Himself for me."



6. What is a good way to know if Christ is Lord of my life? Luke 6:46

7. Why is it so necessary to yield my life to Christ's control?

- ✓ I cannot serve two Lords. I have to decide whether I'm going to serve God or serve the world. I can't please both (Luke 16:13).
- ✓ Without Christ as the guide of my life, I am a slave to sin (Romans 6:16).
- ✓ One day I will have to stand before the judgment seat of Christ to give an account (2 Corinthians 5:10).

WHO IS MOST CAPABLE OF MANAGING MY LIFE?

	Jesus	Myself
Who always desires the best for my life?	<input type="checkbox"/>	<input type="checkbox"/>
Who knows what is best for my life?	<input type="checkbox"/>	<input type="checkbox"/>
Who is able to do what's best for my life?	<input type="checkbox"/>	<input type="checkbox"/>

WHAT MUST I SURRENDER TO CHRIST?

Some areas of my life that I should surrender to Him are:

- 8. Romans 12:1 _____
- Isaiah 26:3 _____
- Ephesians 5:15-16 _____
- 2 Corinthians 9:6-7 _____

A DAILY SURRENDER TO CHRIST

Romans 12:1 exhorts us to surrender our bodies to Christ. The following prayer may serve as a model for this daily surrender.

*"Lord, I surrender myself to you.
 Take my mind and what I think
 Take my eyes and what I see
 Take my ears and what I hear
 Take my lips and what I speak
 Take my heart, what I feel and my attitudes.
 Take my hands and what I do
 Take my feet, where I go
 Take my body, it is your temple.
 Fill me with your Holy Spirit.
 I want to obey you.*





Step 5 Living in the Spirit

Answer TRUE (T) or FALSE (F)

- The Holy Spirit is a "force" of God.
- The Holy Spirit gives us understanding of our sin.
- The Holy Spirit dwells in all children of God.

THE INITIAL WORK OF THE HOLY SPIRIT

When He ascended to the Father in heaven, Christ Jesus sent the Holy Spirit (the Spirit of Truth) to give testimony about Himself (John 15:26).

1. According to John 16:8-9, what is the work of the Holy Spirit in unbelievers? _____

2. The Holy Spirit causes the person who accepts Christ to be born again (John 3:3-8). What does it mean to you to "be born again"?

In addition, the Holy Spirit does other things in the person who accepts Christ, as we will see below.

3. According to 1 Corinthians 12:12-13 we were all _____ into one body by the Spirit.

Baptism with the Spirit does not refer to baptism in water, but rather to the Holy Spirit making us members of the body of Christ, that is, the church, which is made up of all true believers throughout the world.

4. According to Ephesians 1:13, we were _____ by the Holy Spirit of promise.

To be "sealed" with the Spirit means that the new child of God is God's secure possession from the moment that he or she first believes (v.14).

5. According to 1 Corinthians 3:16, the Christian is the temple of God, and the Holy Spirit _____ in him or her. This means that the Spirit truly and permanently indwells each Christian.

DIGGING DEEPER

According to 1 Corinthians 6:11, who is the Holy Spirit? _____

See also Acts 5:3-4

THINK ABOUT IT

Ephesians 1:14 says that the Holy Spirit Himself is the "guarantee" or "down payment" of our salvation. How does this truth make you feel?

MY RESPONSE

Knowing that our body is the temple of the Spirit of God, how should we take care of our body? See 1 Corinthians 6:19-20.

SUMMARY OF THE INITIAL WORK OF THE SPIRIT:

- ✓ Convicts of sin
- ✓ Causes the new birth
- ✓ Baptizes us into the body of Christ
- ✓ Seals forever
- ✓ Dwells in our body



THIS WEEK

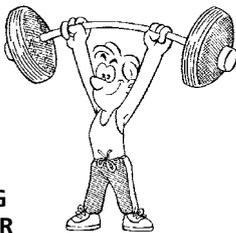
Share your testimony (how you came to know Christ) with one person.



Maybe this could be with the person you have been praying for.

DIGGING DEEPER

Read Jude 20. What does "praying in the Holy Spirit" mean? See question 8.



GROWING STRONGER

Read Acts 8-14 (one chapter a day).

Memorize
1 Corinthians 12:13

"For we were all baptized by one Spirit into one body — whether Jews or Greeks, slave or free — we were all given the one Spirit to drink."

THE CONTINUING WORK OF THE HOLY SPIRIT

6. What did Christ promise about spiritual knowledge, according to John 14:26? _____

What joy to know that the Spirit of Christ Himself teaches us!

7. The Holy Spirit knows us intimately. What else does He do for the believer, according to Romans 8:26-27? _____

8. Romans 8:14 says that the Holy Spirit leads the Christian. In order to be led by the Holy Spirit, the Christian should:

Ephesians 5:18 _____

Galatians 5:16 _____

To be filled with the Spirit or to walk in the Spirit means that the Christian is controlled and guided by Him. This is demonstrated by the fruit mentioned in Galatians 5:22-23.

HOW CAN I BE FILLED WITH THE HOLY SPIRIT?

- ✓ When you realize that you have sinned, confess it to God. Do not wait for sin to build up (1 John 1:9). In addition, it is necessary to accept by faith the forgiveness that God offers you.
- ✓ Present yourself to God. Permit Him to control your life, submitting to His will (Romans 6:13). Review the prayer at the end of the previous lesson.
- ✓ By faith appropriate the filling of the Holy Spirit, that is, believe that He is controlling you. Begin to act and live according to that faith.

HERE I AM LORD



SUMMARY OF THE SPIRIT'S WORK IN THE BELIEVER

He teaches the believer

He intercedes for the believer

He guides the believer

He fills the believer

He glorifies Christ (John 16:13-14)



Step 6 God speaks to me

Answer TRUE (T) or FALSE (F)

- ___ Almost all of the Bible is of divine origin.
- ___ Every person who asks for God's help is able to understand the Bible.
- ___ To get the greatest benefit from the Bible, it's important to meditate on it.

WHAT IS THE BIBLE?

1. What does 2 Timothy 3:16 say about the origin of the Bible? _____

The word "inspired" found in some translations literally means "breathed by God." What does this tell us about God's Word?

This verse says that _____ Scripture is inspired by God. If that's so, could there be any errors in it? _____

2. In what way is the Bible different from other books? Hebrews 4:12

3. Explain how the Bible serves as a sword in your life. (Heb. 4:12) _____

THE PURPOSE OF THE BIBLE

4. The Bible feeds you spiritually. To what is the Bible compared in

1 Peter 2:2? _____

What would happen to the Christian who neglects to read the Bible?

5. The Bible guides you in your daily life. To what is the Bible compared in

Psalms 119:105? _____

What is a lamp used for? _____

We live in an age of confusion. There are many "teachers", churches and friends who want to give us advice. How do we know which one has the truth? God gave us the Bible for this very purpose, to enlighten our minds and to help us to evaluate the advice that they give us.

6. The Bible helps you to not sin (Psalm 119:11). What does "I have hidden

your word in my heart" mean? _____

THIS WEEK

How are you doing on the Bible readings assigned in each lesson?

Are you reading a chapter a day?

Yes No

When reading the Bible, have you seen that its power has touched your heart or changed your life?

Yes No

Tell someone about what you are learning in your readings.

If up until now you have not read your Bible regularly, why not start today?

With God's help I commit to reading my Bible (suggestion: one chapter a day)

Date _____

Memorize in order the names of the first 14 books of the Old Testament:

- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy
- Joshua
- Judges
- Ruth
- 1 and 2 Samuel
- 1 and 2 Kings
- 1 and 2 Chronicles



MEDITATING ON SCRIPTURE

Joshua 1:8 commands us to meditate on the Bible day and night, that is, all the time.

We suggest the following means of meditating continually on the Bible:



From your daily Bible reading copy a verse onto a 3x5 card or notebook. Carry it in your purse or wallet, or tape it up in a visible place (like the mirror or refrigerator) so that you can review it often during the day.

When you meditate on your verse, ask yourself:

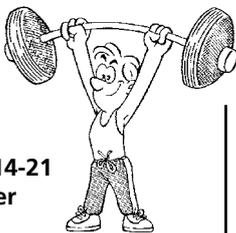
- ✓ What does God want to teach me?
- ✓ How should I put this passage into practice in my life today?

THINK ABOUT IT

Is the Bible the final authority in your life? Read Acts 17:10-11. What custom did the Berean believers have which is worthy of imitation?

GROWING STRONGER

Read Acts 14-21 (one chapter per day).



Memorize 2 Timothy 3:16-17

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

7. The Bible helps you grow in the Christian life. According to 2 Timothy 3:16-17 the Bible is useful for:

_____, _____
_____, _____

The one who lets him or herself be guided by the Bible will be “thoroughly equipped for every good work.” Be careful of those who say that the Bible is not enough and encourage you to seek dreams and revelations in addition to the Bible. The Bible is enough!

8. Is it hard for you to have faith at times? Read Romans 10:17 & answer:

How does faith come to us? _____

How can we increase our faith? _____

THE CONTENT OF THE BIBLE The Bible is divided into two parts:

THE OLD TESTAMENT

39 Books

The Law (Genesis to Deuteronomy)
The History of Israel (Joshua to Esther)
Poetry (Job to Song of Solomon)
Prophecy (Isaiah to Malachi)

THE NEW TESTAMENT

27 Books

The Life of Christ (the 4 Gospels)
The Growth of the Church (Acts)
Teaching (the Epistles)
Prophecy (Revelation)

HOW TO GET THE MOST OUT OF THE BIBLE

Listen: Fellowship with a church where the Word of God is faithfully taught. (Revelation 1:3; Hebrews 10:24-25)

Study: Are you reading your Bible daily? Take notes in a notebook of what you are learning in your daily readings (See Appendix 4). A good place to start is with the books of John, Acts, 1 John, and Romans.

Meditate: See “MEDITATING ON SCRIPTURE” in the box at the side.

Note: Many religions and groups practice types of meditation. They try to completely empty their minds, repeat one word or phrase over and over to achieve a trance state, or visualize themselves on a journey to get spiritual guidance. This is NOT biblical meditation; it is part of divination, sorcery and idolatry, which God hates (see Deut. 18:9-13). Biblical meditation involves thinking and talking about God’s Word.

Memorize: A memory verse is assigned in each lesson. It is very important to complete this assignment, because once you have the verse memorized, it is kept in your mind for use in the future.

Obey: Write in your own words, the main idea of James 1:22. _____

What did Ezra do with the Scriptures? (Ezra 7:10) Write down three things:

1. _____
2. _____
3. _____



Step 7 Talking with God

Answer TRUE (T) or FALSE (F)

- _____ In order to pray, it is important to do it in a church and on your knees.
- _____ I can pray with confidence, because God hears me and promises to answer.
- _____ It is enough to just pray before I eat and when I go to sleep.

WHAT IS PRAYER?

Prayer is communicating with God. It is as simple and natural as talking to a friend. You can talk to God with complete confidence about any topic, fear or need. Prayer is an intimate communication with Him.

1. What great offer does God make in Jeremiah 33:3? _____

Prayer is a means of honestly expressing everything that is in your heart to a friend who listens to you with great interest.

How does God promise to respond to your prayer? _____

Are there times when God is too busy to hear your cry? Yes No

2. Prayer is one of the ways we protect ourselves. What was the advice that Jesus gave to His disciples so that they would not fall into temptation?

Matthew 26:41 _____

3. What dangers do we need to avoid when we pray?

Matthew 6:5 _____

Matthew 6:7 _____

What is your interpretation of the phrase "meaningless repetitions" ("babbling like pagans" in the NIV)?

HOW SHOULD WE PRAY?

4. The Psalms give us many reasons to praise God. For example, what reasons does Psalm 106:1 give you for praising God?

5. Instead of always worrying, what should you do? Philippians 4:6

THINK IT OVER

With what attitude should we draw near to God, according to Hebrews 4:16?

In your opinion, what is the reason for this degree of confidence that we can have with God?

"We should pray when we have the desire to pray, because it would be a sin to waste such a valuable opportunity. We should pray when we do not have the desire to pray, because it would be dangerous to stay in such an unhealthy condition"

Charles H. Spurgeon

THIS WEEK

Memorize in order the names of the following books of the Old Testament and review the ones previously learned.



- Ezra
- Nehemiah
- Esther
- Job
- Psalms
- Proverbs
- Ecclesiastes
- Song of Solomon
- Isaiah
- Jeremiah
- Lamentations

THIS WEEK

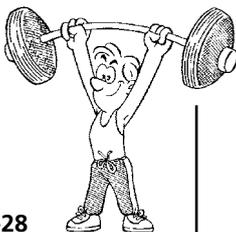
1 Timothy 2:1 commands us that "requests, prayers, intercession and thanksgiving be made for everyone."

Do you have a list of prayer requests that reminds you for whom you should pray?

Make a prayer list on a piece of paper or in a notebook.

Your list could include the following categories:

- ✓ Family members
- ✓ Friends
- ✓ Brothers and sisters in the faith
- ✓ Servants of God (your pastor, etc.)
- ✓ The people that govern your country and community
- ✓ People who have done you harm
- ✓ People you want to win for Christ
- ✓ Your goals and personal growth



GROWING STRONGER

Read Acts 22-28 (one chapter a day).

Memorize Philippians 4:6-7

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

6. According to Philippians 4:6, what should our attitude be when we are asking God for something? _____

When we pray with "thanksgiving", we are expressing faith in God for the answer that He will give to our request.

That is why verse 7 says we can experience _____ in our hearts upon leaving our burden in the hands of the one who is completely able to help us with our problems.

7. What does "pray without ceasing" mean? (1 Thessalonians 5:17)

If you should pray all the time, does that mean that you can pray in any place, for example, at your job, riding the bus, etc.? _____

Your prayer should include:



Adoration & Praise to God for who He is.

Confession of your sins so that they don't hinder your fellowship with God.

Requests for personal needs and intercession for others.

Thanksgiving What has God done for you? Let's not be ungrateful. Let's express our gratitude to Him.

8. According to John 14:13 we should pray in the name of _____

9. What else can we learn about how to pray from the following passages?

Psalm 66:18 _____

1 John 5:14-15 _____

Matthew 21:22 _____

10. How does Ephesians 3:20 encourage your faith? _____

GOD ANSWERS YOUR PRAYERS

We have seen that God promises to answer our prayers. But, how? Someone has said that God has three ways of answering them:

- ✓ Sometimes He says "yes".
- ✓ There are times when, for our good, He says "no",
- ✓ Others times He says "wait a while."



Step 8

Meeting with God every day

Answer TRUE (T) or FALSE (F)

- It is important to read the Bible and pray every day.
- One should try to read many chapters of the Bible each day.
- God wants to transform us day by day through His Word.

WHAT IS A DEVOTIONAL TIME?

A devotional time is our daily appointment with God. It should be every day, because it takes time to develop our relationship with Him. Maturity does not come "instantly," rather, it is cultivated day by day, one step at a time.

"Morning by morning, O Lord, you hear my voice; morning by morning I lay my requests before you and wait in expectation." Psalm 5:3

Some people call it "the quiet time," because it is a time to wait before God so that He will speak to us through His Word, and then to respond in prayer.

ITS IMPORTANCE

Why is it important to have a daily devotional time?

Joshua 1:8 _____

Psalms 63:1 _____

Matthew 4:4 _____

Would you say that a daily appointment with God is a necessity or just a good idea (if you have time)? _____

WHEN AND WHERE SHOULD YOU HAVE YOUR DEVOTIONS?

Usually, the best time is in the morning. This lets us start the day off with God. Men like David and Christ set aside a special time in the morning (Psalm 5:3 and Mark 1:35). Obviously, this implies that we will have to get up earlier than usual, but it will be worth the effort. Some like to set aside time in the evening (Psalm 63:6), or at another time during the day when they know they can keep their "appointment" with God.

Whatever time you choose, look for a peaceful place where you can spend this time without interruptions. Sometimes, to seek this privacy, it might be necessary to get up before others, to close the door to your room, or to go outside.

Set a time and place now for your devotions:

Time: _____ I will get up at: _____ Place: _____

THINK ABOUT IT

Hebrews 4:12 compares the Bible to a "two-edged sword."

Sometimes, reading it is uncomfortable for us, because it penetrates our lives to show us what we are like, and what we have to correct.

Have you ever thanked God for the ability of the Scriptures to do this?

THIS WEEK

Memorize in order the names of the following books of the Old Testament, reviewing the ones you learned before.

- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakuk
- Zephaniah
- Haggai
- Zachariah
- Malachi



BIBLE READING PLAN

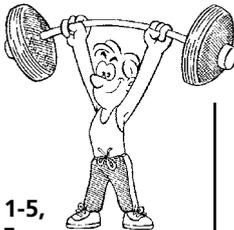
We suggest beginning your reading in the New Testament. Read from one book daily until you finish it.

You might begin to read the books of the Bible in the following order:

- John
- Acts
- 1 John
- Romans
- James
- Philippians

Appendix #5 gives a list of readings for a whole year.

Note: When you finish reading a book, before starting another one, try reading a Psalm and a chapter in Proverbs.



GROWING STRONGER

Read 1 John 1-5, Psalm 1 and 5 (one chapter a day).

Memorize Joshua 1:8

“Do not let this book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Appendix #4 contains a summary of how to have your devotional time.

Cut out the page and paste it in your Bible. It will serve as a guide to help you benefit from your daily appointment with God.

WHAT YOU SHOULD INCLUDE IN YOUR DEVOTIONAL TIME

Prepare your heart:

With what attitude should you present yourself before God?

Psalm 139:23-24 _____

Psalm 119:18 _____

Psalm 5:3 _____

Hebrews 4:16 _____

Study the Word of God

In John 5:39 we see that the Jewish leaders were to search the Scriptures. The Bereans in Acts 17:11 examined the Scriptures when they received them, and the psalmist says, *“I have sought out your precepts...I will ponder your statutes.”* (Psalm 119: 94, 95). This implies not only reading, but also studying the passage for the purpose of discovering its meaning and seeing what God wants to communicate to you.

To begin, study short passages (no more than one chapter). It is sometimes better to read a short passage several times than to read several chapters. That way you can analyze it well.

How to Study the Bible



Passage: _____

What impressed you most from this passage? _____

What is the main idea of the passage? _____

What does it mean for your life? _____

The following key questions can help you to get more out of the passage:

Is there a commandment to obey?

Is there an example to follow?

Is there a sin to avoid?

Is there a promise to make your own?

Get a notebook today to use in your devotional time. Use the method in the box above to study your Bible, writing down your thoughts in the notebook.

PRACTICAL SUGGESTIONS

1. Take the time that you need for your devotions. Don't try to hurry.
2. Give priority to your daily appointment with God. Try not to miss the appointment. If you skip a day, don't get discouraged; but don't miss the next day.
3. Try to read a chapter a day. At times it is better to read less in order to study it well. At times you may need to read more.
4. Mark your Bible, underlining key verses to be able to find them later.
5. Try to put key verses in your own words to understand them better.
6. If it is hard to concentrate, read or pray out loud, or pray standing up. It's better not to have your devotions lying down on the bed; you could fall asleep. Ask for God's power to be able to concentrate.
7. Get a notebook to write down the results of your Bible study, prayer requests, etc.

Pray

Pray, referring back to the Bible passage studied. Respond to God, telling Him about your reaction to the passage. Include:

- ✓ Confession, when you become aware of all the impurities in your life.
- ✓ Worship for who God is (the Psalms can help enrich your praise).
- ✓ Praise to God for what He does.
- ✓ Thanksgiving for what God has given you.
- ✓ Pray for the requests on your prayer list.

Sing to the Lord

Music lifts your spirit and helps you create an atmosphere of worship. Sing choruses and hymns regularly, throughout the whole day, not just in your devotions. Ephesians 5:19. If you prefer, whistle or hum choruses.

Put what you have learned into practice

James 1:22 warns us to be "doers of the word, and not merely hearers." Reading the Bible without applying it to our lives is like seeing our face in a mirror and going away without cleaning off the dirt that the mirror shows us. It doesn't make sense to read the Bible if we are not willing to submit to what it says.

Note: This doesn't mean that we should stop reading the Bible when we feel rebellious. We should read it all the MORE during these times, asking God to change our hearts. Don't let spiritual enemies (see Step 5) keep you away from the Bible!

Meditate and Memorize

Copy a verse from the passage you read on a piece of paper or in a notebook to meditate on it during the day. Try to memorize it. In this way, God will help you to resist sin.

REVIEW: A SIMPLE PLAN FOR YOUR DEVOTIONAL TIME

1. Prepare your heart

- ✓ Examine yourself
- ✓ Confess your sin
- ✓ Ask for understanding



2. Study the Bible

- ✓ What impressed you the most?
- ✓ What is the main idea?
- ✓ What does it mean to you?

3. Pray to the Lord

- ✓ Talk with God about the passage studied.
- ✓ Worship God for who He is.
- ✓ Give God thanks for what He has done
- ✓ Ask of God, using your list of requests.

4. Sing to the Lord

Sing a chorus or hymn. The music will lift your spirit and will help you praise God.

5. Apply what you have learned

What will you do today to put it into practice in your life?

6. Meditate and Memorize

From the passage you read, choose a verse on which you can meditate, and memorize it. Write it down in a notebook or on a 3x5 card to carry it with you during the day.



Step 9 My Church

Answer TRUE (T) or FALSE (F)

- ___ The church is only a building.
 ___ The church is the community of all believers.
 ___ I don't need church, as long as I keep reading the Bible at home and listen to Christian programs on radio or television.

WHAT IS THE CHURCH?

The Lord Jesus said in Matthew 16:18: "...I will build my church..." Christ spoke in the future tense (I will build) and spoke of the church as something that belonged to Him (my church). This church that Christ was going to build already exists today and continues to grow. It is the visible manifestation of Christ in the world today.

In one sense, the church is universal, but at the same time it has a local presence (Matthew 16:18, Acts 13:1).

THE UNIVERSAL CHURCH

The universal church is the supernatural body of which Christ is the head. It is formed of all the people that have been born again from the day of Pentecost until the rapture of the church.

- To what is the church compared? 1 Corinthians 12:27 _____

- Who makes up this body (the church)? The church is made up of all the believers in Jesus Christ, those who have been regenerated by the Spirit of God. (1 Cor. 12:13)
- What has God given to the members of the church? Romans 12:4-8

- Who is the head of the church? Ephesians 4:15 _____
- According to Ephesians 1:12, why does the church exist?

- What is the mission of the church? Matthew 28:18-20 _____

THE LOCAL CHURCH

The local church is a group of people who are born again, baptized, and organized in order to glorify God, edify one another and proclaim the gospel.

THIS WEEK

To deepen your fellowship with the brothers and sisters of your church, start this week by inviting one of them to your house or out for a meal together.



THINK ABOUT IT

God has given each believer a spiritual gift. Romans 12, Ephesians 4:11 and 1 Corinthians 12 speak of the gifts. For example, some of the gifts mentioned there are:

Service	Teaching
Exhortation	Giving
Faith	Evangelism
Wisdom	Pastoring
Showing mercy	
Leading (Administration)	

Do you know which are your gifts? If the answer is NO, then you could find out by praying, serving in the church, and asking brothers and sisters in Christ to tell you what ability they observe in you.

THINK ABOUT IT

Make a list of the excuses some believers use for not attending church (assembling).

What is the real reason why they don't attend? Hebrews 10:25

THIS WEEK

Make a list of the leaders of your church and pray every day this week for one of them.



GROWING STRONGER

Read Romans 1-4 (read each chapter for two days in a row in order to understand it better).

Memorize Hebrews 10: 24-25

“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another, and all the more as you see the Day approaching.”

7. Read Hebrews 10:24-25. Does the Bible teach that the believer in Christ should be part of a local church?

Yes No Why? _____

How can we “spur one another on toward love and good deeds”?

8. What other things did believers do together in the Jerusalem church?

Acts 2:42 _____

9. If you are a part of a church, you should help it. In what ways could you help your church?

Galatians 6:1-2 _____

Galatians 6:10 _____

1 Peter 4:10 _____

2 Corinthians 9:7 _____

In 1 Timothy 3:1-7 and Titus 1:5-9, the Bible sets requirements for church leaders. Read these passages. Although you may not be planning to be a leader yet, every Christian should aspire to have the characteristics mentioned in these verses.

10. Since leaders were put in the church by God, what should our attitude towards them be?

1 Thessalonians 5:12-13 _____

Hebrews 13:17 _____

11. What is one of the responsibilities of the church toward its members, according to Galatians 6:1-2? _____

12. What attitude should you have when correcting a straying brother? v.1,2

The church, since it is a family, has the responsibility to look out for the well-being of its people. There are times when discipline is necessary to preserve the testimony and purity of the church. It is an act of love and concern toward the people in the church. Discipline is one of the things God uses to “spur one another on toward love and good deeds”.



Step 10 Witnessing

Answer TRUE (T) or FALSE (F)

- ___ It is important to evangelize others, because the majority are on the road to hell.
- ___ I can evangelize my family and friends with success.
- ___ To be able to share my faith, I should wait to receive a course on witnessing.

One of the believer's privileges is to witness about his or her faith in Christ. Witnessing, or evangelizing, means to share the plan of salvation with another person, so that they come to accept Christ.

THE NEED TO WITNESS

As we saw in the first lesson, humanity is trapped in the clutches of sin.

"There is none righteous, not even one...all have sinned and fall short of the glory of God." (Romans 3:10, 23)

- Matthew 7:13-14 speaks of two gates that represent two different destinies in life. According to these verses, what destiny awaits most people?

- What does John 3:18 say about those who have not trusted in Christ?

- In contrast, the believer is _____

_____ (2 Corinthians 5:17).

THE SPECIAL MISSION ENTRUSTED TO US

- God has appointed us as His ambassadors. What is the mission that God has entrusted to us as his ambassadors, according to 2 Corinthians 5:20?

- Read Matthew 5:14-16. As well as ambassadors, Christ calls us

_____ (v. 14)

- What does it mean to you to say that we are the "light of the world"?

- In contrast, what does it mean to put your light under a bowl or a basket?

v. 15 _____

THINK ABOUT IT

Does it embarrass you to speak with others about Christ? If so, read Romans 1:16.

Why was Paul not ashamed of the gospel?

THIS WEEK

Whom do you feel responsible to share the gospel with? Write their names below:



Family Members:

Friends and Acquaintances:

Pray regularly for them and speak to them about Christ.

MEMORIZING

Do you feel insecure, because you don't know what to say to those to whom you want to witness? It's very common to feel that way. In order to have more confidence:

1. Study the "plan of salvation" in Appendix 6.
2. Learn this plan by heart, including the Bible verses.
3. Cut out the page in the appendix that tells the plan of salvation and paste it in your Bible.

THIS WEEK

When can you start to witness?

This week share the plan with one person on your list. Don't wait for more time to pass! If you don't have the plan memorized, you could share John 3:16.

If you want to know how to effectively give a personal testimony, Appendix #6 gives some practical suggestions to help you share with others what Christ has done in your life.



GROWING STRONGER

**Read Romans 5-8
(read each chapter for two days in a row in order to understand it better).**

Memorize

Learn the plan of salvation in Appendix 6

8. How much does your light shine? Understanding that you are the light of the world, mark the statements that best describe your life.

- I like to speak about Christ, because He has changed me.
- Sometimes I shine, but sometimes my light is covered up.
- I don't know how to witness about Christ.
- I am somewhat embarrassed to talk about Christ.
- Up until now, my light has shone very little.



9. Matthew 28:19-20 contains what we call the Great Commission.

In this commission, what does Christ command us to do?

HOW TO WITNESS: PRACTICAL SUGGESTIONS

1. Let Christ change your life. Remember that your words will be worth little if they are not backed up by your behavior. Matthew 5:16
2. Use the Bible. It is the Word of God. It is a powerful weapon that clears up the confusion in the mind of the sinner. Hebrews 4:12.
3. Depend on the Holy Spirit to help you witness. He convicts the world of its sin, preparing them to listen when you present the plan of salvation (John 16:8). You cannot force anyone. God Himself will do the work in their hearts.
4. Pray constantly for your friends who have not accepted Christ. Look for opportunities to share with them.
5. Look on the unbeliever with compassion, understanding that he or she lives enslaved by sin. The unbeliever is not your enemy; rather, he is a victim of the enemy (Satan).
6. Witness with an attitude of humility (1 Peter 3:15). Understand that if it weren't for the grace of God, you could also be in the same condition.
7. Be courteous. Make sure the unbeliever feels that you really want to help him. Don't condemn.
8. Be natural. The best contacts you have are your family and friends. Don't be afraid to share with them. Take advantage of these opportunities.
9. Get some good tracts and begin passing them out now. Ask your pastor or church leaders how to get some.
10. Be brave. Even though not everyone accepts your message, remember that you are a bearer of the good news that brings eternal life (Romans 1:16). What's more, the majority of people are more open than we think.



Step 11

Baptism & Communion

Answer TRUE (T) or FALSE (F)

- ___ I must be baptized to go to heaven.
- ___ Baptism and the Lord's Supper (Communion) make me more holy.
- ___ The elements of the Lord's Supper symbolize the blood and body of Christ

BAPTISM

- Before ascending to the Father in heaven, Jesus commanded His followers to make disciples of all nations. According to Matthew 28:19-20, when someone becomes Christ's disciple, what's the first step they should take?

Baptism is not optional; rather, it is a commandment to be obeyed by every believer.

- Baptism is not required for salvation, but rather it is a result of already being saved. Let's look at the case of the Phillipian jailer in Acts 16.

What was the only requirement in order to be saved? Acts 16:30-31

How did the jailer and his family give testimony of their new faith?

Acts 16:32-33 _____

Note that v.35 indicates that the whole family believed, not just the jailer.

We see that baptism is a way to give public testimony to the fact that we are saved.

- According to Acts 2:41, after having received the word (the gospel), they were _____ and about three thousand souls were _____ to their number.

These three thousand people, by being baptized, identified themselves with the church in Jerusalem. In the same way, ***we identify ourselves with our local church when we are baptized.***

Some people have mistaken ideas about baptism. Therefore, it is important to know that:

- Baptism does not save us.
- Neither is it a step towards salvation.
- Baptism does not make us holier, although it does motivate us to live in holiness.

DIGGING DEEPER

Read Romans 6:1-4. At first glance, this passage seems to speak of baptism in water. However, here the word "baptism" is really being used to speak of our identification with Christ.

When we accept Christ we identify with Him in His death, His burial, and His resurrection. So, in Christ we are new people.

Water baptism symbolizes this transformation that occurred in the moment of our salvation.

Going down under the water symbolizes our identification with Christ in His death and burial, and that we "die" to our old life. Coming up out of the water symbolizes our resurrection to a new life.

DECIDE

If you have already accepted Christ, have you obeyed Him by being baptized?



Yes No

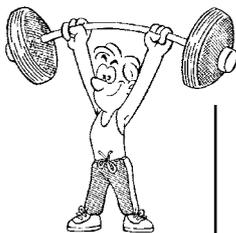
If you have not been baptized, talk to a pastor or leader in your church today.

REMEMBERING

According to Hebrews 10:10-12, how many times does Christ offer his body in sacrifice for sins?

Think about the implications of this passage for those who say that the bread and wine literally become the body and blood of Christ.

If this were so, wouldn't that mean the sacrifice of Christ was being repeated week after week?



GROWING STRONGER

Read James 1-5; Psalm 19 and Psalm 27 (one chapter a day).

Memorize Matthew 28:19

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit"

THE LORD'S SUPPER

The Lord's Supper (or communion) was instituted by the Lord Jesus Christ on the night He was betrayed. It is something sacred and very special, but it is not a sacrament or something magical.

4. Please read 1 Corinthians 11: 23-26. According to verse 26,

What do we proclaim? _____

Until when? _____

This passage teaches us the meaning of the Lord's Supper. It reminds us of Christ's sacrifice on the cross for us, and it is a reminder of His second coming.

5. What does it mean to do this "in remembrance of me"? _____

6. According to verses 24 and 25, what do the bread and the cup symbolize?

The Bread _____

The Cup _____

7. Now, read 1 Corinthians 11:27-31. Verse 28 says that before participating in the supper, each one should examine him or herself. What does this act mean to you?

8. 1 Corinthians 10:16-17 emphasizes another aspect of the Lord's Supper which is communion, sharing, or fellowship. What does it mean to have fellowship with other believers?

Some have mistaken ideas about the Lord's supper; therefore, it is important to know that:

1. The Lord's Supper is not a sacrament or something magical.
2. It does not make us holier, although it does motivate us to holiness.
3. The juice does not turn into the blood of Christ, nor does the bread become the body of Christ; rather they symbolize the blood and the body of Christ, reminding us of Christ's sacrifice until He comes.
4. It is an act of obedience and a moment of fellowship with Christ and with our brothers and sisters in the faith.

Step 12

The Family



Answer TRUE (T) or FALSE (F)

_____ The husband's primary responsibility is to love his wife.

_____ The wife's respectful conduct can win her husband for Christ.

_____ Even if one's parents are not believers, one should always respect them.

THE CHRISTIAN FAMILY

The Christian home is a center of support, protection, and mutual edification. Through the home, material needs are met, and children are taught how to face the issues of life. In contrast, if Christ is not reigning in the home, far from being a refuge, it becomes a battleground and a place of frustration.

God's plan for the family in the book of Genesis

"It is not good for the man to be alone; I will make a helper suitable for him..."
Genesis 2:18

- ✓ It was God who created Eve, as a wife for Adam. So, the idea of creating the home came from God Himself.
- ✓ The wife is described as a suitable helper, adequate for her husband. Both the wife and the husband mutually complement each other. United, they are better than when they are apart.

"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame." Genesis 2:24-25

- ✓ The couple needs to become independent from their parents, to form their own separate family. This is the only way they can learn to depend on each other.
- ✓ "One flesh" implies living in union with each other, not in competition, as best friends sharing intimate thoughts.
- ✓ Sex within marriage is not a cause for shame, but rather is a gift from God to the couple for their good. The children that will come are a blessing from God.

YOUR RESPONSIBILITIES WITHIN THE HOME

1. What commands does God give to **husbands** in the following passages?

Ephesians 5:25 _____

Colossians 3:19 _____

1 Peter 3:7 _____

Husband, do you believe you are fulfilling this? If not, in what areas should you change? What kind of love did Christ have for His church? This love is the model to follow in your relationship with your wife.

DISCUSS

The Bible speaks about the wife's submission to her husband. Do you believe this gives the husband the right to be overbearing? Why not?

THINK ABOUT IT

There are many things that can threaten the unity of the home. Write down some of them:

THIS WEEK

One of the threats to family unity is the low priority we place on spending time together. Although we love them, there are times when they don't feel our love.

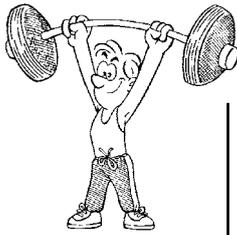


What will you do today to show love in a concrete way to your husband or wife (or family member)?

This week, what activity can you do with your children (family members) so that they feel your love?

DIGGING DEEPER

Love is central to the Christian home. In 1 Corinthians 13:4-7, Paul defines true love. On a separate sheet of paper, write down the characteristics of love according to this passage; or underline in your Bible the words that stand out the most to you.



GROWING STRONGER

Read **Philippians 1-4; Psalm 37, 51 and 139** (one chapter per day).

Memorize **Philippians 2:3-4**

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interests of others."

2. What commands does God give to **wives**?

Ephesians 5:33 _____

1 Peter 3:1-2 _____

3. What does God demand of **parents** in Ephesians 6:4? (what they should not do) _____

For example, what do parents do that frustrates or provokes their kids to anger? _____

(what they should do) _____

4. According to Deuteronomy 6:6-7, in what situations and places should you instruct your children? _____

Share as a family what you learn during your devotional time. Read the Bible and pray together for each one's needs.

5. What does God command **children** to do in Ephesians 6:1-2? _____

6. There are a few rules that promote harmony in the home. They apply to the husband, the wife, and the children. What are they?

Ephesians 5:21 _____

Philippians 2:3-4 _____

SPECIAL SITUATIONS

If your family is not Christian.

1. Love them. It is important to not look down on your un-believing family members. They sin because they don't yet know Christ. You used to live that way too. Remember that "while we were yet sinners Christ died for us" (Rom. 5:8). Show your love for them in concrete ways.

2. Win them to Christ through your good testimony. "...wives be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, as they observe your chaste and respectful behavior." 1 Peter 3:1-2

Even though these words are directed to wives, they can apply to any Christian who has family members who are not saved. The testimony you give is vital to the conversion of your family. Instead of criticizing and pressuring them, show your faith by your actions (Matthew 5:16).

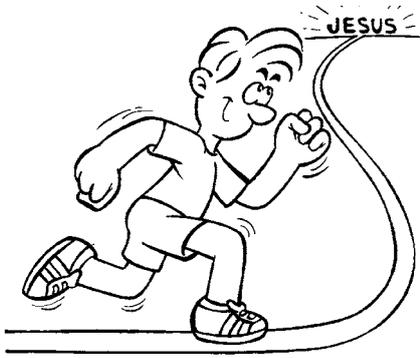
If you live together but are not married.

Although it is common in our society to find unmarried couples living together, the Bible calls this fornication. Are you and your partner legally married? If not, you should correct the situation as soon as possible. Seek out your pastor or church leader for counsel.

If you are single.

The challenge to the single person is to maintain high standards, avoiding any sexual relationship outside of marriage. Keep yourself pure for your future husband or wife. God wants the best for you.

If you have not kept yourself pure, confess your sin to God and ask Him to help you to live in holiness. Your might need to seek the counsel of a mature Christian or a pastor.



Step 13 Following Jesus

Answer TRUE (T) or FALSE (F)

- The Christian has a lot to do with his or her own spiritual growth.
 Fellowship with the body of Christ is not important.
 It is possible to enjoy continual communion with God.

CONGRATULATIONS

Congratulations on reaching the end of this study on "NEW LIFE IN CHRIST". We encourage you to continue your studies in **Volume 2**. Consider the following questions as you look at the drawing above:

- Do you wish to reach the goal of becoming Christ-like? Yes No
- Has this study of "NEW LIFE IN CHRIST" helped you towards reaching that goal? Yes No
- Does finishing this course mean you have reached that goal? Yes No

Becoming a true disciple of Christ doesn't just consist of finishing a course like this one. Discipleship is like a long distance race, rather than a 100 meter dash. It is a daily walk, every day; a new lifestyle with

BASIC HABITS FOR ORDERING YOUR LIFE

In the previous lessons, you have taken significant steps towards establishing your walk with Christ.



Identify the **basic habits** of the Christian life that correspond to each of these drawings:

These habits are absolutely necessary for you to be Christ-like. Don't ever neglect them..



It is important to order your life, dedicating time to what is really important. This is called **establishing priorities**. The habits represented by these drawings should become your new priorities; taking preference over other activities.

Jesus spoke of three things that characterize the Christian life. Dedication to:

- Jesus Christ
 Other Christians
 Christ's work in the world.

1. What does Christ want you to have?

John 17:3 _____ John 17:13 _____

2. John 17:11 describes the relationship that Jesus wants Christians to have with each other. "protect them by the power of your name... so that they _____, as we are one."

3. John 17:23 May believers be brought to complete _____ to let the world _____ that Christ came from heaven to love this world. This love and unity among Christians is a strong testimony, which authenticates our message to unbelievers. John 13:34-35

CHECK UP

Are you using the devotional time plan from lesson 8?

Yes No

What is the time you have set aside for your daily appointment with

Christ? _____

How are you going to cultivate your relationship with other Christians?

How will you show the world that Christ lives in you?

DIGGING DEEPER

Read John 15:16. Jesus' desire is that His own bear much fruit and that their fruit would remain. There are two types of fruit. What are these fruits, according to Galatians 5:22-23 and Matthew 28:18-20



GROWING STRONGER

Read
1 Thessalonians 1-5
and 2 Thessalonians 1-3
(one chapter per day).

Memorize Proverbs 3:5-6

"Trust in the LORD with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight."

WALKING BY FAITH

- Paul says "we live by faith, not by sight." (2 Cor. 5:7) How is faith described in Hebrews 11:1? _____

- Hebrews 11:6 says without faith it is impossible to please God. What are the two things we must believe in order to come to God? v. 6
 - _____
 - _____
- Think for a moment what it means to "walk by faith", then meditate on what is said about faith in the box below.

Faith is not just blind hope, but rather it is the certainty that God is faithful and that He is going to do all he has promised. To have faith in God implies no longer trusting in our own resources, but resting in God's.

To walk by faith is to daily put into practice what the Lord is teaching you. That's why it is so important to maintain and protect your intimate fellowship with Him.

- How does Jesus describe His relationship with His followers in John 15:4-5? _____

- Our relationship with Christ is compared to a grape vine, with Christ being the plant and ourselves as the branches.
- Why is it vital to maintain this relationship with Christ? _____

- What does it mean to "remain" or "abide" in Christ (v. 4)?

- According to John 15:10, how can we remain in His love? _____

COMMITMENT

- What is required to be Christ's disciple? Luke 9:23 _____

 - Are you willing to deny your own desires in order to joyfully follow Christ's will for your daily life? Yes No
- ✓ Continue on with the patterns and habits that you have learned.
 - ✓ Put into practice what the Lord shows you each day.
 - ✓ Jealously watch over your intimate relationship with God.

Appendix 1

Cut on the lines. Carry these cards with you and memorize the verses

<p>Galatians 2:20 Step 4</p> <p>“I have been crucified with Christ; and I no longer live, but Christ lives in me. The life I live in the body I live by faith in the Son of God, who loved me and gave Himself for me.”</p>	<p>Joshua 1:8 Step 8</p> <p>“Do not let this book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”</p>	<p>Proverbs 3:5-6 Step 13</p> <p>“Trust in the LORD with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.”</p>
<p>1 John 1:9 Step 3</p> <p>“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”</p>	<p>Philippians 4:6-7 Step 7</p> <p>“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”</p>	<p>Philippians 2:3-4 Step 12</p> <p>“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interests of others.”</p>
<p>John 10:27-28 Step 2</p> <p>“My sheep listen to my voice; I know them, and they follow me; I give them eternal life, and they shall never perish; and no one can snatch them out of My hand.”</p>	<p>2 Timothy 3:16-17 Step 6</p> <p>“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”</p>	<p>Matthew 28:19 Step 10-11</p> <p>“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit”</p>
<p>Ephesians 2:8-9 Step 1</p> <p>“For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God, not by works, so that no one can</p>	<p>1 Corinthians 12:13 Step 5</p> <p>“For we were all baptized by one Spirit into one body -- whether Jews or Greeks, slave or free -- we were all given the one Spirit to drink.”</p>	<p>Hebrews 10:24-25 Step 9</p> <p>“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another, and all the more as you see the Day approaching.”</p>

Appendix 2

Cut on the dotted line and fold in the center. You might want to glue it into your Bible

WHO AM I IN CHRIST?

I am a new creation (2 Cor. 5:17)
I am a child of God. (Jn. 1:12; Rom. 8:14-15; Gal. 3:26; 4:6)
I have been redeemed and forgiven of all my sins. (Col. 1:14)
I am free forever from condemnation. (Rom. 8:1)
I have been set free from the power of sin. (Rom. 6:1-6)
I have the right to come without shame before the throne of God to find mercy in times of need. (Heb. 4:16)
I am righteous in Christ, completely forgiven. (Rom. 5:1)
I am a slave of righteousness. (Rom. 6:18)
I am holy. (Eph. 1:1; 1 Cor. 1:2; Phil. 1:1)
I am the salt of the earth. (Matt. 5:13)
I am the light of the world, bearer of the truth. (Matthew 5:14)
I am Christ's friend. (Jn. 15:15)
I am chosen by Christ to bear His fruit. (Jn. 15:16)
I am made a servant or slave of God. (Rom. 6:22; Eph. 3:1; 4:1)
I am a temple, the dwelling place of the Holy Spirit. (1 Cor. 3:16; 6:19)
I have been bought with a price and therefore I belong to God. I am not my own master. I live for Christ. (1 Cor. 6:19-20; 2 Cor. 5:14-15)
I am a member of the body of Christ. (1 Cor. 12:27; Eph. 5:30)
I am reconciled with God. I am a minister of reconciliation. (2 Cor. 5:18-19)
I was crucified with Christ, and I no longer live; Christ lives in me. (Gal. 2:20)
I was chosen in Christ before the foundation of the world to be holy and without spot before Him. (Eph. 1:4)
I am an heir of God, because I am His child. (Gal. 4:6-7)
I am God's workmanship, born again in Christ to do His work. (Eph. 2:10)
I am holy and righteous. (Eph. 4:24)
I am a citizen of heaven. (Phil. 3:20; Eph. 2:6)
I am a pilgrim in this world, in which I am living temporarily. (1 Pet. 2:11)
I am a child of the light, not of the darkness. (1 Thess. 5:5)
I have been rescued from the domain of Satan and transferred to the kingdom of Christ. (Col. 1:13)
I am an enemy of the devil. (1 Pet. 5:8)
I am born of God. The devil doesn't have authority to touch me. (1 Jn. 5:18)
Christ Himself dwells in me. (Col. 1:27)
I am chosen of God, holy and beloved. (Col. 3:12; 1 Thess. 1:4)
I have received very great and precious promises from God. (2 Pet. 1:4)
I will be like Christ when He returns. (1 Jn. 3:1-2)
By the grace of God I am what I am. (1 Cor. 15:10)

Adapted from Victory Over the Darkness by Neil T. Anderson

HOW SHOULD I CONFESS MY SIN?

*"If we claim to be without sin,
we deceive ourselves
and the truth is not in us.
If we confess our sins,
He is faithful and just and will forgive us our sins
and purify us from all unrighteousness."*

1 John 1:8-9

Confessing is not just saying, "I sinned."
True confession requires several things:

- ✓ Be sincere.
- ✓ Be repentant (desiring to not commit that sin again).
- ✓ Be specific (telling God precisely what I did).
- ✓ Be quick to recognize my error. As soon as I realize that I have sinned, I should confess it. Otherwise, I am in danger of falling into more sin.
- ✓ Be humble by asking forgiveness of those people who were affected by my sin.
- ✓ Accept forgiveness. We should not continue to reproach ourselves for sins that we have already confessed. If God has forgiven us, we must accept His forgiveness, and believing, give Him thanks. Reject Satan's accusation that we can't be forgiven.

Appendix 3

Cut on the dotted line and fold in the center. You might want to glue it into your Bible

TWENTY "CANS" OF SUCCESS

Someone has said that success comes in cans and failure in cannots. Believing that you can succeed at Christian growth and maturity takes no more effort than believing that you cannot succeed. So why not believe that you can walk in faith and in the Spirit, that you can resist the temptations of the world, the flesh and the devil, and that you can grow to maturity as a Christian. The following "Twenty Cans of Success", taken from God's Word, will lift you from the miry clay of the cannots to sit with Christ in the heavenlies:

1. Why should I say I can't when the Bible says I can do all things through Christ who gives me strength (Phil. 4:13)?
2. Why should I worry about my needs when I know that God will take care of all my needs according to His riches in glory in Christ (Phil. 4:19)?
3. Why should I fear when the Bible says God has not given me a spirit of fear, but of power, love and a sound mind (2 Tim. 1:7)?
4. Why should I lack faith to live for Christ, when God has given me a measure of faith (Rom. 12:3)?
5. Why should I be weak when the Bible says that the Lord is the strength of my life and that I will display strength and take action because I know God (Psa. 27:1; Dan. 11:32)?
6. Why should I allow Satan control over my life when He that is in me is greater than he that is in the world (1 John 4:4)?
7. Why should I accept defeat when the Bible says that God always leads me in victory (2 Cor. 2:14)?
8. Why should I lack wisdom when I know that Christ became wisdom to me from God and God gives wisdom to me generously when I ask Him for it (1 Cor. 1:30; Jas. 1:5)?
9. Why should I be depressed when I have hope and can recall to mind God's lovingkindness, compassion and faithfulness (Lam. 3:21-23)?

10. Why should I worry and be upset when I can cast all my anxieties on Christ who cares for me (1 Pet. 5:7)?
11. Why should I ever be in bondage knowing that there is freedom where the Spirit of the Lord is (Gal. 5:1)?
12. Why should I feel condemned when the Bible says there is no condemnation for those who are in Christ Jesus (Rom. 8:1)?
13. Why should I feel alone when Jesus said He is with me always and He will never leave me nor forsake me (Matt. 28:20; Heb. 13:5)?
14. Why should I feel as if I'm cursed or have bad luck when the Bible says that Christ rescued me from the curse of the law that I might receive His Spirit by faith (Gal. 3:13-14)?
15. Why should I be unhappy when I, like Paul, can learn to be content whatever the circumstances (Phil. 4:11)?
16. Why should I feel worthless when Christ became sin for me so that I might become the righteousness of God? (2 Cor. 5:21)?
17. Why should I feel helpless in the presence of others when I know that if God is for me, who can be against me (Rom. 8:31)?
18. Why should I be confused when God is the author of peace and He gives me knowledge through His Spirit who lives in me (1 Cor. 2:12, 14:33)?
19. Why should I feel like a failure when I am more than a conqueror through Christ who loved me (Rom. 8:37)?
20. Why should I let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its problems (John 16:33)?

Adapted from from Victory Over the Darkness by Neil Anderson, pp. 114-116

Appendix 4

Cut on the dotted line and fold in the center. You might want to glue it into your Bible

A SIMPLE PLAN FOR YOUR DAILY DEVOTIONS

Prepare your heart

- ✓ Examine yourself
- ✓ Confess your sin
- ✓ Ask for understanding

Study the Bible

- ✓ What impressed you the most?
- ✓ What is the main idea?
- ✓ What does it mean to you?

Pray to the Lord

- ✓ Talk with God about the passage studied.
- ✓ Worship God for who He is.
- ✓ Give God thanks for what He has done
- ✓ Ask God, using your list of requests.

Sing to the Lord

Sing a chorus or hymn. The music will lift your spirit and will help you to praise God.

Apply what you have learned

What will you do today to put it into practice in your life?

Meditate and Memorize

From the passage you read, choose a verse on which you can meditate, and memorize it. Write it down in a notebook or on a 3x5 card to carry with you during the day.

BIBLE READING PLAN

Start to read the New Testament, reading one chapter a day until you finish it. Read the following books first:

John	Philippians
Acts	James
1 John	1 and 2 Thessalonians
Romans	Ephesians

Note: When you finish reading one book, before starting another, read some Psalms and a chapter in Proverbs.

PREPARING YOUR HEART

Morning by morning, O Lord, you hear my voice; morning by morning I lay my requests before you and wait in expectation. Psalm 5:3

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24

Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10

Open my eyes, that I may see wonderful things in your law. Psalm 119:18

Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need. Hebrews 4:16

HOW TO STUDY THE BIBLE

Passage: _____

What impressed you most from this passage? _____

What is the main idea of the passage? _____

What does it mean for your life? _____

Keep the following key questions in mind. They can help you to get more out of the passage:

Is there a commandment to obey?

Is there an example to follow?

Is there a sin to avoid?

Is there a promise to make your own?

Appendix 6

Cut on the dotted line and fold in the center. You might want to glue it into your Bible

HOW TO PREPARE YOUR PERSONAL TESTIMONY

HOW TO PREPARE YOUR PERSONAL TESTIMONY

Have you ever wondered how you could share your faith with a friend? Perhaps one of the best ways is to share your personal story, or testimony. The following guide will help you to organize your thoughts, preparing a testimony that is simple, yet effective. Write it out on paper so that you can practice it. You might want to think about preparing a short version (3 min.) and a longer version.

Guide for preparing your personal testimony

1. "Before I received Christ..."
How did you live and think before receiving Christ? Summarize, including both positive and negative aspects of your life without Christ. Make it interesting by mentioning specific things like your dreams, feelings, attitudes, character, habits, etc. Be truthful. Avoid exaggerations.
2. "How I received Christ..."
Consider some of the following to include: How did you accept Christ? What brought you to this moment? Who helped you come to Christ? Where did you do it? What did you pray? How did you feel? How did God touch you? Include a key scripture that helped you understand the gospel. People should be able to understand the gospel from your testimony.
3. "After I received Christ..."
What has happened since you accepted Christ? Mention several specific changes you have seen.

Suggestions:

1. Keep it simple. Use regular words, not "religious" vocabulary. Use words that everyone understands. Avoid unnecessary details (but include enough details to make it interesting).
2. Keep it casual, conversational. Avoid preaching. Use appropriate humor to relax the atmosphere and reduce tension.
3. Keep it interesting. Use human interest illustrations and concrete examples. Give graphic descriptions when appropriate, so the listeners can visualize what you are describing.

THE PLAN OF SALVATION

There are many ways to present the gospel. We can use any of them, but there are always some basic things that the person needs to understand in order to be saved. The following plan of salvation is based on "The Four Spiritual Laws."

1. **God loves you and has a plan for your life.**
Jn. 3:16 The love of God
Jn. 10:10b The plan of God for your life
2. **Man is a sinner and is separated from God.**
Rom. 3:23 We are all sinners
Rom. 6:23 The consequence of sin is spiritual death, separation from God
Eph. 2:8-9 We cannot save ourselves
3. **Christ is the only provision for our salvation. He died in our place and rose again.**
Rom. 5:8 Christ died in our place
Jn. 14:6 Christ is the only way
1 Cor. 15:3-6 Christ rose again
4. **We must receive Christ as our Savior**
Jn. 1:12 Receive Christ in order to be a child of God.
Rev. 3:20 Christ is waiting for you to invite him in.
Romans 10:9 By faith invite Him to come into your life.

NEW LIFE IN CHRIST



Volume 1

Basic steps of the Christian life

TWENTY "CANS" OF SUCCESS

Someone has said that success comes in cans and failure in cannots. Believing that you can succeed at Christian growth and maturity takes no more effort than believing that you cannot succeed. So why not believe that you can walk in faith and in the Spirit, that you can resist the temptations of the world, the flesh and the devil, and that you can grow to maturity as a Christian. The following "Twenty Cans of Success", taken from God's Word, will lift you from the miry clay of the cannots to sit with Christ in the heavenlies:

1. Why should I say I can't when the Bible says I can do all things through Christ who gives me strength (Phil. 4:13)?
2. Why should I worry about my needs when I know that God will take care of all my needs according to His riches in glory in Christ (Phil. 4:19)?
3. Why should I fear when the Bible says God has not given me a spirit of fear, but of power, love and a sound mind (2 Tim. 1:7)?
4. Why should I lack faith to live for Christ, when God has given me a measure of faith (Rom. 12:3)?
5. Why should I be weak when the Bible says that the Lord is the strength of my life and that I will display strength and take action because I know God (Psa. 27:1; Dan. 11:32)?
6. Why should I allow Satan control over my life when He that is in me is greater than he that is in the world (1 John 4:4)?
7. Why should I accept defeat when the Bible says that God always leads me in victory (2 Cor. 2:14)?
8. Why should I lack wisdom when I know that Christ became wisdom to me from God and God gives wisdom to me generously when I ask Him for it (1 Cor. 1:30; Jas. 1:5)?
9. Why should I be depressed when I have hope and can recall to mind God's lovingkindness, compassion and faithfulness (Lam. 3:21-23)?

10. Why should I worry and be upset when I can cast all my anxieties on Christ who cares for me (1 Pet. 5:7)?
11. Why should I ever be in bondage knowing that there is freedom where the Spirit of the Lord is (Gal. 5:1)?
12. Why should I feel condemned when the Bible says there is no condemnation for those who are in Christ Jesus (Rom. 8:1)?
13. Why should I feel alone when Jesus said He is with me always and He will never leave me nor forsake me (Matt. 28:20; Heb. 13:5)?
14. Why should I feel as if I'm cursed or have bad luck when the Bible says that Christ rescued me from the curse of the law that I might receive His Spirit by faith (Gal. 3:13-14)?
15. Why should I be unhappy when I, like Paul, can learn to be content whatever the circumstances (Phil. 4:11)?
16. Why should I feel worthless when Christ became sin for me so that I might become the righteousness of God? (2 Cor. 5:21)?
17. Why should I feel helpless in the presence of others when I know that if God is for me, who can be against me (Rom. 8:31)?
18. Why should I be confused when God is the author of peace and He gives me knowledge through His Spirit who lives in me (1 Cor. 2:12, 14:33)?
19. Why should I feel like a failure when I am more than a conqueror through Christ who loved me (Rom. 8:37)?
20. Why should I let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its problems (John 16:33)?

Adapted from from Victory Over the Darkness by Neil Anderson, pp. 114-116