



TRUST

FOLLOWING JESUS

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INTRODUCTION

When we first come to Jesus, the Bible describes us as new born babies. Milk-fed infants who need to grow and mature.

This seven-step course is designed to take you through the very basics of following Jesus. Each step has a Bible passage to read, a short teaching to make you think, some points to discuss with a friend, a Bible verse to memorise, and a guide on how to pray.

Begin your journey well by learning to trust Jesus.

Grace, mercy and peace.

#1

REPENT OF YOUR SIN

READ

Mark 1:14-20

THINK

The word gospel means good news. The good news of Jesus is that He died for our sins. He was a perfect man who had done nothing wrong, but still he was killed like a sinful man in our place ([2 Corinthians 5:21](#)). It is important we believe this, but equally important is the need to repent.

Several times in the Bible we hear a call to repent. Repent means to change one's mind or purpose. We see an example of this in the earliest disciples Jesus called. They were fishermen; fishing was their passion and identity. But when Jesus called them, they immediately left their nets and followed Him. In that moment, they found a new purpose and changed their mind about how they should live. That is a wonderful illustration of what true repentance looks like.

It is not only bad things we need to repent of. Repentance is us finding a new purpose and changing the heart and mind behind why we live as we do. Not everyone changes job like the disciples did, but, when we begin to follow Jesus, we repent of

everything from our former life, the 'good' and the bad. Then, Jesus starts us on a new journey; life with Him.

DISCUSS

- How has repentance changed your purpose?
- How has God adjusted your heart and mind towards life?
- Are there areas where you are still driven by your old passions and identity?

MEMORISE

“The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

Mark 1:15

PRAY

Father God, I repent of my old life. I repent of following my own purpose apart from You. I repent of following my own mind apart from You. Help me, by Your Holy Spirit, to follow Your purpose and Your mind.

#2

BELIEVE IN JESUS

READ

Acts 16:25-34

THINK

Salvation is not just about saying sorry. Salvation happens when we trust in the One who can save us. Imagine a man drowning in a ocean. He may very well be sorry for having fallen in. He may regret all the choices that led to him falling in. But unless he is willing to trust the hand that is offered to him, nothing can save him. It is the same with us and Jesus. It is important to repent, to turn away

from choices and behaviour that have kept us enemies of God. But we also need to believe in Jesus as Lord and trust Him.

Jesus is not just a historical figure who lived and died; He is also our risen Lord. A Lord is a ruler, the Bible describes Jesus as the King of kings and Lord of lords. When we believe in Jesus as Lord it changes the way we see ourselves.

Before Jesus, we were Lord. After Jesus, He is Lord. Jesus does not come to fit into our world, we change to fit into His. Our dreams and desires, passions and purpose all need to become those that He wants for us. We must trust that He knows what is best for us, and follow Him.

DISCUSS

- How real is the Lordship of Jesus to you?
- Where do you still struggle to trust Him?
- How has making Jesus your Lord changed the way you think and live your life?

MEMORISE

And they said, "Believe in the Lord Jesus, and you will be saved, you and your household."

Acts 16:31

PRAY

Jesus, You are my Lord. I submit my dreams and desires, passions and purpose to You. Help me, by Your Holy Spirit, to follow You as my Lord.

#3

BE BAPTISED

READ

Acts 2:36-41;
Romans 6:3,4

THINK

Those who heard Peter preach asked, “*what shall we do?*”, he told them, “*Repent and be baptised.*” Baptism is one of the first acts of obedience expected of every believer. John, often called ‘the Baptist’, taught baptism and was the one who baptised Jesus. Jesus also taught baptism and, the Bible says, baptised more than John. The disciples and apostles baptised

everyone who came to believe in Jesus.

Today, baptism remains an important moment in our journey of following Jesus. Baptism is more than a ritual cleansing or symbolic gesture. Paul the apostle taught that Baptism associated us with the death, burial and resurrection of Jesus. The Word baptism means to completely submerge, like a sunken ship. In the same way that we are completely submerged in the water at baptism, so our identity is completely submerged into Jesus Christ.

Writing to the Galatians, Paul says, *“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And*

the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." Baptism marks the end of the old and the birth of the new, Christ living in us.

DISCUSS

- Have you been baptised? What has it meant to you?
- Name an area where you need to more fully associate with the death of Jesus.
- What is an area where you need to more fully associate with His resurrection?

MEMORISE

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

Galatians 2:20

PRAY

Jesus, in my baptism I am associated with Your death, burial and resurrection. I recognise I must die daily to my own desires. I bury and leave behind all my old habits and passions. I embrace Your new life which flows in me by Your Holy Spirit. Thank you, God!

#4

THE HOLY SPIRIT

READ

Acts 19:1-6

THINK

Jesus said the Father would give the Spirit to those who ask, and before He left, He told the disciples, *“you will receive power when the Holy Spirit has come upon you, and you will be my witnesses”* (Luke 11:13; Acts 1:8). The Holy Spirit is God, just like Jesus is God and the Father is God. While Jesus came as a man, limited to one place at a

time, the Holy Spirit can come to every believer at the same time.

The Holy Spirit produces in us gifts and fruit. Gifts are things like wisdom, knowledge, faith, healing, miracles, prophecy, discernment of spirits, tongues and the interpretation of tongues (1 Corinthians 12:7-11). These are given as God wills, to build up the body and witness about Him. The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22,23). These grow in us as we allow the Holy Spirit to shape our character.

While we should eagerly desire spiritual gifts, we must also 'crucify' our old self with its selfish desires. If we desire gifts for our

own glory, that will not please God. But, when we die to ourselves and allow Him to shape His character in us, we become people He can trust with His awesome power.

DISCUSS

- Have you received the Holy Spirit? What has it meant to you?
- What difference have you seen in your character?
- What difference have you seen in your power as a witness?

MEMORISE

“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” Acts 1:8

PRAY

Jesus, thank You for Your Holy Spirit. I recognise I must die daily to my own desires. I bury and leave behind all my old habits and passions. I embrace Your new life which flows in me by Your Holy Spirit. Thank You, God!

#5

LAYING ON OF HANDS

READ

James 5:14-16;

Acts 13:1-3;

Acts 8:14-17

THINK

The Bible speaks about laying hands on people. Not the violent kind of 'laying hands', but where, by physically placing your hands on someone in prayer, something spiritual happens. The Bible has different examples of this. There is healing. Often when Jesus healed people, he physically

touched them, laying His hands on them. This is what he taught His disciples to do. We see hands being laid on people to set them aside for ministry in the church. Elders and deacons have hands laid on them when they are appointed. We also see spiritual gifts being imparted to others through the laying on of hands.

Laying hands is important in many ways, but it also teaches us important lessons about the way God works. Firstly, we are not meant to live out our Christian walk alone. That laying hands is taught in scripture shows us our need for one another. Second, God designed the church to have leaders, set aside by God, through the laying on of hands. No leader is perfect, all are human, but God wants them

anyway. Finally, when we lay hands, it reminds us that while God has the power to work alone, He has chosen to work through us.

DISCUSS

- What is your experience of laying hands on the sick?
- What have you experienced of receiving gifts through laying on hands?
- How does knowing leaders were set aside for ministry by God change the way you relate to them?

MEMORISE

“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands.”

2 Timothy 1:6

PRAY

Father, thank You for choosing people like me to share Your power and grace. Please give me opportunities to pray for the sick, and pass on spiritual gifts to others. Thank You for leaders who have been set aside by You. Help me to see You in them, and make their work a joy.

#6

THE RESURRECTION

READ

1 Corinthians 15:35-58

THINK

Paul the apostle said, if our hope in Jesus is for this life only, we deserve more pity than most! But our hope is not limited to this life. The whole point of coming to know God is that it introduces us into an eternal relationship with Him. Jesus said, *“this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent”* (John 17:3).

Every body still dies, but we are not only a body. There is a soul in man that lasts beyond the grave. When Jesus rose from the grave, He rose again physically, never to die again. Because He rose, we too will rise. The Bible tell us Jesus is coming back, and when He does, everyone who has died will rise again to meet Him. Those who do what is righteous, to a resurrection of life. Those who committed evil, to a resurrection of judgment.

Nobody deserves a resurrection of life. But, God made Jesus to be sin for us, so we could become the righteousness of God (2 Corinthians 5:21). If we receive Jesus, we look forward to a resurrection of life and the joy of reuniting with friends and family who have received Him too.

DISCUSS

- What kind of resurrection do you think you will have, life or judgement?
- Why do you think that?
- How does this view of eternity change the way you live now?

MEMORISE

“... in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed.”

1 Corinthians 15:52

PRAY

Thank You Father, for the sacrifice of Jesus. Thank You that He was made sin, so I could be made the righteousness of God. Thank You I can look forward to a resurrection of life. Help me to lead others into a relationship with You, so they can share in that joy.

#7

ETERNAL JUDGEMENT

READ

Matthew 25:14-46

THINK

Jesus has promised to return. But, His second coming will not be like the first. The first time, He was born humbly, laid in a manger, visited by shepherds. He had no home and died a criminal's death. When He returns, He will come on the clouds with great power and glory. The first time He came to seek and save the lost. The second time He will come to judge the living and the dead.

Only those who, through Jesus, have become the righteousness of God will be counted righteous. They will be given eternal life. Those who did not receive Jesus will receive eternal judgement.

One way we know we have become the righteousness of God is because it shows in our lives. John writes, *“No one born of God makes a practice of sinning, for God’s seed abides in him”* (1 John 3:9). What grows in us is not sin, but the fruit of the Spirit. We may still sin, but we will repent, and won’t go on sinning. The Holy Spirit in us enables us to say no to sin and live righteous lives (Titus 2:11-14). Amazingly, even though we can only obey God because of His Holy Spirit, He even rewards our obedience. What a gracious God!

DISCUSS

- What fruit of God's righteousness have you seen in your life?
- What areas do you still need to see His fruit grow in?
- What are you doing about it?

MEMORISE

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age”.

Titus 2:11,12

PRAY

Thank You Father, for your grace, which brought me salvation and enables me to say no to sin.

Thank You for Your Holy Spirit, who lives in me, and enables me to live a self-controlled, godly life every day. Help me show Your righteousness, and so, bring glory to You.

That completes this introduction to following Jesus. But as Paul said, *“let us move beyond the elementary teachings about Christ and be taken forward to maturity”* (Hebrews 6:1-2).

The journey continues in ...

