

Introduction

First Steps is foundational follow up material to help ground new Christians in their faith, and to take their first steps in their relationship with God. Our desire is to ground new Christians in their identity in Christ and help equip them to share their faith with others.

The First Steps materials are designed to be relevant to the way most people learn:

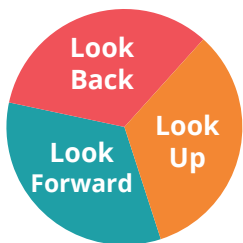
- Connecting with others
- Discussing and sharing together around a key topic
- Considering their own life stories
- Identifying personal application

The aim of each session is to have a directed conversation around a key passage of Scripture. Your role as a leader is to guide the group in discovering truth together, you don't need to be a teacher or a biblical scholar.

A good rule of thumb in this setting is to have the new Christian speaking 70% of the time and you about 30%. Your role as a leader is to allow the Holy Spirit to help them discover what the passage is teaching.

Each session has it's own leader's notes which will give more detailed information to help you guide the conversation, cover key points and help the group to explore the main passage for that session. If there is a lot of discussion in some areas or the group needs more time to explore a particular concept, it's ok to break the session into two parts and do it over two weeks.

Session Format



The Framework for First Steps uses an approach known as Three Thirds. These three sections are '**Look Back**', '**Look Up**', '**Look Forward**'.

These form the basic structure of each session and make it easy to remember and explain to others.

Look Back

This is where the group spend time connecting, catching up and sharing how things have gone since the previous meeting. Group members get to show care for others and learn what it means to be accountable. It's important to make sure everyone in the group is given a chance to share.

You may choose to have the group pray for each other after sharing, or you could write down what people share and pray together later. At first people might feel uncomfortable praying together but encourage people to have a go and as time goes on make sure it's not just you praying.

As people share, if there are ways the group can help with needs that arise, let people offer to do so. Do not do everything for the group members – let other group members step up and show tangible concern for their co-members and community.

Some helpful questions for this stage are:

- What's been going on for you since we last met?
- Is there anything you would like prayer for?
- Is there anything going on for you that we could help you with?
- What needs have you noticed in our community, in your family or amongst your friends recently? Is there something you/we could do to help with in that area?
- How did you go with the application from our last session?
- Who did you share with about what you learned in our last session?
- Were you able to help with any needs you had noticed and shared in our last session?

Look Up

Look Up is looking to God and His Word. You'll look at a passage of Scripture or review core concepts together and explore what it says and means. Begin by explaining the key purpose of the session, which can be found at the beginning of that session's leader's notes. You'll also need to read through the Scripture passage a couple of times.

The first time is so people can hear it and have a chance to clarify any unknown words and the second time is to help reinforce what has been heard. It can be helpful the second time through for people to simply 'listen'.

To help new Christians learn how to study the Bible on their own, we are trying to get them to ask a general set of questions of the passage. Some of these questions are:

- Was anything difficult to understand?
- Is there anything in this passage that is meaningful to you?
- What does today's passage tell us about God? About people?
About God's relationship with us?
- How do you think this passage relates to the topical question at the start?
Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?

Some other questions you could use for further discovery or to help guide the conversation are:

- Who do we get to meet in this passage? ie the names of the people mentioned
- What do we learn about these people?
- Is there anything about the lives of these people that we can relate to?
- Do we learn anything else about what was going at the time this passage was written?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Look Forward

Look Forward is the part of the session where the group clarify application points from the passage. They are also given the chance to think about with whom they can share what they are learning.

Application points should hopefully flow naturally from the Look Up section as people have engaged with the key passage and discussed observations, answered questions and shared their own thoughts/ideas. We want to end strongly as the application part of the session is what will help truly ground a new believer in the truths of their new faith.

The application should be simple, measurable, achievable, realistic and time-bound (SMART). It should be clear enough that when the group meets again you can ask if they were able to do what they said they would do.

Here are a few ways you can help people to identify Application points for themselves:

- Using an '*I will*' statement.
At the end of each session asking everyone to share an '*I will statement*', ie '*I will thank God daily for the assurance I have of His Salvation*', '*I will ask God each day to show me what need I can meet in the life of a loved one/friend*'.
- Write down a lesson learned from today's session.
- Identify who they will share with about what has been learnt today.

Closing out the session

At the conclusion, summarise the lesson. Then end in prayer for one another, that they would apply what they have learned, and be able to share the story with someone else. Set the time and place for the next meeting, and remind them to feel free to invite others to join the group.

General Follow Up Tips



Bible

One of the goals of First Steps is to help the participants read the Bible for themselves. This is one of the main reasons for adopting a one-passage approach to our sessions, so that they learn to read one story at a time, rather than flicking all over the Bible. One great way to help participants to get to know the Bible is to ensure they have a Bible themselves and wherever possible get them to read from that Bible during sessions. Help them find the passage each week and then get them to read along in their own Bible.



Community

A great way to help ground a new Christian in their faith is to connect them to a Christian community. Ensure that you aren't the only Christian they know, so take the opportunity to introduce them to your Christian friends, and invite them along to Church. If your Church wouldn't work for them, offer to attend a local Church with them.



Clarify Understanding

We need to assume nothing when working with a new Christian. This could be the first time they've ever read a Bible or heard any Bible stories, and the first time they've encountered some of the language we use as Christians. So keep this in mind as you interact with them. At all times, check to clarify understanding by either asking them if they've ever heard of certain concepts or words before or suggest to put things in their own words. Give them room to express the fact they don't understand something, which can be as simple as changing your question from "Does that make sense?" to "What doesn't make sense in what we just talked about?" This is especially important to keep in mind when we are interacting with people for whom English is not their first language.



The Gospel

It's important that everything you communicate speaks of the Gospel, rather than a set of rules that must be followed. Put everything in the context of a relationship with God.



Other Resources

There are many other resources that might be helpful to use with new Christians. Some of them are listed below:

Christianity Explained - Works through 6 lessons on the Gospel of a Mark, with a particular focus on the person of Jesus and the key concepts of the Gospel. May be helpful for someone who has no exposure to Christianity and has only just come to Christ, to help ground them in the basics of the Gospel.

Essentials - Covers basic follow up topics but then continues in multiple other series that gradually deepen in content over the course of the sessions.

www.cru.org/college-resources.html - An online University ministry resource page that can be helpful to different ages and contexts with content on evangelism, discipleship, small groups, and much more.


1 Intro

Inform the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Share that each week your time together will be split in to three sections, titled '**Look Back**', '**Look Up**' and '**Look Forward**'. This will make it easy to remember and explain to others.

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting. Since today is our first meeting we are also going to spend a little time getting to know each other.

 Some get to know you questions could be:

- Tell us about yourself
(ie where do you work, what are you studying, about your family)
- What is the best place you've ever eaten at and what did you eat?
- What is one dream you have (a place to visit or something to do or...)
- Really just ask anything that get's a little conversation going and helps you get to know each other

 Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.

Explain that today will involve some review of what we know so far and each week following we'll be learning from a story in the Bible . The most important thing will be how you apply what you learn.

Each week, when you meet, you'll begin by asking two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

Look Up

Explain that you want to revisit what people understand of the Gospel. Ask the group if they came to Christ after looking through the Knowing God Personally booklet or if it was some other means/tract. If all came to Christ through the KGP then this activity becomes revision. If some in the group don't know what the KGP is then explain that it's a simple tool that can be used to share the gospel and it will also help as we look at some principles of growing in relationship with Christ.

POINT 1: God loves you and created you to know him personally

POINT 2: We are separated from God by our sin, so we cannot know him or experience his love

POINT 3: Jesus is God's only solution for our sin. Only through him can we know God and receive his love and forgiveness

POINT 4: We must each respond to Jesus by placing our trust in him as our Saviour and Lord. Only then can we know God personally

? Ask: *"After our last discussion talking about God, who is Jesus to you?" or "What does it mean to you to have a relationship with Jesus?"*

... After discussion, say: *"I would love to also answer that question through my testimony. Do you know what a testimony is? A testimony is simply sharing how Jesus has changed your life."*

Take 3-5 minutes to share your testimony of how Jesus had changed your life. Then help them develop their own testimony using the outline below writing their answers:

1. Your life before you met Jesus
2. How you met Jesus
3. How your life has changed since meeting Jesus

Then take some time to have the participant/s practice their testimony with the group

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion?
- What will you do to make that change?
- Who in your circle of friends could you share with about what you are learning? How about writing down their names so we can pray for them, see what doors God opens this week and let us know how your conversation goes?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

2 Assurance

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Remind the group that each week your time together will be split in to three sections, titled '**Look Back**', '**Look Up**' and '**Look Forward**'. This will make it easy to remember and explain to others.

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

 Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?


It would be good to pray for each other around these needs.


Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.

Each week, when you meet, you'll begin by asking two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

 Ask: *"A question that can help us think about where we are at in regards to our relationship with God is 'How sure are you, on a scale of 1-10, that you will go to Heaven if you die?'"*

 Say *"If we can truly know God personally, then who are some people you think would like to experience or explore this same relationship? Write down their names and I'd love for you to try sharing what you've experienced with them."*

Look Up

- ? Key Question:** How can a person who has received Jesus know with certainty that they will spend eternity with God?
- ! Statement:** You can know that you have a secure personal relationship with God
- † Background** (optional, if needed): Jesus is in the middle of a conflict with the religious leaders. The religious leaders were angry that Jesus had healed a man on their holy day (the Sabbath).

Get one of the members to read from their own Bible: **John 10:7-30**
Ask those in the group to re-tell the story in their own words.

Use the following questions to promote discussion about the passage:

- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How can a person who has received Jesus know with certainty that he will spend eternity with God?"

If needed, you can use these questions to help guide them:

1. What is the relationship between Jesus the Shepherd and his sheep like?
 2. What are some reasons why Jesus came as our shepherd?
- Do you have any other questions or comments about this passage?
 - How would you summarise what we have learned today?
 - Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

🔄 Conclusion: Read **1 John 5:11-13**.

On the cross, Jesus, the Good Shepherd, laid down his life as a sacrifice for our sins. When we put our faith in Jesus as our Lord and Saviour, we became one of his sheep and began to follow him. He wants us to know that we have eternal life and nothing will take that from us. Do you know you have received Jesus into your life? Do you know for certain that you have eternal life?

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?
- Who in your circle of friends could you share with about what you are learning? How about writing down their names so we can pray for them, see what doors God opens this week and let us know how your conversation goes?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

3 Experiencing God's Love and Forgiveness

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

? Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.

Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.

To help facilitate this, ask the following two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

Look Up

? **Key Question:** How can we constantly experience a close relationship with God?

! **Statement:** Sin affects our fellowship (or closeness) with God, but our relationship stays secure.

† **Background:** (optional, if needed) Jesus is talking to his followers about how God seeks after people who are lost and don't know him.

Get one of the members to read from their own Bible: **Luke 15:11-24**
Ask those in the group to re-tell the story in their own words.

Use the following questions to promote discussion about the passage:


- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people?
About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How can we constantly experience a close relationship with God?"

If needed, you can use these questions to help guide them:

1. What was the younger son's attitude towards his father?
What was the father's attitude towards his son?
 2. What was the younger son's life like after he left his father?
 3. After coming to his senses, what did the son decide to do?
 4. What was the father's reaction to his son returning?
 5. What do you think the importance of the father's encounter with the older brother was?
- Do you have any other questions or comments about this passage?
 - How would you summarise what we have learned today?
 - Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Conclusion: Read **1 John 1:9**

Explain that confession is simply telling God that you've done the wrong thing by him and asking him to forgive you. God promises that if we do confess our sin, that he will forgive our sin.

 You could give them an example prayer to help illustrate this simply: *"Dear God, I'm sorry for the wrong I've done and how that hurt you. Please forgive me of my sin so that I can be close to you again."*

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion?
What will you do to make that change?
- With whom will you share what you learned this week? What will you share?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

4 Sharing About Jesus With Others

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

? Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.

Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.

To help facilitate this, ask the following two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

Look Up

? **Key Question:** If having a relationship with Jesus is such good news, how can we tell others about this good news?

! **Statement:** Anyone who has encountered Jesus can share with others about their experience, so that they too may encounter Jesus.

Just as you were able to develop your testimony in our first week, today we will hear how a testimony was used to impact not just another person, but a whole town!

Get one of the members to read from their own Bible: **John 4:1-42**

Ask those in the group to re-tell the story in their own words.

Use the following questions to promote discussion about the passage:

- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How do we tell others about Jesus?"

If needed, you can use these questions to help guide them:

1. Why did Jesus use the Samaritan woman instead of Himself or the disciples?
 2. Why was she able to reach her town?
 3. Who is qualified to share?
- Do you have any other questions or comments about this passage?
 - How would you summarise what we have learned today?
 - Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Conclusion:

Sharing our faith can be as simple as telling someone what having a relationship with Jesus has looked like in our lives and how God has changed us. Many of your friends and family may also want to know more about having a relationship with Jesus.

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?
- With whom will you share what you learned this week? What will you share?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

5 Growing Spiritually

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

? Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.

Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.

To help facilitate this, ask the following two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

Look Up

? **Key Question:** How can we continue to grow in relationship with Jesus?

! **Statement:** As in any relationship, communication is key. God wants to communicate with us and for us to communicate with him.

+ **Background:** (if needed, optional) Jesus has left his followers to continue the work of connecting others to God, and after 3000 people become Christians in one day, the writer of the book of Acts gives us a picture of what the very first group of Christians was like.

Get one of the members to read from their own Bible: **Acts 2:42-49**

Ask those in the group to re-tell the story in their own words.

Use the following questions to promote discussion about the passage:

- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How do we continue to grow in relationship with Jesus?"

If needed, you can use these questions to help guide them:

1. How would you describe the community in the early Church?
 2. What were these Christians devoted to?
 3. Why do you think this community was important to their personal growth?
- Do you have any other questions or comments about this passage?
 - How would you summarise what we have learned today?
 - Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Conclusion:

By talking to God through prayer, hearing from him through the Bible and gathering with other Christians, we can continue to grow in relationship with Jesus and get to know him better.

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?
- With whom will you share what you learned this week? What will you share?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

6 Who Is The Holy Spirit?

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

 Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.


Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.

To help facilitate this, ask the following two questions:


- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?

At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. Next week, we will check and see how that went.

Look Up

 **Key Question:** Who helps us to understand and experience the things we've been talking about over the last few weeks?

 **Statement:** The Holy Spirit is always available to help us to understand and experience the Christian life.

 **Background:** (if needed, optional) Jesus is sharing one final night with his followers before he dies and wants to tell them all the important things they need to know before he is gone.

Get one of the members to read from their own Bible: **John 14:15-27**

Ask those in the group to re-tell the story in their own words.

Use the following questions to promote discussion about the passage:

- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"Who helps us to understand and experience the Christian life?"

If needed, you can use these questions to help guide them:

1. What were some of the descriptions of the Holy Spirit?
 2. What does this passage say the Holy Spirit will help us do?
- Do you have any other questions or comments about this passage?
 - How would you summarise what we have learned today?
 - Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Conclusion:

The Holy Spirit is God's way of helping us to understand and experience what it means to live the Christian Life. The Holy Spirit is with us always and he helps us to remember the things God has taught us as well as remind us of God's presence with us.

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?
- With whom will you share what you learned this week? What will you share?
- During the next week, take some time to look at some of these extra passages to help you get a greater understanding of the role of the Holy Spirit:
Galatians 5:16-26, Ephesians 5:15-18, 1 Corinthians 2:9-3:3

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.


Set a time and a place for the next meeting, and remind them that they are free to invite others to join the group.

7 Living In God's Power

Remind the group of the purpose for your meeting. You could say something like *"First Steps is a material designed to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others."*

Look Back

Explain that in the first section, 'Look Back', you want to connect with each other, catch up and share how things have gone since the previous meeting.

 Ask some of the following questions:

- What are you thankful for this week?
- What are you struggling with and how can we help?
- What needs have you noticed in our community/campus/school?

It would be good to pray for each other around these needs.

Remind them that each time you meet, you will be learning from a story in the Bible. The most important thing will be how you apply what you learn.


To help facilitate this, ask the following two questions:

- How did you apply the lesson from last week?
- Who did you share the story with, and what was their response?


At the end of each session, you'll be asked to share your personal application, and also tell us who you will share the story with. After today we encourage you to share with each other since today is our last session.

Look Up

 **Key Question:** How do we live out the Christian life and do all we have learned when it can seem so difficult at times?

 **Statement:** In our own strength, we can't live the way God wants us to live, but with his help through the Holy Spirit, we have the power to live the way God wants us to live.

Introduce the Satisfied Booklet:

 Say *"In our last session, we learned about who the Holy Spirit. Today, we are going to learn how the Holy Spirit helps us live the way God wants us to live."*

Go through Satisfied Booklet with the participant.

Satisfied Booklet Online: <http://crustore.org/downloads/satisfied.pdf>

Use the following questions to promote discussion about the booklet/site:

- Is there anything in this booklet/site that is meaningful to you?
- Was anything difficult to understand?
- What does today's booklet/site tell us about God? About people? About God's relationship with us?
- How do you think this booklet/site relates to the question we discussed earlier: *"How do we live out the Christian life?"*
- Do you have any other questions or comments about this booklet/site?
- How would you summarise what we have learned today?

Conclusion:

By tapping into the power available to us through the Holy Spirit, we are able to live the way God intended us to live.

If we try to live this life in our own strength, we won't be able to bear much fruit and live the way God wants us to live. We need to rely on the Holy Spirit every day.

A helpful tool to enable us to do this is a simple illustration around breathing. Just as we breath in oxygen and breath out carbon dioxide, so too we can breathe spiritually.

Spiritual Breathing is simply this: We breathe out our sin, through confession (which we touched on a couple of weeks ago), and then we breath in by appropriating the power available to us through the Holy Spirit. If you do this regularly, you'll be able to live the life God wants you to live.

Look Forward

The most important thing will be how we apply what we learn, and so each week we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?
- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?
- With whom will you share what you learned this week? What will you share?

Close the group in prayer, encouraging them to thank God for what you've learned today, and to pray for those you want to experience a relationship with Jesus.

Although this is the last session, feel free to discuss meeting together again or inviting them to an appropriate event, meeting or community to help them continue to grow in their heart for God.



FIRST STEPS

1 Intro

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

Look Back

- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

Look Up

POINT 1: God loves you and created you to know him personally

POINT 2: We are separated from God by our sin, so we cannot know him or experience his love

POINT 3: Jesus is God's only solution for our sin. Only through him can we know God and receive his love and forgiveness

POINT 4: We must each respond to Jesus by placing our trust in him as our Saviour and Lord. Only then can we know God personally

My Testimony

- 1 My life before I met Jesus
- 2 How I met Jesus
- 3 How my life has changed since meeting Jesus

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week's discussion?
What will you do to make that change?

- Who in your circle of friends could you share with about what you are learning?



FIRST STEPS

2 Assurance

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

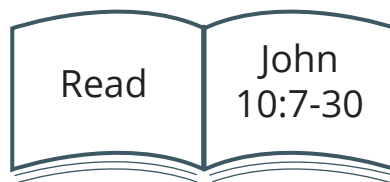
Look Back

- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

- ❓ **Key Question:** How can a person who has received Jesus know with certainty that we will spend eternity with God?
- ! **Statement:** You can know that you have a secure personal relationship with God



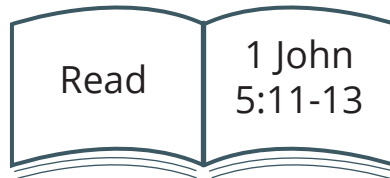
- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How can a person who has received Jesus know with certainty that he will spend eternity with God?"

Notes:

- Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Notes:

 **Conclusion:**



On the cross, Jesus, the Good Shepherd, laid down his life as a sacrifice for our sins. When we put our faith in Jesus as our Lord and Saviour, we became one of his sheep and began to follow him. He wants us to know that we have eternal life and nothing will take that from us. Do you know you have received Jesus into your life? Do you know for certain that you have eternal life?

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?

- Who in your circle of friends could you share with about what you are learning? How about writing down their names so we can pray for them, see what doors God opens this week and let us know how your conversation goes?



FIRST STEPS

3 Experiencing God's Love and Forgiveness

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

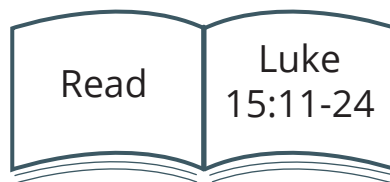
Look Back

- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

- ? **Key Question:** How can we constantly experience a close relationship with God?
- ! **Statement:** Sin affects our fellowship (or closeness) with God, but our relationship stays secure.



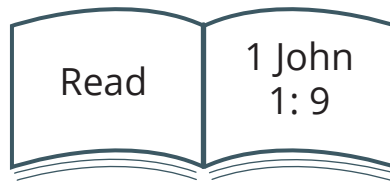
- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How can we constantly experience a close relationship with God?"

Notes:

- Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Notes:

 **Conclusion:**



Confession is simply telling God that you've done the wrong thing by him and asking him to forgive you. God promises that if we do confess our sin, that he will forgive our sin.

By turning back to God and away from your sin, you will experience his love and forgiveness that was provided by Jesus' death on the cross. Instead of guilt, condemnation and punishment, your fellowship (closeness) with God will be restored.

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?

- With whom will you share what you learned this week? What will you share?



FIRST STEPS

4 Sharing About Jesus With Others

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

Look Back

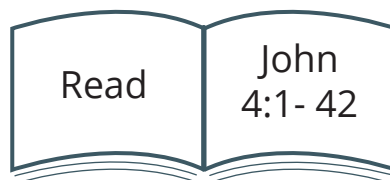
- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

- ? Key Question:** If having a relationship with Jesus is such good news, how can we tell others about this good news?
- ! Statement:** Anyone who has encountered Jesus can share with others about their experience, so that they too may encounter Jesus.

Just as you were able to develop your testimony in our first week, today we will hear how a testimony was used to impact not just another person, but a whole town!



- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?

Notes:

- How do you think this passage relates to the question we discussed earlier: *“How do we tell others about Jesus?”*
- Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Notes:

Conclusion:

Sharing our faith can be as simple as telling someone what having a relationship with Jesus has looked like in our lives and how God has changed us. Many of your friends and family may also want to know more about having a relationship with Jesus.

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week’s discussion? What will you do to make that change?

- With whom will you share what you learned this week? What will you share?



FIRST STEPS

5 Growing Spiritually

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

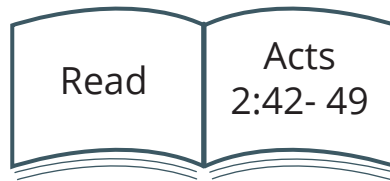
Look Back

- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

- ❓ **Key Question:** How can we continue to grow in relationship with Jesus?
- ❗ **Statement:** As in any relationship, communication is key. God wants to communicate with us and for us to communicate with him.



- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"How do we continue to grow in relationship with Jesus?"

Notes:

- Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Notes:

Conclusion:

By talking to God through prayer, hearing from him through the Bible and gathering with other Christians, we can continue to grow in relationship with Jesus and get to know him better.

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week's discussion? What will you do to make that change?

- With whom will you share what you learned this week? What will you share?



FIRST STEPS

6 Who Is The Holy Spirit?

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

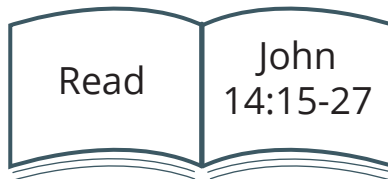
Look Back

- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

- ❓ **Key Question:** Who helps us to understand and experience the things we've been talking about over the last few weeks?
- ! **Statement:** The Holy Spirit is always available to help us to understand and experience the Christian life.



- Is there anything in this passage that is meaningful to you?
- Was anything difficult to understand?
- What does today's passage tell us about God? About people? About God's relationship with us?
- How do you think this passage relates to the question we discussed earlier:
"Who helps us to understand and experience the Christian life?"

Notes:

- Do you have any other questions or comments about this passage?
- How would you summarise what we have learned today?
- Can we see any similarities about what was going on at the time this passage was written to what we see in our community, families or friendships today?

Notes:

Conclusion:

The Holy Spirit is God’s way of helping us to understand and experience what it means to live the Christian Life. The Holy Spirit is with us always and he helps us to remember the things God has taught us as well as remind us of God’s presence with us.

Look Forward

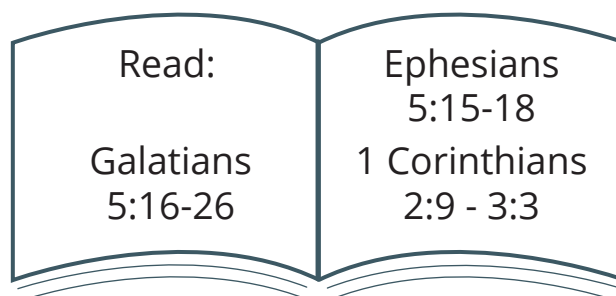
The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week’s discussion? What will you do to make that change?

- With whom will you share what you learned this week? What will you share?

- During the next week, take some time to look at some of these extra passages to help you get a greater understanding of the role of the Holy Spirit:





FIRST STEPS

7 Living in God's Power

First Steps is a resource to help you understand and grow in what it means to be a follower of Christ. These sessions will help us to discover together and apply a few of the basic principles of what it means to follow Christ and share him with others.

Look Back

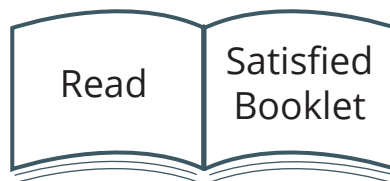
- What are you thankful for this week?
 - What are you struggling with and how can we help?
 - What needs have you noticed in our community/campus/school?
- † It would be good to pray for each other around these needs.

How did you apply the lesson from last week?
Who did you share the story with, and what was their response?

Look Up

? Key Question: How do we live out the Christian life when it can seem so difficult at times?

! Statement: In our own strength, we can't live the way God wants us to live, but with his help through the Holy Spirit, we have the power to live the way God wants us to live.



- Is there anything in this booklet/site that is meaningful to you?
- Was anything difficult to understand?
- What does today's booklet/site tell us about God? About people? About God's relationship with us?
- How do you think this booklet/site relates to the question we discussed earlier: "How do we live out the Christian life?"

Notes:

- Do you have any other questions or comments about this booklet/site?
- How would you summarise what we have learned today?

Notes:

 **Conclusion:**

By tapping in to the power available to us through the Holy Spirit, we are able to live the way God intended us to live. If we try to live this life in our own strength, we won't be able to bear much fruit and live the way God wants us to live. We need to rely on the Holy Spirit every day.

As we learned earlier, a helpful tool that will enable us to do this is a simple illustration around breathing. Just as we breath in oxygen and breath out carbon dioxide, so too we can breathe spiritually. Spiritual Breathing is simply this: We breathe out our sin, through confession (which we touched on a couple of weeks ago), and then we breath in by appropriating the power available to us through the Holy Spirit. If you do this regularly, you'll be able to live the life God wants you to live.

Look Forward

The most important thing will be how we apply what we learn, and so we want to help each other find ways to do that. Some questions to help us do that:

- How could this or does this change how you will live? With God, self and others?

- What is one thing you would like to apply to your life from this week's discussion?
What will you do to make that change?

- With whom will you share what you learned this week? What will you share?