

YOUR **NEW** LIFE

A look at your new Christian life in the context of other believers



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YOUR NEW LIFE DISCIPLESHIP COURSE 3

ABOUT THE METHOD

The Course

This course is called "YOUR NEW LIFE" and is intended to be studied with a new Christian who has gone through the "Your Story" discipleship course already. **The goal is to get each student of Christ to: 1) Look closely at the Word of God, 2) Understand and Remember what is going on in the text, and 3) Do what the text teaches.** It is intended primarily as a part to to the new Christian's "primer" study that not only opens the Word of God to the new Christian, but also teaches him or her how to study the Bible and implement its timeless teachings. As one author says, "we want to become architects of passion and purpose." This course is to continue the journey which was begun in "God's Story and Your Story" of helping your friend understand their purpose and become passionate about fulfilling it. My experience teaches that if the facilitator can lead the student to rely upon the Word of God and their reasoning ability, the student will not only continue to fall in love with God, but will be eager to obey His teachings with a willing heart!

This study is designed to be self-directed and requires little reliance upon the "teacher" or discussion leader. Rather than relying upon the teacher for expertise, the seeker is taught to rely upon the Word of God. The facilitator is there to help them find answers to any additional questions and to keep the conversation moving. The facilitator also functions as someone to help hold the new disciple of Christ accountable to the actions the student finds needing to be changed in his or her life from week-to-week as pointed out in the scriptures. While this is usually contrary to what we have been taught, part of being architects of passion and purpose involves letting go of control and learning how to release people. We must help each of our new brothers and sisters learn how to stand on their own and "work out their own salvation" while we offer them guidance and correction. This study is designed to use 1 John as a template for early Christian learning in order to help the student understand how one continually changes their life even after the act of immersion.

The Method

As previously stated, this is a primarily evangelistic study leading each student of Christ to: 1) Look closely at the Word of God, 2) Understand and Remember what is going on in the text, and 3) Do what the text teaches. In the very nature of the study, it becomes obvious that a facilitator is there to guide the discussion while the student dives into the Word in search for precious gems of applicable wisdom and understanding. It must be understood that this is not a lecture format and should not be treated as such.

Following I will give general guidance as to how one might carry out a session.

Items Needed:

1. The study and “homework” pages.
2. A charting sheet for each scripture (three column sheet).
3. Pen or pencil.
4. Two Bibles (although by now the new Christian should have received one at immersion).
5. An observer (it’s always good to take someone with you who can learn how to study with a friend).

Parts of the Study Guide:

1. The overview. At the top of each guide, you will see the series name and lesson title followed by the objectives stated, scriptures covered, and homework assigned.
 - The facilitator will discuss only those passages labeled under “Scriptures” while those labeled “homework” are to be done by the student on their own to encourage further growth outside of your meeting. This results in helping establish a personal Bible Study habit.
2. On Your Own. These sections usually contain many of the questions discussed with the group as well as additional questions to be considered at home. Often times, it is helpful for the facilitator to have these sheets in hand to help guide the discussion. These questions are to be answered on the sheet and brought back at the next meeting time.
3. Charting Sheet. The Charting Sheet is a piece of paper with three columns and each sheet is dedicated to a passage of Scripture. The first column is where each individual writes the text word for word at the appropriate time. The second column is where they author their paraphrase while the third column is where they will write the applications for their life found in the text, preferably beginning with the statement “I will...”
4. Next Meeting. At the end of each sheet there is a place to write when the group will meet next including the time, date, and place. It is very important to fill this out before anyone leaves.
5. Prayer and Share. At the end of each lesson, find out any need that you can pray for to help the new Christian learn how to pray. Also, pray that God will bring people into their life that they can share the good news with and that they will be given the words to do so.

Beginning the Study:¹

1. Group Interaction—Begin by “checking in” on your group members by asking questions like “What are you thankful for this week?”, “What needs do you or others have?”, or “How was your week?” This helps get everyone comfortable and leads to a time of Prayer and thanksgiving.
2. Prayer—Begin in prayer and specifically mention any thanksgivings, concerns, and struggles that came up in discussion. If others are comfortable, allow them to say their prayer as well.
3. Review Last Lesson (if applicable)—Find out what they learned last week and how they are doing at being accountable to God. Express the expectation of change by asking what changes in behavior or thought last week brought about in their life. Make sure to encourage them that they are not alone and we are all here to help each other get closer to God and love Him as He loves us!
4. Sharing Reports—Ask how it went throughout the week telling their friends about the study and what they are learning from the Word of God. Sharing these experiences provides support, accountability, expectation, new ideas, and encouragement.
5. Dive into the Word—It’s now time to explain the study of the week. Begin by having them turn to the selected passage and move through the facilitator guide/homework guide.
6. Homework—Hand out the homework sheets with corresponding charting sheets and encourage them to do it and bring it completed to the next meeting.
7. End with plans for sharing the study throughout the next week and set up the place, time, and date of your next meeting *before* anyone leaves.

I pray this study will bless you and your students as much as it has ours. Remember that we sow and God grows. It’s important to allow God’s Word to change and empower the individual and not only our lecturing. May God be with you as you seek people of peace to share the power of His Word with!

For further studies and information go to www.cliftonparkchurchofchrist.com or email Josh at joshfreeman01@gmail.com.

¹ Note that many of these suggestions are found in David L. Watson’s introduction to the

“YOUR NEW LIFE”: SERIES 3 COURSE OVERVIEW

LESSON 1: YOUR LIFE OF FELLOWSHIP

- ❖ Objectives:
 - To review the need for community.
 - To understand the need of fellowship in order to stay faithful.
 - To understand the interdependence of our new life in the community of faith.
- ❖ Scripture:
 - Hebrews 10:23-25
 - Hebrews 3:12-14
- ❖ Homework:
 - Acts 2:44-46

LESSON 2: YOUR LIFE OF REMEMBRANCE

- ❖ Objectives:
 - To understand the importance of breaking bread together.
 - To understand the purpose of communion.
- ❖ Scriptures:
 - Matthew 26:26-29
 - 1 Corinthians 10:16-17
- ❖ Homework:
 - 1 Corinthians 11:23-29

LESSON 3: YOUR LIFE OF PRAYER

- ❖ Objectives:
 - To view examples of prayer and its characteristics.
 - To understand prayer is our communication with God.
- ❖ Scriptures:
 - Luke 11:1-4
 - Matthew 6:5-15
 - James 5:13-19
- ❖ Homework:
 - 1 John 5:13-15

LESSON 4: YOUR LIFE OF NEW PERSPECTIVE

- ❖ Objectives:
 - To understand how to view difficulties.
 - To understand how Christ's love influences our relationships with other people.
- ❖ Scriptures:
 - Romans 5:1-5
 - James 1:2-15
 - 1 Peter 2:9
- ❖ Homework:
 - Philippians 2:3-18

LESSON 5: YOUR LIFE OF COMMITMENT

- ❖ Objectives:
 - To understand the Holy Spirit gives you the power to change your life.
 - To understand the characteristics of those needed changes.
 - To understand we all fall short but God helps us to overcome.
- ❖ Scriptures:
 - Romans 8:5-14
 - Galatians 5:22-23
 - 1 John 1:5-2:6
- ❖ Homework:
 - Colossians 3:5-17

YOUR NEW LIFE STUDY

Charting sheets for each exercise can be found in the appendix beginning on page 17.

**“YOUR NEW LIFE”:
LESSON 1: YOUR LIFE OF FELLOWSHIP**

- ❖ *Objectives:*
 - To review the need for Christian community.
 - To understand the need of fellowship in order to remain faithful.
 - To realize the interdependence of ones new life in the community of faith.
- ❖ *Scripture:*
 - Hebrews 10:19-27
 - Hebrews 3:12-14
- ❖ *Digging In:*
 - Acts 2:44-47

ON YOUR OWN:

Read Hebrews 10:19-27

1. On your Hebrews 10:19-27 “charting sheet” rewrite the passage word for word in column 1.
2. Once you complete that, in your own words, write a paraphrase in column 2.
3. On this sheet, think about and answer the following questions:
 - a. Why do you think it’s important that the entire congregation draw near to God together?
 - b. According to verses 24 and 25, when do we stir up one another in love and good works?
 - c. According to verse 25, what does the Bible teach us that we should not do?
 - d. What does it mean to neglect to meet together with the saints?
 - e. When do Christians collectively draw near to God and why is it so important that they regularly attend [the meeting together]?
4. Go back to your charting sheet. What does this passage teach you to do?

Read Hebrews 3:12-14

1. On your Hebrews 3:12-14 “charting sheet” rewrite this scripture word for word in column 1.
2. Once you complete that, in your own words, write a paraphrase in column 2.
3. On this sheet, think about and answer the following questions:
 - a. Notice this warning is given to baptized believers concerning falling away. What does it mean to fall away?

- b. How does regularly meeting with other Christians help one to stay faithful and not fall away?
 - c. What are ways you can encourage others to meet with other Christians regularly?
 - d. What is stopping you from worshipping God on Sundays with other believers and meeting with them off and on during the week? How will you overcome the obstacles?
4. Go back to your charting sheet. What does this passage teach you to do?

Read Acts 2:44-47

1. On your Acts 2:44-47 “charting sheet” rewrite this scripture word for word in the first column.
 2. Once you complete that, in your own words, write a paraphrase in column 2.
 3. On this sheet, think about and answer the following questions:
 - a. How did the early church, according to this selection, show their trust for each other?
 - b. How did the early church, according to this scripture, encourage each other?
 - c. What was it about this community in Acts 2, do you think, that brought many others to also be immersed and give their life to Christ?
 - d. What can you do in your life to live in such a way that others want to know Christ and what He has done in you?
4. Go back to your charting sheet. What does this passage teach you to do?

In reviewing your action items, what must you do *this* week in order to make those a reality and obey Scripture?

Please review this lesson between now and the next time we meet together. Bring this sheet (along with your “charting sheets”) back with you so that we can discuss any further questions or insight you might have!

Next Meeting Day, Time, and Place: _____

**“YOUR NEW LIFE”:
LESSON 2: YOUR LIFE OF REMEMBRANCE**

- ❖ *Objectives:*
 - To understand the importance of breaking bread together.
 - To understand the purpose of communion.
- ❖ *Scripture:*
 - Matthew 26:26-29
 - 1 Corinthians 10:16-17
- ❖ *Digging In:*
 - 1 Corinthians 11:23-29

ON YOUR OWN:

Read Matthew 26:26-29

5. On your Matthew 26:26-29 “charting sheet” rewrite the passage word for word in column 1.
6. Once you complete that, in your own words, write a paraphrase in column 2.
7. On this sheet, think about and answer the following questions:
 - a. What were Jesus and His disciples doing when He instituted the Lord’s Supper (Communion)?

 - b. This was created in order to act as something to help them recall what Jesus is about to do for them (die on a cross and have His blood shed for our sins). Why do you think it was important for this event to be remembered?

“Jesus knew that we would need a constant reminder of the price of our salvation. He took the bread and wine of the Passover Feast (the Jewish feast reminding the Jews of their release from Egyptian bondage) and made it a memorial for His disciples to remember Him.”²

8. Go back to your charting sheet. What does this passage teach you to do?

Read 1 Corinthians 10:16-17

5. On your “charting sheet” rewrite this scripture word for word in column 1.
6. Once you complete that, in your own words, write a paraphrase in column 2.
7. On this sheet, think about and answer the following questions:
 - a. What does Paul mean when he says that the cup of blessing (the wine which symbolizes Christ’s blood) helps us to participate in Christ’s blood?

 - b. What does the bread represent according to Paul?

² Jerry Tallman, *His Eternal Plan: Becoming a New Testament Christian*, 66.

- c. Why is it important to take communion and what does it symbolize?

It may be of interest to note that the wine and bread do not literally become blood and flesh; these are only symbolic but still necessary to partake of. Paul told the Christians in Corinth what the Lord's Supper (communion) was all about. By our mutual participation in this simple meal, we are reminding each other of Jesus' sacrifice. This is to be done on the first day of each week (as a minimum) as the early Christians did (Acts 20:7).

Read 1 Corinthians 11:23-29

5. On your "charting sheet" rewrite this scripture word for word in the first column.
6. Once you complete that, in your own words, write a paraphrase in column 2.
7. On this sheet, think about and answer the following questions:
 - a. According to this Scripture (and the previous two), explain what the Lord's Supper (communion) is about and what the two elements used during this time are.

 - b. Why is it important to take communion (Lord's Supper) in a "worthy" manner?

 - c. According to verse 26, what happens when we collectively gather together to take communion?

8. Go back to your charting sheet. What does this passage teach you to do?

In reviewing your action items, what must you do *this* week in order to make those a reality and obey Scripture?

Please review this lesson between now and the next time we meet together. Bring this sheet (along with your "charting sheets") back with you so that we can discuss any further questions or insight you might have!

Next Meeting Day, Time, and Place: _____

**“YOUR NEW LIFE”:
LESSON 3: YOUR LIFE OF PRAYER**

- ❖ *Objectives:*
 - To view examples of prayer and its characteristics.
 - To understand prayer is our communication with God.
- ❖ *Scripture:*
 - Luke 11:1-4
 - Matthew 6:5-15
 - James 5:13-19
- ❖ *Digging In:*
 - 1 John 5:13-15

ON YOUR OWN:

Read Luke 11:1-4

9. On your “charting sheet” rewrite the passage word for word in column 1.
10. Once you complete that, in your own words, write a paraphrase in column 2.
11. On this sheet, think about and answer the following questions:
 - a. What were the requests Christ made of God when He taught the disciples to pray?

 - b. Were these requests self-centered or focused on God and doing what God wanted in their lives?

12. Go back to your charting sheet. What did you learn from this scripture?

Read Matthew 6:5-15

8. On your “charting sheet” rewrite this scripture word for word in column 1.
9. Once you complete that, in your own words, write a paraphrase in column 2.
10. On this sheet, think about and answer the following questions:
 - a. What was wrong with the prayer of the “hypocrites” according to verse 5?

 - b. What does Jesus mean by verse 7-8?

 - c. How does Christ praise God in the prayer and acknowledge the plans of God (verses 9-10)?

 - d. What are the three requests Christ asks of God (verses 11-13)?

 - e. In verse 12, what must we do before we ask God to forgive our debts (sins against others)? See also verse 14.

 - f. What will happen, according to verse 15, if we do not forgive others when they do us wrong?

11. Go back to your charting sheet. What does this passage teach you to do?

Read James 5:13-19

1. On your “charting sheet” rewrite this scripture word for word in the first column.
2. Once you complete that, in your own words, write a paraphrase in column 2.
3. On this sheet, think about and answer the following questions:
 - a. What should be our first response in times of trouble and suffering according to this selection?
 - b. Who should a Christian call in times of sickness?
 - c. According to verse 16, who should we confess sins to and what is the response to confessed sin?
 - d. According to James 5:13-19, why is it important to know and be involved with a community of believers on a regular basis?
4. Go back to your charting sheet. What does this passage teach you to do?

Read 1 John 5:13-15

1. On your “charting sheet” rewrite this scripture word for word in the first column.
2. Once you complete that, in your own words, write a paraphrase in column 2.
3. On this sheet, think about and answer the following questions:
 - a. What does it mean to ask for something according to the Will of God?
 - b. What reassurance does this passage give you about praying to God?

“Prayer is not coming to God with a long list of our requests and asking Him to agree with us. Rather, prayer is seeking to understand and submit to the will of God. Prayer is our expression of dependence on God. He knows what we need even before we ask, yet He still wants us to open our hearts to Him through prayer.”³

4. Go back to your charting sheet. What does this passage teach you to do?

In reviewing your action items, what must you do *this* week in order to make those a reality and obey Scripture?

Please review this lesson between now and the next time we meet together. Bring this sheet (along with your “charting sheets”) back with you so that we can discuss any further questions or insight you might have!

Next Meeting Day, Time, and Place: _____

³ Jerry Tallman, *His Eternal Plan: Becoming a New Testament Christian*, 68.

**“YOUR NEW LIFE”:
LESSON 4: YOUR LIFE OF NEW PERSPECTIVE**

- ❖ *Objectives:*
 - To understand how to view difficulties.
 - To understand how Christ’s love influences our relationships with other people and the world around us.
- ❖ *Scripture:*
 - Romans 5:1-5
 - James 1:2-15
 - 1 Peter 2:9
- ❖ *Digging In:*
 - Philippians 2:3-18

ON YOUR OWN:

Read Romans 5:1-5

13. On your “charting sheet” rewrite the passage word for word in column 1.
14. Once you complete that, in your own words, write a paraphrase in column 2.
15. On this sheet, think about and answer the following questions:
 - a. While we are to rejoice in the hope found in God’s glory, why are we encouraged by Paul to rejoice also in sufferings?

 - b. What are ways we can be encouraged and encourage others when going through trials and suffering?

 - c. Verse 5 says that hope “does not shame (disappoint) us.” According to this verse, what has God given us instead?

 - d. How might this Scripture impact your outlook on life?

16. Go back to your charting sheet. What did you learn from this scripture?

Read James 1:2-15

12. On your “charting sheet” rewrite this scripture word for word in column 1.
13. Once you complete that, in your own words, write a paraphrase in column 2.
14. On this sheet, think about and answer the following questions:
 - a. God also wants you to look at problems in a different way, how are we to look at problems according to James?

 - b. In verse 5 we read that God grants wisdom to those who ask, what is it contingent upon?

15. Go back to your charting sheet. What does this passage teach you to do?

Read 1 Peter 2:9

5. On your “charting sheet” rewrite this scripture word for word in the first column.
6. On this sheet, think about and answer the following questions:
 - e. Just as Christ’s love influences our outlook on life, we can help others find this new life as well. According to 1 Peter 2:9, why are we a chosen people?

As discussed in previous series, our purpose is not only to love God and others, but also to love others so much that we seek to bring them into relationship with God (1 Peter 2:9, Matthew 28:18-20, Mark 5:17-20). We are to declare the hope we have in Christ to others. We do not do this only in word, but also in how we treat others. We must serve other people. In fact, according to Matthew 25:31-46, we will be judged by God on whether or not we have helped others. When you were immersed into the body of Christ, your reason for living completely changed. You now serve God above all. Serving God is accomplished by also serving others.

7. Go back to your charting sheet. What does this passage teach you to do?

Read Philippians 2:3-18

5. On your “charting sheet” rewrite this scripture word for word in the first column.
6. Once you complete that, in your own words, write a paraphrase in column 2.
7. On this sheet, think about and answer the following questions:
 - a. Explain the change in way of thinking that takes place for a Christian compared to the thinking of those who are not Christians.

 - b. What do you think about verse 8? What is Paul saying?

 - c. The latter part of verse 13 begins by saying “forgetting what lies behind...” Beginning there and going to the end of verse 14, what significance does that have with your life?

8. Go back to your charting sheet. What does this passage teach you to do?

In reviewing your action items, what must you do *this* week in order to make those a reality and obey Scripture?

Please review this lesson between now and the next time we meet together. Bring this sheet (along with your “charting sheets”) back with you so that we can discuss any further questions or insight you might have!

Next Meeting Day, Time, and Place: _____

**“YOUR NEW LIFE”:
LESSON 5: YOUR LIFE OF COMMITMENT**

- ❖ *Objectives:*
 - To understand the Holy Spirit gives you the power to change.
 - To understand the characteristics of those needed changes.
 - To understand we all fall short but God will help us overcome.
- ❖ *Scripture:*
 - Romans 8:5-14
 - Galatians 5:22-23
 - 1 John 1:5-2:6
- ❖ *Digging In:*
 - Colossians 3:5-17

ON YOUR OWN:

Read Romans 8:5-14

17. On your “charting sheet” rewrite the passage word for word in column 1.
18. Once you complete that, in your own words, write a paraphrase in column 2.
19. On this sheet, think about and answer the following questions:
 - a. What stuck out to you in this passage?

 - b. What does this selection teach you about the Holy Spirit you received through baptism?

 - c. What are those led by the Spirit of God called?

“When God’s Spirit lives in you, you are able to live differently from the rest of the world. He provides the power to do so. There is no limit in what you are able to do with the power He provides. You cannot even imagine what He might be able to do through you. You are now tapped into a tremendous resource of great power to change you life.”⁴

20. Go back to your charting sheet. What did you learn from this scripture?

Read Galatians 5:22-23

16. On your “charting sheet” rewrite this scripture word for word in column 1.
17. Once you complete that, in your own words, write a paraphrase in column 2.
18. On this sheet, think about and answer the following questions:

When God’s Spirit is living in you it will help you transform into a new person with new characteristics.

⁴ Jerry Tallman, *His Eternal Plan: Becoming a New Testament Christian*, 75.

- a. According to this passage, what are the new characteristics the Holy Spirit will help you have?
- b. While you have the Spirit of God in you, you must still make changes to you life. Review the list of spiritual fruits, which ones do you need to work on?
- c. What questions do you have?

19. Go back to your charting sheet. What does this passage teach you to do?

Read 1 John 1:5-2:6

- 8. On your “charting sheet” rewrite this scripture word for word in the first column.
- 9. On this sheet, think about and answer the following questions:
 - f. What sticks out as interesting in this section?
 - g. What happens if we confess our sins to God?
 - h. Who is our advocate to God, the Father—even when we fail at times?

10. Go back to your charting sheet. What does this passage teach you to do?

Read Colossians 3:5-17

- 9. On your “charting sheet” rewrite this scripture word for word in the first column.
- 10. Once you complete that, in your own words, write a paraphrase in column 2.
- 11. On this sheet, think about and answer the following questions:
 - a. From this list, what must you still put to death (get rid of) in your life?
 - b. What attitudes/characteristics must we put on?
 - c. What is “above” everything else?

12. Go back to your charting sheet. What does this passage teach you to do?

In reviewing your action items, what must you do *this* week in order to make those a reality and obey Scripture?

Please review this lesson between now and the next time we meet together. Bring this sheet (along with your “charting sheets”) back with you so that we can discuss any further questions or insight you might have!

Next Meeting Day, Time, and Place: _____

CHARTING SHEETS

At the top of each charting sheet, remember to write which lesson and scripture it is associated with so that you can reference them later. The charting sheets have been placed in the back so that extras could be included if they are needed.

WORD FOR WORD

MY WORDS

“I WILL” ACTIONS

WORD FOR WORD

MY WORDS

“I WILL” ACTIONS

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