



I AM

A 40-DAY STUDENT DISCIPLESHIP JOURNAL

NEW

deep
DISCIPLESHIP





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THIS BOOK BELONGS TO:



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INTRO

Congratulations! You accepted Jesus and are beginning a life-long journey of knowing and living for Christ!

You might be thinking, "So, now what do I do?"

Once you become a follower of Jesus, you immediately know exactly how to live in this new way, right? Wrong. Anytime we start something new, we're not immediately going to be experts. It's no different with our faith—following Jesus and living for him isn't always easy. It takes practice and patience to learn how to live as a Christ-follower.

You don't have to try to figure it out on your own. Throughout this journal, you'll be guided through eight essential habits of believers. These are ways of living that will help you mature in your faith, make you more like Jesus, and grow a deeper relationship with God. Consistently practicing these habits is the key to seeking Christ and living for him. Following Jesus is full of constant learning and growing, and the good news is that he is always there with you, helping you. As you embark on this incredible journey, remember that you have Jesus, the best Guide and Friend, along with you!

DIGGING DEEPER

Once you become a believer, you've entered into a life of continuing to grow in Christ. This journal is a great place to start! As you go through this journal, you may have questions or want to know more about how to live as a Christ-follower. A great way to dig deeper is through the rest of the *I Am* series of journals. Learning how to worship God throughout all of life is the theme of *I Am A Worshiper*. *I Am A Disciple* walks you through eight core lessons of following Jesus. And once you've gone through those two journals, *I Am A Leader* helps you use your influence to point people to Jesus. As you continue growing in Christ, check out the *I Am* journals at www.leadertreks.org/i-am-series-bundle.

HOW IT WORKS

This book is designed to help you as you embark on the journey of following Jesus. It will take you through eight weeks of journal pages that uncover the heart and characteristics of a Christ-follower. Each week contains a different essential habit of a believer and will equip you to continue growing as a disciple of Christ.

In this journal, you'll encounter challenges, hard questions, and Bible studies, all of which focus on a new essential habit to practice as you grow in your faith in God. At the end of each chapter, you'll find a MENTOR PAGE. This page is designed for you to use in relationship with an adult who is farther down the road than you. While this book doesn't have to be done with a mentor, it's best when it is! (If you don't have a mentor, ask your youth pastor or some other trusted adult the best way to go about finding one.) Each day is different than the last and no two days are the same; no matter how you're wired, there will be something for you!



Throughout this journal, you'll also find the **MARKS OF A DISCIPLE**. These are things that Christ-followers are committed to and have in common, like connecting with God through prayer, applying his Word to our lives, serving without personal agendas, managing God's gifts, and many other things.



FIRST THINGS FIRST

HAVE YOU RECEIVED GOD'S GIFT YET?

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

JOHN 3:16 (ESV)

Did you know this is one of the most well-known verses in the world? Here's why: it's the entire Gospel in one verse.

Here's what it means: God loves the world he created and everyone in it. But we messed up and sin entered our lives. So, God sent his son Jesus to save us from our sin. Anyone who puts their faith in Jesus receives the gifts of God's salvation immediately, God's steadfast love and endless mercy to help us follow Jesus while on earth, and God's eternal life to enjoy in Heaven. These gifts are freely available to everyone. All you have to do is ask him, and you'll be saved.

If you've never accepted Jesus as your Savior, now is the perfect time to receive the gifts God has for you. Talk to a Christian friend, one of the pastors at a local church, or any of us at LeaderTreks Youth Ministry if you want to find out more about following Jesus.



INTRO TO THE 8 ESSENTIAL HABITS

Throughout this journal, you'll be looking at eight essential habits of a believer. These are characteristics and actions that every true follower of Jesus should be seeking to live out. But remember—growth is a process and none of us are going to be perfect. So use this journal as a chance to practice these habits and start growing in them, knowing that you will mess up sometimes, but that God offers abundant grace and forgiveness!

BONUS: *Don't miss the **Essential Habits Assessment** we've included at the back of the book (pp. 126–130). It's a great way to measure your growth as you learn to follow Jesus. Think of it as a quick check-in between you and God. You can use it after finishing each chapter or after finishing this entire journal. You can even use it a year from now—in fact, we recommend that!*

ESSENTIAL HABIT #1

RECEIVING GRACE | Accepting God's Good Gifts

Believers must receive God's gift of grace. Since we are sinners, we don't deserve to have a relationship with God, but he graciously sent Jesus to make a way for that to happen. Accepting God's grace means you stop trying to earn salvation and you show that same grace to those around you.

ESSENTIAL HABIT #2

RELYING ON THE BIBLE | Trusting in God's Word

Believers must trust fully in the truth of God's Word. The Bible is the clearest way God communicates with his people today. Relying on the Bible means you spend time reading and studying it; you allow it to guide, encourage, and show you your sin; and you actually change the way you live because of what it says.



ESSENTIAL HABIT #3

OBEYING GOD | Following What God Says

Believers must obediently follow what God says. God has certain standards for the lives of his followers because he loves and cares about us. His commands are for our good! Obeying God requires you to identify and get rid of sin and prioritize doing what God says above what you want.

ESSENTIAL HABIT #4

PRAYING WITH FAITH | Communicating with God

Believers must communicate with God boldly and honestly. God has allowed us to talk with and listen to him through prayer. Prayer is not just a wish list of things we want, but it's an opportunity to grow us to be more like Jesus. Praying with faith means you approach God in humility and confidence that he hears, he cares, and he answers you.

ESSENTIAL HABIT #5

WORSHIPING WHOLEHEARTEDLY | Putting God in His Proper Place

Believers must worship God, putting him in his proper place as Holy God. Worship is more than just singing songs once a week but is a lifestyle of glorifying and praising God. Worshiping wholeheartedly means you find ways to worship in everyday activities and humbly acknowledge that God is God and you are not.



ESSENTIAL HABIT #6

CONNECTING WITH OTHER BELIEVERS | Recognizing the Importance of Community

Believers must be an active part of the family of Christ. God gave us other believers so that we can help each other grow, encourage one another, and point each other to Jesus. Connecting with other believers means that you regularly attend and are actively engaged in a local church, as well as intentionally building relationships with those in your Christian community.

ESSENTIAL HABIT #7


SERVING GOD & OTHERS | Humbling Ourselves in Service

Believers must follow Jesus' example and humbly serve. When we serve other people, we are also serving God. Serving God and others means that you put other people's needs above your own, spend time helping others, and sacrifice yourself and your wants for the good of those around you.

ESSENTIAL HABIT #8

SHARING ABOUT GOD | Telling Others About the Gospel

Believers must tell other people about the Gospel. Spreading the Gospel is one of God's clearest and most important commands. Sharing about God means that you boldly tell people about who God is and what he's done, as well as using your personal testimony to point people to Jesus.



*"We experience grace as **gratitude**: it gives us
a sense for the gift of life, a sense of wonder and
sometimes elation at the lavish generosity of God."*

– Lewis B. Smedes¹

CHAPTER ONE

RECEIVING GRACE

ESSENTIAL HABIT

#1

*BELIEVERS RECEIVE
& GIVE GRACE*

DAY 1

GRACE RECEIVED, GRACE GIVEN

As believers in Christ, we have received God's grace: the love and mercy he shows us even though we don't deserve it. Not only have we been saved from God's wrath because of his mercy, but we've also been given gifts of forgiveness, eternal life, and a relationship with the Lord.

Grace defines the lives of us who believe in Jesus as our Lord and Savior. We experienced God's grace when he softened our hearts and we first had faith in him. We continue to receive grace as we grow in spiritual maturity. As we recognize the immense grace we were—and are!—given by God, we grow in the ability to extend grace to those around us. Our faith journey starts with and depends on God's grace. That's why we're focusing on this essential habit first.

*DISCIPLES OF CHRIST RECEIVE AND RELY ON
GOD'S GRACE TO BECOME MORE CHRISTLIKE (ROM. 6:3)
AND SHARE GOD'S GRACE WITH THE WORLD (ACTS 20:24).*



As we begin the week, take some time to reflect on these questions:

How would you explain God's grace in your own words?

Can you pinpoint the moment you understood the grace of God displayed through Jesus' sacrifice? If not, what were some highlights in your journey of understanding?

How does God show you grace in everyday life? (These examples might not be specific to only believers.)

What prevents you from showing grace to those around you?

What specific ways can you show grace to your family or friends today?

DAY 2

SAVED BY GRACE

Before Christ changed our lives, we were a mess. Maybe your life was marked by lying, cheating, or idolizing yourself. Maybe you felt hopeless in your depression or anxiety. But God stepped in and saved you because of his grace. You did not do anything to earn it. You weren't somehow better than others. Purely out of his love and mercy, God gave you the gift of grace. What a generous gift! When we receive God's grace, we have accepted his forgiveness and his promise to **make** us more like Christ day by day. When we have received God's gift of grace, we can then extend grace to others by doing the good works God has prepared for us to do.

Read **Ephesians 2:1–10** and use the **5P method** of Bible study to dig deeper into this passage. *This title, 5P method, is simply a way to help you remember this Bible study technique so you can use it to learn from other passages later.*

Need help finding today's passage in your Bible?

First, let's talk about the parts that make up a Scripture reference:



Now you know what you're looking for! If you're using a physical Bible, the Table of Contents can help you find the book (Ephesians). Next look for the chapter (2)—they're usually the taller numbers. Then look for the smaller numbers to find the verses (1–10). If you're using a Bible app, you can do a search for the entire Scripture reference, or just scroll and click the book, chapter, then verses. If you're new to reading the Bible and want a bit more help, check out ***The Bible 101 Bible Reading Plan*** in the back of this book (pp. 134–139).

PURPOSE

Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.

PRIMARY VERSE

Which verse seems to contain the most important thought in the passage? Which one stands out most to you? Write it out.

PROMISES

Make a list of any promises you find in this passage.

PROBLEMS

If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself.

PRACTICAL APPLICATION

What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.



DAY 3

DISPLAYS OF GRACE

Not only do Christ-followers receive God's saving grace the moment we first believe, but God continues to show us grace each day. We experience grace as:²

FORGIVENESS FROM SIN HOPE (EXPECTATION)
OF ETERNITY WITH GOD

GRATITUDE OF THE
GENEROSITY OF GOD **PEACE FROM GOD**

LOVE FROM GOD ACCEPTANCE & ADOPTION
BY GOD INTO HIS FAMILY

POWER GIVEN
TO US BY GOD **JOY FROM KNOWING
AND SERVING GOD**

THANK GOD FOR THE GRACE YOU'VE RECEIVED

We are blessed with God's abundant grace! In the list on the previous page, pick one display of grace that you've experienced this week and circle it. Then use the space below to write a prayer thanking God for showing you his grace in this way. You can incorporate this habit of recognizing God's grace and thanking him into your everyday routine—thank God for one display of grace as you eat breakfast, commute to school, or walk to your next class.

DISPLAY GOD'S GRACE MORE

Because we are recipients of God's abundant grace, we have everything we need to display his grace to others around us. Take a moment to ask God what ways you have failed to display his grace. Have you forgiven others as you've been forgiven by God (Matt. 6:12)? Do you show love to your family, friends, and even enemies (James 2:8; Matt. 5:44; Luke 6:27)? How often do you tell others about what God has graciously done for you (Matt. 5:16)?

Look back at the list on the previous page and underline one way you need to display God's grace more. Spend some time talking to God about how you might be failing to show his grace to others, and write down your confession in the space below. It could be your lack of forgiveness, failure to love others, or something else. Thankfully, God has already forgiven you for every failure! Ask God to help you see opportunities to display his grace to others and give you the strength to do it well. In God's grace, he meets us when we fail and leads us on right paths (Ps. 23:3).

PRACTICE CONFESSING

God, here's one way I have failed to show your grace to others this week:

DISPLAY GOD'S GRACE MORE

Help me, God, to display your grace more to these people/in these situations:

DAY 4

AMAZING GRACE

Amazing grace, how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind, but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

The Lord has promised good to me
His word my hope secures
He will my shield and portion be
As long as life endures

The Earth shall soon dissolve like snow
The sun forbear to shine
But God, Who called me here below
Will be forever mine.³

This famous hymn highlights many ways God shows grace to his children. Take a moment to underline all the displays of God's grace in the lyrics above. God's grace is incredible. No other god could accomplish all that the Lord does for us! God's grace isn't for getting saved multiple times—it's to help us become more like Christ each day. That lifelong process is called *sanctification*, and in God's grace, he enables us to change and will complete the process in us (1 Thess. 5:23–25). Then, out of the overflow of grace shown to us, we have the ability to show grace to others.

Find a version of this hymn that you like online. Pay attention to the lyrics about grace as you listen and sing along.

When you're done listening to the hymn, answer the following questions:

In what ways were you lost and spiritually blind before you became a follower of Jesus?

The hymn writer poetically says that God has saved us—even though we don't deserve it—from punishment and secured for you eternity with him. What does this tell you about God?

Which, if any, displays of God's grace from yesterday or from the hymn are new concepts for you?

How does that new concept change the way you live, view the world around you, or view yourself?

What specific way can you practice showing someone grace today?

DAY 5

EVERY DAY, GRACE

Grace is a theme that runs throughout the Bible. God's grace is seen in the lives of all the people he has chosen—from Abraham to King David to the Apostle Paul. If we look for it, we will easily see not only his saving grace in our lives but also the common grace he pours out to everyone on earth. God's grace is displayed when we wake up each morning, breathe, use our talents, earn money, and eat dinner.

As we gratefully recognize and receive God's continued grace each day, let's practice giving thanks for those ways and showing grace to our family, friends, and even enemies. God's grace has the power to transform us, and it has the power to transform the people around us too.

"BUT HE GIVES MORE GRACE. THEREFORE IT SAYS, 'GOD OPPOSES THE PROUD BUT GIVES GRACE TO THE HUMBLE.'"

JAMES 4:6 (ESV)

Take a look at the passages below to see what else the Bible has to say about grace:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
Romans 6:1-4			
Romans 3:23-24			
Psalms 103:2-5			
2 Corinthians 8:7			
Ephesians 4:32			
Hebrews 4:16			

MENTOR PAGE

RECEIVING GRACE

This page is designed for you to use in relationship with a mentor or with your parent(s) or guardian(s). If you don't have a mentor, seriously consider finding one. Start by praying, and then ask someone (like a youth worker or parent) to recommend a person who would be a good fit. Or if you know someone with a deep faith and the kind of character traits and faith you want to develop, ask them to mentor you. Most people will be more than thrilled and truly honored to mentor someone.

Questions to go through with your mentor:

1. Why is grace so important? How have you experienced God's grace in your life? Ask your mentor how they have experienced God's grace in their life.
2. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?
3. On Day 3, you were challenged to look for displays of God's grace, as well as confess how you've sinned. Share how that went with your mentor. Was it easy or difficult? Spend some time praying together, confessing sin and asking God to help you as you seek to receive his grace and show that grace to others.

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
www.leadertreks.org/i-am-new-mentors



“IN HIM WE HAVE
REDEMPTION THROUGH HIS BLOOD,
THE FORGIVENESS OF OUR TRESPASSES,
ACCORDING TO THE RICHES
OF HIS GRACE.”

EPHESIANS 1:7 (ESV)





*"All Scripture is breathed out by God and
profitable for teaching, for reproof, for correction, and
for training in righteousness, that the man [or woman] of God
may be complete, equipped for every good work."*

- 2 Timothy 3:16-17 (ESV)

CHAPTER TWO

RELYING ON THE BIBLE

ESSENTIAL HABIT

#2

BELIEVERS RELY ON GOD'S
WORD (THE BIBLE)

DAY 1

TRUTH LIVES HERE

Where do you go for answers? It's easy to ask Siri how many people live in Alaska or to search YouTube for guitar lessons. But what about the deeper stuff? "Who am I, and why am I here?" or, "If God is real, what does he want from me?"

Christians believe the Bible contains truth *about* God *from* God. The Bible is God-breathed (2 Timothy 3:16), meaning it was written by many people who were all inspired by God to record God's message. We rely on the Bible, and it guides everything we do. The Bible is trustworthy. Not only is it a reliable ancient text (that's another study), but generations of believers have seen God work through these pages to transform lives and lead people to himself. If all this is true, then as new believers, it becomes important to learn how to read, study, and understand Scripture.

As we begin the week, take some time to reflect on these questions:

What comes to mind when you think of the Bible?

What are some of the deeper questions on your mind lately?

What do you think it means for Christians to rely on the Bible?

How do you hope to experience God in his Word this week?

What questions do you have about the Bible?

DAY 2

WHY THE BIBLE?

What does the Bible mean to you? Do you picture giants or floods or a long list of rules? Many folks today see the Bible as an old, confusing book that doesn't speak to their lives today.

Psalms 19 was written by King David (yes, the David and Goliath guy). David spent his life in the ups and downs of a personal relationship with God. In today's passage, David describes God's Word as true, good, and transformative. It may be daunting at first, but any Christ-follower who spends regular, quality time in God's Word will agree with David that the Bible is a gift, and it has the power to make people new and different.

Read **Psalm 19:7–14** and use the **OPA Method** for Bible study: Observation, Principles, and Application. *Helpful tip: the more effort you put in to making observations, the easier the principles and application will be to see.*



OBSERVATION

Compile all the facts found in these passages. Try to make 15–20 observations about what you read.

PRINCIPLES

Draw a few principles from the observations you made. What is God trying to teach you in this passage?

APPLICATION

How will you apply these principles to your life? Be specific—a good application will tell who, what, and when.

DAY 3

WATER THE SEED

Today's activity is to memorize part of yesterday's Bible passage (Psalm 119:7-9). Why do Christ-followers memorize Scripture? It's not to impress God, yourself, or anyone else. It doesn't make you a better person. The purpose is to store it in our hearts. Humans forget things all the time. (Not convinced? What did you have for dinner last Tuesday?) Memorization helps us remember what God says about himself and about us and so we don't sin against God (see Ps. 119:11).

Jesus compares the Christian life to a seed growing in the ground. You might not see major changes at first, but with care over time, something beautiful breaks the surface. In the same way, God has planted a seed of faith in you. When we spend time with God in his Word, we give that seed the light, water, and nourishment it needs to grow into a beautiful, thriving relationship with God.

This challenge may take a few days, and that's okay! If you're nervous about memorizing all three verses, just try one today. If you get the three down quickly, go for verses 10-14!

*DISCIPLES OF CHRIST STORE
GOD'S WORD IN THEIR HEARTS.*

(PSALM 119:11)



MEMORIZATION TIPS

PUT IT TO SONG

It works! How many songs can you sing word for word without trying?!

HAND MOTIONS AND OTHER MOVEMENTS

It might feel silly but moving while you memorize makes a big difference.

REPEAT THE VERSES OUT LOUD

This works best if you take small steps each day over time. Repeat the verse ten times while looking at the verse, then ten times without looking. When you've added another verse, repeat the process, then say everything you've memorized 10 times without looking.⁴

MEMORIZE WITH A FRIEND

Make it a team effort!



DAY 4

LIVING IN THE WORD

“If we want to know the glory of God, if we want to experience the beauty of God, and if we want to be used by the hand of God, then we must live in the Word of God.” – David Platt⁵

How did it go memorizing Psalm 19:7–9 yesterday? Whether you got through one verse or all three verses, those are God's words that are in your heart now, and he's going to work through that over time! Remember the seed: the more time you spend with God, the more he's going to grow your relationship with him.

Today, we'll look at a quote that shows how God's Word is essential to the Christian life. David Platt is a pastor who is passionate about seeing God transform lives all over the world, and the book referenced here is about how God can change us here in America. A huge part of that change happens when Christ-followers rely on the Bible. Whether we're memorizing, studying, reading, or listening to Scripture, believers are always soaking in and relying on God's Word. Read this quote a few times, and then respond to the questions on the next page.

Reflect on the quote as you answer the following questions:

What went well when you memorized Scripture yesterday? What was challenging?

In your own words, what happens when Christians live in God's Word?

Revisit Psalm 19:7-14. What do David Platt and King David have in common when they write about Scripture?

How could memorizing Scripture help you live in God's Word?

How is God inviting you to live in his Word today?

DAY 5

WHAT WOULD JESUS DO?

This week, we've explored how Christ-followers rely on God's Word, the Bible. When we spend time "living in" the Bible, we're making ourselves available for God to grow our relationship with him. As a final step in this portion of our journey, we'll take a look at how Jesus interacted with Scripture. Jesus knew the Scriptures better than anyone. Not only are they his words, but the overarching theme of the whole Bible is about him and his plan to rescue people from sin! If our goal is to meet and live with Jesus, we'll find him there.

**"YOUR WORD IS A LAMP TO MY FEET
AND A LIGHT TO MY PATH."**

PSALM 119:105 (ESV)

Spend some time with these passages to see how the Bible leads us to God:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
John 1:1-4, 14			
Isaiah 55:11			
Luke 24:25-27			
Luke 4:1-13			
Hebrews 4:12			
Psalms 1:1-3			

MENTOR PAGE

RELYING ON THE BIBLE

Questions to go through with your mentor:

1. Look back at Day 1, where you wrote down some questions you have about the Bible. Take some time to ask your mentor those questions and grow in your understanding of God's Word.
2. Ask your mentor how they practice the habit of relying on the Bible in their own life. Why is relying on the Bible an essential habit of a Christ-follower?
3. On Day 3, you were challenged to memorize Scripture. How did that go? How can your mentor help you as you continue to rely on the Bible through Scripture memory?
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
www.leadertreks.org/i-am-new-mentors



**“I HAVE STORED UP
YOUR WORD IN MY HEART,
THAT I MIGHT NOT SIN AGAINST YOU.”**

PSALM 119:11 (ESV)





*"God's commands are given as a means of grace so that we
might grow in godliness and show that we love him."*

- Kevin DeYoung⁶

CHAPTER THREE

OBEYING GOD

ESSENTIAL HABIT

#3

BELIEVERS OBEY GO
AND AVOID S

DAY 1

IT JUST MAKES SENSE

When you turned to Jesus, you recognized your sin and realized your need of a Savior. Now that he's your Savior, it only makes sense to respond by obeying him with your life. Obedience is both an essential habit to develop and also a natural result of coming to faith in Christ. You strive to obey God in all things and avoid sin, but this isn't something that happens overnight. You'll still sin. But as you follow Jesus and grow in your love for him, you'll grow in your desire to please him (not yourself or those around you) in your obedience and avoidance of sin. Take a few minutes to journal your answers to the questions below to think more about the importance of obedience.

As we begin the week, take some time to reflect on these questions:

Did you ever try to obey God before you came to faith? What was that experience like?

How is the idea of obeying God different now that you're a Christ-follower?

On a scale of 1-4 (1=not well, 4=perfectly), how well do you think you obey God?

1	2	3	4
---	---	---	---

Why is obeying God such an important and essential habit for Christians?

What is something specific you can do today that can help you grow in obeying your Savior?

DAY 2

PUT OFF/PUT ON

Throughout the New Testament, Christians are told to put off sin and put on things that honor God. In Colossians 3:1–17, Paul reminds his believing audience they now belong to God. Because they are now God's, Paul tells them to put off sin—he actually uses the phrase “put to death”—and then gives some examples of sins to put off. Then he follows this up with telling them to put on new actions and attitudes that honor God. It's important to notice where Paul starts: who you are in Christ and what he has done for you. Then he gives a specific path to follow: put off sin and put on righteousness (what is right and good).

Read **Colossians 3:1–17** using the **SPECK method** of Bible study to dive deeper into the passage. *The acronym SPECK is simply a way to help you remember this Bible study technique, so you can use it to learn from other passages later.*

SINS TO AVOID

Make a list of any sins—wrong actions, attitudes, or thoughts—mentioned in the passage.

PROMISES TO CLAIM

Make a list of the promises in this passage. Promises give us confidence when we doubt God or face difficult times.

EXAMPLES TO FOLLOW

What examples do you find in the passage? Is there a right way of thinking or acting described in the passage that you should take as an example for your life?

COMMANDS TO OBEY

Write out all the commands you find. If a passage encourages you to take a certain action, take it as a command and write it down.

KNOWLEDGE OF GOD TO APPLY

What does the passage tell you about God that you can apply to your daily life? God's character shines throughout Scripture.

DAY 3

KEEP ACCOUNTABLE

This week we've talked about how obedience will become more natural for you as you grow in your love for your Savior as well as what sins to put off and what right things to put on. Today's activity will not only push you to do some self-examination but will also encourage you to share what you discover with another believer that can keep you accountable.

*DISCIPLES OF CHRIST CONFESS
THEIR SIN TO OTHER BELIEVERS.*

(JAMES 5:16)



1. Identify where you need to get rid of sin and obey God.

There might not be any major sins that come to mind and that's ok. Part of following Jesus is becoming more and more aware of your sin, even in small ways that often get overlooked. Things like being critical of others, twisting or exaggerating the truth to look better, disobeying your parents or teachers, talking behind someone's back, or dwelling on impure thoughts. These are all areas of sin we need to get rid of as Christ-followers. Use the space below to journal a prayer, asking the Lord to show you where you need to put off sin and how to put on what is right instead.

I need to get rid of: _____

My Prayer: *Lord, help me..* _____

2. Share your answer above with a Christian friend or ask them to hold you accountable.

Ask your friend to check in with you once a week for at least the next four weeks (more would be even better). They can ask about how you're doing in the area you shared about and pray with you about it.

Friend's Name: _____

How/When We'll Check In: _____



DAY 4

KILL SIN

Obeying God and getting rid of sin is serious business. It's hard work that requires focus and effort. One of the reasons it's so serious is because of how destructive sin is to our lives and the lives of those around us. Sin will destroy us if we let it go unchecked, which is why we need to get rid of it.

"Be killing sin or it will be killing you." – John Owen⁷

That's an intense statement. However, its truth reminds us of sin's destructive nature and the active part we must play to get rid of it. That's why yesterday you took the time to identify a sinful area of your life you need to get rid of. Don't sit passively and wait for that sin to kill you. Instead, attack that sin and get it out of your life.

Reflect on the quote as you answer the following questions:

Why do you think Owen used the language of "killing" in his quote about sin?

How did praying and asking God to reveal areas of sin in your life help you in your activity yesterday?

Why do you think it's important to regularly ask God to reveal sin in your life?

How does identifying sin and sharing it with another Christ-follower help you actively kill sin?

What would it practically look like to kill sin in your life?

DAY 5

DIG DEEPER

We've learned a lot about obeying God and getting rid of sin this week. This is just the start of your journey. For the rest of your life, you will be growing in your obedience to God and will be constantly getting rid of sin. Does the work of continually fighting sin sound exhausting? It is! But don't grow weary—you're not fighting alone! The Lord is the one who refines you, and he won't give up on you. In 1 Thessalonians 5:24, we get some encouragement about the process of becoming more like Christ: "He who calls you is faithful; he will surely do it."

"BUT SEEK FIRST THE KINGDOM OF GOD
AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS
WILL BE ADDED TO YOU."

MATTHEW 6:33 (ESV)

Read the passages below to see what they say about obeying God and avoiding sin:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
1 Corinthians 9:24–27			
1 John 2:15–17			
James 1:12			
Philippians 1:6			
Ephesians 4:22–24			
1 John 2:3–6			

MENTOR PAGE

OBEYING GOD

Questions to go through with your mentor:

1. What 's the hardest part of obeying God for you? Why is obeying God important?
2. Ask your mentor to share what's hard for them about being obedient and what has helped them grow in their obedience to God.
3. On Day 3, you identified an area you need to grow in your obedience to God. Share that with your mentor. How have you tried to be obedient? How can you continue obeying God?
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
www.leadertreks.org/i-am-new-mentors



“FOR OBEDIENCE IS NOT A STODGY
PLODDING IN THE RUTS OF RELIGION,
IT IS A HOPEFUL RACE TOWARD
GOD'S PROMISES.”

EUGENE PETERSON[®]





*"True prayer is a way of life, not just for use
in cases of emergency. Make it a habit, and when
the need arises you will be in practice."*

– Billy Graham⁹

CHAPTER FOUR

PRAYING WITH FAITH

ESSENTIAL HABIT

#4

*BELIEVERS PRAY
WITH FAITH*

DAY 1

TALKING TO A FRIEND

This week, we are looking at praying with faith. Prayer is a way to stay in communication with God by talking and listening to him. This is important because it allows us to grow our relationship with him.

Think about the relationship you have with a really close friend. This friendship did not become strong without communication—talking and listening to them. Communication grows the relationship because you know they hear you and care about what you have to say and vice versa. You entrust your secrets and fears with that person. You believe he or she will follow through on their promises. In other words, you trust them as your friend.

In a similar way (because human friends aren't perfect, but God is), this is how Christ-followers pray with faith—trusting God hears and cares about what you tell him and believing he will follow through on his promises from his Word. Praying may feel awkward at first, but with practice, you can learn how to do it! To start thinking more about and practicing prayer, journal your answers to the following questions.

As we begin the week, take some time to reflect on these questions:

Who do you have the closest relationship with? How often do you talk with them?

What have you learned about prayer before this week?

How does the thought of talking to God make you feel? Why?

On a scale of 1–4 (1-really hard, 4-really easy), how easy does praying sound to you? Explain.

1	2	3	4
---	---	---	---

DAY 2

A WAY TO PRAY

To learn more about prayer, today we are going to read a passage that shows us what Jesus taught his disciples (followers) about how to pray with faith and seek God. The really cool thing about this passage is that it does not only apply to Jesus' past disciples; it also applies to you! As a Christ-follower, you are a disciple of Jesus.

Another thing you'll see in this passage is a prayer called the Lord's Prayer. Through this prayer, Jesus models the way to pray with faith in God by:

DESCRIBING GOD

ASKING FOR FORGIVENESS

FORGIVING OTHERS

THANKING GOD FOR THE THINGS HE HAS GIVEN US

ASKING HIM FOR THE THINGS WE NEED

This acronym **DAFTA** can be used as a reminder about a way to pray. Think about this acronym as you read **Matthew 6:5–13**, using the **5P method** of Bible study to dig deeper into this passage.

PURPOSE

Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.

PRIMARY VERSE

Which verse seems to contain the most important thought in the passage? Which one stands out most to you? Write it out.

PROMISES

Make a list of any promises you find in this passage.

PROBLEMS

If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself.

PRACTICAL APPLICATION

What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.

DAY 3

LETTER TO THE LORD

The cool thing about prayer is that it does not have to be spoken out loud, like when you talk to your friends. You can pray in your head, pray by singing, or pray by journaling. You don't need to kneel or fold your hands or be in a church. As long as you are communicating with God, you are praying.

To practice prayer, write a letter to the Lord. You can start by writing "Dear Lord," and then just write out the things that you want to talk to God about. For ideas on what to pray, look back at the DAFTA acronym from yesterday or at the various prayer methods in the appendix at the end of this book (pp. 131-133). Remember that as long as your heart is humble (not trying to impress others or coming to God in arrogance) and your words are heartfelt, there is no right or wrong way to pray. Just write the things that are on your heart. Use the space provided to practice.

*DISCIPLES OF CHRIST
PRAY WITH HUMILITY.*

(MATTHEW 6:5-6)





DAY 4

A STEERING WHEEL

Many people only pray as a last resort when things get really hard. They end up treating God like a vending machine or a genie. However, prayer is not to a way to get what we want from God; it is a way to grow your relationship, communicate, and spend time with him out of love! Think about this as you read the following quote:

"Is prayer your steering wheel or your spare tire?" – Corrie Ten Boom¹⁰

Another way to ask this question: Is prayer the thing that guides your life or is it the thing you fall back on when you're desperate? Regular communication with Jesus can lead and guide your entire life!

Reflect on the quote as you answer the following questions:

How do you usually think of prayer: As a steering wheel or a spare tire?

Why do you think it's important to make prayer a priority rather than an afterthought?

What is a specific, daily prayer you can pray that will ask for the Lord's guidance?

On a scale of 1-4 (1=not helpful, 4=very helpful), how helpful was writing your prayer yesterday?

1	2	3	4
---	---	---	---

How can you use journaling to continue growing in prayer and faith?

DAY 5

GOD HEARS YOU

This week we talked about praying with faith: what prayer is, ways to pray, and making it a priority. Prayer is a way to communicate with God—both talking and listening. An important thing to remember is that God really wants to hear from you! And you can hear from him too by reading the Bible, which is his Word! The following passages from the Bible give more examples and explanations of prayer from God's Word.

**“CONTINUE STEADFASTLY IN PRAYER,
BEING WATCHFUL IN IT WITH THANKSGIVING.”**

COLOSSIANS 4:2 (ESV)

Take a look at the passages below to see what else the Bible has to say about prayer:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
James 5:16			
1 Thessalonians 5:16-18			
Philippians 4:6			
Mark 11:24			
Matthew 26:41			
John 15:7-8			

MENTOR PAGE

PRAYING WITH FAITH

Questions to go through with your mentor:

1. What excites you about prayer? What makes you nervous/uncomfortable about prayer?
2. On Day 2, you looked at Jesus' example of prayer. Based on that, what are important aspects of prayer?
3. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?
4. On Day 3, you spent some time in prayer, writing a letter to God. Share with your mentor how that time went. Then spend some time together in prayer, putting this week's essential habit into practice.

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS

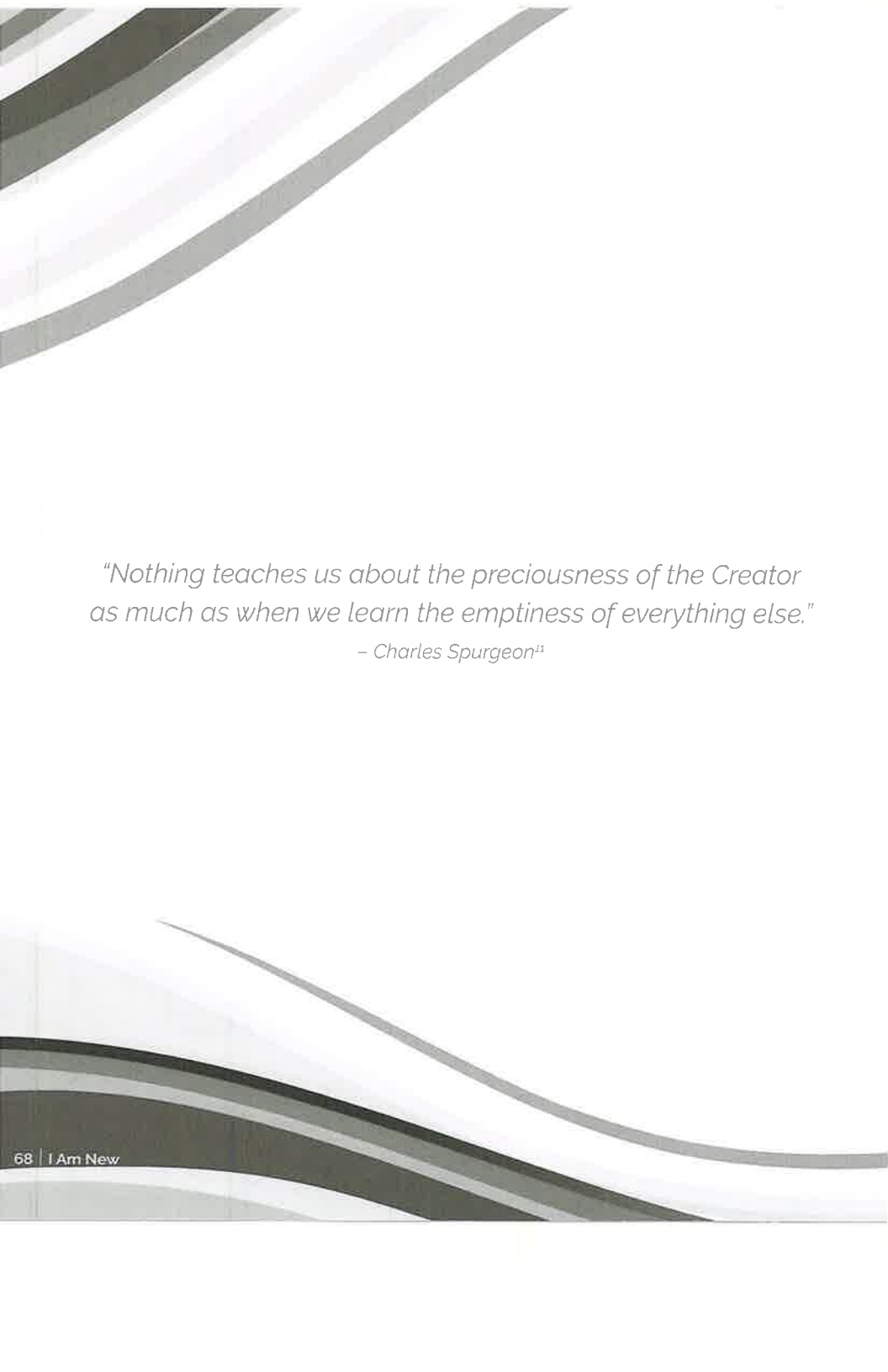
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“...PRAYING AT ALL TIMES IN THE SPIRIT,
WITH ALL PRAYER AND SUPPLICATION.
TO THAT END KEEP ALERT WITH ALL
PERSEVERANCE, MAKING SUPPLICATION
FOR ALL THE SAINTS...”

EPHESIANS 6:18 (ESV)





*"Nothing teaches us about the preciousness of the Creator
as much as when we learn the emptiness of everything else."*

– Charles Spurgeon¹¹

CHAPTER FIVE

WORSHIPING WHOLEHEARTEDLY

ESSENTIAL HABIT

#5

BELIEVERS WORSHIP
GOD WHOLEHEARTEDLY

DAY 1

WHAT IS WORSHIP?

When you think of "worship," what do you imagine—a room, a stage, a group of people singing? Worship *does* include singing to God, but that isn't *all* worship is. Worship is responding to the truth of who God is and what he's done by putting God in his proper place.

The team that wins the Super Bowl is put in its proper place after the game when the players are awarded the Lombardi Trophy and confetti rains down. At that moment, there's no doubt that the winning team is being celebrated, exalted, and honored. But the celebration doesn't stop there—fans wear t-shirts and hats that remind the world that their team was crowned champion. In the same way, worship is putting God in his proper place as a loving Father, a willing sacrifice in our place, a passionate defender of sinners and sufferers, and an eager transformer of people's lives. Just like the Super Bowl winner is celebrated after the trophy presentation, Christ-followers celebrate God and elevate him to his proper place their whole lives. This week, you'll be learning how to worship with your whole life, not just on Sundays.

As we begin the week, take some time to reflect on these questions:

What are some ways you've seen people's accomplishments celebrated?

From what you know of him currently, how would you describe God?

Based on your last answer, what kind of awards, praises, or place do you think God deserves?

How can a Christ-follower elevate God to his proper place (besides just singing worship songs)?

DAY 2

RESPECT

Just like a car needs the right kind of gas to run like it's supposed to, believers need right knowledge of who God is, his character, and how he feels toward us in order to live the life he wants to give us—the life he made us for. Thankfully, God tells us what he's like through the Bible.

In the following passage, your Bible may start the first two verses with unfamiliar words like “ascribe” or “honor.” Those words effectively mean, “Give him what he deserves.” This psalm—a song or poem meant to artistically communicate truths about God or what it's like to follow him—was written by King David, the same David mentioned back in Chapter Two, Day Two. David loved God through many ups, downs, successes, and massive failures. As you pay attention to his description of what God is like and what he deserves, try to feel the wonder, awe, and respect that David felt when he wrote about God.

Read **Psalm 29** and use the **OPA Method** for Bible study: Observation, Principles, and Application.

OBSERVATION

Compile all the facts found in these passages. Try to make 15–20 observations about what you read.

PRINCIPLES

Draw a few principles from the observations you made. What is God trying to teach you in this passage?

APPLICATION

How will you apply these principles to your life? Be specific—a good application will tell who, what, and when.

DAY 3

BUILT TO WORSHIP

It can be easy to think that worshipping God wholeheartedly means you have to spend all your time in church, start wearing a bunch of Christian t-shirts, or just become a straight-up monk. Thankfully, those things aren't required in order to worship the Lord, and you don't have to give up your personality, passions, dreams, and hobbies in order to worship him. God wants you to worship him *through* your unique personality, passions, dreams, and hobbies. In fact, those things aren't even yours to begin with—he gave them to you so you could worship him!

Use the questions below to dream big, find inspiration, and take your first step toward worshipping God wholeheartedly in the ways he has uniquely designed you to.

*DISCIPLES OF CHRIST WORSHIP
GOD WITH THEIR WHOLE LIVES.*

(1 CORINTHIANS 10:31)



1. Brainstorm

First, take some time to connect with how God has made you specifically.

What is your
personality like?

What activities do you *love*
to do, either for fun or work?

What causes are you
passionate about?

Circle an activity from the middle box that you could do or practice today.

2. Research

It's likely another Christ-follower has found ways to worship God wholeheartedly through the activities you love. Search the internet for an example to follow by inserting whatever activity you circled into the phrase below (e.g., if you love video games, search for, "*Christian gamer*").

"Christian _____."

How do the people you've found put God in his proper place as they pursue their passion?

3. Do

Take 30 minutes to try to follow their example today. Engage in or practice your activity while trying to worship God the way they have shown you.

DAY 4

NOTHING ELSE WILL DO

Cody and his wife, Kari, are songwriters. More specifically, they write worship songs that are sung all across the world every day. Their professional job is to help others worship wholeheartedly and elevate God to his proper place through words and music. But writing worship songs for a living doesn't automatically mean that you are worshiping wholeheartedly.

Cody realized that he had gotten away from wholeheartedly worshiping God when he noticed he wanted to be with God more because of what he thought Jesus could do for him, rather than loving him for who he is. For Cody, God had become more like a vending machine who would give Cody what he wanted than a living Savior, Father, and Friend.¹²

As you read through his lyrics, reflect on how Cody's words can help us come back to worshiping God wholeheartedly. Feel free to find a version of this song that you like online and listen to it.

NOTHING ELSE

Oh, I'm not here for blessings
Jesus, You don't owe me anything
More than anything that You can do
I just want You

I'm sorry when I've just gone through the motions
I'm sorry when I just sang another song
Take me back to where we started
I open up my heart to You

I'm sorry when I've come with my agenda
I'm sorry when I forgot that You're enough
Take me back to where we started
I open up my heart to You¹³

When you're done reading the lyrics or listening to the song, answer the following questions:

Cody writes that Jesus doesn't owe us anything. How does that truth change your perspective on the good things that Jesus has already given you?

For you, what does it look like when you're just "going through the motions?"

What attracted you to the message and person of Jesus in the first place?

What would it look like for you to "open up" your heart to Jesus?

What was it like to try and worship God wholeheartedly in other areas of your life yesterday?

DAY 5

WORSHIP IS A LIFESTYLE

This week, you've learned what it looks like to worship God wholeheartedly. Hopefully, by now, you see that worship is more of a lifestyle than an activity. This lifestyle is beautiful because it's simple, yet it has infinite creative possibilities. As long as you are filling yourself with true knowledge of who God is, what he's like, and what he thinks of you, you are free to find new and creative ways to elevate him to his proper place in every area of your life!

*DISCIPLES OF CHRIST WORSHIP WITH
GENUINENESS AND HUMILITY.*

(JOHN 4:23-24)



Read these passages to see what else the Bible has to say about worshipping God wholeheartedly:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
Romans 12:1			
John 4:23-24			
Psalm 100:1-5			
1 Corinthians 10:31			
Colossians 3:15-17			
Revelation 4:8-11			

MENTOR PAGE

WORSHIPING WHOLEHEARTEDLY

Questions to go through with your mentor:

1. In your own words, what is worship? Why is it an essential habit of a Christ-follower?
2. On Day 3, you practiced worshiping through an activity you love to do. Share with your mentor how that went. How else can you worship in your everyday activities?
3. Ask your mentor how they make worshiping God a lifestyle and not just a Sunday thing. In what ways can you grow in your worship of God?
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
www.leadertreks.org/i-am-new-mentors



**“I NEED TO WORSHIP BECAUSE WITHOUT
IT I CAN FORGET THAT I HAVE A BIG GOD
BESIDE ME AND LIVE IN FEAR.”**

JOHN ORTBERG¹⁴





*"May the God of endurance and encouragement
grant you to live in such harmony with one another, in accord
with Christ Jesus, that together you may with one voice glorify
the God and Father of our Lord Jesus Christ."*

- Romans 15:5-6 (ESV)

CHAPTER SIX

CONNECTING WITH
OTHER BELIEVERS

ESSENTIAL HABIT

#6

BELIEVERS CONNECT WITH
OTHER BELIEVERS

DAY 1

WE ARE FAMILY!

Have you ever discovered something new, like a video game or a movie or tv show, that you were so excited about and wanted to talk about it with other people? It's such an awesome feeling! This is because you were made for community—to walk through life with other people.

This week you're going to explore the essential habit of connecting with other believers, other people who follow Jesus like you do. Jesus talked about the importance of the Church and being in community. He even prayed in John 17 that believers would be united with one another. When you decided to follow Jesus, you were welcomed into God's family that is full of other people who chose to follow Jesus too. This family helps each other grow to be more like Jesus.

As we begin the week, take some time to reflect on these questions:

What communities are you currently a part of? (Church, sports team, band, family, club, etc.)

Why do you think we form and join communities?

Why do you think it is important for followers of Jesus to connect with each other?

How do you think connecting with other believers helps our relationship with Jesus?

DAY 2

UNITY IN DIVERSITY

Have you ever been sick or gotten injured so that a part of your body just wasn't working right? Even having a stuffy nose and not being able to breathe well is the worst! Well today's passage is from 1 Corinthians, and it talks about how every believer is a part of the body of Christ and how each part of that body has an important role to play. This metaphor of the Church being the body of Christ clarifies what connecting with believers should be like. No part of the body is any more important than another, and each is needed for the whole body to work properly. You need other believers, and other believers need you. Each person brings unique qualities and gifts to the body of Christ that make it whole and healthy!

Read **1 Corinthians 12:12–27** using the **SPECK method** of Bible study to dive deeper into the passage.

SINS TO AVOID

Make a list of any sins—wrong actions, attitudes, or thoughts—mentioned in the passage.

PROMISES TO CLAIM

Make a list of the promises in this passage. Promises give us confidence when we doubt God or face difficult times.

EXAMPLES TO FOLLOW

What examples do you find in the passage? Is there a right way of thinking or acting described in the passage that you should take as an example for your life?

COMMANDS TO OBEY

Write out all the commands you find. If a passage encourages you to take a certain action, take it as a command and write it down.

KNOWLEDGE OF GOD TO APPLY

What does the passage tell you about God that you can apply to your daily life? God's character shines throughout Scripture.

DAY 3

JOIN THE BODY, BE THE BODY

If you're into video games, then it's likely that you've heard of Fortnite, Apex Legends, and Call of Duty. If you aren't, don't worry! These are just three examples of big video games that have a lot in common. One thing they share in particular is the concept of squads. In each game, they have modes where you play together with a squad (2–4) of people. This is super helpful because if your character gets knocked down, one of your teammates can come lift you back up!

For the past two days, you've been exploring the essential habit of connecting with other believers. As a follower of Jesus, you need your "squad"—the Church community—to help you grow to be more like Jesus and to lift you up when you fall down.

*DISCIPLES OF CHRIST ARE FAITHFUL
MEMBERS OF A LOCAL CHURCH.*

(ACTS 2:42)



For your challenge this week:

- Attend a church that preaches the Bible.

- If you're already connected to a church, then take the extra step and try and have a conversation with someone new—preferably someone different than you: someone older, someone from a different culture, or someone who has been at the church a long time.

- If you aren't connected to a church nearby, then ask someone you trust if they know of a church in or near your community. If this seems like a difficult challenge, remember: as a believer, you are now a part of the Church and have the privilege of being a part of the "squad" of believers who help each other on the journey of faith!

Use this space to write down what your experience was like:



DAY 4

MAKE US ONE

There is an awesome song called "Make Us One" by Jesus Culture. Use your phone or computer to look it up and take a moment to listen to it. The song is a declaration that God has united all of us who follow him. Part of the first verse says...

**One with the Father, one with the Spirit
One with the Son of God
One with our sister, one with our brother
One family by the blood¹⁵**

...reminding us that as followers of Jesus, we are unified by the blood of Jesus as one family. All believers repented of (turned from) their sin and trusted in Jesus, bringing us into the unity of the family of believers. The Bible regularly mentions the need to be united with other believers because even though we are one family, we often don't act like it. Even when we mess up relationships within our spiritual family, we should first make it right, then continue to make every effort to live in peace and unity.

When you're done listening to the song, answer the following questions:

What stuck out to you after listening to the song?

What comes to mind when you think about being united with other believers?

Why is it important for followers of Jesus to be unified? What does that look like?

In the chorus of the song it says, "Make us one / Make us one / Your will be done / Make us one."
Why do you think being united as one is important for doing God's will?

When you go to church (remember your challenge from yesterday!), do you feel united with the people? If so, what helps you feel that way? If not, what can you do next time to feel more united?

DAY 5

CAN'T STOP, WON'T STOP

This week you have explored why connecting with other believers is an essential habit and what that looks like. In community, believers support one another in good and bad times. We encourage one another as we all grow to be more like Jesus. We learn from one another how to love God and others as best we can! Despite all of our differences—appearances, gifts and talents, senses of humor, or anything else—we are united as one body, one family, in Jesus. God really wants his children to be connected with one another. Check out these other passages to see what else God has to say on the topic!

"THE PHYSICAL PRESENCE OF OTHER CHRISTIANS
IS A SOURCE OF INCOMPARABLE JOY AND STRENGTH
TO THE BELIEVER."

DIETRICH BONHOEFFER¹⁸

Spend time with these passages to see what the Bible says about connecting with other believers:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
Acts 2:42-47			
Titus 2:1-8			
Philippians 2:1-11			
Ecclesiastes 4:9-12			
Hebrews 10:24-25			
Romans 12:3-13			

MENTOR PAGE

CONNECTING WITH OTHER BELIEVERS

Questions to go through with your mentor:

1. Why is connecting with other believers important? Why does church matter?
2. Ask your mentor how they have found unity and community with other Christ-followers. How have they grown through being connected with other believers?
3. On Day 3, you were challenged to attend church or deepen your connection with the church body. Share with your mentor how that experience went. How can you continue to connect with other believers?
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
www.leadertreks.org/i-am-new-mentors



**“BEHOLD, HOW GOOD AND PLEASANT IT
IS WHEN BROTHERS DWELL IN UNITY!”**

PSALM 133:1 (ESV)





*"For even the Son of Man came not to be served but to serve,
and to give his life as a ransom for many."*

- Mark 10:45 (ESV)

CHAPTER SEVEN

SERVING GOD & OTHERS

ESSENTIAL HABIT

#7

BELIEVERS SERVE CHRIST
AND OTHERS

DAY 1

SERVING THE JESUS WAY

Becoming a Christ-follower means living your life the Jesus way. The gospels describe how Jesus lived and interacted with others. As Christians, we want to live just like he did!

Jesus wasn't about gaining power on earth or getting money or becoming a celebrity. He wanted to show people love, serve them, and lead them to God. He healed lepers that nobody else would touch, he spent quality time with social outcasts, and he taught controversial ideas like loving your enemies. In the end, Jesus displayed the ultimate act of service by dying on the cross, paying the penalty for the sins of humanity. Service will lead you to tough places and will call you to sacrifice on behalf of others. It can be difficult, but it's the Jesus way!

As we begin the week, take some time to reflect on these questions:

Write about a time when you served God by serving others. What was it like?

Are your experiences serving others positive or negative? Why?

How does serving others make you feel?

Can we follow Jesus without serving others? Why or why not?

DAY 2

CHRISTLIKE SERVICE

Jesus was always upending people's expectations. The Israelites expected a triumphant Messiah (Messiah refers to God's chosen, promised one that the Old Testament points to) who would ride in on a chariot and overthrow Rome. They got Jesus entering Jerusalem on a donkey. The Pharisees thought they would get a Messiah who affirmed everything they did and praised their holiness. They got Jesus flipping tables in the temple. Even after years by his side, listening to his sermons, and seeing how he interacted with people, the disciples never expected Jesus to get down on his hands and knees to wash their disgusting feet, but he did.

In today's passage, you'll read about how Jesus—God in the flesh, holy and sinless, the Messiah—got down on the floor and showed his followers what true service looks like. It's not about your level of wealth or the authority you have or how great you think you are; Jesus says to humble yourself and serve others in love.

Read **John 13:1–15** and use the **OPA method** for Bible study: Observation, Principles, and Application.

OBSERVATION

Compile all the facts found in these passages. Try to make 15–20 observations about what you read.

PRINCIPLES

Draw a few principles from the observations you made. What is God trying to teach you in this passage?

APPLICATION

How will you apply these principles to your life? Be specific—a good application will tell who, what, and when.

DAY 3

LORD, LEAD ME!

Christlike service is sacrificial. That means you're giving something up for the benefit of others. Maybe you'll have to give up your time, effort, money, your pride, or your comfort! Sacrificial service might hurt a bit because it'll cost you something. But if it wasn't a sacrifice, it would be easy, and everyone would do it. Christlike service calls you to step away from your self-focused desires and instead focus on others.

Today you'll put service into action. If you open your eyes to the needs around you, you'll see opportunities for service all over the place! Some needs are big and require a lot of work, some are small and quick.

*DISCIPLES OF CHRIST FOLLOW JESUS'
EXAMPLE OF SACRIFICIAL SERVICE.*

(JOHN 13:14-15)



- 1. Begin your day by saying a short prayer.** Something like, "Lord, let me be your servant today. Show me the needs of others, and give me the courage and wisdom to fill those needs. Help me be humble and willing to go wherever you lead." You might find it helpful to repeat this prayer throughout the day. Write down your short prayer here:

- 2. Now . . . keep your eyes open and get ready!** Whenever you genuinely ask God for chances to serve, he has a knack of leading you to tough places. You may be led to serve at home by helping your parents around the house, doing a kind thing for a sibling, or going out of your way to serve your neighbor. If you're at school, you may get the chance to serve by encouraging a classmate who needs a friend, by respecting your teacher and leading by example, or maybe just by picking up trash in the hallways. Out in public, there may be chances to serve total strangers. Keep your eyes open, and God will lead you to others' needs!

- 3. End your day by remembering your short prayer.** Look back at the past day. How did God answer your prayer and guide you to opportunities to serve others? Spend a moment thanking God for helping you grow. Write down a few things you want to remember:



DAY 4

THERE IS WORK TO DO

"The imminent return of our Lord is the great Bible argument for a pure, unselfish, devoted, unworldly, active life of service." – R.A. Torrey¹⁷

Yesterday you prayed, "Lord, let me be your servant today," then you went into your day with eyes wide open looking for service opportunities. Were you challenged by all the different needs you saw? When we focus less on self and more on others, it's easy to become overwhelmed by all the needs we see around us.

God's Word promises that when Jesus returns, he will set all things straight. He will gather his followers and bring us to live with him—without pain, death, or grief. It is a glorious promise! But in John 9:4, Jesus says, "As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work." He means that while you are here and before that glorious day comes, you must do all you can to serve God and others. There is work to be done!

Reflect on the quote as you answer the following questions:

How did you serve someone yesterday, and how did they react?

On a scale of 1–4 (1=very hard, 4=very easy), how easy is it for you to see the needs of others?

1	2	3	4
---	---	---	---

Serving like Christ makes you become more others-focused. Is that hard for you? Why or why not?

How can you make service a priority in your life?

Who can you serve regularly and how?

DAY 5

SERVE WITH ALL YOUR HEART

Jesus' ministry was all about serving others. Culturally, those who were poor, handicapped, or needy were usually seen as sinful, unclean, or unworthy. If you were an upstanding citizen, you didn't want to have much contact with those in need. But Jesus didn't care about those social standards. He taught that loving others and serving the needy should be one of the core characteristics of those who follow him and love God. Learning from Jesus' example, the disciples went on to stress the importance of caring for those in need to the early churches.

*DISCIPLES OF CHRIST SERVE OTHERS
WITH LOVE AND HUMILITY.
(PHILIPPIANS 2:3-4)*



Check out today's passages to see how God wants us to live when it comes to serving others:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
Isaiah 6:8			
1 Peter 4:10			
Colossians 3:23			
Luke 10:25-37			
Matthew 25:31-40			
Romans 12:17-21			

MENTOR PAGE

SERVING GOD & OTHERS

Questions to go through with your mentor:

1. What are your initial thoughts about service? Is it something you do? Is it easy or hard for you? Why? How have your thoughts about serving changed throughout this week?
2. How is Jesus our ultimate example of a servant? How are you following his example?
3. On Day 3, you practiced serving Christ and others. What service opportunities did you find? How did praying at the beginning of your day change the way you served?
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS


Get your own copy of these questions at
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"IT IS ONE THING TO **ACT** LIKE A SERVANT,
IT IS QUITE ANOTHER TO **BE** A SERVANT."

RICHARD FOSTER¹⁸





*"For I am not ashamed of the gospel, for it is
the power of God for salvation to everyone who believes,
to the Jew first and also to the Greek."*

- Romans 1:16 (ESV)

CHAPTER EIGHT

SHARING ABOUT GOD

ESSENTIAL HABIT

#8

*BELIEVERS SHARE
ABOUT GOD*

DAY 1

SHARE YOUR STORY

The last essential habit we're going to look at is this: believers share about God. Sharing about God is something that naturally flows from someone who has started a relationship with God. This habit, like many of the others, is a habit that's commanded by God. This means as we live our lives following Jesus, we should be telling others about who God is and what he has done for us.

One of the best ways to share about God is to share your own story of coming to faith in Christ. As we dive into this habit, take some time to journal your responses to the questions below. Use these questions to get your mind going on the importance of obeying God's command to share the Gospel—that Jesus came to earth to save sinners by dying on the cross and rising again.

As we begin the week, take some time to reflect on these questions:

Why does God command us to share the Gospel?

What fears do you have about sharing the Gospel?

Why are stories so powerful and engaging?

Who do you need to share your story with?

DAY 2

COMMANDED TO SHARE

As we saw in Day One, we're commanded to share the Gospel. The main passage where we see this command is Matthew 28:16–20 when Jesus gave final instructions to his followers before he went back to heaven. Final words are important—and Jesus' final commands to his followers are certainly significant. This was not only a command given to the men and women who heard Jesus say it that day. It's also a command for us today who read this passage in the Bible. We are to obey this command and share the Gospel with those around us. Today you will spend some time studying this passage and learning more about Jesus' command to share the Gospel.

Read **Matthew 28:16–20** using the **NEWSPAPER method** of Bible study to explore this passage.

WHO?

Make a list of all the major characters in the passage.

WHAT?

What is happening in this passage in your own words?

WHERE?

Where is this story taking place? Why is that important?

WHEN?

What is significant about the timing of this story? What comes before or after that makes this significant?

WHY?

Why is this story important enough to include in the Bible?

HOW?

How does this apply to your life? How are you going to live differently today because of what you read? Be specific—a good application will tell who, what, and when.

DAY 3

MY STORY, HIS STORY

On Day One, we briefly talked about how sharing your story is a great way to share God with others. Whenever you tell your story, you inevitably tell people what Jesus has done for you. Ultimately, your story is *his* story of salvation. Sharing your testimony of how God has saved you goes hand in hand with the Gospel. Courageously share your story while pointing to the writer of the story: Jesus.

Search on your phone or computer for a song called "My Story" by Big Daddy Weave.¹⁹ As you listen to the song, pay attention to the lyrics (BONUS: you can look up the lyrics if you'd like to read them too) and think about how sharing your story points others to Jesus.

*DISCIPLES OF CHRIST BOLDLY
TELL OTHERS ABOUT GOD.*

(ACTS 4:29)



Answer the following questions:

What lines stand out to you from this song and why?

The song says, "To tell you my story, is to tell of Him." In what ways does your story tell the story of Jesus?

Have you ever been guilty of making your story more about you than Jesus?

Why is it so important we make sure we point people to Jesus while telling our story?

DAY 4

IT'S YOUR TURN TO SHARE

Sharing about God is an important habit for every believer to develop. There are many ways to describe God's impact on your life and the important milestones of your faith. Today, you'll use the prompts **BEFORE–HOW–SINCE** to help you write and get ready to share your testimony—the story of how you first accepted Jesus.

Some Tips

- Start out by praying. Ask God to help you figure out what parts of your story to share.
- Be specific, honest, and real—your story doesn't have to be dramatic.
- Use everyday language instead of "Christian-y" words and phrases.
- Remember, this is your story AND God's story—don't forget to talk about God and what he's done.

HOW TO WRITE YOUR TESTIMONY

Use the space on the next page to write your testimony. We've provided these **BEFORE–HOW–SINCE** questions to help you decide what parts of your story to share.

My life **BEFORE** knowing Christ

Write two or three sentences describing what your life was like before you decided to follow Jesus. Some questions to answer:

- What were my needs? What was lacking or missing from my life?
- Where did I get my happiness or security from?
- How did these things let me down?

HOW I came to know Christ

Write a few sentences explaining why you chose a life following Jesus. Some questions to answer:

- When did I first hear about Jesus?
- What struggles went through my mind before I accepted Jesus?
- What changed to make me decide to accept Jesus?

My life **SINCE** receiving Christ

Write one or two sentences describing how your life has changed since accepting Jesus. Some questions to answer:

- Here's an example of how Jesus has met my needs—physical or emotional—since I accepted him. *Hint: It might help to connect this back to what you wrote in the "Before" step.*
- This is what is different about the way I live, feel, and think...
- What part of my relationship with Jesus am I most grateful for? And how am I growing?

MY STORY

My life BEFORE knowing Christ

HOW I came to know Christ

My life SINCE receiving Christ

Now Go Share Your Story

Share your story with a friend or someone you trust. Use your story to tell others about God and invite them to know him. Who did you share your story with? How did it go?

DAY 5

WHAT ELSE DOES THE BIBLE SAY?

The Bible says a lot about sharing God with others. When God brings you into a relationship with himself, he expects you to use your life and words to share him with others. Christ-followers are commanded to do this, and one of the best ways to obey is to share your own story of coming to faith. When you are saved, adopted, treasured, and changed by God himself, it's hard *not* to tell others about it!

DISCIPLES OF CHRIST SHARE THE GOSPEL

(MATTHEW 28:16-20)



Read the passages below to see what else the Bible has to say about sharing God with others:

Bible Passages	<i>Use your own words to summarize the main point.</i>	<i>What does this passage say about God & the world?</i>	<i>Now that I know this, what should I think/do differently?</i>
Acts 4:18–20			
Matthew 5:14–16			
Luke 24:45–49			
Acts 1:8			
John 20:21–23			
Psalms 96:2–3			

MENTOR PAGE

SHARING ABOUT GOD

Questions to go through with your mentor:

1. Do you share about God? Why is sharing about God an essential habit of believers?
2. Ask your mentor about their experiences sharing about God with others. What have they shared? Has it been easy or hard? How have they seen God help them as they share?
3. On Day 3, you spent some time writing out your testimony. If you shared it with someone else, how did it go? Practice sharing your testimony with your mentor.
4. On Days 2 and 5, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?

MENTORS & PARENTS

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**"BUT YOU ARE A CHOSEN RACE,
A ROYAL PRIESTHOOD, A HOLY NATION,
A PEOPLE FOR HIS OWN POSSESSION,
THAT YOU MAY PROCLAIM THE
EXCELLENCIES OF HIM WHO CALLED
YOU OUT OF DARKNESS INTO HIS
MARVELOUS LIGHT."**

1 PETER 2:9 (ESV)



YOU'RE DONE!

...with this journal, that is. Following God is a life-time commitment, but when we consistently seek him, he changes our hearts and lives to be more like his. Over the past several weeks, you've soaked yourself in God's Word, opened the lines of communication through prayer, made several sacrifices, taken many challenges, and chiseled away some of the rough edges of your life. In other words, **you've been practicing living as a believer in Jesus**. And chances are, that time you've spent following him—obeying him, serving him, sharing about him—has made you look more like him. But there is always room to grow. Stay on the journey. Keep following Christ. It's the best way to live.

APPENDIX

We've included these bonus resources to help
you grow as a Christ-follower:

ESSENTIAL HABITS ASSESSMENT	126-130
PRAYER METHODS TO PRACTICE	131-133
THE BIBLE 101 BIBLE READING PLAN	134-139

ESSENTIAL HABITS ASSESSMENT

LIVING OUT THE 8 ESSENTIAL HABITS OF EVERY CHRIST-FOLLOWER

It can be easy to assume that spiritual maturity just happens. However, the truth is that every believer must develop certain essential habits that help grow spiritual character and make us more like Jesus. Consistently working toward these habits grows a deeper relationship with God. But how do you know how you're doing with these essential habits? Sometimes it takes honest evaluation to discover certain truths about your walk with God.

The following pages contain an evaluation for you to take. It will help you in discovering how you're growing and applying the eight essential habits of every believer in your life. Think of it as a quick check-in between you and God. You can go through each essential habit after finishing the matching chapter in this journal or wait to do the whole assessment at once. You can even do it a year from now—in fact, we recommend that so you can see how much you've grown!

Here's what you'll do:

- You fill out the first part (**Student Self-Assessment** on pages 127–128). Be honest with yourself so that you can grow.
- Then give the other part (**Mentor/Parent Assessment** on pages 129–130) to one or two key people in your life (mentor/parent, youth worker) for their feedback on how you are doing. Remember to write your name in the blank space at the top. You can tear out pages 129–130 or use the QR code to get a digital/printable version to share.

This will be challenging, as honest evaluation is always difficult. But if you take this seriously and strive to improve in the areas suggested, your spiritual life will flourish. Good luck, and don't be afraid to be vulnerable.

ESSENTIAL HABITS ASSESSMENT

Get a digital/printable version of the Essential Habits Assessment at
www.leadertreks.org/i-am-new-essential-habits-assessment



ESSENTIAL HABITS: STUDENT SELF-ASSESSMENT

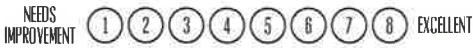
Rate yourself in each area on a scale from 1 to 8. Then fill out the question about your score and think of a few Growth Steps you can take.

Essential Habit #1 | Receiving Grace

Believers receive and give grace

Receiving God's grace is the starting point of faith for every believer. Once we've received his grace, God also wants us to offer his grace to others. As we grow in the habit of receiving grace, we also grow in the ability to give grace.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #2 | Relying on the Bible

Believers rely on God's Word (the Bible)

As his followers, God's Word guides everything we do. The Bible is trustworthy & full of God's truth that affects our everyday lives. As a result, it's important to learn how to read and study Scripture. Believers regularly turn to God's Word for answers, wisdom, guidance, encouragement, & truth.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #3 | Obeying God

Believers obey God and avoid sin

Obedience is a characteristic of a believer that is a result of recognizing the depth of our sin. The habit of obeying God is not an overnight transformation but takes time as we seek to please God instead of ourselves or other people. Avoiding sin includes controlling our internal thought life as well as our external words and actions.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #4 | Praying with Faith

Believers pray with faith

Believers seek God through prayer. We pray to stay in communication with God, both speaking to him and listening to him. Prayer is also learned—as we grow as Christ-followers, our prayer life will grow richer, deeper, and more consistent.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #5 | Worshiping Wholeheartedly

Believers worship God wholeheartedly

Biblical worship is putting God in his proper place and includes praise, thanksgiving, and contentment. We can worship God in more ways than just singing. Since worship is a lifestyle, believers seek to worship and glorify God through every part of our lives.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #6 | Connecting with Other Believers

Believers connect with other believers

While there is a personal and individual element to our faith, there is also a clear communal aspect to it. Christ-followers are called to commit to actively be a part of the church, both for their own benefit and the benefit of others. Being in relationship with other believers grows us to be more like Christ.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #7 | Serving God & Others

Believers serve Christ and others

An active life of service isn't an option as a believer. Jesus is the ultimate servant, so our motivation to serve comes from his example. Service is a form of sacrifice, giving, and self-denial, which Jesus models for us. We are called to serve Christ, as well as other people.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

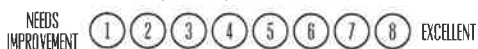
Growth Step #2

Essential Habit #8 | Sharing about God

Believers share about God

The Bible commands us to spread the Gospel and tell others about Jesus. Believers learn how to share the Gospel and how to give a testimony. Even if it's hard or uncomfortable, we should be on the lookout for opportunities to share the Gospel and then take action by courageously pointing those around us to Jesus.

How well are you incorporating this habit into your daily walk with Jesus?



Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

ESSENTIAL HABITS: MENTOR/PARENT ASSESSMENT

_____ is taking an assessment to grow in their relationship with Jesus. Below are eight essential habits that equip every believer to better follow Christ. Please take the time to rate this person, offering comments about how you see them living out these eight habits and suggestions for how to grow before returning it.

Essential Habit #1 | Receiving Grace

Believers receive and give grace

Receiving God's grace is the starting point of faith for every believer. Once we've received his grace, God also wants us to offer his grace to others. As we grow in the habit of receiving grace, we also grow in the ability to give grace.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #2 | Relying on the Bible

Believers rely on God's Word (the Bible)

As his followers, God's Word guides everything we do. The Bible is trustworthy & full of God's truth that affects our everyday lives. As a result, it's important to learn how to read and study Scripture. Believers regularly turn to God's Word for answers, wisdom, guidance, encouragement, & truth.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #3 | Obeying God

Believers obey God and avoid sin

Obedience is a characteristic of a believer that is a result of recognizing the depth of our sin. The habit of obeying God is not an overnight transformation but takes time as we seek to please God instead of ourselves or other people. Avoiding sin includes controlling our internal thought life as well as our external words and actions.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #4 | Praying with Faith

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Believers seek God through prayer. We pray to stay in communication with God, both speaking to him and listening to him. Prayer is also learned—as we grow as Christ-followers, our prayer life will grow richer, deeper, and more consistent.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #5 | Worshiping Wholeheartedly

Believers worship God wholeheartedly

Biblical worship is putting God in his proper place and includes praise, thanksgiving, and contentment. We can worship God in more ways than just singing. Since worship is a lifestyle, believers seek to worship and glorify God through every part of our lives.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #6 | Connecting with Other Believers

Believers connect with other believers

While there is a personal and individual element to our faith, there is also a clear communal aspect to it. Christ-followers are called to actively be a part of the church, both for their own benefit and the benefit of others. Being in relationship with other believers grows us to be more like Christ.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

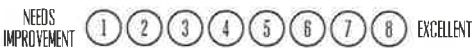
Some suggested growth steps:

Essential Habit #7 | Serving God & Others

Believers serve Christ and others

An active life of service isn't an option as a believer. Jesus is the ultimate servant, so our motivation to serve comes from his example. Service is a form of sacrifice, giving, and self-denial, which Jesus models for us. We are called to serve Christ, as well as other people.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:

Essential Habit #8 | Sharing about God

Believers share about God

The Bible commands us to spread the Gospel and tell others about Jesus. Believers learn how to share the Gospel and how to give a testimony. Even if it's hard or uncomfortable, we should be on the lookout for opportunities to share the Gospel and then take action by courageously pointing those around us to Jesus.

How well are they incorporating this habit into their walk with Jesus?



Share how you see them living out this habit:

Some suggested growth steps:



PRAYER METHODS TO PRACTICE

LEARNING HOW TO PRAY

You're a new believer, and one of the most important essential habits is learning how to pray. Just like any other relationship, communication is a critical part of maintaining and growing the relationship. It's no different with God. We communicate with him through prayer. Prayer is basically talking with God—thanking and praising him, confessing our sins, asking him for help, and pouring out our hearts to him.

Especially when we're just getting to know God, prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. These prayer methods help by guiding you through prayer in a variety of ways and reminding you that prayer isn't only just asking God for things we need. They're a great place to start. But they're not the only way to pray! As you get more comfortable with prayer, you can customize these prayer methods or discover new ones. The important thing is that you continue to consistently communicate with God through prayer!

ACTS PRAYER

The ACTS Prayer Method guides you toward a complete process of prayer. Instead of sharing your wish list of things you want from God, praying through the different categories will help you focus on the various aspects of prayer, all of which are important. See how God changes your heart as you praise him, confess to him, thank him, and finally ask him for what you need.

Pray through the following:

Adoration: Praise God for who he is

Confession: Confess your sins before God

Thanksgiving: Offer thanks for God's gifts

Supplication: Present your requests to God

ARROW PRAYER

Arrow Prayers are short prayers you can "send up" to God when you need to remember he's there. In Nehemiah 6:9, enemies try to convince Nehemiah that he's too weak to do God's work, so he prays, "God, strengthen my hands." This is a great arrow prayer: short, simple, and connected to an immediate need. Because Arrow Prayers are quick and direct, they're a great method to use when you're facing a challenge or in the middle of something difficult. You can plan them ahead of time so you're prepared when a challenge comes or you can think of them in the middle of the difficult situation and pray right then and there.

PRAYER SQUARE

A Prayer Square challenges you to name individuals or situations you want to pray for and list specific prayer requests. Commit to praying for these individuals or situations for a week or month, and then return to your list to see how God has answered those prayers. This is a great method to use when you have specific people or situations to pray about over a length of time.

Use this square to record your prayers for specific people and situations:

Name/Situation:	Name/Situation:
Name/Situation:	Name/Situation:

List three daily situations (e.g., struggles, interactions, or things you're thankful for). Write a short prayer for each. Pray them each day this week, and see if you remember God's presence more than you did before.

SITUATIONS

ARROW PRAYERS

THE BIBLE 101

As you've already experienced and know, the Bible is God's Word—it tells us where we came from, the big story of redemption, and it guides us in our everyday lives. And as you mature/grow as a believer, it's a great goal to get to know God better by reading every book. But it can also seem pretty overwhelming to know where to start. Below is a chart that has all the books of the Bible (there's 66!) and the way many Bible scholars group them together. In each group, we also included a list of key stories, people, and verses to start reading. The good news is that you probably know more than you think!

THE HOLY BIBLE

OLD TESTAMENT (39 BOOKS)

These books are mostly about God's relationship with the Israelites (his chosen people). This relationship gives us insight into who God is, how consistent and faithful he is (even when we are not), and how to follow him. These books tell a story that builds up to the entrance of a new leader (hint: Jesus) that will restore and redeem (or save) the world.

THE LAW	OT HISTORY	POETRY/ WISDOM	PROPHETS	
Genesis Exodus Leviticus Numbers Deuteronomy	Joshua Judges Ruth 1 Samuel 2 Samuel 1 Kings 2 Kings 1 Chronicles 2 Chronicles Ezra Nehemiah Esther	Job Psalms Proverbs Ecclesiastes Song of Solomon	Isaiah Jeremiah Lamentations Ezekiel Daniel Hosea Joel Amos Obadiah Jonah	Micah Nahum Habakkuk Zephaniah Haggai Zechariah Malachi

THE OLD & NEW TESTAMENTS

The Bible is made up of many books and many authors, and it's split into 2 main sections: The Old Testament and the New Testament.

THE HOLY BIBLE

NEW TESTAMENT (27 BOOKS)

Enter Jesus, the leader we've all been waiting for! The New Testament books are primarily about Jesus; his birth, life, death, resurrection, and followers (that's you!).

GOSPELS

Matthew
Mark
Luke
John

ACTS (NT HISTORY)

Acts

EPISTLES

Romans
1 Corinthians
2 Corinthians
Galatians
Ephesians
Philippians
Colossians
1 Thessalonians
2 Thessalonians
1 Timothy
2 Timothy

Titus
Philemon
Hebrews
James
1 Peter
2 Peter
1 John
2 John
3 John
Jude
Revelation

AND NOW FOR THE GROUPS OF BOOKS...

THE LAW

These contain the earliest accounts of God's relationship with the world in general (starting with Creation) and with his chosen people (the Israelites). They also tell how his people could be in relationship with him and worship him.

You might be familiar with some of these passages. Keep track as you read:

- The Creation Story (Genesis 1–2)
- The Parting of the Red Sea (Exodus 14)
- Noah's Ark (Genesis 6–9)
- The 10 Commandments (Exodus 20)

DIG A LITTLE DEEPER

Check out Genesis 1–2, the Creation story, and ask yourself:

- What do these verses tell me about God?

- About myself?

- About Creation?

DID YOU KNOW?

Moses (the author of these books) lived to be 120 years old!

OT HISTORY

A history of what happened with the nation of Israel before Jesus was born. Through many different stories, people, and historical events, these books give us pieces of the larger story that showcases God's faithfulness and his incredible patience and our need for a savior.

You might be familiar with some of these passages. Keep track as you read:

- The Walls of Jericho tumble down (Joshua 6)
- Israelites enter the Promised Land (most of Joshua)
- David and Goliath (1 Samuel 17)

DIG A LITTLE DEEPER

Check out Joshua 1, and ask yourself:

- What does this tell me about God?

- What does this tell me about what's important?

DID YOU KNOW?

King David was Israel's greatest King, and also in Jesus' genealogy.

POETRY/WISDOM

You guessed it. These books are collections of poetry, songs, and wise sayings about God and his people. They also give us a glimpse of how/when we can interact with God—in song, through prayer, in every circumstance, with all our emotions, and more!

You might be familiar with some of these passages. Keep track as you read:

- "The Lord is my shepherd, I shall not want." (Psalm 23) "Be still and know that I am God." (Psalm 46)
 "As iron sharpens iron, so one man sharpens another." (Proverbs 27:17)

DIG A LITTLE DEEPER

Check out Psalm 51 (aka The Sinner's Psalm). King David wrote this after he majorly messed up by having an affair with Bathsheba. Ask yourself:

- What does this tell me about sin?
- What does this tell me about God's forgiveness?

DID YOU KNOW?

A famous father-son duo wrote most of the books in this group. King David wrote over 70 Psalms and his son, Solomon, wrote 2. Solomon also wrote Proverbs, Ecclesiastes, and the Song of Solomon (obviously). God's wisdom ran in this family—David was one of Jesus' earthly ancestors!

PROPHETS

The prophets tell us in all kinds of amazing ways the uniqueness of God's relationship with the Israelites and what it tells us about his redemption plan for all humanity. These books are usually separated into Major or Minor lists—in other words, long books and short books.

You might be familiar with some of these passages. Keep track as you read:

- Jonah and the big fish (the book of Jonah) Daniel in the Lion's Den (Daniel 6)
 Shadrach, Meshach, and Abednego in the fiery furnace (Daniel 3)

DIG A LITTLE DEEPER

Check out the book of Jonah. It's a short read and an incredible story. Ask yourself:

- What does this tell us about God?
- About obedience?
- What happens when we turn away from sin and follow him?

DID YOU KNOW?

Prophets had a hard gig. As part of their job, they got to remind people about God's promises. But they also passed along God's warnings, often confronting people about their sin.

THE GOSPELS

This is where the New Testament starts, and Jesus enters the story. The first four books of the New Testament are known as the Gospels, which means "Good News." They're named after the guys who wrote them, and they tell us about Jesus' birth, life, death, and resurrection from four different perspectives.

You might be familiar with some of these passages. Keep track as you read:

- The Birth of Jesus (Luke 2)
- Jesus' Death and Resurrection (John 19 & 20)
- Jesus (and Peter) walks on water (Matthew 14:22–33)
- Jesus raises Lazarus from the dead (John 11)

DIG A LITTLE DEEPER

Check out the book of John. If you're a new Christian, this book is the place to start. Read a chapter a day and get to know Jesus in a really unique way as one of his closest friends (the disciple, John) tells you about him. While you read:

- Keep track of the times Jesus says, "I am..."
What does this tell you about Jesus?
- What do you learn about the Holy Spirit (what Jesus called him, where he came from, etc.) in John 14, 16, and 20?

DID YOU KNOW?

The Gospels are packed full of Jesus' miracles and ministry. BUT, the very last verse of the last Gospel tells us "Now there are also many other things that Jesus did. Were every one of them to be written, I suppose that the world itself could not contain the books that would be written." (John 21:25)

ACTS (NEW TESTAMENT HISTORY)

The book of Acts is a sequel to the Gospel of Luke. It carries the story from Jesus going back to heaven and into the very beginning of the church. The church you go to now got its start from these pages—when a small group of disciples began the greatest movement in history as they began telling the world about their Savior, Jesus.

You might be familiar with some of these passages. Keep track as you read:

- Jesus goes back to heaven (Acts 1)
- The very first church gets its start (Acts 2:42–47)
- The Holy Spirit comes upon the church (aka Pentecost) (Acts 2)
- Stephen was the very first Christian martyr (someone who died because their faith) (Acts 7)

DIG A LITTLE DEEPER

Check out Acts 9:1–31, where Paul the murderer of Christians becomes Paul the Apostle who leads many to Jesus. Ask yourself about how Paul's life was different before and after this moment.

- How is it similar or different to your life before & after becoming a believer?

DID YOU KNOW?

After Jesus returned to heaven, the 11 remaining disciples (since Judas had betrayed Jesus and then killed himself) filled Judas' spot with Matthias.

THE EPISTLES (AKA LETTERS)

The Epistles are made up of 22 books in the New Testament. 13 of them are written by Paul (yes, the same one who used to murder Christians before he became a believer) and they are letters written to churches in different cities (the book name is often the name of the city). The other 9 Epistles are written by different authors (like Peter and John) to a broad group of Christians. The Epistles are a great place for New Believers to start reading since they were written to churches that had SO MANY new believers in them!

***Special note:** Revelation is the last book in the Bible, and even though it's an Epistle, it is very different than the rest of them. It's a letter from John, written to seven churches about the end times and when Jesus returns. Around Christmas time, you often hear the *Hallelujah Chorus* (from Handel's *Messiah*), which is based on several verses from this book!

You might be familiar with some of these passages. Keep track as you read:

- "Love is patient, love is kind..." (you hear this a lot at weddings) (1 Corinthians 13)
- "Therefore, if anyone is in Christ, he is a new creation." (2 Corinthians 5)
- The Hall of Faith (an incredible list of people who sacrificed everything for God) (Hebrews 11)
- "Don't let anyone look down on you because you are young, but set an example..." (Paul's words to his mentee) (1 Timothy 4)

DIG A LITTLE DEEPER

Check out James. It's one of the shorter epistles (just 5 chapters) and great for a week of Bible Study. James is a super practical, to-the-point, book. Try out your favorite Bible Study Methods that you've learned in this journal (5P, OPA, SPECK, Newspaper) and read one chapter a day this week.

DID YOU KNOW?

The Epistle James was written by Jesus' half-brother. Could you imagine growing up with Jesus?

THE END

It's pretty incredible that we have access to the words of the One who created the universe! Don't take it for granted. Build your relationship with God by reading some of his Word every day—even if it's just 5 minutes. God's Word has radically changed lives. Let it change yours, too!

"BELIEVE IN THE LORD JESUS, AND YOU WILL BE SAVED..."

ACTS 16:31 (ESV)

All it takes to start following Jesus is simple faith. And once you become a follower of Jesus, you immediately know exactly how to live in this new way, right?

Wrong. Following Jesus and living for him isn't always easy. It takes practice and patience to learn how to live as a Christ-follower. Every believer learns to develop ways of living that will help you mature in your faith, make you more like Jesus, and grow a deeper relationship with God.

You don't have to try to figure all this out on your own. Following Jesus is full of constant learning and growing. The good news is that Jesus is the best Guide and Friend, who is always right there with you, helping you as you grow more like him.

I Am New focuses on eight essential habits of believers. Each week has several days of *Bible Studies* (and Bible study methods), *challenges*, *thought-provoking experiences*, *hard questions*, and the *Marks of a Disciple*.

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- *Serving God and Others: Humbling ourselves in service*
- *Sharing about God: Telling others about the Gospel*

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