

YOUR NEW **LIFE** WITH **JESUS**



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YOUR NEW LIFE WITH JESUS

By Lawrence Khong

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Introduction

“Your New Life with Jesus” has been specially designed to help you begin your new relationship with Christ. The lessons in this book will equip you for the early stages of your Christian life. You will need other believers to help you through your walk with God as the lessons on Christian living are not just taught but must be caught as they are lived out in the lives of the believers around you. The lessons also involve spiritual formation where character development patterned after Jesus Christ takes place.

How to Get Started

1. Get a Bible

The Bible is the most important book in your new life. It can be considered the “user’s manual for life”. It is the Word of God. Purchase a copy and begin to be acquainted with it. The New International Version (NIV) Bible is very readable and is being used by many Christians. If you need help to get a copy, your consolidator will assist you.

2. Partner with a Consolidator

These lessons are best studied with a consolidator. A consolidator is a person who has been a Christian for a while and functions as a guide to help you develop good habits in Christian living. He will provide accountability to help you grow steadily. He will also introduce you to the open cell to which he belongs. In the open cell, you will meet other believers who can help you understand what it means to be a Christian. The open cell is the place where you can grow.

3. Schedule a Weekly Meeting

Over six weeks, meet with your consolidator weekly to discuss what you have learnt from each lesson. Though the lessons in this book can be read in a few hours, learning to live the Christian life is a process that takes time. It involves internalising a lifestyle of following Jesus. Meeting up with your consolidator to discuss each lesson will allow the truth in each lesson to be individualised for you and your life circumstances. Do make it a priority to meet weekly.

4. Read this Book

Each lesson begins with a portion of teaching from the Bible. Read and ponder over it. The second portion is an application section which contains some questions that will help you apply the teaching to your life. Take time to think through the questions and answer them as honestly as you can. There are no right or wrong answers to the questions. Note down questions you may have on the teaching and discuss them with your consolidator during the weekly meeting. All verses quoted in this book are in the New International Version (NIV) unless indicated otherwise.

5. Memorise the Scripture

Memorising the Scripture is one way to hide God's Word in your heart. These memorised verses will help you when you need them, even when you do not have a Bible within reach. The process of memorising verses involves daily review. Use the Scripture Memory Cards at the centrefold of this book to help you review the verses. Carry them with you so you can review the verses at any time. Initially, you may not be used to the process of memorising verses, but with a little patience and diligence, you will get the hang of it and find memorising verses beneficial.

LESSON 1

Your New Relationship with God



In the same way you experienced physical birth when you came into this world, you will experience a spiritual birth when you receive Jesus Christ into your heart as your Lord and Saviour. With this new birth, you are now a new creation with a new life in Jesus. The Bible tells us in 2 Corinthians 5:17, “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”

“Yet to all who received him, to those who believed in his name, he gave the right to become children of God — children born not of natural descent, nor of human decision or a husband’s will, but born of God.” John 1:12-13

Being a Christian also means having a living relationship with the living God. According to the Bible passage above, when you made the choice to receive Jesus as your Lord and Saviour and believe in His Name, you have become a child of God.

God is now your Father!

Isn't that awesome!

The God who created the universe is now your Father. “Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “*Abba*, Father.” So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.” Galatians 4:6-7

It is amazing how the simple act of inviting Jesus into your heart can result in such a privileged status! According to the passage above, you can now call God “*Abba*” or “Father”. Being able to address God as Father indicates that this is not a formal relationship based on a set of “dos” and “don’ts”. Instead it is a personal relationship that allows free and spontaneous access to Him.

In Revelation 3:20, Jesus says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.”

In order to understand this verse more fully, we need to know a little of the culture behind this verse. Eating during the time of the Bible is not like what it is today. It was usually a drawn-out affair where they would sit on the floor and recline on pillows around a low table. The relaxed atmosphere made meals a time to enjoy the food and a time to converse with one another around the table. They would share their hearts and their lives with those who sat at the table. Therefore, when Jesus says, He will eat with you, it implies close friendship and intimacy.

This new relationship with God is like no other relationship you have had before. It is a relationship of extravagant love from God. All He asks for is your willing response to Him. You will learn more about how to develop this relationship in the next few lessons.

APPLICATION SECTION

Memorise John 1:12-13

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

Initially this process may seem tedious and cumbersome. However, with time, you will appreciate the value of memorising in this manner as it will help you retain the verse better. With practice and time, this process will become easier.

“Yet to all who received him, to those who believed in his name, he gave the right to become children of God — children born not of natural descent, nor of human decision or a husband’s will, but born of God.” John 1:12-13

Questions To Think About

The Scriptures say that you are “a new creation, the old has gone, the new has come!” Identify some newness that you have experienced since you received Jesus as your Lord and Saviour.

Do you have a good relationship with your father? Why or why not? What type of relationship would you like to have with God, your Heavenly Father? What do you think you should do to develop this relationship further? How do you think you can get to know God better?

Start reading the Gospel of Mark on a daily basis and you will begin to know more about Jesus and what He taught and did. You will find a **Suggested Bible Reading Guide** in the **Appendix**. It would be good to write down the lessons learnt in the spaces provided or in a little notebook. This is a good discipline to develop, as it will enable you to recollect precious lessons taught by the Lord.

Would you like to tell someone close to you about your new relationship with God? Just tell him or her that you have become a Christian and what it means to you. Write down the response of this person and share how you felt about the experience with your consolidator.

LESSON 2

Building Your New Relationship – The Daily Devotional



Strong father-son relationships do not happen overnight. They have to be cultivated with love and time. In like manner, your relationship with God needs to be cultivated too. Though God knows you very well, relating with God is a new experience for you. Therefore, in order to know Him, you must first make a decision to set aside time daily to know Him.

Building your relationship with God is an investment. It needs to be a daily process. The more you put in, the more you will get back. It will take effort, commitment and a willingness to obey and change as He guides you.

For any relationship to grow there must be two basic elements: time and communication. You need to set aside time every day to communicate with your Father. We call this personal time spent alone with God “The Daily Devotional”.

Meaningful communication must be a two-way experience of talking and listening. This week, we will learn about God talking to you and you listening to Him. Next week, we will consider the reverse, that is, you talking to Him and He listening to you.

Let us begin! How does God speak to us?

One of the ways God speaks to us is through the Bible. The Bible is God’s voice speaking to us in a book. The Bible consists of 66 books, 39 of which form the Old Testament and 27 form the New Testament. The Bible was written over a period of 1600 years (about 1500 B.C. to 90 A.D.) by at least forty different people under the direction of the Holy Spirit. “For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.”
2 Peter 1:21

Despite the diversity of authors and the wide span of time through history, the theme of the books in the Bible is amazingly consistent. God reveals Himself and His relationship with us through the Bible. This is the best book to learn more about God and ourselves and how we ought to respond to our life circumstances.

**“Blessed rather are those who hear the word of God and obey it.”
Luke 11:28**

How then do I go about having a daily devotional?

1. Start with a Prayer

Always start your daily devotional with a prayer, inviting the Holy Spirit to help you know the Lord. Below is an example of such a prayer:

‘Lord, open the eyes of my heart that I may see and know You.
Open the ears of my heart that I may hear and obey You.’

2. Open to the Bible passage

This is how you find the location of a Bible reference:

For example, for the reference **John 3:16**, ‘**John**’ refers to the book of the Bible, the number ‘**3**’ refers to the chapter, and ‘**16**’ refers to the verse. You will be able to find the location of the book from the Table of Contents in your Bible. After you have turned to the book, you can find the chapter and verses you are looking for.

Once you have found the passage for the day, read through the passage silently to understand it. Read it a second time and ask the following questions:

- a. What does this passage say about God?
- b. What does this passage teach about Christian living?
- c. What does God want me to do?

Here is an example of what could happen if you are reading Mark 8:2-3.

“I have compassion for these people; they have already been with me three days and have nothing to eat. If I send them home hungry, they will collapse on the way, because some of them have come a long distance.” Mark 8:2-3

a. What does this passage say about God?

It tells me that Jesus is a compassionate and considerate person. He is even concerned with the mundane things in life, like our hunger and the food we need.

b. What does this passage teach about Christian living?

God wants me to think of the people around me the way Jesus does, that is, to have consideration for the mundane things in their lives - what they eat and what they wear.

c. What does God want me to do?

He wants me to show consideration to the migrant workers who clean the areas around my block. I should appreciate them for the hard work they put in. I could acknowledge them with a smile or a ‘thank you’ whenever I meet them. I could also buy drinks or food for them to appreciate them.

3. Listen to God as you read the passage

Listening to God is a vital part of the Christian life. Perhaps you are wondering how you would know when God speaks to you. Most of the time God does not speak in an audible voice. When God speaks to you, He usually speaks in your heart through the Holy Spirit.

“We know that we live in him and he in us, because he has given us of his Spirit.” 1 John 4:13

God often says things that you would not have thought of yourself. When He speaks, He always suggests good things. He never tells you to do anything bad. He never says anything to you that contradicts the Bible.

God's voice within your heart usually flows spontaneously in a light and gentle manner as words, a thought, an idea, a feeling, an impression, or a vision. He may speak to you about Himself, about you or about others. You may hear Him telling you, 'I love you' and then sense His love flooding your heart. Or He may say, 'Do not let your heart be troubled. Trust in Me,' and then you sense His peace. Or He may say, 'Talk to John about Me.' Or He may bring to your mind a Scripture that addresses a problem you are facing.

While God speaks to you primarily through the Bible, His written Word, He also speaks to you through circumstances, people, and even dreams. Pen down whatever is said to you in a notebook. Share what you have written with your consolidator and he will help you discern if you have heard from God.

Do not be discouraged if you think you cannot hear God initially. Just keep giving yourself opportunities to listen to Him. As you learn to listen to God's voice more and more, you will grow to know how to recognise His voice more easily and more quickly.

APPLICATION SECTION

Memorise Luke 11:28

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

**“Blessed rather are those who hear the word of God and obey it.”
Luke 11:28**

Review Memory Verses: John 1:12-13

Take out your Scripture Memory Card and review the verses you memorised last week. Recite them to your consolidator so that he can help you ensure you have memorised the verses accurately.

Questions To Think About

As you follow the *Suggested Bible Reading Guide* for your daily devotional and use the questions suggested in this lesson, how have they benefitted you? What new things have you learnt about God, your Father? Is there anything you do not understand or need clarification? Write them down for your discussion with your consolidator.

Do you have any problem obeying the Word of God? If so, write down your struggles to share with your consolidator. If not, share some positive experiences as a result of your obedience.

Your New Life with Jesus

Would you like to tell someone close to you about the benefits of reading and obeying the Word of God? Just tell him the new truths you have learnt since you started reading and obeying His Word.

LESSON 3

Building Your New Relationship – Prayer



“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” John 16:24

We have considered how in building your relationship with God, you need to read the Bible daily and allow Him to speak to you. In this lesson, we will look into the aspect of talking to God. Having regular two-way communication with God will help you build a strong and healthy relationship with Him. However, if you find this idea of talking with God intimidating, do not worry because God delights to hear from you.

Prayer is simply talking with God. You can talk to Him at any time of the day, in any posture, in any place and for any reason. Just talk to Him in your own words, like how you would talk to your best friend. Be like a little child and talk to Him about what is going on in your life. Tell Him the good news and the bad news. Just tell Him as it is. He will be listening to you all the time.

If you feel unsure about how you ought to approach God in prayer, use the acronym **ACTS** to help you.

Adoration

“A” stands for adoration. Adoration is offering words of love and praise to God. This is the time for you to tell God what He means to you and how much you love Him. This is not the same as Thanksgiving, where you thank God for all He has done. But it is a time to tell God how majestic and glorious He is. If you are married or have a boyfriend or girlfriend, you would know the importance of regularly saying, “I love you” to your partner. Expressing praise to God is a form of worship and

the Bible tells us to worship God all the time.

“I will extol the LORD at all times; his praise will always be on my lips.”
Psalm 34:1

Worship God for who He is. Worship God by speaking praises or singing praises to Him. Make it a habit to begin your day with worshipping God. If you need help, turn to the book of Psalms. It consists of many chapters of praise and adoration.

Confession

“C” stands for confession. Confession is about admitting our weaknesses and our sins. Sins that are not confessed create a barrier between you and God and can hinder your prayers. “If I had not confessed the sin in my heart, the Lord would not have listened.”
Psalm 66:18 (NLT)

Begin by confessing your sins to Him. Come humbly and honestly before God to admit your failings. Ask God to bring to mind any sin you may not be aware of, so that you can confess and repent.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9

Do not give a general statement of asking for forgiveness. Take time to recall the specific sins and confess them individually. An example of confession is a statement like, “God, please forgive me for lying to my mother about...”

Thanksgiving

“T” stands for thanksgiving. This is the time to thank God for all the things He has done for you. You may begin with the basics like family, friends, food, finance, career, health, etc. Thank Him also for hearing your prayers and for forgiving your sins. Giving thanks shows that you appreciate His work in your life.

Follow the Apostle Paul’s teaching by “...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”
Ephesians 5:20

Learn to give thanks to God for all the circumstances in your life, whether they be good or bad, for God has promised "...that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28

Supplication

"S" stands for supplication, which means "asking for something". For many people, prayer is only asking for help and for the things you need. Telling God your problems and asking Him for help is an important aspect of prayer. However, do remember that God is not your errand boy to do your bidding. Neither is He an ATM that dispenses what you need whenever you want it.

When you are faithful in the first three steps of adoration, confession and thanksgiving, this last step of supplication will likely not degenerate into a spiritual shopping list. As you ask for your needs, do remember to ask God for the needs of others. Be specific in your prayers. Instead of asking God to bless you and your family, you can, for example, ask God to help your daughter to improve in her school work by helping her to be attentive in class and to give her an understanding and conscientious teacher. Tell Him honestly and freely, exactly how you feel and what you need. Even though Jesus tells us in Matthew 6:8 that "...your Father knows what you need before you ask him", this does not mean you do not have to ask. Instead it means you can tell your Father your needs with confidence as He already knows about them.

In 1 Peter 5:7, God invites you to cast all your anxiety on Him because He cares for you.

If you do not know what to ask God for, you can ask God to help you grow in your walk with Him. You can also start praying for your family members to accept Jesus Christ as their Lord and Saviour.

Remember that prayer is an act of communing with God for the purpose of developing your relationship with Him. Honest, direct communication is a key part of any relationship. Therefore, pray as often as you can, for the Bible encourages us to “be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:16-18

Apart from the ACTS acronym that can be used to help you pray, God has also given you a special prayer language to help you pray. This gift of a special prayer language helps you whenever you run out of words in your prayer. The Holy Spirit will give you words that are different from your own, to speak to God. The Bible calls it “speaking or praying in tongues”. Jesus says in Mark 16:17 that those who believe in Him “...will speak in new tongues”.

You may not understand what you are praying when you pray in tongues. But the Lord, who gives you the language, understands it. If you do not know how to pray in tongues, ask your consolidator or cell leader to pray for you to receive the prayer language.

APPLICATION SECTION

Memorise John 16:24

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” John 16:24

Review Memory Verses: John 1:12-13 and Luke 11:28

Take out your Scripture Memory Cards and review the verses you have memorised so far. Recite them to your consolidator so that he can help you ensure you have memorised the verses accurately.

Daily Devotional

Continue to read from the Gospel of Mark from the *Suggested Bible Reading Guide* for your daily devotional and write down what you have learnt from the Lord.

Write a prayer using the ACTS acronym.

Adoration:

Confession:

Thanksgiving:

Supplication:

Questions To Think About

Do you find it easy to pray or do you have difficulty in praying? Write down the benefits you have experienced from praying or the struggles you may have in praying.

Has God answered any of your prayers thus far? Write down some of the answered prayers and share these answered prayers with a friend. Take the opportunity to give praise to God by telling a friend how God has been faithful in answering your prayers.

LESSON 4

Your Relationship with God's Family – The Church



You have learnt that you are a child of God because you have accepted Jesus Christ as your Lord and Saviour. Since you are now a child of God, you are also part of the family of God. The church is the family of God. The church is not a building but a gathering of people. The basic meaning of “the church” is “a people holy and set apart from the world”.

The church is more than the weekly worship service. In Faith Community Baptist Church, attendance at open cell meetings is just as important as attendance at the weekly worship services. An open cell is a small group of Christians who meet on a regular basis to build up one another and to reach out to those who do not know Jesus. The open cell meeting is usually held in an informal setting, like members' homes or offices.

An open cell exists for three primary purposes:

- A. Edification – For building up of one another
- B. Evangelism – For reaching out to others
- C. Equipping – For mentoring of ministry skills

God never intends for you to be a Christian on your own because it is difficult to live the Christian life in isolation. Living in a community has always been God's agenda. What better place to learn to live in a community than in an open cell. On a weekly basis, there will be opportunities to get to know one another better, to discuss what the Bible teaches, to pray for one another's personal needs and also to reach out to others who need to hear of God's goodness. Your commitment to attend the open cell regularly and to participate actively will help you to grow in your walk with God. Therefore, being part of an open cell is vital for your growth in God's family. In Hebrews 10:24-25, the Word of God warns us against a lack of commitment towards meeting together with His people.

**“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.”
Hebrews 10:24-25**

Therefore, make it a high priority in your life to attend the weekly worship service and the open cell meeting. If you are a family person, be committed to the open cell as a family.

Everyone in an open cell is a valuable member. No matter how new you may be in the Christian faith, everyone can play a part in contributing to the growth of other cell members. On top of receiving His blessings through others in the open cell, God also wants you to be a channel of His blessings to others. The Holy Spirit has given you spiritual gifts that you may exercise to minister to others in the open cell.

The Holy Spirit may give you a word of encouragement for the open cell or a word about the condition of someone in the cell, be it physical, emotional or spiritual. You can also contribute to your open cell by helping the cell members in practical ways, like giving someone a ride in your car; or providing refreshments for the meeting, etc. Finally, you can also help to consolidate a new believer just like you are being taken care of now.

God’s desire is for “...all men to be saved and to come to a knowledge of the truth.” 1 Timothy 2:4. God wants to use everyone in the open cell to share the good news of God’s salvation to those who do not know Him.

Together, you and the other members of the open cell can be God’s channel of blessings to your pre-believing family members, relatives and friends. Reach out to them with God’s love as an open cell.

As an open cell you can pray for the salvation and needs of those in your circle of contact. You can invite them to your open cell or invite the cell to visit your family so that the other cell members and your pre-believing family members can get to know one another.

APPLICATION SECTION

Memorise Hebrews 10:24-25

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

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

Hebrews 10:24-25

Review Memory Verses: Luke 11:28 and John 16:24

Take out your Scripture Memory Cards and review the verses you have memorised in the last 2 weeks. Recite them to your consolidator so that he can help you ensure you have memorised the verses accurately.

Daily Devotional

Continue to read from the Gospel of Mark from the *Suggested Bible Reading Guide* for your daily devotional and write down what you have learnt from the Lord.

Questions To Think About

Find out from your cell leader and a cell member what the open cell means to them.

Cell Leader:

Cell Member:

What are the benefits of attending the worship service and an open cell?
What are some challenges you may face in attending both the worship service and the open cell?

Have you attended a worship service? Write down what you learnt at the last worship service.

LESSON 4: Your Relationship with God's Family – The Church

Try inviting your friends to the church or the open cell. Write down their names and start praying for them.



LESSON 5

Your New Life – Victory over Your Sins



Having accepted Christ for a few weeks now, you must have experienced the wonderful cleansing power of His blood, which was shed on the Cross for you. However, do you also notice that though you have experienced an overwhelming freedom and release from the bondage of sin when you accepted Christ, you sometimes still feel tempted to return to the old sinful patterns of thinking and behaviour? At times, you may have wondered why this is so even though you are now a child of God, a new creation and supposed to be freed from sins.

Sin is a perpetual problem in our lives because we are sinners. Though our sins are already forgiven at the Cross we need to know that we have a nature that is bent towards sin. Because of this, sin is able to exert its strong influence on us in our thoughts, our will, our emotions and our affections. Battling with sin is an internal struggle and will be something we have to deal with for the rest of our lives. However, take heart, Jesus Christ has the solution to this problem when He defeated sin at the Cross. This lesson will provide you with practical handles to overcome the sins in your life.

Sin is more than lying, cheating, adultery or murder. Sin springs from an attitude of active or passive rebellion against God, an inner selfish nature that chooses to disobey God by putting our own desires first. The Bible traces this bent in our human nature all the way back to Adam and Eve who were the first humans to sin against God.

Sin is powerful and it is within us. It is interwoven with everything in our lives and shows itself in moral weaknesses and sins of various kinds. On our own, we will never succeed in overcoming sin in our lives. Having a sinful nature is but one factor we have to contend with daily. We also have a spiritual adversary, Satan, and his demons, who are working hard, 24/7, to tempt us into sin. Even Jesus was tempted by Satan and his demons when He was on earth as a man.

Thanks be to God who has not left us powerless against Satan! When you accept Jesus as your Lord and Saviour, the Holy Spirit comes to live in you, as stated in Ephesians 1:13 (NLT): “And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.”

How then can we conquer sin daily?

Step 1 - Rely on the Holy Spirit

1 John 5:4-5 tells us “for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.” Hence as a believer you can overcome sin. However you need the Holy Spirit in order to do so.

“But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” John 14:26

“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”
1 John 4:4

Are you not encouraged by these promises that you are on the winning team? Invite the Holy Spirit to empower you each day to overcome sin.

Step 2 – Resolve to obey God’s Word

The Psalmist in Psalm 119:9-11 states:

“How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”

Memorising Scriptures is the first step towards hiding God’s Word in your heart. As you read the Word, meditate on it and obey it. The Word of God will transform your heart and you will become more

like Jesus. Slowly but surely, doing the things that please God will become second nature to you.

Loving the things of God and hating sin will also become the default setting of your heart.

“But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.” Romans 6:17-18

Step 3 – Resist the Devil

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.” 1 Peter 5:8-9

This passage tells you that there is an external force, the devil, prowling around like a lion, wanting to cause you to sin. Having this knowledge will help you to be alert towards his schemes. However, as you have learnt that Jesus has already defeated the enemy, you can take heart that the devil has no power in your life as “No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” 1 Corinthians 10:13. Therefore, always resist the temptation and stand firm in order not to sin.

“Therefore do not let sin reign in your mortal body so that you obey its evil desires.” Romans 6:12

In the meantime, as you are growing in spiritual maturity towards a renewed and transformed life, what can you do in the event that you sin? Take heart, the Lord already knows we will be in this position. Therefore He has provided a way out for us:

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9

There are 3 things you can do:

a. Confess your sins to God

To confess is to call a sin a sin and admit your failure. It requires you to take personal responsibility for your sins without giving any excuse or putting the blame on someone else.

b. Repent of your sins

The knowledge that God will always forgive when you confess your sins does not give you the licence to take your sins lightly. Repentance, the resolution to walk away from your sins, is the next important step. Confession without repentance is the same as remorse. It does not bring about a change in your heart. Such an attitude will not give you freedom from the hold that these sins have in your life.

c. Accept God's forgiveness and cleansing

Since God has promised in 1 John 1:9 that "...he is faithful and just and will forgive us our sins and purify us from all unrighteousness", you need to simply believe and receive this forgiveness. As a new believer, if doubt surfaces in your mind, and you wonder if God would require you to pay for your sins, remember the Cross. Jesus has paid for your sins at the Cross. All your sins - past, present and future - are already paid for. Therefore, the only other thing you can do as you receive His forgiveness and cleansing is to worship Him with a heart of gratitude.

APPLICATION SECTION

Memorise 1 John 1:9

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9

Review Memory Verses: John 16:24 and Hebrews 10:24-25

Take out your Scripture Memory Cards and review the verses you have memorised in the last 2 weeks. Recite them to your consolidator so that he can help you ensure you have memorised the verses accurately.

Daily Devotional

Continue to read from the Gospel of Mark from the *Suggested Bible Reading Guide* for your daily devotional and write down what you have learnt from the Lord.

Questions To Think About

As you read this lesson on “Victory over Your Sins”, what is the most difficult thing for you to do? List down an area of weakness that you would like to see victory in.

What is one new insight you have received from this lesson? How do you think you can use it in your daily life?



LESSON 6

Your New Life - Following Jesus Your Lord



If you examine your life closely, you will realise that there are many things in life that are not within your control. For example, you are not given a choice on your birth date, who your parents are, what your gender is, what the weather will be like today, what kind of colleagues you will have and the list goes on. Yet, you have been taught that if your life is out of control, it is because you have not taken charge of your own life. You know that no matter how hard you try, there will be many unforeseen interruptions or disruptions or surprises that will put your life into a tailspin.

What hope do you then have?

Being a Christian will change everything. Having Jesus in your life will bring security to your life as God is in control of everything. The Bible tells you in Colossians 1:16-18 that “For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.”

This passage tells you that Jesus is the Lord of everything in heaven and on earth. That means He is the Lord of the smallest atom to the largest galaxy! Whether you like it or not, accept it or not, want it or not, the fact remains that Jesus is Lord! Since He is Lord of everything, it makes good sense to let Him take charge and make Him the Lord or the ‘Boss’ of your life. You have nothing to lose when you give Him that right to your life.

What then does it mean to make Jesus your Lord?

Live for Jesus! It means to yield all control to Him and live according to what He tells you to do. It involves obedience, doing what the Holy Spirit prompts you to do, moment by moment. In John 14:15, Jesus says, "If you love me, you will obey what I command."

Do not be like many people who believe in Jesus but have no intention of obeying Him, especially when His instructions conflict with their own desire or convenience. Acknowledging Jesus as Lord requires commitment. It requires that you relinquish your personal preference for His, knowing that His instructions are for your well-being. Be like the Apostle Paul who says,

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." Galatians 2:20

"And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again."
2 Corinthians 5:15

The Bible also says in Jeremiah 29:11 - "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Rest assured that when you yield the control of your life to God, your life will have hope and a future!

The Lord cares for you more than you can ever care for yourself. He is committed to giving you the best in life and He is capable of doing it. There are many important areas in your life that you need to yield to the lordship of Jesus. They include your marriage, your family, your career, your goals, your plans, your time, your emotions, your mind, your money and your possessions. The statement, "Jesus is Lord" is the bedrock of the Christian faith. A question to always ask yourself is, "Do the decisions I make reflect that Jesus is Lord?" You need to realise that either Jesus is Lord of every aspect of your life or you are kidding yourself about your faith and love for Him.

Would you like to acknowledge Jesus as the Lord of your life? Read this prayer silently and if it is your heart's desire to acknowledge Jesus as Lord, say it out aloud to the Lord.

“Lord Jesus, I praise You because You are Lord. You are Lord over everything and there is absolutely nothing in heaven or on earth that is not under Your Lordship. Thank You for always wanting to give me the best. In fact, You’ve already given me the best when You gave Yourself by dying on the Cross for me. For this reason, Lord, I belong to You, and I owe all of my life to You. I commit my life to You so that You may be my Lord. Fill me with the knowledge of Your will in all spiritual wisdom and understanding so that I may walk in a manner worthy of You. Give me Your grace and strength to follow You faithfully every day. Thank You, Lord. Amen.”

Now that you have acknowledged Jesus' lordship in your life, here are two practical ways to demonstrate His lordship in your life.

A. Be Baptised

Jesus has commanded the church in Matthew 28:19, “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” You have become a disciple of Jesus by committing yourself to follow Him and making Him your Lord. Your first step in obeying Jesus is to obey this command to be baptised. Water baptism is an outward expression of the spiritual change that has taken place when you accepted Jesus as your Lord and Saviour. It represents your death and burial with Christ, and your being raised with Him in His resurrection to a new life. Baptism is your testimony to the public that you have made a choice to live a life of obedience to the Lord.

In order to understand more about water baptism, make plans to attend an Encounter Weekend. An Encounter Weekend is a retreat where you will have a wonderful experience of coming face to face

with God. During this weekend you will have the opportunity to allow the Holy Spirit to set you free from your past negative experiences. It is also here that you will learn more about the baptism of the Holy Spirit and God's vision for your life. To prepare yourself for the Encounter Weekend, make sure you go for the Pre-Encounter first.

B. Tithe Regularly

Tithing is the practice of giving a tenth of your income to God. The word 'tithe' means "tenth" or "tenth part" in Hebrew. As a disciple of Jesus, tithing is an expression of your gratitude to God for all that He has done to redeem you, and for all that He has provided for your life. It is also an expression of your trust in the Lord to continue providing for your needs.

The Bible commands us to tithe. "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it." Malachi 3:10

There are three reasons for tithing. Firstly, tithing is your way of acknowledging that God owns everything in your life. Secondly, tithing indicates outwardly that your heart is committed to God. The Bible tells us in Matthew 6:21, "For where your treasure is, there your heart will be also." Finally, tithing is your way to thank God for providing all your needs.

It is simple to tithe. You just give back 10 percent of what you earn to the church to which you belong. It should be done out of joy. When you lovingly give in this attitude, the abundance of God will start to come to you in many ways.

Above all, tithes should be given with a pure motive and an attitude of worship to God and service to the body of Christ. “Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Corinthians 9:7

APPLICATION SECTION

Memorise Galatians 2:20

Begin by reading aloud the verse five times. Break the verse into short phrases and recite each phrase until you can recall it accurately. Then add on the next phrase until you have both phrases word perfect. Proceed to add on the ensuing phrases until you have completed the whole verse. Do not forget to include the reference of the verse in the process of memorising the verse. As you memorise the verse, also meditate on the meaning of the phrases you are reciting. This will make memorising Scriptures more meaningful.

“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” Galatians 2:20

Review Memory Verses: Hebrews 10:24-25 and 1 John 1:9

Take out your Scripture Memory Cards and review the verses you have memorised in the last 2 weeks. Recite them to your consolidator so that he can help you ensure you have memorised the verses accurately.

Daily Devotional

Continue to read from the Gospel of Mark from the *Suggested Bible Reading Guide* for your daily devotional and write down what you have learnt from the Lord.

Questions To Think About

What is your response to the command on water baptism? Write down the problems or questions you may have on water baptism and discuss it with your consolidator. Find out from your consolidator about the Encounter Weekend and make the decision to register for it.

I have made the decision to be baptised and will attend the next Encounter Weekend held on

Make the decision to begin tithing. Your consolidator will explain to you how to tithe.

APPENDIX

SUGGESTED BIBLE READING GUIDE

This Bible Reading Guide takes you through the Gospel of Mark over two months. It is designed to guide you in your Daily Devotional with God. Prayerfully read the Scripture for each day and in one sentence or two, write down the key lesson God is teaching you through the passage.

“Open my eyes that I may see wonderful things in your law.”

Psalm 119:18

“Give me understanding, and I will keep your law and obey it with all my heart.” Psalm 119:34

MONTH ONE		
DAILY SCRIPTURE READING AND KEY LESSON		
Day	Text	Lesson
1	Mark 1:1-8	
2	Mark 1:9-13	
3	Mark 1:14-20	
4	Mark 1:21-34	
5	Mark 1:35-39	
6	Mark 1:40-45	
7	Mark 2:1-12	

Your New Life with Jesus

Day	Text	Lesson
8	Mark 2:13-22	
9	Mark 2:23-3:6	
10	Mark 3:7-19	
11	Mark 3:20-30	
12	Mark 3:31-35	
13	Mark 4:1-20	
14	Mark 4:21-34	
15	Mark 4:35-41	
16	Mark 5:1-20	
17	Mark 5:21-24; 35-43	
18	Mark 5:25-34	
19	Mark 6:1-6	

Day	Text	Lesson
20	Mark 6:7-13	
21	Mark 6:14-29	
22	Mark 6:30-44	
23	Mark 6:45-56	
24	Mark 7:1-13	
25	Mark 7:14-23	
26	Mark 7:24-30	
27	Mark 7:31-37	
28	Mark 8:1-10	
29	Mark 8:11-21	
30	Mark 8:22-26	
31	Mark 8:27-38	

MONTH TWO DAILY SCRIPTURE READING AND KEY LESSON		
Day	Text	Lesson
1	Mark 9:1-13	
2	Mark 9:14-29	
3	Mark 9:30-37	
4	Mark 9:38-50	
5	Mark 10:1-12	
6	Mark 10:13-16	
7	Mark 10:17-31	
8	Mark 10:32-45	
9	Mark 10:46-52	
10	Mark 11:1-11	
11	Mark 11:12-14; 20-26	

Day	Text	Lesson
12	Mark 11:15-19	
13	Mark 11:27-33	
14	Mark 12:1-12	
15	Mark 12:13-17	
16	Mark 12:18-27	
17	Mark 12:28-34	
18	Mark 12:35-40	
19	Mark 12:41-44	
20	Mark 13:1-2	
21	Mark 13:3-27	
22	Mark 13:28-37	
23	Mark 14:1-9	

Your New Life with Jesus

Day	Text	Lesson
24	Mark 14:10-25	
25	Mark 14:26-50	
26	Mark 14:51-72	
27	Mark 15:1-32	
28	Mark 15:33-39	
29	Mark 15:40-47	
30	Mark 16:1-13	
31	Mark 16:14-20	





**Scripture
Memory Cards**

Scripture Memory Cards

These Scripture Memory Cards are meant to make memorising and reviewing Scriptures convenient for you. Separate these cards and carry them with you so that you can review the Scriptures whenever and wherever you want to.

Yet to all who received him,
to those who believed in his name,
he gave the right to become
children of God— children born
not of natural descent,
nor of human decision or
a husband's will, but born of God.

JOHN 1:12-13 NIV

Blessed rather are those who hear
the word of God and obey it.

LUKE 11:28 NIV

Until now you have not asked
for anything in my name.
Ask and you will receive,
and your joy will be complete.

JOHN 16:24 NIV

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

HEBREWS 10:24-25 NIV

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

1 JOHN 1:9 NIV

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

GALATIANS 2:20 NIV

LUKE 11:28 (NIV)

JOHN 1:12-13 (NIV)

HEBREWS 10:24-25 (NIV)

JOHN 16:24 (NIV)

GALATIANS 2:20 (NIV)

1 JOHN 1:9 (NIV)

