



**GROW**

# 101: Life Change

Get answers to some basic questions as we explore seven topics that will help you grow in your faith and answer the following questions:

How do I know for sure I'm a Christian?

How can I overcome temptation?

What is baptism?

Why should I attend church?

How do I share my faith?

How can I improve my relationships?

How exactly am I supposed to pray?

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Answer Key

## Instructions

*The Growth Process has been written for one-on-one mentoring and group studies, such as Community Groups. Completing one chapter at a time is recommended for a group setting or a person who has been a Christian for a long time. Each week, review your answers and spend time discussing them.*

*For newer Christians, it may be helpful for some people to look up verses with their mentor and work through each answer together. It may take more than one session per week to complete. That's fine; work at the best pace for learning and personal application.*

# LIFE CHANGE 1 - God's Good News to Us

1. Tell each other about your faith story; what do you believe about God and Jesus?
2. What do you hope to gain from our time spent together?

*When reading the Bible verse below, use an app like YouVersion. It can make it much easier to find the Bible passages. Try it out....it's free! After reading each verse, ask each other what the verse means.*

## **How do I know for sure that I am a Christian?**

The Bible uses a word that may seem foreign to us: GOSPEL. Simply put, the word Gospel means GOOD NEWS. The Gospel is the GOOD NEWS of Jesus Christ.

The GOSPEL starts with some **BAD NEWS**. God created mankind to have a relationship with Himself, but sin separates us from a holy, perfect God.

*Romans 3:23 “\_\_\_\_\_ have sinned and come short of the glory of God.”*

*Romans 5:12 “Therefore, just as \_\_\_\_\_ came into the world through one man (Adam) , and \_\_\_\_\_ through \_\_\_\_\_, so \_\_\_\_\_ spread to all men because all \_\_\_\_\_. ”*

But the **GOOD NEWS** is that Jesus provided a solution for our sin. His death, burial and resurrection allows us to have a restored relationship with God.

*Romans 5:18 “Therefore, as one \_\_\_\_\_ led to condemnation for all men, so one act of \_\_\_\_\_ leads to justification (or being made right with God) and life for all men.*

*How does John 3:16 describe the good news?*

*What does Romans 10:9 say our response to the GOOD NEWS should be?*

**DISCUSSION:** *What is your response to this GOOD NEWS? Have you put your faith and trust in Jesus to save you from your sins? If YES, share your story below. If NOT, what questions do you have about the GOOD NEWS?*

# Sharing the Good News with Others

*How do I share my faith?*

If you have some really good news, don't you want to share it?! We have the best news of all time. We should want to share it with everyone!

## **Read John 9:1-38**

The blind man Jesus healed had no theological training (training about God), but he could give a simple and effective testimony.

### **In verse 25, what facts did he relate?**

Just like the blind man who was healed by Jesus, sharing the story of your changed life is the simplest way to share your faith! We all have three parts to our story.

*My life \_\_\_\_\_ Jesus (my background)*

*How I \_\_\_\_\_ Jesus (my encounter)*

*My life \_\_\_\_\_ Jesus (my experience)*

**Write your “three-part story” of Life Change here:**

# Baptism

## *What is baptism?*

- 1. What is Baptism?** -Baptism is a **SYMBOL** of what Jesus did for you. Colossians 2:12 says: "having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead." Baptism symbolizes God's faithfulness and promise of life to us. Baptism does not save you or make you right with God. Faith in Christ saves us; baptism is an outward sign and seal of that inward reality.
- 2. Why should I get Baptized?** Jesus **COMMANDS** baptism. Matt. 28:19 "Go therefore and make disciples of all nations, *baptizing them* in the name of the Father and of the Son and of the Holy Spirit." Baptism also **PROCLAIMS** to the world what Christ did for you. Jesus said, "Whoever acknowledges me before men, I will acknowledge him before my Father in heaven" (Matt. 10:32). Baptism is an opportunity to proclaim 3 things: 1. The gospel to the world (that Jesus died and rose again for you), 2. That Jesus is the Lord of your life, and 3. That you intend to follow Jesus in your new life.
- 3. How should I be baptized?** Our church typically baptizes people underwater (baptize generally means "to immerse or submerge"). We love the symbolism of this method: Going down into the water symbolizes our death to sin, and coming up symbolizes our resurrection to new life in Christ! We allow pouring but prefer immersion.
- 4. When should I be baptized?** In our church, we believe every Christian should obey Jesus' command and be baptized. We believe the when (as an infant of believing parents or after you have trusted Christ) and how (immersion or pouring) of Baptism are non-essentials of our faith. We typically encourage new Christians to be baptized. Acts 2:38 shows this pattern. The passage says, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of sins. . ." In this passage, Baptism comes after repentance. To promote unity, we will allow parents who have trusted Christ and are members of the church to baptize their infant child (picturing God's faithfulness to the child and the blessing of being part of the church community). Infant Baptism does not save the child, but it symbolizes our hope that one day, the child will trust Christ for themselves.

## **NEXT STEPS:**

1. Share your three-part story of Life Change with someone who needs to hear the Good News.  
*Remember that the GOOD NEWS is not complicated: 1. God is holy and desires a relationship with us. 2. Man is sinful and separated from God. 3. Jesus Christ is our substitute for the penalty of our sin. 4. We must believe Jesus died, was buried, and rose from the dead on the third day.*
2. Prayerfully consider obeying the command to be baptized. For more info and to take the step of baptism, go to [princetownchurch.com/baptism](http://princetownchurch.com/baptism)
3. What challenges might you face in your walk with God? How can we pray for each other this week? Take time to pray for each other.

## LIFE CHANGE 2 - Communicating with God

*How exactly am I supposed to pray?*

1. How did your last week go? Any highs or lows with your faith?
2. Who have you shared your faith story with? How did it go?

“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.” - C.S. Lewis

**WHAT is prayer?** Prayer is us communicating with God. Psalm 62:8 says, “Trust in him at all times, O people; pour out your heart before him;” Prayer is “pouring out our hearts to God in praise, [requesting], confession of sin, and thanksgiving” (New City Catechism Question 38).

**WHO can pray?** \_\_\_\_\_!

### HOW should we pray?

Read the passages to answer the blanks - talk about what each point means

- Go to God in Jesus' name. He is the \_\_\_\_\_ way to the \_\_\_\_\_. (John 14:6, 1 Timothy 2:5)
- Go with a clean \_\_\_\_\_. (Psalm 66:18)
- Have a \_\_\_\_\_ spirit. (Mark 11:25)
- \_\_\_\_\_ God will answer. (Matthew 21:22)

## WHY should we pray?

- To \_\_\_\_\_ God. (John 14:13) - Who do your prayers typically glorify?
- Because God \_\_\_\_\_ it. (1 Thessalonians 5:17)
- To \_\_\_\_\_ with God and have a relationship with Him. (Psalm 17:6; 77:1)
- Because \_\_\_\_\_ prayed, and He is our \_\_\_\_\_. (Mark 1:35)

**To WHOM do we pray?** We pray to God, the \_\_\_\_\_, in the name of Jesus, the Son. (Matthew 6:9) Through the power of the Holy Spirit

## WHEN should we pray?

- Pray \_\_\_\_\_ throughout the day. (1 Thessalonians 5:17)
- Set apart a daily time as \_\_\_\_\_ did. (Mark 1:35)

**What can HINDER my prayers?** When we sin, God can, in mercy, withhold blessings when we pray. This doesn't always happen, but when it does, it is a loving act to help us see where we can repent and reconnect with God. Scripture mentions several hindrances to our prayer:

- Not \_\_\_\_\_ (James 4:2)
- Wrong \_\_\_\_\_ (James 4:3; Matt. 6:5-6) What does this look like in life?
- \_\_\_\_\_ the needs of others (Prov. 21:13)
- \_\_\_\_\_ (Matt. 6:12-15)
- \_\_\_\_\_ sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- \_\_\_\_\_ prayers (Matt. 6:7-8)
- Doubt and Neglect in Marriage can also hinder your prayers (James 1:6-7, 1 Pet. 3:7)

**Have you seen any of these things hinder your prayers? How?**

Some important things to remember about how God answers our prayers. He doesn't give us everything we want, He gives us what is best for us. Sometimes, He says "Yes." Sometimes, He says "Not Yet" because He knows the best timing. Sometimes He says "No, I have something better planned for you."

## What can we INCLUDE in our prayers?

- Here is a simple method of 4 items to include in your prayer (**ACTS**):

<u>ad</u> oration	<i>Telling God that He is great!</i>
<u>co</u> nfession	<i>Asking God to forgive our sins.</i>
<u>th</u> anksgiving	<i>Thanking God, even for difficulties.</i>
<u>ap</u> plication	<i>Making requests to God.</i>

## NEXT STEPS

1. From this study, what was helpful? Have you seen God answer any prayers?
2. Share your prayer requests with other Jesus followers. Be sure to let them know when God answers your prayers!
3. Ask other people how you can pray for them. This can be a way to build a relationship with someone with whom you want to share the gospel.

## FOR FURTHER HELP AND STUDY

1. Use a prayer Journal or prayer app (Prayer Mate or Echo Prayer)
2. Pray the Bible—As you read your Bible, pray about what you read. Ask God to help you trust and apply what you read
3. **What are some different EXAMPLES the Bible gives of ways to pray?**  
Identify the eight different ways to pray.

<u>Moses' prayer (Exodus 34:8)</u>	<u>Jesus' prayer (Luke 9:16)</u>
<u>Solomon's prayer (2 Chronicles 6:13)</u>	<u>Hannah's prayer (1 Samuel 1:13)</u>
<u>Jesus' prayer (Matthew 26:39)</u>	<u>David's prayers (Psalm 77:1, 141:1)</u>
<u>Paul describes prayer (1 Timothy 2:8)</u>	<u>A description of how Jesus prayed in (Hebrews 5:7)</u>

# LIFE CHANGE 3 - God Communicating With Us (1)

*How do I use the Bible?*

1. How did your last week go? Any highs or lows with your faith?
2. How did praying go last week?
3. Through your time with God, did he reveal anything about yourself, Himself, or life?

The primary way that God communicates with us is through His Word, the Bible. He has revealed to us who He is, that He wants a relationship with us, and how He has made that relationship possible.

## A Brief Overview of the Bible

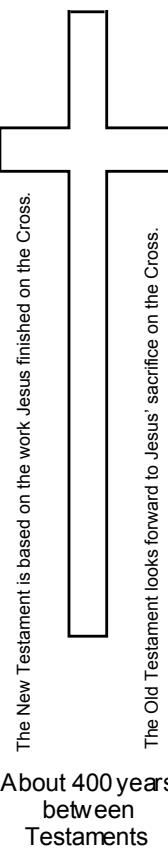
- **Creation: Where did we come from?** God created everything with His perfect design (Genesis 1-2)
- **Fall: What went wrong?** Humans sinned against God and broke everything. Humans continued in that brokenness, looking for redemption. God was gracious and continues to point toward His redemption (Genesis 3 - Malachi 4)
- **Redemption: Where do we find hope?** All of God's graciousness and promises lead to Jesus. Jesus is the center of the Bible. Christ, God in flesh, comes into human history, lives the perfect life, dies on the cross for our sins, and rises again. Jesus returns to heaven and sends His followers the Holy Spirit. The Holy Spirit empowers Christians with a new life, changing them from the inside out as they live their lives sharing Jesus' message of redemption (Matthew 1 - Revelation 20).
- **New Creation: Where is history going?** In the end, God brings about full redemption and consummation of His promises to His people (Revelation 21-22).

# The Organization Of The Bible

The Bible is the most remarkable book ever written. It was written by about 40 men in several countries and with many occupations. They wrote over a period of about 1,500 years and in three languages (Hebrew, Aramaic, and Greek). Yet, the Bible is a well-organized collection of 66 individual books united with one great theme and one great central figure: Jesus Christ. All of this would be impossible unless the Bible had one supreme author. And it did: God the Holy Spirit.

The Bible is divided into 2 major sections: The Old Testament and The New Testament. The word “testament” means “covenant” - God’s agreement with man. The 39 books of the Old Testament or Old Covenant is an account of God’s dealings with mankind from Creation until about 400 years before the coming of Jesus. The 27 books of the New Testament or New Covenant reveal Jesus Christ, the Savior of mankind. In it we find the life of Jesus, the beginning of Christianity, the way of salvation, instruction for Christian living, and God’s plan for the future.

Taken from <http://www.muncherian.com/TheBibleAtAGlance.pdf>

OLD TESTAMENT (39 Books)			“The New is in the Old concealed. The Old is in the New revealed.”		NEW TESTAMENT (27 Books)		
HISTORY 17 books	POETRY 5 books	PROPHECY 17 books			HISTORY 5 books	TEACHING 21 books	PROPHECY 1 book
<b>Law</b> Genesis Exodus Leviticus Numbers Deuteronomy	Job Psalms Proverbs Ecclesiastes Song of Solomon	<b>Major Prophets</b> Isaiah Jeremiah Lamentations Ezekiel Daniel			<b>Gospels</b> Matthew Mark Luke John Acts	<b>Paul's Letters</b> Romans 1 Corinthians 2 Corinthians Galatians Ephesians Philippians Colossians 1 Thessalonians 2 Thessalonians 1 Timothy 2 Timothy Titus Philemon	Revelation
<b>History &amp; Government</b> Joshua Judges Ruth 1 Samuel 2 Samuel 1 Kings 2 Kings 1 Chronicles 2 Chronicles Ezra Nehemiah Esther		<b>Minor Prophets</b> Hosea Joel Amos Obadiah Jonah Micah Nahum Habakkuk Zephaniah Haggai Zechariah Malachi				<b>General Letters</b> Hebrews James 1 Peter 2 Peter 1 John 2 John 3 John Jude	

## Use the chart to fill in these blanks:

Read 2 Peter 1:21 - When God chose a person through whom to communicate His Word, He used that person's perspective, vocabulary, and experience as His channel.

- This verse explains how \_\_\_\_\_ books written by more than \_\_\_\_\_ authors spanning \_\_\_\_\_ years can be so different from each other in style and yet be completely non-contradictory and consistent in message.
- There are \_\_\_\_\_ books in the Old Testament, with 4 types of literature: Law, History, Poetry, and Prophecy. Knowing what kind of literature you are reading before you start is helpful.
- There are \_\_\_\_\_ books in the New Testament, consisting of 3 types of literature: History, Letters, and Prophecy.

## What did JESUS believe about the Bible?

- “Your word is\_\_\_\_\_.” (John 17:17)

## WHO is the real author of the Bible?

- “All Scripture is \_\_\_\_\_ - \_\_\_\_\_...” (2 Tim. 3:16a)

## WHY was the Bible written? (2 Tim. 3:16-17)

“...and is useful for teaching (understanding truth), rebuking (comparing our life against the truth), correcting (aligning our life to the truth) and training in righteous (continuing to grow in the truth), so that the man of God may be thoroughly \_\_\_\_\_ for every good work.”  
Asking these two questions is crucial to UNDERSTANDING the Bible:

1. What is the meaning in context? (Not what does it mean to me - There is one interpretation of the passage)
2. How should this affect my life? Be specific! (There can be many applications)

## Steps for Interacting with the Bible

1. **START WITH PRAYER** - Before you open your Bible, pray. You can pray that God will help you understand what the text means, that God will stir your affection for Jesus, and whatever else comes to mind.
2. **HEAR**—Read James 1:19-25 *You can use the You Version App for a free Bible - We recommend reading from the ESV, NIV, or, for an easier read, NLT. Also, try using a Study Bible. They provided helpful insights into what you are reading. You can find an*

*ESV Study Bible at the Princetown Church Resource Center. Before you read a section of scripture, look at the introduction at the beginning of a Study Bible or on the YouVersion App to learn about the author, audience, and context.*

- What kind of heart will best hear and use the Word?
  - An honest and obedient heart
  - An alert and cautious heart
  - An open but indifferent heart
  - A well-trained, scholarly heart

We are to hear God's Word with an attitude of submission, purity, and humility (v.19-21) and apply it to our lives. We are not to be only hearers of the Word, but doers of the Word (v.22).

### 3. **STUDY**– Read Acts 17:11

- How should we study the Word? (Read Prov. 2:1-5)
- What should be our goal in studying the Bible? (Read 2 Tim. 2:15)

*You might get discouraged as you study because you don't understand everything immediately. This is normal. Reading the Bible can be like learning to walk. It takes practice. The more you do it, the easier it becomes. Remember, God wants to reveal Himself to you through His Word. Don't give up on it. God will change your life through it (2 Tim. 3:16-17, Hebrews 4:12).*

### 4. **MEMORIZE**– Read Psalm 119:9,11

- What does God want us to do about His Word? (Read Deuteronomy 11:18)
- What do you think “Let the Word of Christ dwell in you richly” in Col. 3:16 means?

### 5. **MEDITATE**– Read Psalm 1:1-3

Unlike modern meditation, which is about clearing your mind, biblical meditation is a prayerful and continual reflection on what the Bible says. As you meditate on scripture, ask yourself: “What is God saying, and what should I do about it?”

- What promises are made to the person who continually meditates on the Word of God? (Read Ps. 1:2-3 and Josh. 1:8)
- Do you think meditating on God's Word can affect your speech and actions? How? (Read Luke 6:45)

6. **LOOK FOR JESUS** - *Luke 24:44 tells us that all the Bible points to Jesus! While we should respect what each verse means to the original audience, all the passages point to Jesus somehow. Look for that as you read!*

## NEXT STEPS:

1. Create a schedule and read Psalm 119 This week. As you read, notice the Psalmist's love for God's Word.
2. Or Start a devotional plan - On the YouVersion App or Princtown Resource Center (Recommended - *New Morning Mercies* by Paul David Tripp)
3. Memorize Psalm 19:14 and make it your prayer as you study God's Word.
4. What challenges might you face in your walk with God? How can we pray for each other this week?

## FOR FURTHER STUDY

### Why is it important to understand the connection between the Old Testament and the New Testament?

When we pick up a novel and read the last chapters, we consider that cheating! Similarly, the Bible is a book of progressive revelation. A major theme is being developed in Scripture that is more fully and clearly revealed toward the end than at the beginning. We must understand Old Testament prophecy in light of the New Testament account of its fulfillment, as well as Old Testament characters in light of New Testament comments on them.

*DISCUSSION: What is the meaning of the statements on the chart “The New is in the Old, concealed. The Old is in the New, revealed?”*

### Isn't the Bible filled with ERRORS and CONTRADICTIONS?

First, if you have this question, where are the contradictions? Most people can't name one. Where people claim there is an error, we must remember that Jesus claims God's Word is truth (John 17:17). The Bible claims to be reliable. It does not give us wiggle room on whether it is true or not. Its reliability doesn't rest on Modern thought or archaeology to say that it is true... The Bible is true because God is true (James 1:17, 1 Peter 1:25). When we encounter an apparent error, we are either misinterpreting modern evidence, misinterpreting the Bible, or the contemporary evidence confirms the Bible. An honest reading of the text will show no errors or contradictions! A basic rule of Bible study is to allow clear passages to interpret complex passages.

### How do we know we have the “right” books in the Bible? Didn't they exclude other books?

<https://www.youtube.com/watch?v=QhVPBNBAGY0>

How can we know if the Bible is true? <https://www.youtube.com/watch?v=gtp-DmgZbwA>

# LIFE CHANGE 4 - God Communicating With Us (2)

*How do I understand the Bible?*

1. How did reading your Bible go last week?
2. How did Prayer go last week?
3. Through your time with God, did he reveal anything to you about yourself, Himself, or life?

## Digging Deeper Into God's Word

Just as we make the analogy that Prayer is like breathing, the Bible makes the analogy that Bible study is like eating.

- *How does Peter describe Bible study in 1 Peter 2:2?*

As we grow physically from newborn infants into children and beyond, our need for food changes from basic milk to more substantial food.

- *How does that relate to Bible study as described in Hebrews 5:12-14?*

Serious Bible study is best described as **OBSERVATION, INTERPRETATION, and APPLICATION.**

**OBSERVATION** asks, “What does the passage say?”

Some key questions to ask are:

1. What are words you need defining?
2. What are words or themes that are repeating?
3. Can you retell the passage in your own words?
4. To whom was this Bible passage addressed?
5. What is the main subject (doctrine, theme)?
6. What is the immediate context (surrounding verses or chapters)?
7. What does other Scripture have to say on the theme or doctrine?
8. What surprised, confused or bothered you? Why?

**INTERPRETATION** asks, “What does the passage mean?”

Four Principles to Interpreting the Bible:

1. **The Literal Principle** - Scripture should be understood in its literal, normal, and natural sense. While the Bible does contain figures of speech and symbols, they were intended to convey literal truth.
2. **The Historical Principle** - Interpret Scripture in its historical context. We must ask what the text meant to the people to whom it was first written.
3. **The Grammatical Principle** - This requires that we understand the basic grammatical structure of each sentence. To whom do the pronouns refer? What is the tense of the main verb?
4. **The Synthesis Principle** - The Bible doesn't contradict itself. If we arrive at an interpretation of a passage that contradicts a truth taught elsewhere in the Bible, our interpretation cannot be correct. The Bible must be compared with itself to discover its whole meaning.

From this, you can arrive at the meaning of the text. Some questions to help with interpretation are:

1. What does the passage tell us about God?
2. What does the passage tell us about People?
3. What does the passage tell us about living to please God?

**APPLICATION** asks, “What does this passage mean to me?”

Application Questions:

1. What is the primary example to follow?
2. What error is there to avoid?
3. Is there a command to obey?
4. Is there a promise to claim?
5. How should this change my life? (make it personal)

## Time to try it!

Please read Matthew 18:15-20. Using Observation, Interpretation (including the Four Principles) and Application—answer the following questions:

1. What is the meaning in context? (objective)
2. Based on the context, how is the meaning of verse 20 different than you may have heard before?
3. How should this affect my life? Be specific! (subjective)

## NEXT STEPS:

1. Commit to reading the Bible by trying these Bible reading methods over the next few years.
  - Do a daily devotional
  - Read one “chunk” continuously for \_\_\_\_\_ days
  - Read one smaller book of the Bible for one month
  - Read one Proverb per day (Ex. On August 22 read Prov. 22)
  - Read OT passage in morning and NT passage in evening
  - Read through the Bible in one year (about 3 chapters daily) - Helpful devotionals (The Bible Recap by Tara-Leigh Cobble or Everyday Gospel by Paul Tripp)
2. What challenges might you face in your walk with God? How can we pray for each other this week?

*HINT: There are hundreds of Bible Reading plans and devotionals on the YouVersion Bible app! You can also pick up one of our Bible reading devotionals at the Princetown Church resource center.*

## GROW 5 - God Living in Us

*Who is the Holy Spirit?*

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Who did you share your faith with last week?

*Just before Jesus ascended into Heaven, He told His disciples that the Holy Spirit was coming to indwell them. Acts 1:8*

- **Who did Peter Believe the Holy Spirit was?** (Read Acts 5:3-4)

- (Read Matt. 28:19) The Holy Spirit is the THIRD PERSON of the Trinity: Jesus states that we are baptized in the singular name of the \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_. There is one God in three equal persons.

- **What did Jesus call the Spirit?** (Read John 14:16-17) \_\_\_\_\_

- **What does the Holy Spirit do?** (Read John 16:8-11): He convicts us concerning \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

*DISCUSSION: Give an example for each of these three areas of conviction. How is conviction different for an unbeliever than for a follower of Jesus?*

- **What does it mean to be filled with the Spirit?** (Read Eph. 5:18) Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be \_\_\_\_\_ by the Spirit. This means I must **confess** my wrong feelings, attitudes, and actions to the Spirit on a moment-by-moment basis! This requires a mental choice to **rely** on God instead of myself in every situation.

- **Why are some Christians not filled with or controlled by the Spirit?** (Read 1 Cor. 3:1-3)

## Self-assessment – How Spirit-filled am I?

Read Galatians 5:13-26 and check the areas that you find in your life!

### SIN

- Sexual immorality
- Impurity
- Lewdness
- Idolatry
- Witchcraft, magic, occult (horoscopes, palm reading, astrology, drug use, etc)
- Hatred
- Argumentative
- Jealousy
- Rage
- Selfishness
- Strife
- Heresies
- Envy
- Drunkenness
- Orgies

### SPIRIT

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

### SCORING -

If you have 1 or more from the left column, welcome to the human race. You are sinful like the rest of us!

Ask God to help you replace the sinful attributes with Spirit-filled attributes from the right column.

## The Holy Spirit helps us overcome temptation.

**What are the three sources of temptation?** (Remember that Christians are not exempt from temptation!)

1. Read Romans 7:18, James 1:13-14 - \_\_\_\_\_
2. Read 1 John 2:15-16 - \_\_\_\_\_
3. Read James 4:7 - \_\_\_\_\_

**How does this verse say we can overcome temptation?** Read 1 Corinthians 10:13

*Know that when you are tempted, you are not alone. God provides a way of escape as you trust him.*

**What did Jesus use to defeat Satan's temptation?** Read Matthew 4:1-4

**How do we resist the temptation of being conformed to this world? Read Romans 12:2, Colossians 3:2**

*All our efforts to resist temptation will be weak and ineffective unless they are powered by the Holy Spirit through constant reading, studying, meditating on, and trusting in the Word of God.*

*Replacing the temptation with something more beautiful (namely Jesus) is the only way to fully defeat temptation.*

### **A Simple Way for Battling Temptation: “A.P.T.A.T.” - John Piper**

- **Admit** you can do nothing without God (John 15:5).
- **Pray** for help (Psalm 50:15).
- **Trust** a specific promise (2 Chronicles 20:20).
- **Act** (Philippians 2:12–13 - If you trust God, you will act on his promises and do what he asks you to do).
- **Thank** God for his provision and goodness (Psalm 106:1).

### **Personal Application**

1. What temptations are difficult for me to overcome?
2. What attitudes/behaviors must I give up to become more Spirit-filled?
3. Complete this list: “Feelings, attitudes, and actions that I struggle with...”
3. How do I overcome these temptations? A.P.T.A.T. & (Matt. 5:29)

### **NEXT STEPS:**

1. Find another Jesus follower who will be willing to hold you accountable. Ask them to challenge you when they see sin in your life and also encourage you when they see the fruit of the Spirit (love, joy, peace, etc) in your life.
2. As you pray and study the Bible, ask God to make you aware of the power and presence of the Holy Spirit within you.

## GROW 6 - God Living Through Us

*Why should I attend church?*

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Who did you share your faith with last week?

*Just as God created us for a relationship with Him, He also created us for relationships with each other. He instituted marriage for us to have an intimate relationship with another person. He instituted government so that we can live an orderly relationship with others. He also instituted the Church as a way for us to have relationships with other Jesus followers.*

- **GATHERING - Why is going to church regularly important?** (Read Heb. 10:24-25)

1. God \_\_\_\_\_ it and gathering allows other Christians to \_\_\_\_\_ me as much as I \_\_\_\_\_ them!
2. Read Heb. 3:12-13 - How does engaging with others in church help you fight sin?
3. Why would attending regularly in person be important? Who can you encourage at church this week? How?

- **TEACHING** - Sermons and teachings are given so we can see the beauty of the gospel and Jesus. Learning the Bible from a teacher helps us know what pleases God and how we should live. **At church, should I accept all teaching at face value?** (Read Acts 17:11; 2 Tim. 2:15)

- Next Sunday, try the following...

1. Take \_\_\_\_\_ of the teaching/message (in Princetown App, Bible, journal, etc)
2. Go home and \_\_\_\_\_ the teaching with Scripture
3. Decide if the teaching \_\_\_\_\_ Scripture.
  - If \_\_\_\_\_, then ask God to help me obey.
  - If \_\_\_\_\_, talk with the teacher and ask for an explanation!

- **COMMUNICATION - What should be the goal of our communication?** (Read 2 Cor. 5:9; Eph. 4:29) - **Does your life reflect these verses?**
- **Why is it wrong to talk about people behind their backs or Gossip?** (Read Prov. 11:13, 26:20; Matt. 7:12;)
- **How do I lovingly confront someone who sins against me?** (Read Matt. 18:15-20 & Gal. 6:1-5)
  1. **Evaluate Yourself First** - Read Matt. 7:3-5 -
    - A. Why would seeing your own faults help you with a confrontation?
    - B. According to this passage, what is the goal of the confrontation?
  2. Go to the person **ONE-ON-ONE** and explain your **Observation**, offer an **Interpretation** of what you are seeing, and ask for **Clarification** (How does this look from your perspective.)
    - A. If the person listens, your relationship can be restored!
    - B. If the person rejects, proceed to step 2
  3. **Bring one or two others** to the person and explain the fault
    - A. If a person listens, your relationship can be restored!
    - B. If a person rejects, proceed to step 3
  4. **Take the matter to church leadership** (elders/pastors/group leaders)
    - A. If the person listens, your relationship can be restored!
    - B. If the person rejects, lovingly reach out to an elder for the next steps.
- **COMMUNION - What is the purpose of communion?** (Read Luke 22:14-20)
- Read 1 Cor. 11:17-34 and answer the following questions:
  - Who can take communion?
  - Why is it important to examine ourselves before taking communion?
  - How does the Matthew 18 principle of solving an issue with a brother impact our participation in communion?

- **RELATIONSHIPS - How do I live in healthy relationships?** Read Rom. 12:10,16; 15:5-7,15; Eph. 4:2; Col. 3:13 & check all that apply:
  - Choose to love even the unlovable because Christ loved me
  - Put the interests of others before myself (humility)
  - Pretend to smile and be happy at church
  - Compliment others on their success
  - Encourage those who are discouraged
  - Ignore really annoying people
  - Seek unity with fellow Christians
  - Worship unselfishly (not demanding my preferences)
  - Care enough about others to share the truth kindly, even if it hurts
  - Help others carry their burdens
  - Forgive freely and often, as Christ forgives me
- Read Eph. 5:25-27 - **What does this say about Jesus' love for the church?**
- **Why is it important to have relationships within a church rather than trying to live the Christian life on our own?**

## NEXT STEPS

1. Look over the Healthy Relationships checklist and choose one area where you need to grow or one person with whom you need to resolve an issue. Write specifically what you will do:
2. Life is better connected! God designed us for relationships with others and Him. Please join a Community Group and become involved in our supportive and life-changing communities. For more information and to find a group near you, go to [princetownchurch.com/groups](http://princetownchurch.com/groups)

## GROW 7 - Growing as a Jesus Follower

*How does God expect me to use my time, talents & treasure?*

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Last week, who did you encourage and share your faith with?

- **FAITH - What Pleases God?** Read Heb. 11:6
  - What is the difference between “do things to earn God’s favor” and “doing things because you trust God?” Read Hosea 6:6
  - Have you struggled with this in the past? Why or why not?

### **SPIRITUAL HABITS - Read 1 Tim. 4:7 - What does God call us to do?**

*The goal of the Christian life is not to become a better you but to become more and more like Jesus. To do that, we DEPEND on Christ’s work in our lives and then DISCIPLINE ourselves to grow in His transforming work. Spiritual habits don’t make us right with God; only Jesus can, but as we trust Jesus with our lives, we put them in place to help us experience His life-transforming work. We’ve already spent some time understanding prayer and Bible study. Here are a few other practices that can be developed into good spiritual habits.*

- **FASTING**—Fasting is giving up something you hunger for, for a season, to draw closer to God. It is a voluntary discipline left to the discretion of each believer. The purpose of fasting is to redirect our attention and time away from meal planning and preparation, allowing us to focus on our relationship with God.
  - **When and why to fast? Jesus did not command fasting, but he did expect his followers to fast: Matthew 6:16 “And \_\_\_\_\_ you fast”**
  - In times of severe stress, it is wise to humble yourself before God in a time of prayer and fasting (Psalm 35:13; Ezra 8:21).
  - Read Acts 13:2-3; 14:23 - Fasting will aid in \_\_\_\_\_ God’s will during such times.

- **Examples of when to fast** - mourning the death of a loved one, a major health issue, battling a troubling sin, a difficult family relationship, a major life decision, seeking to draw closer to God, etc.
- **How should we fast?** Although Jesus gave specific instructions on how to pray, He did not provide any instructions on how to fast, except that we should not show off our spirituality or boast about our fasting (Matt 6:1,18).
- We also know from Scripture that fasting is always done in conjunction with prayer. (Daniel 9:3; Luke 2:37; Joel 1:14; Ezra 8:23; Acts 13:3)
- Fasting can be done \_\_\_\_\_ or with others (Acts 12:2-3).
- **DISCUSSION: What other things are there that we can or should “fast” from?**
- **STEWARDSHIP - What is stewardship? Managing the resources God provides... utilizing them for His glory!**
  - What resources has God given you?
  - Do you own anything? (Read John 3:27 and 1 Tim. 6:17-19)
  - **Stewardship of our Time**
    - Does God require me to be time-conscious? Why? (Read Ps. 90:12)
    - Why should I live every day for God’s Glory, like it’s my last? (Read Eph. 5:15-17 and James 4:13-15)
  - **Stewardship of our Talent**
    - Why did God give me certain skills & abilities? (Read 1 Cor. 12:4-11)
    - How am I serving God now in a way that uses a special skill or ability (at home, church, organization, or community)?

*Continue to go through the Growth Process because, in 301, we will explore how God has gifted you and discover how you can use them for His glory!*

- **Stewardship of our Treasure**

- Does God want me to work, earn, provide for my family with, and save money? (Read Prov. 6:6-11; 14:24; and 1 Tim. 5:8)
- Why is it wrong to love money? (Read Prov. 23:4-5; Eccl. 5:10; Heb. 13:5)
- Why can't God honor compromise with money? (Read Luke 16:10-13)
- Who is the example of how we should give? (Read 2 Cor. 8:9)
- What does God teach about giving to ministry? Why is this fun? (Read Acts 20:35, Proverbs 3:9-10 and 2 Cor. 9:6-11)
- 2 Cor. 8-9 teaches us that we give Voluntarily, Cheerfully, Proportionally, and Sacrificially. Should my giving be a percentage of my income? How much should I give? (Read 1 Cor. 16:1-2)

## **NEXT STEPS**

1. Research about other spiritual disciplines such as solitude, meditation, service, etc. Some good online resources include [desiringgod.org](http://desiringgod.org), [biblegateway.com](http://biblegateway.com) and [blueletterbible.org](http://blueletterbible.org) As you learn about ways to grow spiritually, make the commitment to practice these principles regularly. Remember, the Holy Spirit is working in us to accomplish life change.
2. Please take advantage of your free access to RightNow Media, a database for thousands of bible studys and inspirational videos. Ask for login access at [princetownchurch.com/rightnow-media](http://princetownchurch.com/rightnow-media)
3. Consider obeying the Biblical command to be baptized. We love to celebrate baptisms! It's your opportunity to show what Christ has done for you. For more information on the process, please go to [princetownchurch.com/baptism](http://princetownchurch.com/baptism). Once you complete the online form, someone will contact you to make the necessary arrangements.
4. Let us know that you have completed 101—Life Change. Please complete the checklist on the last page. Then, arrange the next step in our Growth Process: 201—Sharing Your Faith. We are so excited to see you grow in your relationship with God!

# ANSWER KEY

## LIFE CHANGE 1 - God's Good News to Us

- Romans 3:23 “All have sinned and come short of the glory of God.”
- Romans 5:12 “Therefore, just as sin came into the world through one man (Adam), and death through sin, so death spread to all men because all sinned.”
- Romans 5:18 “Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men.”

*My life Before Jesus (my background)*

*How I Met Jesus (my encounter)*

*My life with Jesus (my experience)*

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## LIFE CHANGE 2 - Communicating With God

- Who can pray? Anyone
- Go to God in Jesus' name. He is the ONLY way to the FATHER.
- Go with a clean Heart
- Have a Forgiving spirit
- Believe God will answer
- To Glorify God
- Because God Commands it
- To Communicate with God and have a relationship with Him
- Because Jesus prayed and He is our Example
- We pray to God, the Father
- Pray Continuously throughout the day
- Set apart a daily time as Jesus did

### **What can HINDER my prayers?**

- Not Asking (James 4:2)
- Wrong Motives (James 4:3; Matt. 6:5-6)
- Ignoring the needs of others (Prov. 21:13)
- Unforgiveness (Matt. 6:12-15)
- Unconfessed sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- Redundant prayers (Matt. 6:7-8)

### **What can we INCLUDE in our prayers?**

Adoration Confession Thanksgiving Supplication

**For Further Study - 8 ways to pray** - Bowing, Kneeling, Lying Prostrate, Lifted hands, Lifted Eyes, Silence, Lifted Voices, Crying Out

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## LIFE CHANGE 3 - God Communicating With Us

Bible: 66 books by 40 authors written over 1500 years 39 Old Testament books, 27 New Testament books

- Truth
- God-breathed
- Equipped

# **LIFE CHANGE 5 - God Living In Us**

- Jesus states that we are baptized in the singular name of the Father, Son, & Holy Spirit.  
There is one God in three equal persons.
- What did Jesus call the Spirit? Helper
- What does the Holy Spirit do? He convicts us concerning Sin, Righteousness, and Judgment.
- What does it mean to be filled with the Spirit? (Read Eph. 5:18) Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be Controlled by the Spirit..

- What are the three sources of temptation?

Myself

## World

Satan

## LIFE CHANGE 6 - God Living Through Us

- GATHERING - Why is going to church regularly important? God Commands it and gathering allows other Christians to Encourage me as much as I Encourage them!
- Next Sunday, try the following...

1. Take **Notes** of the teaching/message (in Princeton App, Bible, journal, etc)
2. Go home and **Compare** the teaching with Scripture
3. Decide if the teaching **Matches** Scripture.
  - If **YES**, then ask God to help me obey.
  - If **NO**, talk with the teacher and ask for an explanation!

## LIFE CHANGE 7 - Growing as a Jesus follower

- Fasting will aid in **Understanding** God's will during such times.
- Fasting can be done **TOGETHER** or with others (Acts 12:2-3).

## 101 Completion Checklist

Topic	Learner's Initials	Leader's Initials	Date
The Gospel	_____	_____	_____
Prayer	_____	_____	_____
Bible Knowledge	_____	_____	_____
Bible Study Study	_____	_____	_____
The Holy Spirit	_____	_____	_____
Relationships	_____	_____	_____
Spiritual Growth	_____	_____	_____

### Dear Leader:

Thank you for investing your time into helping make more and better Jesus followers! Please take a picture of the 101 graduate(s) with their 101 booklet and send it to [ianb@princetownchurch.com](mailto:ianb@princetownchurch.com)

### Dear Learner:

Congratulations on completing 101—Life Change! Please let us know about the impact this study had on your life by sending a brief email to [ianb@princetownchurch.com](mailto:ianb@princetownchurch.com) It is our prayer that you have and will continue to experience life change through Jesus.