



Session 1 | Participants Guide

Saved! The Life of a Disciple

First Session Aims

- To get to know one another. To encourage discussion.
- To set a model of stories (testimony), worship, prayer, discussion, response and application.
- A disciple's walk with Jesus. Fully understanding our salvation. What it means to become more like Jesus, choosing to follow him in every aspect of our lives.
- To start to understand the importance of a personal relationship with Father, Son and Holy Spirit and the difference that can make in becoming more like Jesus.

Welcome & Introduction to one another

C.H.E.C.K. & Culture of a New Life group.

Share a story (Testimony) - We will look at different ways we can do this.

Worship and Encounter.

As we worship Him, God chooses to draw close to us too. The Holy Spirit helps us to engage with him. Are we **thinkers** (cerebral), **sensitive** (physical/emotional), **listeners** (Hearing), **visionary** (seeing).

[Reckless Love \(Official Lyric Video\)](#)

Short response to worship

What did you see?

What did you sense/feel?

What did you hear?

What did you think?

Going back to the Garden...

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

Genesis 1 v 26

Remember the ‘*our*’ in this verse applies to the trinity, Father, Son and Holy Spirit who were all present at creation.

Have we ever thought that life in the Garden of Eden for Adam and Eve was always God’s original plan and intention for his creation - especially for humankind who were the pinnacle of His creation process?



Discussion around what life was like for Adam & Eve before they fell into temptation and disobeyed God



Discuss what Adam and Eve lost in that moment of disobedience.

So that is where we were! But by the grace of God, who allowed Jesus to take the punishment for our sins which was death, we now find ourselves back in the garden with all that this offers us. We now have....

Significance.

- Purpose & mission
- Position of authority - in the spiritual realm
- Inheritance - heirs of the kingdom

You have made them (humankind) a little lower than the angels and crowned them with glory and honor. You made them rulers over the works of your hands. you put everything under their feet:

Psalm 8 v 5-6

The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, we are heirs—heirs of God and co-heirs with the Messiah—if, in fact, we share in his sufferings in order that we may also share in his glory.

Romans 8 v 16-17

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2 v 10

Security.

- We are loved and accepted unconditionally.
- We can expect God to provide for us and ask him to meet our needs both physically, spiritually and emotionally.
- God is for us and not against us - he has good plans for us and we can be secure in His love.
- We have eternal life with Jesus in heaven.

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29 v 11

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8 v 38-39

Acceptance.

- Loved and accepted by Father God.
- Nothing can separate us from the love of God.
- We can come to Father God any time, share life with him, ask anything of him.
- We do not have to prove anything to do this, Jesus has done it all.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3 v 1

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ - by grace you have been saved - and raised us up with him and seated us with him in the heavenly places in Christ Jesus,

Ephesians 2 v 4-6



Discuss how this understanding and how these verses make us feel about our New Life with Jesus. What thoughts are in the room about this? Do we know how significant, accepted and secure we are in Christ? What other things from the Garden have been returned to us?

PART TWO - Pigpen to Palace

When someone gives up their old life and accepts Jesus as their Lord, they come just as they are, in a moment, with all that life has thrown at them, mess and baggage sometimes very much attached. We can't come any other way! But as we get to know God's character and his heart of grace for us, we grow to love him and want to please him more and more each day. Firstly, we have to say our **'Yes'** to him but a **Disciple's Life** is one of growth, maturity and an ongoing walk with Jesus through every aspect of our lives. We do not come with it all sorted.

This is reflected in Jesus' Parable of the Lost Son (Luke 15 v 11-32)

The son spent a long time feeding pigs and even longed to eat their food. **Don't forget in Jewish culture - pigs were considered the uncleanest of animals! This much loved son had chosen one of the deepest and darkest pits to be in!** When he returned to his father, he had to learn to become a son again. He could wear the robe and ring all day long and have shoes put on his feet.

He could have all the outward appearance of an honoured son yet when it came to him being at the banqueting table, he could still behave like he was in the pigpen! His destiny was secure but he needed to start thinking and being like a son again.

Isn't this just like us? Some things may change radically when we first come to Christ but not everything changes at once. We may need to constantly remind ourselves that we are now sons and daughters of God, brothers and sisters of King Jesus and we are citizens of heaven. We do not have an earthly home now. We live in the palace! We need to take time to realign ourselves to our new identity after being born again into God's family. The Bible calls this **sanctification**, becoming more holy or Christlike. As disciples, we call this **'Learning to think and live like Jesus.'** It's all about our thoughts, actions and words becoming in line with our new identity as sons and daughters of the King.



Discuss what things changed immediately for us after accepting Jesus. Encourage one another with these things. What struggles do we still have? Try to be real and honest with one another - and with ourselves.

There are many things on offer at Godfirst to help new believers overcome and find freedom in many areas of life. We have prayer ministry teams and pastoral advice both of which are freely given. If you feel you can't share openly in a large group, please take time to share with someone you trust and ask for help. This is what we are here for.

As we have been reflecting on some of these things, we may start to feel that there are areas of our lives that we would really love to bring back into alignment with Jesus's way of living. We call this **Holy Spirit Prompting**.

One of the things that can help us with this, is understanding what it means to **repent**.

The word **repentance** may sound a bit heavy but actually it is a very simple but important part of Chistain's life. It is **always** Holy Spirit led as He is the one who reminds us of our identity as a child of God and where things in our lives do not line up with that. We don't need to go problem hunting! And don't forget **repentance**, was right at the heart of how we began our new life with Jesus.

An important thing to understand is that sin in our lives no longer separates us from God. The punishment for our sin has been covered by Jesus. However, a healthy relationship with Father God is based on obedience and trust and when these are lacking, the quality of the relationship is affected.

Sometimes things creep up on us without us knowing or realising it and we can feel a bit trapped in a pattern of living, unable to adjust. God's grace is constantly extended to us and actually **Jesus has made the way for us to pick ourselves up, dust ourselves down, turn back to Him and go again.**

It usually helps to walk this through with someone initially but as you get used to what this feels like for you, it's something you can do quietly in your own way - with God - at any time.

It starts with a **'Sorry'**, there's **forgiveness** at the centre and it ends with **restoration, a turn around** and the **opportunity to go again!**

A moment of Repentance.

- **Find a quiet place.**
- **Holy Spirit may have already started revealing some things that are just not right for you now as you choose to follow Jesus. They may come easily to mind. If not - just quietly ask Holy Spirit to reveal anything to you.**

'Holy Spirit, please reveal to me now anything in my life that doesn't align with Jesus' good and perfect will for my life.'

- **As things come to mind (remember we can think, sense, see or hear the things that God would like to reveal to us), quietly speak them out to Jesus or God. Whatever you are more comfortable with - they are one and the same.**

'Father God/Jesus, I confess that I have.....'

- **Now say your 'sorry'.**

'Father God, I am so sorry I have allowed these things in my life and I am choosing from this moment on to turn away from them and to follow Jesus' way for my life'

- **Ask for help.**

‘Holy Spirit, I know I can't do this on my own and I need your help and strength for me to live my life for Jesus. Please empower me and strengthen me now to follow Jesus in every aspect of my life.’

- **Receive Father’s forgiveness. Thank him and praise him,**

‘Thank you Father so much for your forgiveness. I fully accept this. I know that you have already forgiven me for everything and my relationship is fully restored with you. I love you and I know that you love me and always want the best for me. I can’t do life without you, I praise you with all my heart and am so glad that I have a new life in you Jesus. I love that you have made a way for me to come back to you. Amen.’

Remember these are just sample prayers and as you get used to these steps, you will find your own words to pray through them.

So the steps of repentance are this....

- **Ask for Holy Spirit revelation**
- **Confess**
- **Speak out your willingness to repent - turn around and go the other way. To try again.**
- **Ask for Holy Spirit’s help to do this. To protect, empower and strengthen you.**
- **Understand and accept the forgiveness and love the Father has for you.**
- **Thank and praise him.**

We can use these steps to find freedom from sin any time. Do it regularly but remember we are already living in freedom as a child of God. Mercy, grace and God’s love is fully extended to us at all times but we can still be tempted, find things hard to resist and choose to sin. Simply use this as a spiritual health check from time to time. Sometimes you will feel prompted by Holy Spirit to do this.



Here at Godfirst we have a few phrases that help us to understand what it means to follow Jesus and to become more like him.

Saying 'Yes' to Jesus.

Learning to think and live like Jesus.

Transformed people who transform the world.

What strikes us about these three phrases?

Look at the following verse

**And we all, who with unveiled faces contemplate the Lord's glory, are being transformed
into his image with ever-increasing glory,
which comes from the Lord, who is the Spirit.**

2 Corinthians 3 v 18



Discuss what this verse tells us could be our primary place of transformation.

The dictionary definition of **contemplation** means:

'The action of looking thoughtfully at something for a long time.'



In spiritual terms, how can we outwork this definition in our relationship with Father, Son & Spirit?

We are a very unique group of people. What this looks like could be different for everyone but while 'contemplation' seems to be considered an action in this definition and is definitely not passive - it is also a place of quality time, not rushed, hurried or quickly fitted into a busy routine.

Some things to help us with this...

- Put time aside (we may have to block some time out in our busy schedules)
- Make private and corporate places of worship and encounter, a priority to us.
- Read the bible regularly, ask for Holy Spirit guidance. Take time in God's word. There are many ways of doing this.

- Regularly read, think about and study Jesus. Gospels, study books, podcasts, recommended youtube teaching, conversation and time with those that have walked with Jesus for sometime. Be inspired by them.
- Definitely pray but wait in the presence of God too and see what he has to say to you too. Remember, thinking, sensing, hearing and seeing.
- Walk and talk with a friend.
- Take time out in spaces that inspire you and draw you closer to God.
- Be still, be quiet, wait on God and see what he wants to show you.

Outside of our places of contemplation, many other things can help us with our transformation - 'Learning to think and live like Jesus'.

More practical things like - community, relationship, conferences, courses, investment opportunities around GodFirst, freedom prayer and ministry are so important in us becoming more like Jesus. Run to them and embrace them as much as you can.

Application & Response.

- Pray for one another and ask Holy Spirit to strengthen and create a hunger in us for more of Jesus.
- Discover more places of transformation and share with one another next week.

[Charity Gayle - I Speak Jesus \(feat. Steven Musso\) \[Live\]](#)

Close.