



**NEW LIFE WORKBOOK**



# NEW LIFE WORKBOOK – INTRODUCTION

Jesus came to give you new life! He said that He came to give us life, and life “more abundantly.” **(John 10:10)** This workbook is intended to help you receive and live the New Life that is available through a relationship with Jesus Christ. It is by believing in Him that we receive Life in His Name **(John 20:31)**.

In the following pages, you’ll see how to begin this New Life, and how to live it to the fullest.



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# PART ONE: NEW LIFE PRINCIPLES

## BE BORN AGAIN

God wants you to be born again – which literally means receiving New Life from God as you place your faith in Jesus Christ, the Son of God.

A religious leader came to Jesus to talk with Him. Jesus said to the religious leader, “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.” When the religious leader asked how to be born again, Jesus answered that “everyone who believes in Him (the Son of God) will have eternal life. For God so loved the world that He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life” (**John 3:15-16**).

### **Why do we need to be born again?**

The Bible teaches us sin has separated us from God. “All have sinned and fall short of the glory of God” (**Romans 3:23**). Sin has some pretty horrible consequences, but the good news is Jesus Christ paid for our sins on the cross, and offers us salvation (New Life) as a free gift through faith in Jesus Christ. “The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (**Romans 6:23**). And by accepting what Jesus did for us, our sin is paid for and we enter into a new relationship with God. “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ” (**Romans 5:1**).

## **How are we born again?**

The Bible teaches that there is no way to earn salvation (New Life). All that we can do, and what we must do, is believe in Jesus Christ and receive Him as our Lord and Savior. "If you declare with your mouth 'Jesus is Lord' and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved" (**Romans 10:9-10**). It is by believing in Jesus Christ, the Son of God, that we receive New Life in His Name (**John 20:31**).

Do you believe that Jesus Christ is Lord? Do you believe that God raised Him from the dead? Write down your confession of faith in the space below:

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New Life begins privately, between you and God, but it is not supposed to stay private. The Bible teaches that we are to make our decision to follow Christ public. Jesus said, "Whoever publicly acknowledges me I will also acknowledge before my Father in heaven. But whoever publicly disowns me I will disown before my Father in heaven" (**Matthew 10:32-33**). In the Bible, the first way that people acknowledged publicly that they would follow Jesus was to be baptized in water. Water baptism symbolizes "dying" to an old life and being "raised up" to live a New Life, following Jesus. Read **Matthew 28:19** and **Acts 2:38**.

Have you been baptized? If not, you need to do so very soon. Make it definite.

***I will be baptized on the following date:*** \_\_\_\_\_





## **BE FILLED WITH THE SPIRIT**

God has not left you to live this New Life on your own. He wants you to be filled with His Spirit. Jesus promised His disciples that they would receive the Holy Spirit who would “help you and be with you forever” (**John 14:16**). It is so important that followers of Jesus are filled with the Spirit that Jesus told His disciples not to start living their new life without this promise. He told them to wait until they had been “clothed with power from on high” (**Luke 24:49**). Your new life will be filled with God’s power as you are filled with God’s Spirit. Read the following passages from the Bible and think about why God wants you to be filled with the power of His Spirit.

***Acts 1:8***

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***Ephesians 3:16-19***

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***Ephesians 5:18***

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***Colossians 1:11***

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**How can you be filled with the Spirit?**

Ask! God is more eager to give you His Spirit than you can imagine. Jesus said, "If you... know how to give good gifts to your children, how much more will your Father in Heaven give the Holy Spirit to those who ask Him?" **(Luke 11:13)**

When people in the Bible received the promise of the Spirit's power, they received from God a gift - a prayer language (called "other tongues") This prayer language is between your Spirit and God's - and is with words that you don't understand, but God does.

Read **Romans 8:26**. What does this say about how the Spirit helps us pray?

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Read what happened in **Acts 2:4, 10:44-46**, and **Acts 19:6**.

**What happened each time?**

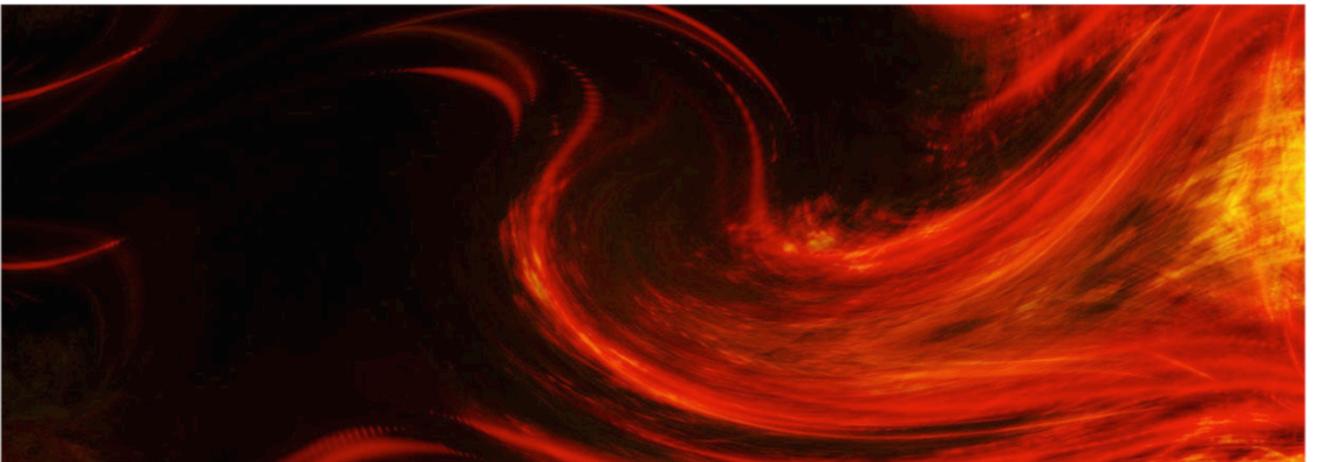
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You can and should expect to receive this good gift from God as a result of being filled with His Spirit.

Begin praying for and continually seeking the fullness of the Spirit in your life right now **(Ephesians 5:18)**.





## BE A WORSHIPPER

God wants you to live your whole life as an act of worship – doing everything you do out of love for Him. Jesus explained that God is seeking people just like that (**John 4:23-24**). Being a worshipper means that we do everything for Jesus – for His honor (**Colossians 3:17**). It means that we lovingly obey Him. Jesus said to His disciples, “If you love me, keep my commandments” (**John 14:15**). So, being a worshipper means living our whole life for the honor of Jesus, faithfully obeying His word out of love.

What does \*\_\_\_\_\_ look like when it is an act of worship?

\*{work, chores, recreation, marriage, parenting, etc}

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So often our behavior is influenced by who is or who is not looking, but how is it different when we do what we do unto the Lord, regardless of who is or is not looking? (**Eph. 6:16-18**)

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## **PART TWO: NEW LIFE HABITS**

With a new life must come a new way of living. We'll call these New Life Habits. These are habits that help to promote your health and growth as a follower of Jesus.

### **BE A STUDENT OF GOD'S WORD**

Regularly reading the Bible is integral to living the New Life. God's word is full of his promises and instructions. God's word feeds our faith. It is important to remember not just to read or hear God's word, but also to put it into practice.

Read over and reflect on the following verses. What do they say about the importance of hearing and doing what the Bible says? How does God's word help us?

***Psalm 19:7-11***

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***Psalm 119:9-11, 105***

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***Matthew 7:24-27***

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***2 Timothy 3:16***

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***James 1:22-25***

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# PRACTICE A LIFE OF PRAYER

Cultivate a continuous conversation with God.



There is almost nothing more important or powerful to the New Life than prayer. Prayer is both an incredible privilege and a great responsibility. Prayer is not hard, but it does require diligence. Read over and reflect upon the following verses. What do they say about the power and practice of prayer?

***Matthew 7:7-11***

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***Romans 8:26-27***

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***Ephesians 6:18***

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***Philippians 4:6-7***

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***Colossians 4:2***

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***I Thessalonians 5:17***

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***Hebrews 4:16***

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***James 5:13-16***

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***Jude 20***

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## GATHER WITH GOD'S PEOPLE

Another essential part of living the New Life is to gather with those who share your faith. The Bible calls this group the Church. Church means assembly, or called out ones. When we commit to Christ, we commit to His body, the Church. "Now you are the body of Christ, and each one of you is a part of it" (**1 Corinthians 12:27**). The Bible instructs us to gather together regularly to honor Christ and encourage each other.

Read over and reflect upon the following verses. What do they say about gathering with God's people?

***Hebrews 10:24-25***

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***Acts 2:42, 46-47***

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# LIVE GENEROUSLY

Jesus taught His disciples that generosity was a natural and necessary response to receiving the generous grace of God. Just as He modeled a life of generosity (**2 Corinthians 8:9**) – even to the point of giving up his life – we who follow Christ must develop and practice the habit of giving. We are to generously give of our time, talents, and treasures.



Read over and reflect upon the following verses.

***What do they say about the importance of living generously?***

***Proverbs 3:9-10***

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***Malachi 3:10-12***

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***Luke 6:38***

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***1 Corinthians 15:58***

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***2 Corinthians 9:6-11***

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***Galatians 6:9-10***

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***1 Peter 4:10***

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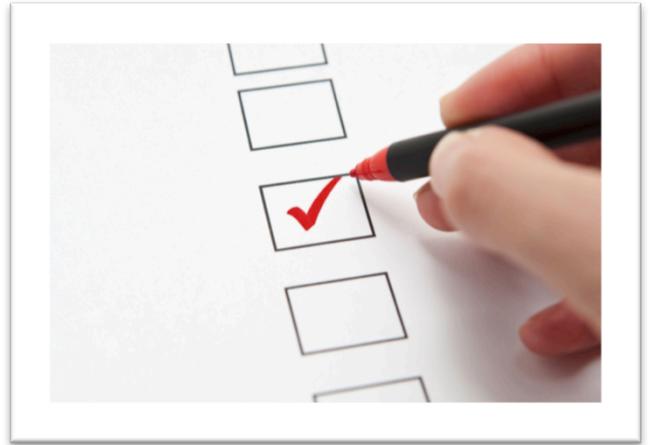
# WRAPPING THINGS UP

## **New Life Principles**

- Be Born Again
- Be Filled with the Spirit
- Be a Worshipper
- Be a Witness

## **New Life Habits**

- Be a Student of God's Word
- Practice a Life of Prayer
- Gather with God's People
- Live Generously



New Life is the most extraordinary kind of life. As you embrace these principles and put these habits into practice, you'll discover and experience the grace and power that comes as we follow Jesus Christ. This workbook is only designed to help you get started. There is always more to learn and experience. For now, be sure that you talk with a New Life Coach or leader at church about any questions you may have. Furthermore, you might consider becoming a New Life Coach yourself.

Please feel free to contact the church office or pastoral staff with any questions. Welcome to New Life,

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