

# INTRODUCTION TO ONE STEP DISCIPLES LESSONS

## PURPOSE

The 1 Step Disciples lessons were written for the sole purpose of bringing seekers to the knowledge of the truth of Jesus Christ and to teach them to walk as He walked. That purpose is both profound and very simple. This writing takes all the important truths of God and condenses them down into one thing and one thing only. Although there are many truths to learn, all truths lead back to this one thing, to follow Jesus and to walk as he walked. Jesus says it very simply “I am the way, the truth, and the life. No man comes to the Father except through me”. John 14:6.

## THE ONE THING

The One thing entails one essential action and that action is to follow Jesus by walking as He walked. That is what being “Christian” means. It means living in the reality of what I profess to believe and that everything I believe and everything I do is in alignment with God’s viewpoint in His Word. Faith is not a feeling but is action that is founded on right believing. The One Thing means we believe in and put our faith in Jesus, not in doctrines, teachings, philosophies, or anything or anybody else. It is continually, constantly and persistently aligning our thinking, choices and beliefs with God’s Word at any moment in our lives. It is simply walking by faith, living by faith, keeping the faith and constantly pursuing faith.

## TO BECOME LIKE THE MASTER

These teachings lay out a roadmap for a journey to a new life – a life that looks like the life of Jesus, a life that is truly life. “In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.” 1 Timothy 6:19 ESV. What is this life that is truly life? It is the life Jesus came to give us, the life that the bible describes as life and life more abundant. “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” John 10:10 ESV. It is an amazing new life that can only be found when we are in Jesus and walking as He walked having the oneness with the Father that He had. It is a life that is free from worry, fear, doubt and stress where we consistently experience the oil of gladness, the joy of the Lord, the peace that passes all understanding, and a clear conscience that comes from a pure heart and a right spirit. This new life, the life that is truly life, can only be found in Jesus.

These teachings present basic and precious truths that will transform our lives so they look like His life. It is a journey of many steps and many truths that will transform our character into Godly character. “It is enough for the disciple that he be as his master, and the servant as his lord.” Matthew 10:25. We are not to simply know what Jesus taught but we are to live those truths as He and the disciples lived them. “He who says he abides in Him ought himself also to walk as He walked.” 1 John 2:6. We must know the truth, believe the truth, and live the truth. Trust and obedience are key elements that must be put into place if we are to follow Him.

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## **BELIEVING**

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The journey into the One Thing does not come through wishful thinking or making decisions and commitments, or going to church, or participating in religious activities. It comes only through one simple act: believing. The whole basis of Christianity and the journey into life hinges on faith and believing. It does not come through knowing or agreeing with truth, but believing God's truth and putting our faith in Him. It is therefore very important to know what faith and believing are and what they are not. A person can think they have faith and think they believe God's truth and not really have faith or believe God. These teachings will show you what it means to truly have faith and believe.

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## **THE OUTCOME OF THE ONE THING**

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Those who are living according to these truths have found a consistent peace and contentment as they experience the life that is truly life. We have a renewed faith and hope as the Holy Spirit reveals the Father to us and we learn how to hear what God wants us to know about Him and His will for our lives. It is simply moving into a relationship of oneness with the Father and the Son. It is the road less traveled but is the road that leads to the life that is truly life. Few are willing to count the cost to enter this state of oneness with God.

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## **HOW GOD PROVES OUR CHARACTER**

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One of my favorite authors, Oswald Chambers, who authored the book "My Utmost for His Highest" says that "crisis reveals character". Your character is not what you think it is but what circumstances reveal it to be. God will test and prove your character through people, circumstances, and events in your life. These tests are not designed to discourage or hurt you, but simply to show you if you have the right faith and right beliefs. A crisis will reveal who you really are as opposed to who you think you are. A crisis will show you if you really have faith and if you really believe God's truth. It will reveal wrong beliefs, attitudes and behaviors that are out of alignment with God's viewpoint.

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## **HOW TO APPROACH THESE TEACHINGS**

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These teachings are not designed to impart more knowledge about the Christian life but to facilitate change in our life so our life looks more and more like His life. It is a life-long journey because it takes a long time to work out all wrong beliefs and godlessness that we have in our lives, much of which we may not even be aware of. Some of our problems come through spiritual attacks from Satan's demonic kingdom. Other problems are simply a result of wrong believing, wrong thinking and wrong choosing. As we learn to think, choose, and believe rightly, our lives will become more like His life and godly character will replace ungodly character more and more. We will learn to walk in faith as true believers, to walk as He walked.

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## **THE IMPORTANCE OF DISCIPLESHIP**

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Discipleship is simply following Jesus and walking in obedience to His commands. Jesus emphasized that if we are truly His disciples we will obey what He taught, then we will know the truth and the

truth will set us free. “So Jesus said to the Jews who had believed him, ‘If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free’” John 8:31-32. Having someone in your life to walk with you on this journey is the best way to learn to live this new life. Having someone who is experienced on the journey to walk with you will greatly accelerate your journey into this new life. You will be shown how you can do this so you can have a relationship with others who are well down the road on this journey.

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## **BASIC CONCEPTS**

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The most important concept that will be emphasized again and again is the simple act of believing what is presented and living as if it is truly believed. Here is a summary of what these lessons teach:

- The One Thing
- What is truth?
- What does it really mean to believe?
- What is faith?
- Experiencing God personally
- God’s salvation and being born again
- How to find true freedom in Jesus
- What is a disciple?
- The cost to follow Jesus Christ
- How thinking, choosing and believing impacts our character
- Learning to trust God
- The importance of obedience
- What is biblical love
- How to love God.
- How to love others
- How to love yourself.
- How to pray
- How to read God’s word
- Developing right thinking
- Knowing God’s will.
- The importance of forgiveness
- Dealing with negative emotions.
- Dealing with sin
- Discerning between God’s wisdom and the wisdom of the world.
- The good works that God requires.
- Common ungodly character traits and how to transform them into godly character traits
- Dealing with physical problems, relationship problems, addictions, demonic oppression, and anything else that may be a barrier to a godly life.
- Making disciples – helping others to experience spiritual freedom.

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## **ONE TRUTH AT A TIME**

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This journey is NOT just about learning all these truths and agreeing that they are true, and then pursuing more truth. The approach that we have found that works best is to learn one truth at a

time and then focus on living that truth until it is part of your life, maybe not perfectly, but more consistently. It is very tempting to read through all the truths with the thought that you will come back to them and work on them. You may find yourself overwhelmed by how much you are lacking in these truths and you may become discouraged. If you begin to experience that, remember, you are not alone. Everyone is in the same boat but you don't have to stay in that boat and as you learn to live one truth at a time you will enter into the life that is truly life.

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## **A LIFE LONG JOURNEY**

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This journey into godliness is a lifelong journey because it takes a long time to ingrain these truths into the core of our spirit and our soul so that we become that truth and it becomes our very life. We then discover a great peace, contentment, and joy and find true freedom from the things that torment people today. We don't get there all at once, but step by step it will unfold in our lives and others will see the fruit and desire to taste of that fruit. We find life that is truly life.