



START STRONG

7 Essentials na Magpapatibay ng Faith
Journey Mo.

Wesley Bacate



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Foreword



Sinulat ko ang Ebook na ito matapos kong basahin ang unang tatlong modules sa aking Masteral study in Biblical Archaeology, kung saan naka-focus ang preliminary lessons sa Apologetics. Doon ko nakita na ang pag-unawa sa major Biblical history ay sobrang mahalaga para lumalim ang faith ng isang bagong Kristiyano.

Kaya sa simpleng Taglish na paraan, ibinahagi ko rito ang mga foundational stories—mula sa Genesis, kay Moses, sa mga Propeta, kay Jesus Christ at ang Kanyang Krus, hanggang sa pagdating ng Holy Spirit at ang gawain ng mga Apostles. Ito ang magiging gabay para sa isang solid foundation ng ating Christian journey.

I lovingly dedicate this Ebook to my Christ-Centered Ministries family, especially to all Connect Group Leaders and Connect Group Members. This book is part of our Disciples Journey Kit (DJK) —a tool to help you grow deeper in your walk with Jesus. Nawa'y magsilbi itong paalala na we are all on this journey together, growing in faith and in God's Word.

Wesley Bacate

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INTRODUCTION

Welcome to your new journey of faith!

Kung ikaw ay bagong Kristiyano, malamang marami kang tanong:

- “Ano ba talaga ang ibig sabihin ng kasalanan?”
- “Bakit kailangang mamatay si Jesus sa cross?”
- “Ano ang role ng Holy Spirit sa buhay ko?”

These questions are normal—and super important. Kaya ginawa ko ang ebook na ito just for you.

Here, we will go back to the foundations of faith. **Simula sa story nina Adam and Eve, hanggang sa mga Apostol** na sumunod kay Jesus. These are not just Bible stories na pang-Sunday School. They are life-changing truths na dapat maintindihan ng bawat bagong mananampalataya.

Think of this book as your supplement guide sa DJK.

- Para mas maintindihan mo kung paano pumasok ang kasalanan sa mundo.
- Para makita mo kung paano gumalaw si God sa buhay ng mga tao noon.
- Para ma-realize mo kung gaano ka ka-special sa plano ng Diyos today.

Ang goal ng ebook na ito is simple:

👉 To help you grow in your relationship with God, step by step.

Kaya bago ka magpatuloy, pray muna. Ask God na buksan ang puso at isip mo habang binabasa mo ang bawat chapter. Dahil dito magsisimula ang journey mo bilang disciple of Jesus Christ.

CHAPTER ONE

Adam and Eve: How Sin Entered Humanity

Do you know the very first love story? It wasn't Romeo and Juliet. It was Adam and Eve—the first man and woman created by God.



God placed them in the Garden of Eden, a perfect place. Wala silang problema, walang sakit, walang gutom. Lahat ng kailangan nila, provided na. Plus, they had the greatest blessing—personal relationship with God.

Pero may isang rule lang si God:

“You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die.” (Genesis 2:16–17)

Isang araw, dumating ang serpent (Satan in disguise). Tinukso niya si Eve, saying: “Did God really say...?” Eve looked at the fruit—maganda, mukhang masarap, and it promised wisdom. Then she ate. Adam also ate.

“When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.”
(Genesis 3:6)

That one small
act of
disobedience
broke their
relationship
with God.

Consequences / Meaning

- **Shame** – Bigla nilang nakita na hubad sila, kaya nagtago.
 ☞ “Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.” (Genesis 3:7)
- **Fear** – Dati, excited silang makausap si God. Ngayon, natatakot na sila.
 ☞ “But the Lord God called to the man, ‘Where are you?’ He answered, ‘I heard you in the garden, and I was afraid because I was naked; so I hid.’” (Genesis 3:9–10)
- **Separation from God** – Na-expel sila sa Garden.
 ☞ “So the Lord God banished him from the Garden of Eden to work the ground from which he had been taken.” (Genesis 3:23)

**Romans 5:12
explains the
effect:**



“Sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned.” (Romans 5:12)

Why It Matters Today

The story of Adam and Eve explains why the world is broken today.

- Bakit may sakit?
 - Bakit may away, kasakiman, kasalanan?
 - Bakit parang laging may kulang?
- ☞ “For all have sinned and fall short of the glory of God.” (Romans 3:23)
- But here’s the good news:** God already promised a Savior.
- ☞ “He will crush your head, and you will strike his heel.” (Genesis 3:15)

Reflection Question

- Kung isa lang naman ang rule ni God sa kanila at nabreak pa nila, paano pa kaya tayo ngayon? Pero ang tanong, do we choose to repeat their mistake—or do we choose to trust and obey God?

CHAPTER TWO

Noah's Ark: Why God Told Noah to Build



Have you ever seen a huge ship? Imagine a boat so big, kaya niyang kargahin ang lahat ng klase ng hayop, plus isang buong pamilya! Sounds like a movie, right? Pero totoo ito—this is the story of Noah's Ark.

In the time of Noah, the world was full of evil.

☞ *"The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time." (Genesis 6:5)*

Pero may isang tao na kakaiba—Noah found favor with God.

☞ *"But Noah found favor in the eyes of the Lord." (Genesis 6:8)*
God told Noah: build an Ark, dalhin ang family mo at lahat ng animals. For many years, Noah obeyed kahit pagtawanan siya ng tao.

Then, dumating ang araw. Rain started to pour.

☞ *"For forty days the flood kept coming on the earth, and as the waters increased they lifted the ark high above the earth." (Genesis 7:17)*

Only Noah, his family, and the animals inside were saved.



When the world
was drowning in sin,
Noah was lifted by
obedience.

Noah lived in a time when the world was full of wickedness, but he chose to obey God. By building the ark in faith, his family and God's creation were saved when the flood came.

CONSEQUENCES / MEANING

Because of sin, God brought judgment.

☞ “Every living thing on the face of the earth was wiped out... Only Noah was left, and those with him in the ark.” (Genesis 7:23)

Pero Noah’s obedience brought salvation for his family.



God’s judgment is real, but His salvation is greater for those who choose obedience.

WHY IT MATTERS TODAY

1. Sin brings judgment.

☞ “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” (Romans 6:23)

2. Obedience brings salvation.

☞ “By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family.” (Hebrews 11:7)

3. The Ark is also a picture of Jesus—the only way to be saved.

☞ “Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.” (Acts 4:12)

Reflection Question

- Kung ikaw si Noah, would you obey God kahit pagtawanan ka ng tao? Are you willing to trust Him kahit hindi mo pa nakikita ang buong picture?

CHAPTER THREE

Moses: God's Chosen Deliverer

Have you ever felt na parang hindi ka qualified sa isang trabaho? Like, "Lord, bakit ako?" 🤔

That's exactly how Moses felt when God called him.



The Israelites were slaves in Egypt for hundreds of years. They cried out to God, and He heard their prayers.

☞ "The Israelites groaned in their slavery and cried out, and their cry for help... went up to God. So God looked on the Israelites and was concerned about them." (Exodus 2:23, 25)

God chose Moses to deliver them. Though he doubted himself, God said:

☞ "I will be with you." (Exodus 3:12)

Through Moses, God performed miracles:

- The plagues (Exodus 7–12)
- The Passover (Exodus 12:13)
- The parting of the Red Sea (Exodus 14:21–22)

“

When God calls, He also equips—His presence turns weakness into deliverance.

Matagal na naging alipin ang mga Israelita sa Egypt, pero narinig ng Diyos ang kanilang pag-iyak. Pinili Niya si Moses para ilabas sila, at siniguro Niya kay Moses ang Kanyang presensya. Sa pamamagitan ni Moses, ipinakita ng Diyos ang Kanyang kapangyarihan sa mga plagues, sa Passover, at sa paghati ng Red Sea.

Start Strong!

CONSEQUENCES / MEANING

- **Egypt was judged.**

☞ “At midnight the Lord struck down all the firstborn in Egypt.” (Exodus 12:29)

- **Israel was freed.**

☞ “That day the Lord saved Israel from the hands of the Egyptians.” (Exodus 14:30)

- **God gave His Law.**

☞ “And God spoke all these words: ‘I am the Lord your God... You shall have no other gods before me.’” (Exodus 20:1–3)



The God who judges evil is the same God who saves His people and gives them His Word to live by.

WHY IT MATTERS TODAY

1. God hears our cries.

☞ “Call to me and I will answer you and tell you great and unsearchable things you do not know.” (Jeremiah 33:3)

2. God uses ordinary people.

☞ “But Moses said, ‘Pardon your servant, Lord. I have never been eloquent...’ The Lord said to him, ‘Who gave human beings their mouths? ... Now go; I will help you speak.’” (Exodus 4:10–12)

3. Deliverance points to Jesus.

☞ “For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves.” (Colossians 1:13)

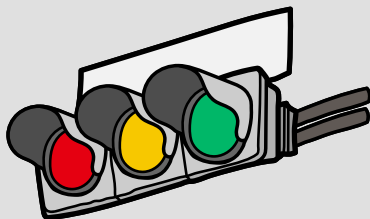
Reflection Question

- Do you sometimes feel unworthy to be used by God? Remember, it's not about your ability—it's about God's power working through you. Are you willing to say, "Lord, use me," just like Moses?

CHAPTER FOUR

The Prophets: God's Messengers

Have you ever ignored a warning sign? Like “Slippery When Wet” tapos nadulas ka? Ganun din sa spiritual life. That’s why God sent prophets—His messengers to warn and guide His people.



Israel often turned away from God. Kaya nagsugo Siya ng prophets like Isaiah, Jeremiah, Ezekiel, and Daniel.

✞ “Again and again I sent my servants the prophets, who said, ‘Do not do this detestable thing that I hate!’” (Jeremiah 44:4)

Their message: return to God, or face judgment.

Ang pagmamahal ng Diyos ay hindi tahimik. Kahit paulit-ulit na lumalayo ang Israel, patuloy Siyang nagpapadala ng mga propeta para magbabala. Hindi para durugin sila, kundi para akayin silang bumalik bago mahuli ang lahat. Ang Kanyang mga babala ay patunay ng Kanyang pagtitiyaga at kagustuhang ibalik, hindi wasakin.



God’s love always warns us—He sends messengers not to condemn us, but to call us back to Him.

CONSEQUENCES / MEANING

- **When people listened** → blessings and restoration.
 ☞ “If you fully obey the Lord your God and carefully follow all His commands... all these blessings will come on you.” (Deuteronomy 28:1–2)
- **When people ignored** → destruction and exile.
 ☞ “But if your heart turns away and you are not obedient... you will certainly be destroyed.” (Deuteronomy 30:17–18)
 The prophets prove God’s love—He warns before He judges.

“Every step of obedience leads to a path of blessing.”

WHY IT MATTERS TODAY

1. **They show God’s heart.**
 ☞ “The Lord is compassionate and gracious, slow to anger, abounding in love.” (Psalm 103:8)
2. **They point to Jesus**
 “All the prophets testify about Him that everyone who believes in Him receives forgiveness of sins through His name.” (Acts 10:43)
3. **They remind us to stay faithful.**
 ☞ “But the one who stands firm to the end will be saved.” (Matthew 24:13)

Reflection Question

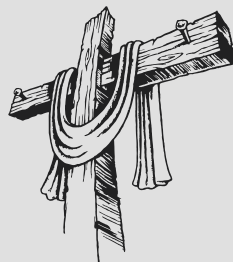
- Kung buhay ka noon, would you listen to the prophets or ignore them? Today, God still speaks through His Word and Spirit. The question is—are you listening?

CHAPTER FIVE

Jesus Christ: The Cross and Its Meaning

Have you ever asked, “Kung si God ay loving, bakit kailangan pang mamatay si Jesus sa cross?” 🤔

This is the heart of the Christian faith. The cross is not just a symbol—it’s the greatest proof of God’s love.



Si Jesus lived a perfect, sinless life. He healed the sick, preached about God’s kingdom, and showed compassion. Pero despite all the good He did, He was rejected by many.

- He was betrayed by Judas.
- Denied by Peter.
- Mocked and beaten by soldiers.
- Nailed to the cross like a criminal.

☞ “God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God.” (2 Corinthians 5:21)

On the cross, Jesus carried not His sins (kasi wala Siya), but our sins.

☞ “But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.” (Isaiah 53:5)

After three days, He rose again—victorious over sin and death. 🙌

☞ “He is not here; He has risen, just as He said. Come and see the place where He lay.” (Matthew 28:6)

CONSEQUENCES / MEANING

- **For the world: The power of sin and death was broken.**

☛ “Where, O death, is your victory? Where, O death, is your sting?” (1 Corinthians 15:55)

- **For us: We can be forgiven and reconciled with God.**

☛ “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.” (Romans 5:1)

- **For Satan: His defeat was sealed forever.**

☛ “The reason the Son of God appeared was to destroy the devil’s work.” (1 John 3:8b)

The cross was painful and shameful, but it became the doorway to salvation for all who believe.

WHY IT MATTERS TODAY

The death of Jesus is not just history—it’s personal.

1. **It shows God’s love.** “For God so loved the world...” includes you.

☛ “But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.” (Romans 5:8)

2. **It provides forgiveness.** No sin is too big for the blood of Jesus.

☛ “In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God’s grace.” (Ephesians 1:7)

3. **It calls us to respond.** The cross demands a decision: will you accept His sacrifice or ignore it?

☛ “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.” (Romans 10:9)

Start Strong!

Reflection Question

When you see a cross, what do you feel—guilt, indifference, or gratitude? Remember: Jesus died there not just for the world in general, but for you personally. How will you respond to His love?

CHAPTER SIX

Acts 2: The Coming of the Holy Spirit

Imagine this: A small group of believers gathered in one place, praying and waiting. Suddenly, a rushing wind fills the room, and tongues of fire appear above their heads! 😲 That was the day the church was born—the day the Holy Spirit came down in Acts 2.



Before Jesus went back to heaven, He told His disciples to wait for the promised Holy Spirit. (Acts 1:8)

On the Day of Pentecost, habang nagpe-pray sila, the Spirit came:

- A sound like a violent wind filled the house.
- Tongues of fire rested on each of them.
- They began speaking in different languages they never learned.

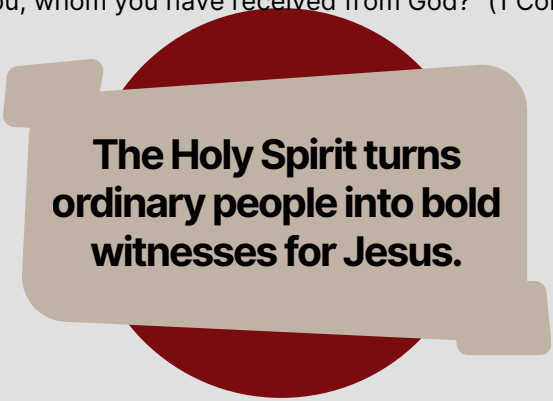
👉 “All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.” (Acts 2:4)

Because of this, people from many nations who were in Jerusalem heard the wonders of God in their own languages. Peter stood up and preached boldly—3,000 people believed and were baptized that day!

👉 “Those who accepted his message were baptized, and about three thousand were added to their number that day.” (Acts 2:41)

CONSEQUENCES / MEANING

- **The birth of the Church:** The coming of the Spirit marked the beginning of the Christian church.
 - ☛ “And the Lord added to their number daily those who were being saved.” (Acts 2:47)
- **Empowered disciples:** Ordinary fishermen and tax collectors became bold preachers of the gospel.
 - ☛ “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...” (Acts 1:8)
- **God’s presence in us:** The Spirit was no longer limited to temples, but now lives in every believer.
 - ☛ “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?” (1 Corinthians 6:19)



**The Holy Spirit turns
ordinary people into bold
witnesses for Jesus.**

WHY IT MATTERS TODAY

The same Spirit who came at Pentecost is still with us today.

1. **We are never alone.** The Holy Spirit guides, comforts, and strengthens us.
 - ☛ “And I will ask the Father, and He will give you another advocate to help you and be with you forever—the Spirit of truth.” (John 14:16-17)
1. **We are empowered to serve.** Every believer is given gifts to build up the church.
 - ☛ “There are different kinds of gifts, but the same Spirit distributes them.” (1 Corinthians 12:4)
1. **We are called to witness.** The Spirit equips us to share Jesus boldly in our generation.
 - ☛ “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)

Reflection Question

Since the Holy Spirit lives in you (Eph. 1:13–14), how does He guide you in your daily conversations with others?

CHAPTER SEVEN

The Apostles: Miracles and the Early Church

Have you ever wondered bakit sobrang daming miracles sa Book of Acts? Healing, raising the dead, escaping prison, bold preaching—it was a time of supernatural power. But bakit kaya ganun? Let's look at the life of the apostles and why God used miracles in the early church.



After Jesus went back to heaven, the apostles continued His mission. The Holy Spirit empowered them to preach and perform miracles as proof that their message was true.

- **Peter healed a beggar who was lame from birth.**

☞ Verse: "Peter said, 'Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk.'" (Acts 3:6)

- **The apostles boldly preached, even when threatened.**

☞ Verse: "With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God's grace was so powerfully at work in them all." (Acts 4:33)

- **Even shadows of the apostles brought healing.**

☞ Verse: "As a result, people brought the sick into the streets... so that at least Peter's shadow might fall on some of them as he passed by." (Acts 5:15)

- **Paul also performed miracles, even raising the dead** (Eutychus in Acts 20).

☞ Verse: "Paul went down, threw himself on the young man and put his arms around him. 'Don't be alarmed,' he said. 'He's alive!'" (Acts 20:10)

CONSEQUENCES / MEANING

- Validation of the Gospel: Miracles showed that the apostles' message was from God.
- ☛ "The Lord confirmed His word by the signs that accompanied it." (Mark 16:20)
- Growth of the Church: Thousands believed because of the power and message combined.
- ☛ "Nevertheless, more and more men and women believed in the Lord and were added to their number." (Acts 5:14)
- Opposition from the world: The apostles faced persecution, but miracles gave them courage to continue.
- ☛ "We must obey God rather than human beings!" (Acts 5:29)

Miracles were not about power—they were about pointing people to Jesus.

WHY IT MATTERS TODAY

Baka tanungin mo: "Bakit ngayon parang konti na lang miracles?"

1. The greatest miracle remains salvation. Every time someone turns to Jesus, it's a miracle.
- ☛ "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17)
2. God still works in powerful ways today. Healing, provision, protection, and answered prayers are real.
- ☛ "Jesus Christ is the same yesterday and today and forever." (Hebrews 13:8)
3. We are called to live by faith, not just by signs. Signs point us to Jesus, but faith sustains us daily.
- ☛ "Blessed are those who have not seen and yet have believed." (John 20:29)

Reflection Question

When was the last time you truly believed God for something impossible? Do you see His miracles as just physical wonders, or do you also celebrate the miracle of a changed life?

CONCLUSION

A New Life, A New Journey

As we finish this journey from Genesis to Acts, one thing becomes clear: God's story is not just history—it's our story too.



- Sa Garden of Eden, we learned how sin entered humanity.
 - ☞ But we also saw God's mercy, na hindi Siya sumuko sa tao.
 - Sa panahon ni Noah, we saw judgment, but also salvation through the Ark.
 - ☞ A reminder that God provides a way out.
 - Through Moses, God showed that He can use ordinary people to do extraordinary things.
 - Sa mga Prophets, we heard God's consistent call to return to Him.
 - Through Jesus at the cross, we saw the greatest act of love.
 - In Acts 2, we witnessed the Holy Spirit empowering the church.
 - And through the Apostles, we saw how God confirmed His Word with power and miracles.
- Lahat ng ito points to one truth: **God never gave up on us.** From beginning to end, His desire is to bring us back to Him.

CONCLUSION

WHY IT MATTERS TODAY

Kung ikaw ay new Christian, this is just the start. God wants to walk with you, guide you, and empower you every day.

- The Bible is not just a book—it's your manual for life.
- The Holy Spirit is not just a story—He is your Helper today.
- The church is not just a place—it's your family in faith.

Your journey of faith doesn't end here. In fact, it's only beginning.

FINAL REFLECTION

Ask yourself:

- Will I trust God's plan kahit hindi clear ang future?
- Will I follow Jesus not just as Savior, but also as Lord of my life?
- Will I allow the Holy Spirit to use me, just like the apostles?

CONCLUSION

CLOSING THOUGHT

Christian life is not about perfection, but about direction.

God is inviting you to walk with Him—one step at a time, one day at a time.

Remember: You are now part of His great story.