

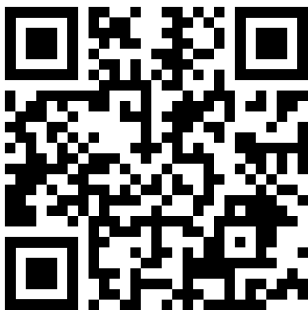


FIRST STEPS WITH JESUS

A Formational Journey of Following Jesus

DISCIPLE'S MANUAL

Disciple's Manual — Personal Guide for Spiritual Growth	2
Purpose of this Manual	2
How to Use This Manual	2
Your Commitment as a Disciple	3
Weekly Rhythm	3
WEEK 1 — New Life in Christ	4
WEEK 2 — Jesus Is Lord	5
WEEK 3 — Baptism and the Lord's Supper	6
WEEK 4 — Life in the Holy Spirit	7
WEEK 5 — The Word and Prayer	8
WEEK 6 — Belonging to the People of God	9
WEEK 7 — Overcoming Temptation and Walking in Forgiveness	10
Final Word for the Disciple	11



Access the guide on line at cdaorlando.org/micro

Or scan the QR code

7051 Pershing Avenue, Orlando, FL 32822

Email: info@cdaorlando.org Phone: (407) 736-8701

DISCIPLE'S MANUAL — PERSONAL GUIDE FOR SPIRITUAL GROWTH

Purpose of this Manual

This manual is designed to help you grow in your new life with Jesus.

It is not just a book to learn information, but a guide to walk with God Day by day. The goal is that the Word of God, the Holy Spirit, and obedience will shape your life over time.

This process will help you:

- Know God personally
- Understand who you are in Christ
- Learn to live as a disciple
- Grow in faith, obedience, and trust
- Walk alongside other believers

Spiritual growth does not happen in a day. God forms life little by little.

How to Use This Manual

First Steps with Jesus is a spiritual journey, not a school class.

Each week you will do three important things:

- Read the Bible
- Reflect on what God says
- Respond with obedience

During each session:

- You will listen to the Word
- Share what you understand
- Learn a simple teaching
- Pray and respond to God

You don't need to know much to begin. You just need a willing heart.

Your Commitment as a Disciple

During this process, aim to:

- Attend each week
- Read the verses carefully
- Speak honestly
- Listen to others respectfully
- Pray with an open heart
- Practice what God shows you

God works in the lives of those who walk with Him.

Weekly Rhythm

Each meeting will follow this order:

- Welcome and prayer
- Bible reading
- Reflection questions
- Teaching
- Prayer and response

This rhythm helps the Word enter the heart, not just the mind.

WEEK 1 — NEW LIFE IN CHRIST

Scriptures

Read the passages slowly.

- *2 Corinthians 5:17 & Romans 8:15–16*

Reflect

- What stands out to you about what God has done for you?
- What does it mean to you to know you are a child of God?
- How does this truth change your life?

Teaching

When a person receives Christ, God does something new in their life.

The Bible says that anyone who is in Christ is a new creation.

This means:

- Your past does not define your future
- God gives you a new identity
- A new life begins

You also receive a new relationship with God. You are no longer a stranger.

You are a son or daughter of God.

The Holy Spirit confirms in your heart that you belong to Him.

The Christian life is not based on emotions, but on God's promise.

Response

Pray, giving thanks to God for your new life.

WEEK 2 — JESUS IS LORD

Scriptures

- *Luke 9:23 & Proverbs 3:5–6*

Reflect

- What does it mean to follow Jesus?
- What area of your life do you need to surrender to God?
- What does it mean to trust God and not your own understanding?

Teaching

Following Jesus is not just believing in Him.

It is allowing Him to lead your life.

Jesus said we must:

- Deny ourselves
- Take up our cross
- Follow Him daily

This means trusting God even when we don't understand everything.

When we surrender our ways to God, He guides our life.

Over time we learn to ask:

- What does God want?
- What honors Jesus?

The Holy Spirit helps us obey.

Response

Pray, surrendering your life to Jesus.

WEEK 3 — BAPTISM AND THE LORD'S SUPPER

Scriptures

- *Romans 6:3–4 & 1 Corinthians 11:23–26*

Reflect

- What does it mean to die and rise with Christ?
- Why is baptism important?
- What does it mean to remember Jesus in the Lord's Supper?

Teaching

Baptism is a visible sign of what God has done inside you.

Going into the water represents dying with Christ.

Coming out represents new life.

Baptism does not save, but it declares that you belong to Jesus.

The Lord's Supper reminds us of Christ's sacrifice.

It helps us live with gratitude, faith, and dependence on God.

Baptism marks the beginning.

Communion sustains us along the way.

Response

Pray, giving thanks for salvation.

WEEK 4 — LIFE IN THE HOLY SPIRIT

Scriptures

- *Acts 1:8 & John 14:16–17*

Reflect

- What does the Holy Spirit do in the believer's life?
- Where do you need God's help?
- How can you depend more on the Spirit?

Teaching

God does not want you to live alone. The Holy Spirit lives in you. He:

- Guides you
- Teaches you
- Strengthens you
- Helps you obey

He also gives you power to be a witness.

Spiritual life is learned over time:

- Listening to God
- Praying
- Reading the Bible
- Walking with other believers

Response

Pray, asking for the help of the Holy Spirit.

WEEK 5 — THE WORD AND PRAYER

Scriptures

- *Acts 2:42 & Psalm 119:105*

Reflect

- How does God guide His people?
- What place does the Bible have in your life?
- How can you pray every day?

Teaching

The first Christians grew because:

- They listened to the Word
- They prayed together
- They lived in community

The Bible is a light for the path.

Prayer is talking with God.

When you read the Bible and pray, your life changes.

Little by little, God shapes your heart.

Response

Pray using a Bible verse.

WEEK 6 — BELONGING TO THE PEOPLE OF GOD

Scriptures

- Acts 2:42–47 & 1 Peter 2:9–10

Reflect

- What does it mean to be part of God's people?
- Why do we need other believers?
- How can you live as light this week?

Teaching

God does not call us to walk alone.

We are part of a spiritual family.

The church is a place to:

- Grow
- Be cared for
- Learn
- Serve

God called us out of darkness into light. Now we live to show His love.

Mission flows from identity. Because we belong to God, we live differently.

Response

Pray for the church and for your life.

WEEK 7 — OVERCOMING TEMPTATION AND WALKING IN FORGIVENESS

Scriptures

- *1 Corinthians 10:13 & Ephesians 4:32*

Reflect

- What does the Bible teach about temptation?
- Is God faithful in the midst of temptation?
- What do these verses teach about God's heart?
- Based on what I read, how should I treat others?

Teaching

We are all tempted.

Temptation is not the same as sin; sin is giving in to temptation.

God is faithful in your weakness and walks with you.

God is not an indifferent spectator of your situation: He sets limits and provides a way out.

We forgive because we have been forgiven.

Forgiveness benefits me first.

Forgiveness is the love of Christ and His grace working through me.

Response

Pray, surrendering your life to God.

FINAL WORD FOR THE DISCIPLE

God is working in your life, even when you don't always see it.

Growth takes time:

Keep walking.

Keep listening.

Keep obeying.

You don't need to be perfect—just faithful. God will finish the work He started in you.

