



# Q COURSE

## EXPLORING QUESTIONS ABOUT CHRISTIAN LIFE

This course material will help you to understand that the message of the Bible is true. They will show how you can have a growing friendship with the Lord Jesus Christ. Enjoy discovering what the Bible teaches and be prepared to meet the One who wrote it!

· YOU WILL NEED –

- 1) A BIBLE – Get the New International Version (NIV).
- 2) Something to write with.

· WHAT TO DO –

Work through these papers on your own and then meet with a Christian friend.

- 1) ASK God to help you understand what you read and to learn what it means for you.
- 2) READ the Bible verse given.
- 3) WRITE your answers to the questions in your own words.
- 4) THINK about what you have read and what it means to YOU.
- 5) NOTE any questions or queries that you have so that these can be discussed.

## (1) BEGIN HERE

Where did we come from? Why are we here? Some people believe that life is an accident. They say that in the beginning, simple life forms appeared by chance from non-living substances. Then over millions of years, these simple forms of life developed into human beings. If this is true and life really is an accident, then it can have no real purpose.

BUT THE BIBLE SAYS –  
WE HAVE BEEN MADE BY GOD.

Life appearing by accident is about as likely as a chimp writing Shakespeare.

What does GENESIS 1:1 say happened in the beginning? . . .

From GENESIS 1:31, what did God think of His creation? . . .

From MALACHI 2:10, who made man? . . .

Read PSALM 8:6-8.  
Is man just another animal? YES/NO  
Why? . . .

Read JOB 33:4. Who made you? . . .

You may not know God yet, but read PSALM 139:13-16.  
How long has God known you? . . .

GOD LOVES YOU –  
From 1 JOHN 4:7, where does LOVE come from? . . .

What does verse 8 say about God? . . .

From verse 10, what did God do because he loves us? . . .

Now look at PSALM 63:3. What does this writer say is even better than life? . . .

GOD HAS A PLAN FOR YOUR LIFE

According to JOHN 10:10, why did Jesus come to earth? . . .

Would you like this kind of life? . . .

THE REASON YOU WERE BORN WAS TO KNOW GOD AND TO ENJOY HIS PLAN FOR YOUR LIFE.

What 3 words describe God's will for you in ROMANS 12:2? . . .

1)

2)

3)

"Just as every planet has its set course . . . so God has a purpose for your life. It would be extremely difficult for me to believe that the infinite God would set the course for each celestial body, each star, and each plant and then leave His crowning creation, man, to grope in the darkness of a meaningless world." (Billy Graham)

A PRAYER FOR YOU TO PRAY –

"Thank you God for the gift of life.

I am beginning to see that your love for me is great and your plans for me are good.

Help me to learn more about your love and discover your plans for my life.

AMEN.”

[AMEN is a Hebrew word; it means ‘sure, certain, I really mean this prayer’]

## (2) WHAT HAS GONE WRONG

The Bible says, God made the world 'very good' (see GENESIS 1:31). Look at a beautiful garden, or the stars, or watch a sunset – it's easy to see that God did a good job. But what about disease and suffering, crime and bloodshed? What's gone wrong with the world God made 'very good'?

THE BIBLE GIVES THE ANSWER IN ONE SHORT WORD – SIN.

When God first gave people the chance of going His way, we chose to please ourselves and go against God. We have been going our own way ever since.

SIN IS THE TENDENCY WE ALL HAVE TO DO WRONG.

Even when I know what is right, something inside me makes me want to do wrong. Have you ever felt like that?

How does Paul put it in ROMANS 7:18-19? . . .

From ROMANS 3:23, how many people have sinned? . . .

In what way are people like sheep. See ISAIAH 53:6.  
People are like sheep because . . .

THIS IS WHAT SIN IS ALL ABOUT –

A person goes HIS OWN WAY instead of GOD'S WAY – and it always lands in trouble!

It's a bit like a car with a faulty steering. However much you want to go straight, it's always pulling to one side. And if something isn't done about it, you're likely to end up in a ditch!

WE SIN IN MANY WAYS.

Have you ever felt you should help somebody, but never got round to it?

What does JAMES 4:17 say on this? . . .

What does 1 JOHN 5:17 say on this? ...

WE SIN IN – THOUGHTS, WORDS And ACTIONS.

THE MOST IMPORTANT COMMANDMENT –  
What do you think it is?

Read MARK 12:28-30, then fill in the blanks below ...

'Love the ..... with all your .....

and .....

In other words – love God with everything you've got!  
Have you done that YES/NO

What about the second commandment in verse 31? YES/NO

SIN IS SERIOUS

Jesus says, the person who sins is a ..... to sin.  
(Find the missing word in JOHN 8:34)

Bad habits, bad thoughts, foul language, petty theft are easy to start, but very hard to stop.

Scientists say they can put a frog in cold water and boil it alive, without the frog jumping out. They heat the water so slowly that the frog doesn't notice. Sin is cruel like that. SIN NEVER LEAPS ... IT CREEPS ...

SIN SEPARATES YOU FROM GOD – NOW

Have you ever felt God was not listening to your prayers? Why do you think this should be? You can find the answer in ISAIAH 59:1-2.

God does not hear the prayers of many people because . . .

Sin Is Like A Dark Cloud That Blots Out The Warm Sunshine Of God's Love

SIN SEPARATES YOU FROM GOD – FOREVER

What does 2 CORINTHIANS 5:10 say we must all do?

From ROMANS 6:23, what wage does SIN pay? . . .

This is not just the BODILY death we all face -- But an ETERNAL death that separates a person from God forever.

SOMETHING TO THINK ABOUT –

You may feel a fairly good person, but if you only sin three times a day, that soon mounts up! Twenty-one sins a week, over one thousands in a year, more than seventy thousand in a lifetime. Imagine going to Court with seventy thousand previous convictions!

HAPPILY – God Has Found A Way Of Dealing With This Problem Of Sin.

### (3) WHO IS JESUS CHRIST?

Most know the basic – born in Bethlehem around 2,000 years ago. When 30 years of age he began a whirlwind ministry of words and miracles that caused a sensation. After 3 years, religious leaders had Jesus arrested and executed by the Romans. Yet, His influence grows and many claim that Jesus Christ is STILL ALIVE TODAY!

Christianity stands or fall on the claims of Jesus Christ.

BUT WHO IS JESUS CHRIST?

Let's find out from the Bible.

Look at the end of LUKE 1:35. What was to be special about Mary's first child?

He was called . . .

What happened at Jesus' baptism? See LUKE 3:21-22.

A voice came from heaven . . .

Who in LUKE 4:40-41 recognised Jesus as God's Son? . . .

Jesus has always been SON OF GOD – Before he was born into a human family, he lived with His Father in the glory of heaven.

What does COLOSSIANS 1:16 tell you about Jesus and the Creation? . . .

HOW MUCH OF GOD CAN YOU SEE IN JESUS CHRIST?

(Read COLOSSIANS 1:19)

What did Jesus say about Himself? JOHN 14:9 . . .

Jesus is the eternal God become man. As God, He was able to heal the sick, destroy occult powers, still storms, forgive sins and speak words of wisdom that have never been equalled. As man, he knew hunger, thirst and tiredness. He laughed and cried. He was like us in every way EXCEPT ONE . . .

Read HEBREWS 4:15. In what way was Jesus LIKE US? . . .

In what way was Jesus DIFFERENT to us? . . .

In spite of His perfect life, Jesus died in shame like a criminal.

WHY DID HE HAVE TO DIE?

Many people think that Jesus' death was a horrible mistake. Do you agree? Why?  
Read ACTS 2:23 . . .

Do you think Jesus knew he would die this way?  
See MARK 8:31-33 – YES/NO . . . Because . . .

Do you think Jesus had any choice? Why?  
Read JOHN 10:17-18 . . .

THE QUESTION IS – Why did the SINLESS SON of GOD die in such a horrible way?  
The answer is simple – JESUS DIED THE DEATH WE DESERVE!

Look at 1 PETER 2:24. What did Jesus carry for us when He died on the Cross? . . .

All God's anger and hatred of sin was poured out on Jesus. He was punished for the sin of the whole world, past, present and future.

That explains the words of MATTHEW 27:46.

Jesus cried out 'My God . . . . .!'

The sight of our sin was so awful that God turned His back on His own Son. Think of that for a moment. Jesus taking the punishment WE deserve. Separated from God so that we could be brought back to Him. Going through it so that we could escape it.

HAVE YOU EVER WONDERED WHETHER GOD LOVES YOU?

The death of Christ should leave you in no doubt!

WRITE ROMANS 5:8 HERE –

.....

.....

.....

Now cross out 'US' and write 'ME'.  
Cross out 'WE WERE' and write 'I WAS'.

Jesus has been punished for our sins so that we can be forgiven – that's wonderful! But there is something even more wonderful than that!

From 2 CORINTHIANS 5:21, why did God make Jesus share our sin? . . .

The death of Jesus made possible an amazing exchange of character. He has taken our sinfulness so that we can take His goodness! God wants to make US like JESUS!

JESUS IS ALIVE!

What happened three days after Jesus died? (1 CORINTHIANS 15:4) . . .

From verses 5-6, roughly how many saw Jesus alive after His death? . . .

Could they have been mistaken? Why?  
See ACTS 1:3 . . .

Here are the words of the former Lord Chief Justice Darling, speaking about the evidence that Jesus returned to life . . .

“On that greatest point we are not merely asked to have faith. In its favour as a living truth there exists such overwhelming evidence . . . that no intelligent jury in the world could fail to bring a verdict that the resurrection story is true.”

Where is Jesus NOW? See ACTS 2:32-33 . . .

TODAY, the Lord Jesus is offering a NEW START and a NEW LIFE with a wonderful future to all who obey Him.

How does Paul put it in 2 CORINTHIANS 5:17? . . .

God is not interested in patching up our old life, making it vaguely religious. Through Jesus, He wants to make us a NEW PERSON, with an entirely NEW LIFE. A life that is so fresh, so clean, so exciting that it's like starting all over again! In fact, that's how Jesus described it!

Turn to JOHN 3:7 and complete these words . . .

“You must .....

Whatever our life has been like up to now, God wants to re-make it the way he planned, putting His own life and power within us.

NEXT TIME – We see how to receive this life and power.

## (4) BEGIN HERE!

### THE STORY SO FAR –

God made a beautiful world and has given us life. He loves us and has an exciting plan for us. But sin has spoiled God's world AND our life! The result is separation from God now and forever. Jesus Christ died and rose again to deal with the problem of sin – through Him it is possible to have forgiveness, a new life and a wonderful future.

### NOW READ ON!

### ONLY ONE WAY!

From JOHN 14:6, how many ways to God are there? . . .

According to ACTS 4:11-12, where is salvation to be found? . . .

Can it be found anywhere else? . . .

Do you think it is possible to be saved by your own efforts, that is, by trying to live a good life? (See EPHESIANS 2:8-9).

YES/NO/DON'T KNOW

### HOW TO ENTER –

What TWO things did Jesus say people must do? MARK 1:14-15.

Jesus said people must .....

And .....

Now compare what Paul told people in ACTS 20:21 . . .

IF WE WANT TO BE FORGIVEN AND TO KNOW PEACE WITH GOD –

These TWO STEPS are a MUST –

## 1) WE MUST TURN FROM SIN.

This is what 'repent' means.

There must be a CHANGE OF MIND about the way we have been living. We need to admit that we have been living in the wrong way and for wrong things. We have been on a road that has led away from God.

There must be a CHANGE OF HEART. Many people admit they are sinners, but few feel any real sadness about their sin. They do not see sin as God sees it. They do not realise that Jesus died for THEIR sins. Repentance means saying SORRY to God and really meaning it.

What does 1 JOHN 1:8-9 promise to those who confess their sins?

There must also be a CHANGE OF DIRECTION. We must be willing, with God's help, to turn from everything we know to be wrong – this may include a habit or a hobby, a friendship, a place, a book or a magazine, a feeling against someone else or some act of dishonesty.

WRITE DOWN what John says in MATTHEW 3:8 . . .

We need to show that we're turning from sin – and this may mean returning something we 'borrowed', or saying sorry to someone, or repaying a debt. We must put things right where we can. It will mean that in the future we aim to please God rather than ourselves – and go God's way rather than our own.

Look at ACTS 17:30. How many people need to repent? . . .

WILL YOU REPENT?

## 2) WE MUST BELIEVE IN JESUS.

Many people believe the facts about Jesus, but we are talking about the kind of faith that leads to ACTION! Really believing in Jesus means giving our life to Him.

Think about your chair – You knew it could support you – but it wasn't until you sat down that it did. It's the same with Christ – he can only support us you when you give your life to Him. He won't let you down!

To give yourself to Jesus means to let Him be Number One in your life. The Boss of your time, talents, money, ambitions, friendships, family and future. The Christian life is not easy; you may have to face all kinds of difficulties – and not everyone will be pleased that you are following Christ. But what PROMISE does Jesus give to His followers in MATTHEW 28:20 (end of the verse)? . . .

From JOHN 6:47, what does the believer in Jesus have? . . .

We could never live the Christian life in our own strength. But when we believe in Jesus, something wonderful happens – we receive eternal life! God's own life is given to us! We become a new person with a new life! And pleasing God becomes wonderfully possible!

WILL YOU BELIEVE IN JESUS NOW?

You could give your life to Jesus Christ right now.

He loves you so much and is waiting to receive you. You could talk to the Lord in your own words, or you may prefer to use this prayer which many have found helpful.

If YOU mean it – GOD will answer it!

“Lord Jesus,

Thank you that you love me and have an exciting plan for my life.

I'm really sorry for all the ways I have sinned against you and other people.

Thank you for dying for my sins.

Please forgive me and help me to be different from now on.

I hand my life over to you now, please take control and give me your Holy Spirit so that I can please You in all I do.

AMEN.”

WELCOME TO NEW LIFE IN JESUS!  
THE BEGINNING!

## (5) BEING SURE

Many people HOPE that their sins are forgiven and that they are on their way to heaven, but they're not really sure about it. This paper explains how YOU can be sure.

### THE PROMISES OF GOD

Turn to 1 JOHN 5

Who gives eternal life (verse 11)? . . .

Where is eternal life found? . . .

Who has eternal life (verse 12)? . . .

Who does not have eternal life? . . .

But how do we know if we HAVE the Son of God? Well, have we ever given ourselves fully to Jesus Christ? If the answer is YES, Jesus has promised to accept us!

Read JOHN 6:37 and answer these questions –

Who is speaking here (verse 35 will help)? . . .

What will He never do? . . .

Would Jesus break a promise –

(a) SOMETIMES (b) NEVER (c) ONLY RARELY [Underline the right answer]

Read JOHN 1:12. What is given to those who receive Jesus? . . .

When we receive Jesus, we become a member of God's family! Turn to JOHN 6:47. What do you receive when you believe in Jesus? . . .

## YOUR EXPERIENCE OF ETERNAL LIFE

Many people think this just means going to heaven when you die. It DOES mean this, but it means much more here and now! Eternal life isn't so much a matter of QUANTITY, but of QUALITY! Eternal life is a different KIND of life that begins the moment you give yourself to Jesus. A life with a new meaning, a new power and a new purpose. God's life flowing through you and changing everything!

How does 2 CORINTHIANS 5:17 describe this change? . . .

Perhaps you don't feel any different since giving your life to Jesus Christ, but look at the list below; you could be surprised at the changes that have already taken place! Tick the ones that apply to you.

Inner peace	New love for God
New sense of sin	Want to pray
New happiness	Victory over sin
Want to read the Bible	Sense of being forgiven

On top of the BIBLE PROMISES we have read and the changes you have felt, God also wants to make you sure of eternal life in another way . . .

## THE HOLY SPIRIT

ROMANS 8:15-16 speaks about the work of the Holy Spirit in a Christian. From verse 15, what does the Spirit help us to call God? . . .

Jesus used the word 'Abba' when he prayed – it really means 'Dad'. The Holy Spirit helps me see that God is my loving 'Dad'. Many human fathers leave a lot to be desired. But God is far better than the best human father you could ever imagine.

From verse 16, what knowledge does the Holy Spirit give to our spirits? He tells us that we are . . .

As you place your trust in Jesus Christ, the Holy Spirit will plant deep in your heart the confidence that YOU are one of God's children – a member of HIS FAMILY!

## A SUGGESTION

As a lasting reminder of your decision to follow Jesus Christ, you could write something like this on the inside front cover of your Bible –

“I have given my life to the Lord Jesus Christ, trusting Him to forgive my sins and to give me the gift of eternal life. I gladly place the whole of my future into His Hands.”

Write your name, date and time.

## (6) TALKING TO GOD

In this paper, we look at prayer, a key factor in Christian growth. There is no way to learn to pray, except praying.

### GETTING STARTED

1) Although you can talk to the Lord at any time and in any place, it is also important to have a regular time set aside for prayer every day.

When is your best time? Make a note here . . .

My best time for prayer is between . . . . . and . . . . . every day .

Many find the early morning is a good time, when it's quiet and they are less likely to be disturbed. Young mums often find mid-morning is best. Find a time that suits you.

Read MARK 1:35.

How did Jesus make sure of having a 'quiet time' alone with His Father? . . .

Is there a place where you can be alone? It doesn't have to be at home – you could get to school or work early, or use the local library or park.

2) Start small with a few minutes of prayer every day. As your friendship with the Lord grows, you will want to make your prayer time longer.

3) Find the position best for you in praying. It doesn't have to be on your knees, but praying in bed is more likely to improve your sleeping than your prayers!

4) Ask God to guide you in your prayer time. The words of PSALM 19:14 make a very suitable prayer.

Write them here . . .

## PRAISE

Start off by praising the Lord, worshipping Him for who he is and for what he has done. Reading something like PSALM 96 can help you to do this. So can singing a favourite Scripture song or hymn.

What do PSALMS 96:1 and 98:1 tell us to do? . . .

Sing .....

## THANK

Why is it good to thank the Lord?  
See PSALM 106:1 . . .

From EPHESIANS 5:20, when should we give thanks to God, and for –

When . . .

What . . .

Write down three things that you can thank God for:

1)

2)

3)

## CONFESS

From PSALM 32:1, who are happy (or blessed)?

People whose .....

Fill in the blanks from 1 JOHN 1:9 . . .

But God can only forgive us if we .....

This you should do every day, asking the Holy Spirit to show you anything in your life that is wrong. Is there something you should confess to God now?

ASK

Look at MATTHEW 7:7 where Jesus is teaching about prayer.

What will happen when you ASK?

What will happen when you SEEK?

What will happen when you KNOCK?

Are you WORRIED?

What should you do instead of being anxious? See PHILIPPIANS 4:6 . . .

Are you TROUBLED?

HEBREWS 4:16 speaks about coming to God's Throne in prayer.

What will we receive? . . .

(In other words, God will not punish or condemn us when we come to Him).

What will we find? . . .

(Grace means God's kindness to us when we don't deserve it).

Are you UNSURE ABOUT WHAT TO DO?

How can you get help from God?

See JAMES 1:5 . . .

We can bring ALL our needs to God, specifically. Because there is so much to pray for, we should ask God to guide our praying.

#### LISTEN

Praying is also letting God talk to us. Sometimes we need to be quiet so that the Lord can speak to us in our spirits – to assure us that he loves us, or to show us His will or teach us something new. This is what it says in PSALM 37, at the start of verse 7 . . .

#### TO MAKE SURE YOUR PRAYERS ARE ANSWERED

##### 1) OBEY GOD

Look at 1 JOHN 3:22. What TWO things are necessary if you are to have what you ask for?

a) You must .....

b) You must .....

If you resist God's will for your life, your prayers will be seriously hindered.

##### 2) PERSIST IN PRAYER

God does not always give what we ask straight away. He knows how often we change our minds. Keep on praying! It shows the Lord that you are really serious about your request. Turn to LUKE 18:1-9, which is a parable Jesus told to His followers. From verse 1, why did Jesus tell this story? . . .

Read the story through. From verse 5, can you say why the judge finally gave the woman what she wanted? . . .

##### 3) DISCOVER GOD'S WILL

According to 1 JOHN 5:14, we may have confidence that God hears our prayers if . . .

God simply cannot answer some prayers because they are not His will. Praying to win the lottery is an example! Sometimes the issue is not clear and you will need to spend time in prayer (perhaps with fasting), finding the will of God so that you can pray wisely.

#### 4) HAVE FAITH

What is needed if you want to please God? See HEBREWS 11:6 . . .

From JAMES 1:6, what kind of person is like a wave of the sea? . . .

Write out Jesus' promise from MATTHEW 21:22 . . .

Having discovered the will of God for you, you can pray with total confidence that God will answer prayers!

There is so much more to learn about prayer – but experience is the finest teacher! Make time for prayer – it's your hotline to heaven!

#### REMEMBER!

The Christian who is too busy to pray is too busy!

## (7) LEARNING FROM GOD

The Bible is really a library of 66 books, written by about 40 different authors over many hundreds of years. Yet it has one great theme and central figure – JESUS CHRIST.

“The Scriptures were not given to increase our knowledge but to change our lives.”

(D. L. Moody)

THE BIBLE IS RELIABLE!

Read 1 PETER 1:24-25.

Do you think the message of the Bible could become out of date? . . .

Why? . . .

Now turn to JOHN 17:17, where Jesus is praying to His Father. Can God’s Word be trusted?

Why? . . .

What is one sure way of making mistakes in life?

See MARK 12:24 . . .

IT SHOWS HOW TO BE SAVED.

From JOHN 5:39, whom do the Scriptures speak about (Look at the start of verse 19)? . . .

Why was 1 JOHN written? See chapter 5:13 . . .

Find ACTS 17:10-12.

How did the Jews at Berea check up on Paul’s preaching? . . .

What was the result? . . .

IT SHOWS HOW TO LIVE

Turn to 2 TIMOTHY 3:16.

The Bible is useful or profitable for FOUR things –

1) .....  
(Showing what to believe)

2) .....  
(Showing where we go)

3) .....  
(Guiding back to the right path)

4) .....  
(Showing how to live as a Christian)

The Bible compares itself to different things.  
What pictures are used in the following verses.

JAMES 1:23-25

JEREMIAH 23:29

MATTHEW 4:4

EPHESIANS 6:17

PSALM 119:105

From ACTS 20:32, find ONE thing God's Word can do for you ...

From PSALM 119:11, what can you do to keep from sin? ...

What must you do if God's Word is to be any use to you?  
See LUKE 11:28 ...

ADVICE ON READING THE BIBLE

1) It is better to read a small section at a set time every day, rather than a whole book every now and then. Start with 15 minutes reading the Bible and praying. Find the best time for you.

My best time for this is between ..... and .....

2) Pray first. The Bible is God's book and we need His help to understand it.

3) A good idea is to start with one of the Gospels (say Mark). Or a letter (say Colossians). These are in the New Testament.

4) Read a section several times to make sure you really understand it.

5) If you still can't understand something – ASK! A Christian friend.

6) Try to apply what you read to your everyday life.

#### HELP YOU CAN GET

There are various Bible reading booklets available as well as downloads from website. Ask a Christian friend what they think will be the best for you.

## (8) ENEMY ACTION

Everybody has temptations, but it almost seems that when you become a Christian there are more of them! Temptation itself isn't a sin, but if you let your mind dwell on a temptation, it will soon lead you into sin!

#### THE ENEMY

Temptation seems to come from THREE enemies, often working together.

1) THERE IS A PERSON AGAINST US.

Who is he? Look at 1 PETER 5:8 ...

Whom did he tempt in MATTHEW 4:1? ...

The Devil attacks us at our weak points. What might have made Jesus weak when the Devil tempted Him? See verse 2 . . .

What are your weak points? [You need not write them down]

2) THERE ARE PRESSURES AROUND US.

JAMES 1:27 underlines the need 'to keep oneself . . . . .'

The world around us is full of tempting sights and sounds that can lead away from God and into sin.

3) THERE IS POWER INSIDE US.

Read JAMES 1:13-15.

Does God tempt people? . . .

What is a person tempted by (verse 14)? . . .

There is something inside us that likes sin. Something inside every one of us wants to give into temptation.

From GALATIANS 5:19-21, what is this 'something' called? . . .

What advice are you given in ROMANS 13:14? . . .

JESUS CAN HELP US WHEN WE ARE TEMPTED.

From HEBREWS 4:14-16, who is 'our great High Priest'? . . .

How is it that he can sympathise with our weaknesses (verse 15)? . . .

Did temptation ever defeat Him?

YES / NO / DON'T KNOW (underline answer).

Because Jesus resisted temptation, he can help you to do the same!

JESUS CAN PROVIDE A WAY OUT.

What can the Lord do for godly people?

See 2 PETER 2:9 . . .

From 1 CORINTHIANS 10:13, should a temptation ever be too strong to resist? . . .

Does God remove temptation? . . .

What does he do instead? . . .

We have to admit that when we do give in to temptation, it is not because we have to, but because we want to.

DEFEND YOURSELF AGAINST TEMPTATION!

1) KEEP CLOSE TO GOD.

Prayer had much to do with Jesus' life of victory. Read MARK 1:32-35. What did Jesus do after a busy evening healing the sick? . . .

What did Jesus teach us to pray in regard to temptation (testing)? See MATTHEW 6:13 . . .

He taught us to pray .....

2) USE THE BIBLE

From PSALM 119:11, what can you do to avoid sin? . . .

(This is really talking about the Scriptures).

When Jesus was tempted by the Devil, He used the Bible as His defence.

Read MATTHEW 4:1-11.

In which verse does Jesus quote DEUTERONOMY 8:3? . . .

In which verse does Jesus quote DEUTERONOMY 6:16? . . .

In which verse does Jesus quote DEUTERONOMY 6:13? . . .

You need to spend time reading and thinking about the Bible and its teaching.

### 3) RESIST THE DEVIL.

What happened when Jesus resisted the Devil (MATTHEW 4:11)? . . .

What will happen if you resist him (JAMES 4:7)? . . .

It is easy to give the Devil a chance to trap you by –

The places you go to.

The people you mix with.

What you spend your money on.

The things you read.

The programmes, movies or website you watch.

Don't give the devil a chance!

### IF YOU SIN

A Christian doesn't make a deliberate habit of sinning, but all of us sin at some time or other. It doesn't mean we're no longer Christians, but it does mean that our friendship with Jesus is affected and we need to do something about it.

Read 1 JOHN 1:8-9. What should you do when you know you have sinned? . . .

This also involves putting things right where you can.

What TWO things will God do?

1) He will .....

2) He will .....

Read HEBREWS 10:12. This tells us that Jesus' death was a once and for all sacrifice that deals with the problems of sin totally and finally.

Read verse 17.

Why is it silly to still feel guilty about sins you have already confessed? . . .

## (9) BE BAPTISED

### WHAT IS BAPTISM?

The word 'baptise' means to plunge, sink, drench, drown or soak! This is why many churches baptise people by dipping them right under water. It was usually done this way in New Testament times and often in the open-air.

Read about Jesus' baptism in MARK 1:9-11. Where was Jesus baptised? . . .

Today people are baptised in church buildings. In the sea, river or swimming pools.

### WHO SHOULD BE BAPTISED?

Anyone who loves Jesus and knows Him as a Saviour and Lord.

Baptism Is Always Linked With Faith In Jesus.

Look at ACTS 18:8. Many of the people at Corinth did TWO things when they heard Paul's message. What were they?

1) .....

2) .....

BELIEVING in Jesus and getting BAPTISED belong together!

## WHY BE BAPTISED?

### 1) TO OBEY JESUS' COMMAND.

Read MATTHEW 28:18-20. What THREE things did Jesus tell His friends to go and do?

1) .....

2) .....

3) .....

By being baptised, we obey Jesus' command. What does JOHN 15:14 say about this?

### 2) TO SHOW YOUR FAITH IN JESUS.

Baptism demonstrated publicly that you love Jesus and want to live for Him.

From Jesus' words in MARK 8:38, what will happen to the person who is ashamed of being known as a Christian? . . .

### 3) To PREPARE TO SERVE JESUS.

From MATTHEW 3:16, when did the Holy Spirit come down on Jesus? . . .

It wasn't until after this experience that he went out to preach and heal. It was the same with Saul. See how he describes his conversion in ACTS 22:6-16. What did he need to do before he began his work (verses 15-16)? . . .

Now look at ACTS 9:17. Why did Ananias say he had been sent to Saul? . . .

So, being baptised and filled with the Holy Spirit are events that should come before we begin to serve the Lord.

## WHAT DOES BAPTISM MEAN?

Baptism is a sign of FOUR things that happen to a person who believes in Jesus as Lord. They can be summed up in FOUR WORDS –

- 1) WASHING
- 2) BURYING
- 3) DRINKING
- 4) JOINING

1) WASHING AWAY PAST SINS.

What was Saul told to do in ACTS 22:16? . . .

From ACTS 2:38, what did Peter tell the crowds they must do to have their sins forgiven? . . .

Just as a bath cleans the dirt from our bodies, so baptism shows that as Christians we have been ‘washed clean’ from the effects of sin.

2) BURYING THE OLD LIFE.

What does Paul say happens when a person becomes a Christian?

2 CORINTHIANS 5:17 . . .

Becoming a Christian you make way room for Jesus’ new way of life by saying ‘goodbye’ to your old ways. When we join our lives to Jesus, God makes what happened to Him apply to us. This is what COLOSSIANS 2:12 means. Write it out below and underline the TWO experiences we share with Christ in baptism . . .

### 3) DRINKING GOD'S HOLY SPIRIT.

Often in the New testament baptism in water is linked with being baptised with the Holy Spirit. We have already seen that the Holy Spirit came on Jesus and on Saul at their baptism. What gift does Peter say is given to those who turn from sin and are baptised?

See ACTS 2:38 . . .

Read 1 CORINTHIANS 12:12-13.

What does the end of verse 13 say about the Holy Spirit? . . .

Just as in baptism the water washes right over you and soaks you from head to foot, so God wants to flood your life with His Spirit!

### 4) JOINING THE BODY OF CHRIST.

The Bible describes the Christian family as 'the body of Christ'. Becoming a Christian, you became part of the BODY. Baptism is a way of showing this publicly. See 1 CORINTHIANS 12:12-13 again. You cannot be a lone Christian doing your own thing. Being committed to Jesus also means being committed to a local group of Christians – loving them, serving them and worshipping with them.

### WHEN SHOULD I BE BAPTISED?

As soon as possible! Most of the early Christians were converted and baptised the same day! Turn to ACTS 8:26-40. In this story, Philip baptises an important Ethiopian official. How long had he been a Christian when he was baptised?

Was it –

(Underline the answer)

(a) 10 years                      (b) 6 months                      (c) minutes                      (d) all his  
life

Here is a question to ask yourself from verse 36.

Here is water . . .

## (10) BREAD AND WINE

In this paper we look at the simple ceremony given by Jesus and practiced by the Christian Church.

Jesus had been sharing a meal with His friends. At the end of the meal, he took bread and wine and gave it to them.

Jesus gave these ordinary things a wonderful new meaning.

### THE LORD'S SUPPER.

Look at 1 CORINTHIANS 11:23.

When did Jesus give this ceremony? . . .

From verse 24, what did Jesus say about the BREAD?

He said . . .

From verse 25, what did Jesus say about the CUP (WINE)?

He said . . .

What do we learn from HEBREWS 9:22 about the importance of BLOOD? . . .

Although the disciples didn't realise it then, Jesus was speaking about His death on the Cross, when His body would be broken and His blood poured out for sinful people.

### REMEMBERING THE CROSS.

Turn back to 1 CORINTHIANS 11:24-25.

Why did Jesus tell them to repeat the ceremony in the future?

He said, 'Do this . . .

The BREAD and WINE are visual aids to help us think about Jesus' great love in giving His life for us on Calvary.

#### RECEIVING THE PROMISE.

How did Jesus describe the CUP (verse 25)?  
He called it 'A new ...

This COVENANT is a solemn agreement that cannot be broken. Through the death of His Son, God has brought in the New Covenant – forgiveness of sin and eternal life for all who trust in and obey the Lord Jesus.

#### MAKING AN ANNOUNCEMENT.

Look at verse 26.  
What do we do when we eat the BREAD and drink the WINE?

We .....

The Lord's death .....

.....

In this service we proclaim to one another, to the world around, and to the powers of darkness that Jesus has died for sins once and for all.

#### EXPECTING AN ARRIVAL.

Look again at the last THREE WORDS of verse 26 ...

We look forward to Christ's return in glory. We won't always look back to the Cross and remember Him with bread and wine. One day we shall see Him face to face and be with Him for ever!

## SHARING THE BLESSINGS.

The word 'COMMUNION' means sharing or having things in common.  
Read 1 CORINTHIANS 10:16-17.

When we share bread and wine together, we show we are united in a common need for the blessing of Christ's death. We are all needy people, brought together by our common experience of Jesus.

The ground at the foot of the Cross is level – we are all needy people.

## PREPARING YOUR HEART.

From chapter 11:27, what should you NOT do? . . .

From verse 29, what results from taking part in a careless way? . . .

What happened at Corinth because people took this service lightly?  
See verse 30 . . .

If you are doing something you know to be wrong and are unwilling to turn from it, you are disobeying God and should not take the bread and wine.

What does HEBREWS 10:26 say about this? . . .

Turn back to 1 CORINTHIANS 11:28 and 31.  
What should you do BEFORE taking part? . . .

The Holy Spirit can help us in this. We can pray in the words of PSALM 139:23-24.  
Write them here . . .

.....

.....

.....

.....

.....

## (11) POWER FOR LIVING

“When the Holy Spirit comes upon you, you will be filled with power” (ACTS 1:8). Very often the power of the Holy Spirit is mentioned – the Greek word means ‘dynamite’! the Holy Spirit is God’s dynamite!

### THE HOLY SPIRIT IN THE LIFE OF JESUS.

These verses from LUKE’S GOSPEL show how important the Holy Spirit was in Jesus’ life. Look at 1:34-35. The angel visits Mary to tell her that she is to be the mother of Jesus.

What part did the Holy Spirit play? . . .

Now turn to LUKE 3:21-22. Before Jesus began His work, he is baptised (dipped) in the River Jordan. What happened after Jesus is baptised? . . .

BEFORE Jesus began preaching, teaching and healing, the power of the Holy Spirit came upon Him. If Jesus, who is God, needed this power to do His Father’s will, HOW MUCH MORE DO WE!

Look at LUKE 4:14-15.

What power did Jesus have? . . .

Read on down to verse 21. The words of the Old Testament prophet came true in the life of Jesus. Find FIVE THINGS Jesus brought through the power of the Holy Spirit –

1) .....

To the poor.

2) .....

3) Recovery of .....

4) Freedom (release) for .....

5) To announce (proclaim) .....

From the beginning to the end, Jesus' life was lived in the power of the Holy Spirit. This is how he wants US to love too! If we try to live the Christian life in our own strength, we will fail.

#### JESUS' PROMISE OF THE HOLY SPIRIT.

Jesus knew that when He returned to heaven, His friends would be lost without Him – so he promised to send them the Holy Spirit to take His place. The power he had was soon to be in them!

In JOHN 14:16, Jesus calls the Holy Spirit 'another . . .

It really means 'a person called alongside to help you'. It was the Greek word for the defence lawyer in a court case. In other words, the Holy Spirit is on your side! He understands your problems and has the power to help you live the Christian life. Do you think it was better BEFORE or AFTER Jesus went back to heaven?

See JOHN 16:7 . . .

Because of His human body, Jesus could only be with a few people in one place. But by His Spirit, he can actually live INSIDE believers everywhere!

#### THE HOLY SPIRIT IS A PERSON.

Not a vague force or power, but a person – God the Holy Spirit. Look at these verses and link them up with the correct action.

LUKE 12:11-12

ACTS 20:23

ACTS 16:6-7

ROMANS 8:26

..... He helps us in our prayers

..... He guides

..... He warns about danger

..... He teaches a Christian what to say

Just a few things that the Holy Spirit does! So, you can see how important he was to the early Christians – and still is to us!

THE HOLY SPIRIT IN THE EARLY CHURCH.

All these verses are in the book of ACTS.

Read ACTS 1:4-5, then fill in the gaps.

Before Jesus went back to heaven, he told His friends to wait in Jerusalem for ...

When they would be ...

Now look at ACTS 1:8.

What job was Jesus giving them? ...

What help did Jesus promise them? ...

ACTS 5:12-16 gives a picture of what it was like in the early Church – and how God wants it to be today! Write 3 THINGS that impress you from this passage –

1) .....

2) .....

3) .....

From these verses, who was FILLED with the Spirit in each case?

2:4

4:8

4:31

7:55

11:22-24

13:9

TIMES HAVEN'T CHANGED!

Just as Jesus needed the power of the Holy Spirit to do His work and just as the early Christians needed that power, SO TODAY, every Christian needs the power of the Holy Spirit to do God's work properly.

What does EPHESIANS 5:18 (last part of the verse) tell us to do? . . .

This is something we need to experience constantly – not once in a while, or on special occasions, but EVERY DAY.

HOW TO BE FILLED WITH THE HOLY SPIRIT.

1) DO WHAT GOD WANTS.

From ACTS 5:32, what must you do to receive the Spirit? . . .

If God wants you to do something, but you won't do it, or if you are doing something that you know is wrong – then God cannot fill with His Spirit.

What does EPHESIANS 4:30 say you must NOT do? . . .

2) BE THIRSTY FOR GOD.

A really thirsty person will give anything for a drink. Read JOHN 7:37-38. What did Jesus promise the thirsty person who longs to know God better? . . .

From verse 39, what did He mean by this? . . .

3) ASK GOD FOR THE HOLY SPIRIT.

Complete this sentence which is based on LUKE 11:13.

Our Father in heaven will GIVE . . .

Many Christians have never received the Holy Spirit in power because they have never asked!

4) BELIEVE THAT YOU HAVE RECEIVED YOUR REQUEST.

Read the end of GALATIANS 3:14.

How is the promise of the Spirit received? . . .

(2 WORDS)

According to Jesus in MATTHEW 21:22, what is the secret of PRAYER? . . .

These are the FOUR STEPS to being filled with the Holy Spirit, are you ready to take them now?

A PRAYER YOU COULD USE –

“LORD JESUS,

I do love you and want to serve you with all my heart. But I don't want to try serving you in my own strength. I gladly turn from everything in my life that I know to be wrong. I ask you to fill me with your Holy Spirit now. Please make it obvious to me and to other people. thank you for answering my prayer.

AMEN.”

Now thank God out loud in your own words for all that He has done for you and praise Him for answering your prayer.

## (12) BATTLE-GROUND

You may not realise it, but you are a walking battle-ground! Two enemies are fighting for the control of your life! And you can choose which side wins.

### THE TWO ENEMIES.

Let's turn to GALATIANS 5:16-26. These two enemies are mentioned in verses 16-17. Who or what are they?

1) .....

2) .....

Because you are a Christian, the Holy Spirit is working in your life. BUT! Because you are a human being the OLD YOU still causes a lot of trouble!

In different Bible versions, the OLD YOU is called by different names. Which name does your version use? (underline the answer).

1) Human nature

2) sinful nature

3) Lower nature

4) The flesh

Put this name in the BLANKS below, wherever this symbol \* appears.  
From the list in GALATIANS 5:19-21, choose SIX THINGS produced by \*

1)

2)

3)

4)

5)

6)

Notice the following desires of your \*  
Affects your thoughts as much as your actions.

Read verse 21 again.  
What is the danger of doing these things?

Now read verse 22 and list NINE good things produced by the Spirit . . .

The kind of person you are depends on whether you \*  
Or the Spirit has control of your life.

It's a bit like a tug-of-war, with the Spirit on one side and your \*  
On the other. YOU ARE IN THE MIDDLE!

The Spirit is STRONGER, but you must agree to go His way and say NO to your \*

In the words of verses 24-25, what must you do –

a) To your \*

b) In relation to the Spirit? . . .

From ROMANS 6:11, how should we think of ourselves?

Dead . . .

Read ROMANS 8:12-13.

What is the final result of following your \*

You can be sure that you will live if by the Spirit . . .

Every day you need to pray something like this –

“LORD,

I agree to your Holy Spirit working in me today to produce a life like Jesus.

In Jesus' Name, I put to death my own \*

With all its evil desires.

AMEN”

## (13) GIFTS FOR ALL

What happened to Jesus after he came alive again? Where is He now and what is he doing? You can find the answer from 1 PETER 3:22 . . .

However, Jesus still wants to continue His work here on earth. He has chosen to do this through Christians. The Christians in any area stand in Jesus' place.

The only hands, feet and mouth Jesus has on earth are yours and mine!

Turn to 1 CORINTHIANS, how does 12:27 put it? . . .

Every Christian has a vital part to play in representing the Lord Jesus. You may think your part wouldn't be missed, but what does verse 22 say? . . .

If we are to be Jesus' body, we need to be able to do the kind of things Jesus did when he was on earth. This is where the GIFTS of the Holy Spirit are important.

## WHAT ARE THESE SPIRITUAL GIFTS?

They are special abilities given by the Holy Spirit to help build the Church. They are not the same as natural gifts such as music or art, although the Holy Spirit will certainly use these gifts if we offer them to Him.

1 CORINTHIANS 12:7-11 mentions NINE of these gifts.

List them below. We have added a word of explanation after each one, with an example from the New Testament.

1) .....

An example is when God gives a person a crystal clear understanding of a problem that seemed to have no answer.

2) .....

Knowledge about a person or a problem that could only be given by God. JOHN 4:16-18; this is part of a conversation with a woman that He meets at a well in Samaria.

3) .....

When a person has such knowledge of God's will they can speak out or pray with total confidence that what they say will happen. (ACTS 14:8-10)

4) .....

The ability to bring the healing power of God to someone who is sick in body, mind or spirit. (ACTS 28:8-10)

5) .....

Dramatic displays of the power of God in healing or other ways. (ACTS 3:1-10).

6) .....

When God gives someone a special message for the group without the message having been planned. The gift need not predict a future event.

7) .....

The ability to SENSE what is wrong spiritually in someone's life. (ACTS 16:16-19).

8) .....

Being able to speak to God in a language one has never learned. (ACTS 10:44-48).

This gift has TWO uses –

i) In private helping you praise God and grow spiritually. (1 CORINTHIANS 14:2)

ii) In public worship when God uses it to help the Church. In this case the last gift on our list is also needed.

9) .....

The gift of being able to explain a message given in such a language.

(1 CORINTHIANS 14:26-28)

#### RECEIVING THE GIFTS.

Who decides which gifts are given to which person?

See 1 CORINTHIANS 12:26-28 ...

Look at 12:31 and 14:1.

Is the following sentence true or false? Say why!

“If God wants me to have a gift, He’ll make sure I get it. All I have to do is sit back and wait for it.”

.....

.....

#### SOMETHING TO THINK ABOUT

Have you seen or heard these gifts being used in your Church?  
If so, which ones? . . .

Have you received a spiritual gift from God? . . .

Are you praying for such a gift? . . .

FINALLY –

Read 1 CORINTHIANS 13:1 and 14:1.

What else should you ask God for, if these gifts are to be any use? . . .

## (14) IN THE FAMILY

People go to Church for all sorts of reasons – singing, company, and getting married – WHY DO YOU GO TO CHURCH?

THERE ARE GOOD REASONS FOR GOING TO CHURCH.

Here are some reasons from the Bible.

Link each reason with the correct verse –

1 CORINTHIANS 14:26

PSALM 149:1-2

1 CORINTHIANS 16:2

HEBREWS 10:25

1 THESSALONIANS 5:11

MATTHEW 18:20

PSALM 150

- (a) . . . The Bible tells us not to stop meeting together.
- (b) . . . Jesus promises to be with us in a special way when we meet together.
- (c) . . . So that our musical gifts can be used together to praise the Lord.
- (d) . . . So that I can bring a reasonable part of my income as a thank you gift to God.
- (e) . . . So that I can enjoy worshipping God with my fellow-Christians.
- (f) . . . So that the spiritual gifts God gives can be used to build up my fellow-Christians.
- (g) . . . So that Christians can help and encourage one another.

The early Christians knew why they met together.

Find FOUR REASONS from ACTS 2:42 –

1)

2)

3)

4)

Of course, this means much more than an hour or two on a Sunday. It means spending lots of time together. It means we find our friends in the Church, share meals together, talk over our problems and share our joys together. It means being used together as much as we can.

Look at JOHN 20:19-25.

What did THOMAS miss because he wasn't with his fellow Christians? ...

YOU NEED TO BE COMMITTED.

You can't really call yourself a footballer unless you are committed to a team – and a Christian needs to be committed to a local Church. We're not talking about a church building, but about the people of God wherever they meet.

Look at COLOSSIANS 4:15.

Where did this church meet? ...

Where we meet is not important and neither is the label of the church. The important thing is to find and stick with a group who truly love and honour the Lord Jesus. But we don't expect to find a perfect church – there isn't one! We all have our weaknesses and there is plenty to criticise in any church. But that is no reason for not getting involved.

RELATIONSHIPS ARE IMPORTANT.

Part of the Christian life involves getting on with other people. Jesus wants the Church to be an example to the world of how all kinds of people can live under God in perfect harmony. The words 'ONE ANOTHER' or 'EACH OTHER' appear many times in the New Testament. A few are mentioned here. Write down the phrase in which these words appear. The first is done for you.

JOHN 13:34 . . . Love one another.

ROMANS 14:13

ROMANS 15:7

GALATIANS 5:13

GALATIANS 6:2

EPHESIANS 4:32

COLOSSIANS 3:9

JAMES 5:16

Choose THREE of them and suggest a practical way of obeying each.

1) .....

2) .....

3) .....

A PRAYER –

“Thank you FATHER for showing me the importance of being part of YOUR FAMILY. Help me to take a full share in the life of our church – helping fellow-Christians and being helped myself. I pray that our church and my part in it, will honour you in every way.  
AMEN.”

## (15) WHAT SHOULD I DO?

Life is full of decisions and choices. God has a plan for the whole of our lives, but He can also guide us to make wise decisions in everyday living.

What PROMISE does PSALM 32:8 give to God's people?

The Lord says . . .

### STEPS TO FINDING OUT WHAT GOD WANTS YOU TO DO

#### 1) BELIEVE THAT GOD'S WILL IS BEST.

Many people think God's will is the worst possible thing that could happen to them! But God loves us so much and knows us so well that His way is always the best!

See ROMANS 12:1-2.

The end of verse 2 says THREE THINGS about the will of God.

What are they?

a)

b)

c)

#### 2) BE WILLING TO DO WHATEVER GOD WANTS.

Sometimes you have to choose between pleasing yourself and pleasing God. Which did Jesus choose. See JOHN 8:29.

Jesus chose . . .

What did Jesus pray when God's will seemed very hard? See the end of LUKE 22:42. (Jesus is about to be arrested and killed).

.....

### 3) BE OUT IN ACTION FOR GOD.

You can only guide a moving car, and God can only guide a moving Christian. It's no use sitting at home waiting for a blinding light – you'll probably have a long wait! Read ACTS 16:6-10. Which of these was Paul doing when God guided him to go to Macedonia?

Was he –

- a) Sunbathing at Troas?
- b) Trying to find a place to witness for Christ?
- c) Waiting for someone to offer him a job as an Evangelist?

### 4) SPEND TIME WITH GOD EVERY DAY.

Daily prayer and Bible reading are very important. Through them you will get to know God better and begin to understand His will for your life. From JAMES 1:5, what will God give if you ask in prayer? . . .

### HOW GOD CAN SHOW YOU WHAT TO DO.

There are SIX WAYS in which God shows His will to us. God cannot contradict Himself, so the same message will come through each of these ways.

#### 1) THE BIBLE.

This must come first. Most questions about what you should do are in the Bible. No special guidance will be given when God's will is clearly laid out in the Bible. And no guidance will ever go against what the Bible says.

PSALM 119:105 says God's Word (THE BIBLE) is a –

.....

And a .....

2 TIMOTHY 3:16 says Scripture is useful in FOUR WAYS.  
What are they?

1)

2)

3)

4)

2) COMMON SENSE.

God gave you a brain and expects you to use it. If you left school without passing any exams, it is unlikely that God would want you to be a surgeon.

3) THINGS THAT HAPPEN.

Something may seem impossible, but if it is God's will, he can arrange events to make it possible without us having to force things.

What does REVELATION 3:7-8 say about the Lord's power to open doors?

.....

4) THE LEADING OF THE HOLY SPIRIT.

There are times when the Holy Spirit clearly guides a person to do or say something. Read the following examples from ACTS and say in each case who was led by the Spirit –

ACTS 8:29

ACTS 9:10

ACTS 10:19

ACTS 16:6-9

[Remember that this special leading from the Holy Spirit will always agree with the teaching of the Bible. If it doesn't, then guidance is false].

#### 5) THE ADVICE OF EXPERIENCED CHRISTIANS.

Read HEBREWS 13:17.

It tells you to –

.....  
Your leaders.

Who are your Christian leaders? . . .

Never make any major decision without asking their advice. If we are not willing to do that it may well be because we know that what we are thinking of doing is unwise or wrong.

#### 6) THE CLEAR COURSE OF DUTY.

Some matters are simply a matter of doing our duty. We should do it, working, caring for a family etc.