

1st Step
& 4 Habits
OF
Following Jesus

Introduction

Congratulations! You are about to embark on the most important and life-changing journey of a lifetime by becoming a disciple of Jesus.

The “**1ST STEP & 4 HABITS OF FOLLOWING JESUS**” is a simple training tool designed to help you start your journey of following Him.

A disciple is a student or protégé who has the goal of becoming more like his master. Therefore, a disciple of Jesus is a lifelong student of the lifestyle, character, and mission of the Master. We hope that this training tool can effectively help you discover the first most important step you need to take to follow Jesus and the four most essential habits you need to develop to become more like Him.

Table of Contents

Lessons:

1 st Step: Repent & be baptized	4
Habit #1: Gather & Celebrate	9
Habit #2: Pray & Be filled with the Holy Spirit	13
Habit #3: Share Jesus' love & message	17
Habit #4: Love Jesus & Others	21

Excerpts:

How to perform baptism?	8
How to serve the Communion?	12
How to experience the Holy Spirit?	14
How to heal the sick?	15
Oikos Map	18
How to share your own story?	19
How to love Jesus more?	22
How to love others with Jesus' love	22

1st Step: Repent & be baptized

REPENTANCE STORY

Jesus' disciples shared his stories of love, sacrifice, and resurrection with a lot of people. And the people's hearts were really touched and stirred by how Jesus loved and sacrificed himself to save other people. Many of them really had a strong desire to follow Jesus. So they asked Jesus' disciples "Brothers, what do we need to do?"

Then Peter said, "You must repent and be baptized in the name of Jesus Christ. And God will forgive all of your sins. And you will receive the amazing gift of the Holy Spirit. This is the promise that God gave to everyone, no matter who they are. He would love to give the Holy Spirit, which is His own presence, to anyone who follows Jesus."

Peter continued to speak very passionately with them because he really wanted to urge all his listeners to walk in the path of God. He even said to them "You really need to follow Jesus and walk in the right path because many things are going the wrong way in our world right now!"

Many people, about three thousand, responded to Peter's words and got baptized on that very day.

(Acts 2:37-41 paraphrased)

Question: What are the **first two commands** given in the story to someone who wants to follow Jesus?

Command #1: Repent

1. What do you think "repent" means?

*(Answer: "Repent" basically means to **change your direction** from going your own way to following Jesus. Before we follow Jesus, every one of us has been*

Repent means to change your direction from going your own way to following Jesus.

just going our own way, and doing whatever we wanted or whatever we thought was right. Then suddenly Jesus comes into our life and we found out that He is so good and so loving, and his way is much better than ours. And so we come to a point of realization that we need to change our direction from going our own way to following his way. This is the meaning of repentance.)

2. Do you remember Zacchaeus? How does Zacchaeus' example illustrate to you the meaning of repentance?
3. What has God promised to do when we repent? What gift has God promised to give us?

(Answer: God has promised to forgive all of our sins when we repent. He has also promised to give us the Holy Spirit, so that we can have His own presence with us from now and to eternity. With the forgiveness of our sins and the Holy Spirit, God makes us his own children.)

4. How do you want to respond to the command "repent"? How ready are you to change your direction from going your own way to following Jesus?

Command #2: Be baptized

1. The second command is "be baptized in the name of Jesus Christ." Have you been baptized in the name of Jesus Christ before?
2. What do you think is the meaning and significance of baptism?

Let me share with you another story and a Bible passage so that you can understand more about baptism.

BAPTISM STORY

Later God's angel spoke to Philip: "At noon today I want you to walk over to that desolate road that goes from Jerusalem down to Gaza." He got up and went. He met an Ethiopian eunuch coming down the road. The eunuch had been on a pilgrimage to Jerusalem and was returning to Ethiopia, where he was minister in charge of all the finances of Candace, queen of the Ethiopians. He was riding in a chariot and reading the prophet Isaiah.

The Spirit told Philip, "Climb into the chariot." Running up alongside, Philip heard the eunuch reading Isaiah and asked, "Do you understand what you're reading?"

The eunuch answered, "How can I without some help?" Then he invited Philip into the chariot with him. The passage he was reading was this:

"As a sheep led to slaughter, and quiet as a lamb being sheared, he was silent, saying nothing. He was mocked and put down, never got a fair trial. But how numerous are his brothers and sisters due to the result of his death?"

The eunuch asked, "Tell me, who is the prophet talking about: himself or some other?"

Philip grabbed his chance. Using this passage as a springboard, he shared the story of Jesus to the eunuch. As they continued down the road, they came to a stream of water.

The eunuch asked, "Here's water. Why can't I be baptized?"

He ordered the chariot to stop. They both went down to the water, and Philip baptized him on the spot. When they came up out of the water, the Spirit of God suddenly took Philip off, and that was the last the eunuch saw of him. But he didn't mind. He had what he'd come for and went on down the road as happy as he could be.

(Acts 8:26-39, The Message)

Questions:

1. According to this story, when can a person get baptized?
2. Where can a person get baptized?

Baptism is an initiation experience, not a graduation ceremony.

Anyone can be baptized anywhere and at any time when he/she is ready to repent and follow Jesus. Baptism is an initiation experience, not a graduation ceremony. Some people have the wrong idea that they think they need to make themselves a good Christian before they get baptized. However, the Bible never teaches that because baptism is the very first step for a person to follow Jesus and experience the new life.

THE MEANING OF BAPTISM

“Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.”

(Romans 6:3-4, NLT)

Questions:

1. According to this passage, what spiritual experience does baptism lead a person into?

(Answer: Baptism is burying your old life with Jesus as he died on the cross and rising to your new life just as he rose from the dead.)

2. Why do you think we use water for baptism?
3. When and where do you want to get baptized?

HOW TO PERFORM BAPTISM?

1. Explain the meaning of baptism and the symbolism of water and immersion.
2. Ask the person to thank Jesus for sacrificing himself so that he/she can be forgiven, washed clean and receive new life.
3. Ask the person two questions:
 - a. Are you willing to repent and follow Jesus as his disciple from now on?
 - b. Are you willing to share Jesus with other people and help them become Jesus' disciples?
4. Say "I baptize you in the Name of the Father, Son, and the Holy Spirit."
5. Declare his/her sins are completely forgiven, cleansed, and he/she is now a child of God.
6. Pray and release new life and the Holy Spirit to fill him/her.

Habit #1: Gather & Celebrate

GATHERING STORY

Many people, about three thousand, responded to Peter's words and got baptized on that very day. From that day on, these new disciples were very enthusiastic to learn more about Jesus and his teachings. They would also gather regularly to celebrate the communion and to pray for one another. Very amazingly, they had many miracles and supernatural experience that they grew more and more in awe of God. Because of their love and compassion toward one another, they would do everything they could to help those who were in need. In their own homes, they would praise God, celebrate the communion and eat meals with great joy and thankfulness. Even neighbors and friends were amazed at what they saw in these disciples. God was really working in people's lives because everyday someone would want to become a disciple of Jesus.

(Acts 2:41-47 paraphrased)

Questions:

1. From this story, what have you learned about the new disciples and their new experience and habits in Jesus?
2. What do you think you can do to experience your new life in Jesus like these new disciples?
3. With whom do you think you can gather and celebrate Jesus as a habit in your life? (You can find a time and place to start a simple gathering once you have identified at least one other person to celebrate Jesus together.)

3 things to do when disciples gather together (aka a simple church meeting):

Look Back	Share recent thanks, struggles, and progress in mission, and lift these up to God in prayer.
Look Up	Celebrate communion and learn together a new lesson from God's Word.
Look Forward	Practice, make plans (do & share), and bless one another with God's love and strength.

Let's read another story and a Bible passage so that you can understand more about celebrating Jesus together with others through the communion.

COMMUNION STORY

This story took place after Jesus had risen from the dead. Two of Jesus' disciples were walking to a village away from Jerusalem. As they were talking and thinking about what had happened to Jesus, Jesus came near and started walking alongside of them. But they did not recognize him.

Jesus asked them, "What have you been talking about?"

The two of them stood there looking sad and gloomy. Then one of them said Jesus, "You haven't heard what has happened in Jerusalem these last few days?"

"What has happened?" Jesus asked.

They answered: "It was about Jesus of Nazareth. He was a powerful prophet, and he had favor with God and people. We were expecting that he would be the one to set our nation free. But then the religious leaders in Jerusalem made false accusations against him, had him arrested and sentenced to die on a cross. It has already been three days since he died. Not only that, some women in our group told us something really weird. They said they went to the tomb very early this morning, but the body of Jesus was not there. They also said they saw angels and the angels told them 'Jesus is alive.' Some men from our group went to the tomb to check it out. They told us it's true that Jesus' body is not there anymore."

Then Jesus asked them, “Why can’t you understand? How can you be so slow to believe all that the prophets said? Didn’t you know that the Messiah would have to suffer before he was given his glory?” Jesus then explained everything written about himself in the Scriptures, beginning with the Law of Moses and the Books of the Prophets.

When the two of them came near the village where they were going, Jesus seemed to be going farther. They begged him, “Stay with us! It’s already late, and the sun is going down.” So Jesus went into the house to stay with them.

After Jesus sat down to eat, he took some bread. He blessed it and broke it. Then he gave it to them. At once they knew who he was, but he disappeared. They said to each other, “When he talked with us along the road and explained the Scriptures to us, didn’t it warm our hearts?” So they got right up and returned to Jerusalem.

The two disciples found the eleven apostles and the others gathered together. And they learned from the group that the Lord was really alive and had appeared to Peter. Then the disciples from Emmaus told what happened on the road and how they knew he was the Lord when he broke the bread.

(Luke 24:13-35 paraphrased)

Questions:

1. What have you learned about Jesus from the story?
2. What have you learned about the power of breaking bread (the communion) and our experience of the living Jesus?

THE MEANING OF THE COMMUNION

Jesus took some bread in his hands and gave thanks for it. He broke the bread and handed it to his disciples. Then he said, “This is my body, which is given for you. Eat this as a way of remembering me!”

After the meal he took a cup in his hands. Then he said, "This is my blood. It is poured out for you, and with it God makes his new covenant (covenant=a total commitment to be faithful and true to another person)."

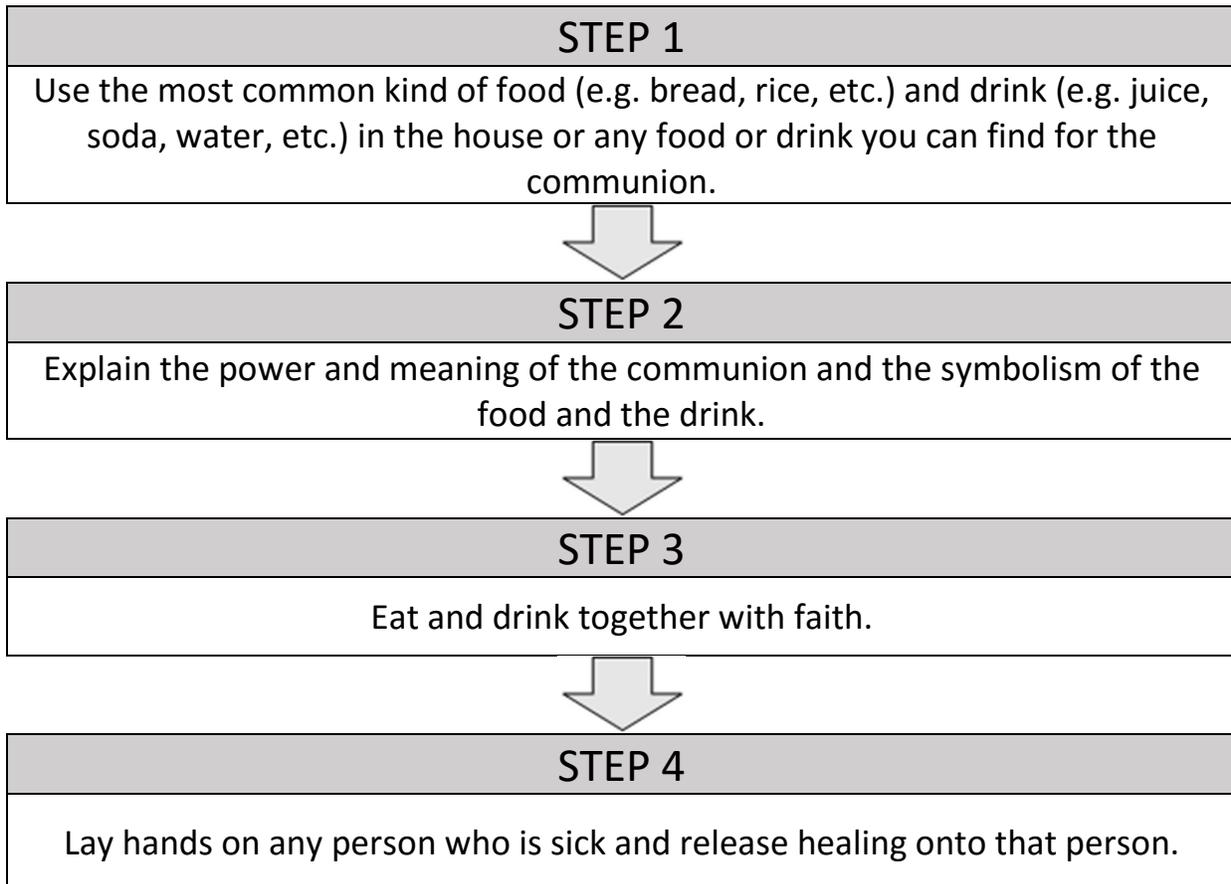
(Luke 22:19-20, CEV)

Question:

1. What have you learned about Jesus and the meaning of the communion from the story?

(Answer: The communion is both a celebration of the love and sacrifice of Jesus and an experience of His presence among us. Through the communion, we take in and experience the power of his life and his blood to heal our body, to cleanse our sins, and to renew our soul.)

HOW TO SERVE THE COMMUNION?



Habit #2: Pray & Be filled with the Holy Spirit

PRAYER STORY

This story took place after Peter and John were arrested for healing a crippled man and sharing Jesus' love and His message of repentance and new life to many people. The religious leaders arrested them and threatened to put them in jail and do them harm if they wouldn't stop spreading the message about Jesus.

In response, Peter said to the religious leaders: "Rulers and leaders of the people, if we have been brought to trial today for helping a sick man, put under investigation regarding this healing, I'll be completely frank with you—we have nothing to hide. By the name of Jesus Christ of Nazareth, the One you killed on a cross, the One God raised from the dead, by means of his name this man stands before you healthy and whole. Jesus is 'the stone you masons threw out, which is now the cornerstone.' Salvation comes no other way; no other name has been or will be given to us by which we can be saved, only this one."

The religious leaders renewed their threats, but then released them. They couldn't come up with a charge that would stick, that would keep them in jail. The people wouldn't have stood for it—they were all praising God over what had happened. The man who had been miraculously healed was over forty years old.

As soon as Peter and John were let go, they went to their other disciples and told them what the religious leaders had said. After hearing the report, they all lifted their voices in a wonderful harmony in prayer. They prayed, "Almighty God, you are the Creator of everything in the whole universe. By the Holy Spirit you spoke through the mouth of your servant and our ancestor David that there would always be people who try to oppose your plan. And now they're at it again! You know very well of their threats. So we pray first for a fearless confidence in us as we continue to spread your message. And at the same time, together with our message we ask you to release your supernatural power in healings and miracles and wonders for the sake of the name of your holy servant Jesus."

While they were praying, the place where they were meeting trembled and shook. They were all filled with the Holy Spirit and continued to share God's message with fearless confidence.

(Acts 4:1-31 paraphrased)

Questions:

1. What have you learned about prayer from the story?
2. What can you do to let prayer be a habit in your life?
3. What have you learned about the power of the Holy Spirit?
4. What can you do to experience and release the supernatural power of the Holy Spirit everyday like these new disciples?

HOW TO EXPERIENCE THE HOLY SPIRIT?

Step 1: Read this passage from the Bible out loud with confidence and faith:

"Those who are led by the Spirit of God are children of God. The Spirit you received doesn't make you slaves. Otherwise you would live in fear again. Instead, the Holy Spirit you received made you God's adopted child. By the Spirit's power we call God Abba. Abba means Father. The Spirit himself joins with our spirits. Together they tell us that we are God's children. As his children, we will receive all that he has for us. We will share what Christ receives. But we must share in his sufferings if we want to share in his glory."

(Romans 8:14-17, NIRV)

Questions:

- i. What does this passage tell you about the importance or value of having and experiencing the Holy Spirit in you?

ii. What do you want to experience from the Holy Spirit right now?

Step 2: Say a prayer of welcome to the Holy Spirit to fill you by saying something like “Father God, I know you love me and I am your precious child. You have given me your Holy Spirit to be with me forever. Right now, I welcome the Holy Spirit to fill me completely. I desire to let the Holy Spirit to fill my body, my heart, my emotions, my mind, and my whole being with your love, peace and joy, and your healing.”

Step 3: Wait and let the Holy Spirit touch you for a few minutes with His presence and power.

Step 4: Share what you just experienced in your body, mind, or emotions with the group.

HOW TO HEAL THE SICK WITH THE POWER OF THE HOLY SPIRIT?

Since our God really wants to show people that He loves them and cares about them, He sent his Son Jesus Christ to earth to heal our illnesses, forgive our sins, and transform our lives. As a disciple of Jesus you now have Jesus Christ and his Spirit living inside of you. What this means is that Jesus has given you the power of the Holy Spirit to heal, forgive, and transform. Furthermore, when Jesus sent his disciples out to share the gospel, all three Gospels of the New Testament recorded that Jesus gave authority and power to his disciples to heal every disease, cast out evil spirits, and share the good news.

When you encounter someone who has any kind of illness, you can follow these steps to heal his/her illness in Jesus’ name:

Step 1: Ask for permission by saying “Can I pray for you because I believe Jesus can heal your health problem/illness right now?”

Step 2: Assess the situation (if you didn’t know much about the history or condition of the person’s illness) by asking:
a. How long have you had this condition?

- b. Do you know the cause? Or why do you think you have this problem?
- c. Did any significant or traumatic event happen to you when this condition started?
- d. Did someone cause this condition? Have you forgiven him or her?

Step 3: Ask for permission to put your hand on the location of the illness if the person you are praying for is of the same sex as you. If the person is of the opposite sex, ask them to place his/her hand on the location of the illness and put your hand on his/her hand instead. Never touch someone's private or sensitive parts of the body.

Step 4: Pray for healing by saying "in the name of Jesus Christ I release healing and restoration into John's ankle/head/ear/etc. and command the pain to leave right now." Repeat this prayer 3-4 times.

Step 5: Ask the person not to pray but close his/her eyes and focus on receiving the prayer and sensing if anything is happening to his/her body during prayer.

Step 6: Ask the person to interrupt you and tell you if he/she feels something, e.g. electricity, heat, or any other sensations. Ask "how do you feel right now?" or "are you feeling anything in your body?"

Step 7: After prayer, ask the person to check if there's any positive change to his/her condition:

- i. Ask the person to try to move or do things that he/she couldn't do before.
- ii. Ask the person with a scale from 1-10, 1 being the least and 10 being completely healed, how much his/her condition has improved.

Step 8: Pray again for more progress in healing the condition if the person is not completely healed after the initial prayer.

Action Item: Identify people you know personally who are sick or have health issues and schedule a time to go and heal their conditions with the power of the Holy Spirit in the next 7 days.

Habit #3: Share Jesus' love & message

Jesus traveled through all the towns and villages of that area, teaching in their meeting places and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd. He said to his disciples, "The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields."

Jesus called his twelve disciples together and gave them authority to cast out evil spirits (demons) and to heal every kind of disease and illness. He sent them out two by two with these instructions: "Go and announce to the people that the Kingdom of Heaven is near. Heal the sick, raise the dead, cure those with leprosy, and cast out demons. Give as freely as you have received! When you enter a town or village, look for someone who is willing to welcome you (person of peace or family of peace). Stay at their house until you leave. As you enter the home, greet those who live there. If that home welcomes you, give it your blessing of peace. If it does not, don't bless it. Some people may not welcome you or listen to your words. If they don't, leave that home or town, and shake the dust off your feet.

(Matthew 9:35-10:14 abbreviated and paraphrased)

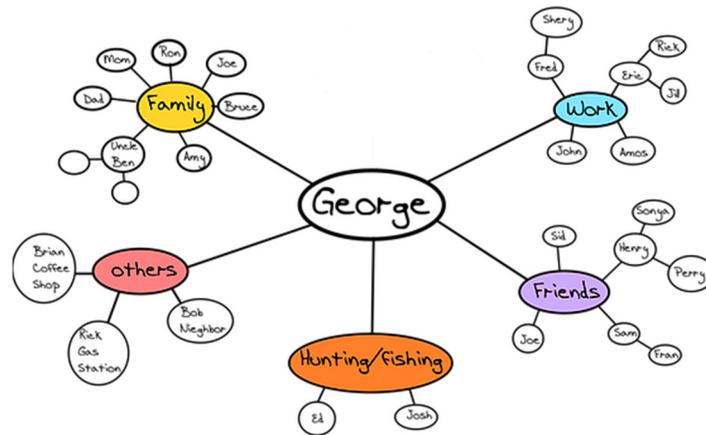
Questions:

1. What have you learned about Jesus and his love for people from the story?
2. What have you learned about the assignment Jesus gave to his disciples? What specific things did Jesus instruct his disciples to do?
3. Do you remember the demonized madman who was set free by Jesus (#4 of the 7 Stories of Love)? How does the madman's example of telling his friends and family members what Jesus did for him encourage you to spread Jesus' love to your own friends and family members?

4. How many loved ones in your immediate sphere of influence, circle of friends and family members, or social network do you want to see Jesus' love touching them?

Draw an "Oikos Map" (family, friends, and social network relationships map) with names of people you know who are not following Jesus right now.

Sample:



Your "Oikos Map":

HOW TO SHARE YOUR OWN STORY?

One of the most powerful but very simple ways to share Jesus' love is to tell people how Jesus has changed or touched your life. People like to hear stories, especially true stories with real people. Like in the movies, a film is usually more inspiring when it is "based on a true story." Therefore, your own personal experience with Jesus has tremendous power to inspire and encourage other people to follow Jesus.

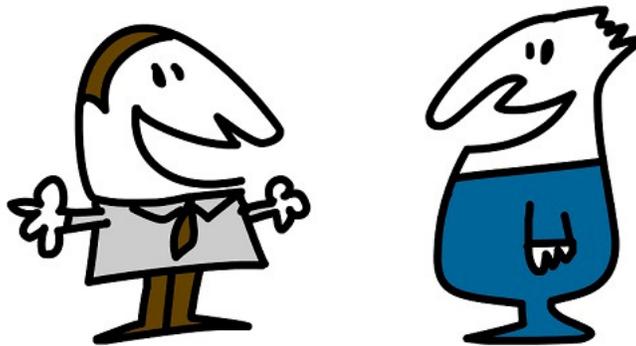
In order to prepare your own story to share with others, practice describing in 2-3 sentences each:

1. How was your life like before you follow Jesus?
2. What inspired or led you to repent, be baptized and follow Jesus?
3. How Jesus has changed your life since you follow Jesus?
4. A question asking how your story relates to the other person's life or an invitation to follow Jesus together

Questions:

1. Who can you share your story with in the next 7 days?
2. What can you do to let sharing Jesus' love be a habit in your life?

We encourage you to share Jesus' love to other people by telling them your own story, and make this as your habit in life!



Habit #4: Love Jesus & Others

PART 1: LOVING JESUS

I've loved you the way my Father has loved me. Make yourselves at home in my love. If you keep my commands, you'll remain intimately at home in my love. That's what I've done—kept my Father's commands and made myself at home in his love.

I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. This is my command: Love one another the way I loved you. This is the very best way to love. Put your life on the line for your friends. You are my friends when you do the things I command you. I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father.

You didn't choose me, remember; I chose you, and put you in the world to bear fruit, fruit that won't spoil. As fruit bearers, whatever you ask the Father in relation to me, he gives you. But remember the root command: Love one another.

(John 15:9-17, The Message)

Questions:

1. What have you learned about Jesus and His love for you?
2. What can you do to let loving Jesus be a habit in your life?

HOW TO LOVE JESUS MORE?

1. **Learn about Jesus' life and obey his commands** from the four biographies written by his early disciples as recorded in the beginning of the New Testament (Matthew, Mark, Luke and John) in the Bible.
 2. **Honor Him** in everything you do and every area of your life.
 3. **Pray**: speak and listen to Jesus through the Holy Spirit sincerely and frequently.
 4. **Share his love** with people as much as you can.
 5. **Make disciples** for Jesus.
-
-

PART 2: LOVING OTHERS:

1. From the passage above (John 15:9-17), what have you learned about Jesus' command for us to "love one another"?
2. What can you do to let loving other people be a habit in your life?

HOW TO LOVE OTHERS WITH JESUS' LOVE?

One day when Jesus finally comes back to earth gloriously with all his angels, he will be the King of the world ruling from his magnificent throne. Then everyone from every nation will be arranged before him and he will sort the people out, much as a shepherd sorts out sheep and goats, putting sheep to his right and goats to his left.

Then he will say to those on his right, the sheep, 'Enter, you who are blessed by my Father! Take what's coming to you in this kingdom. It's been prepared for you for a long time since the beginning of the world. And here's why:

*I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was homeless and you gave me a room,
I was shivering and you gave me clothes,
I was sick and you stopped to visit,*

I was in prison and you came to me.'

Then those 'sheep' will wonder and say, 'Master, what are you talking about? When did we ever see you hungry and feed you, thirsty and give you a drink? And when did we ever see you sick or in prison and come to you?' Then the King will say, 'I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.'

Then he will turn to the ones on his left, the goats, and say, 'Get out, worthless goats! You're good for nothing but the fires of hell. And why? Because—

*I was hungry and you gave me no meal,
I was thirsty and you gave me no drink,
I was homeless and you gave me no bed,
I was shivering and you gave me no clothes,
Sick and in prison, and you never visited.'*

Then those 'goats' will wonder and say, 'Master, what are you talking about? When did we ever see you hungry or thirsty or homeless or shivering or sick or in prison and didn't help?'

He will answer them, 'I'm telling the solemn truth: Whenever you failed to do one of these things to someone who was being overlooked or ignored, that was me—you failed to do it to me.'

Then those 'goats' will be herded to their eternal doom, but the 'sheep' to their eternal reward."

(Matthew 25:31-46 paraphrased)

Questions:

1. What have you learned about Jesus from the story?
2. In what specific ways does Jesus expect us to love others? And what are the consequence and reward for it?
3. What can you practically do to love others with Jesus' love in the next 7 days?

Ministry Resources

If you are interested to learn more about this “**1ST STEP & 4 HABITS OF FOLLOWING JESUS**” series, we have different training and demonstration videos available on our YouTube channel. Visit us online at: <https://www.youtube.com/user/SunriseCCLA>. Or you may contact us via:

Email: admin@sunrisela.org

Phone: (626)281-3406

Mail: 1216 S. Garfield Ave, STE 101,
Alhambra, CA 91801

Copyright © 2016 by Sunrise Christian Community

All rights reserved. This book is protected by the copyright laws of the United States of America. This book may not be copied, reprinted, used in any form or for commercial gain or profit.