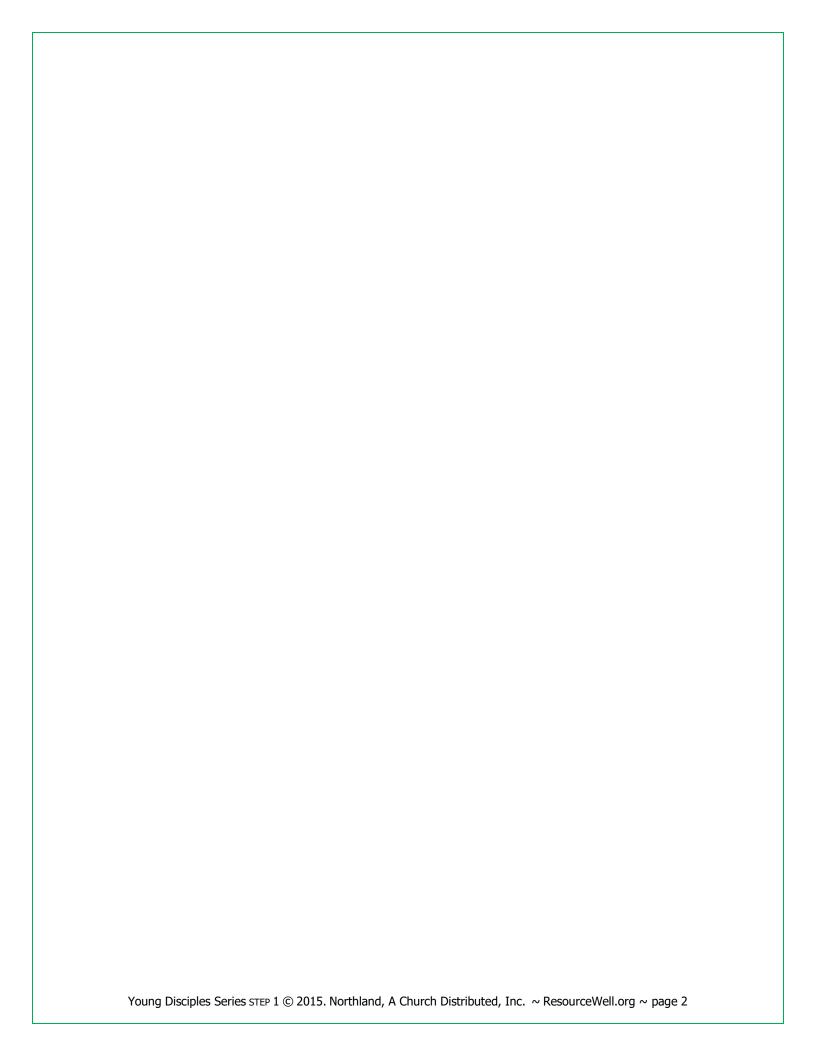


Becoming a Disciple Step 1 Student's Journal

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Becoming a Disciple Step 1 Student's Journal

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Introduction

Welcome to Young Disciples Step 1. In this course, you and your mentor will explore what it means to become a disciple of Christ.

A disciple is someone who follows Christ. No matter what age you are or how much you know about Jesus, if you want to follow Him, you will need encouragement, friendship, and guidance along the way. That's why God put us all together in the family of God-the Church. We are to love Him, to love one another, and to reach out to help others follow Him.

In Young Disciples Step 1, you will learn what disciples of Christ believe about salvation, the family of God, the Apostles' Creed, baptism, and so much more. At the conclusion of Step 1, you, your mentor, and your family and friends are invited to attend a baptism together, either as participants or as witnesses.

In this journal, you will find a daily devotional called Daily Steps. Each day of the week, you will be reading a Bible passage and answering the questions in your Daily Steps devotional for that day. Bring your journal to each class so we can discuss some of our answers together. The journal also contains a dictionary to help you understand some of the words of our faith. It also includes the Lord's Prayer, the Apostles' Creed, and the lyrics to Bible Memory Verse Songs and worship songs.

It is our prayer that your experience with Young Disciples Step 1 will help you for years to come in your journey as a disciple of Christ!



Student Responsibilities

Please read the following statements, and provide your signature and the date below:

- I will attend each session if I am able.
- During each week, I will complete the Daily Steps in my Student's Journal.
- I will bring my Student's Journal and my Bible to each class.
- If I am able, I will attend the Baptism Celebration at the conclusion of Step 1. At that ceremony I will be a witness (watching others be baptized) or a participant.
- If I discuss being baptized with my mentor (and an adult in my family, if my mentor is not related), I may register to be baptized at the Baptism Celebration.
- I will pray that God might use Step 1 class time and the Daily Steps to help me grow closer to Him.
- I will look for opportunities to make positive changes in my life as I learn more about what it means to become a disciple of Christ.

Student's Signature:		
Name of your Mentor:		
Today's Date:		



Baptism Celebration

At the conclusion of Young Disciples Step 1, all students, mentors and their families will be invited to attend a baptism together. Any student or mentor participating in Young Disciples Step 1 is invited to be baptized at this special celebration. All who attend are witnesses to each baptism performed there.

Date:	Time:
Location/Address:	

How to I register to be baptized? Let your Young Disciples leader know you and/or your student are interested in being baptized.

What do I wear to be baptized? Your Young Disciples leader will provide you with additional information as the date for the Baptism Celebration gets closer.

What should I expect concerning the baptism experience? Your Young Disciples leader will provide you with additional information as the date for the Baptism Celebration gets closer.

Next Steps

After you have completed Young Disciples Step 1, pray for God to guide your next steps. Consider the suggestions below and explore other ideas as God leads you.

Suggestions:

- Commit to a daily habit of spending time with God. It may be a time of prayer, reading your Bible, thinking about God, singing to Him, drawing a picture about your feelings about Him, talking with others about Him or a combination of any of these things. Be creative and do your best to do it every day!
- Ask God how you can serve Him, serve others, and love the people God has placed in your life.
- Remember to talk with your mentor often to discuss the good things that happen in your life as well as the challenges you face along the way as a young disciple of Christ.
- Sign up for Young Disciples Step 2!



Dictionary

Baptism: The sprinkling or immersion of a believer in water. Going under the water and coming up stands for the death, burial, and resurrection of Jesus. It also stands for the way new believers have died to their old ways and now have a new identity as a follower of Christ. Notes:
Body of Christ : The entire group (past, present and future) of all who follow Christ. Each member of the body of Christ is different, yet important to the whole body. Notes:
Born again: The transformation that occurs when we choose to follow Jesus. We are given a second birth as a new creation - changed from a person who lives and dies apart from God, to a child of God who will live forever close with God. Notes:
Church: The entire group (past, present and future) of all who follow Christ. The Church is also known as the body of Christ, the Bride of Christ, and God's family. Notes:
Christian or Disciple: A follower of Christ, also known as a believer, or saint. Notes:
God's family: The entire group (past, present, and future) of all who follow Christ. All who follow Christ are adopted by God as His own children. Notes:
Holy: Perfect and without sin. Notes:
Redeemed: Purchased. Jesus is our Redeemer because He fully paid for our sins. All who believe in Him belong to Him and are free from the punishment of sin. Notes:
Saved: Rescued. Jesus is the Savior who rescues us from a life without God by taking the punishment for our sins. Without Him, our souls would not live forever. When Jesus saves us, our souls live forever close with God. Notes:
Sin: Doing wrong in God's eyes. Notes:



The Apostles' Creed

"I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. On the third day He rose again; He ascended into heaven, He is seated at the right hand of the Father, and He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen."

In the first four sessions of Step 1 for Young Disciples, we will explore each statement of faith as we study The Apostles' Creed in one section per session. In session five, we will memorize the creed together. In Session 6, we will confess the creed together at the Celebration of Holy Baptism.

Section 1: Identity of God the Father

"I believe in God, the Father Almighty, Creator of heaven and earth."

Section 2: Identity of God the Son

"I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. On the third day He rose again; He ascended into heaven, He is seated at the right hand of the Father, and He will come again to judge the living and the dead."

Section 3: Identity of God the Holy Spirit

"I believe in the Holy Spirit,"

Section 4: Identity of God's Family

(I believe in) "...the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen."



History of the Apostles' Creed

For centuries, believers have recited the Apostles' Creed; a statement of what Christians believe to be true. "Creed" is another word for "belief." The Apostles were the followers of Jesus chosen to lead the church. Although not written by apostles, the creed reflects their teachings and the beliefs of the first century church. Around A.D.180, Roman Christians developed an early form of The Apostles' Creed. It was further developed over the centuries until the 8th century, when it attained its present form. Repeating The Apostles' Creed has helped many believers over the centuries hold firmly to and share their faith. It's structure is possibly based on the Great Commission which is Jesus' command in Matthew 28:19-20 ("Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.").

Notes and Questions:		



The Lord's Prayer and Bible Memory Verses

The Lord's Prayer

Matthew 6:9-13 with the doxology

Our Father in heaven,
hallowed be Your name,
Your kingdom come,
Your will be done, on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.
For Yours is the kingdom
and the power
and the glory forever.
Amen.

Bible Memory Verses

"I am the way and the truth and the life. No one comes to the Father except through Me." John 14:6

"If you confess 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



Song Lyrics

<u>I Am the Way</u> (John 14:6; Romans 10:9) (Sheet music, song & track available at ResourceWell.org)

I am the way. I am the truth. I am the life.

No one comes to the Father except through Me.
I am the way. I am the truth. I am the life.

(I am the way and the truth and the life.)

No one comes to the Father except through Me.

If you confess with your mouth, "Jesus is Lord," Believe in your heart that God raised Him from the dead, You will be saved. You will be saved.

For He said, I am the way. I am the truth. I am the life.

(I am the way and the truth and the life.)

No one comes to the Father except through Me.

I am the way (Way!). I am the truth (Truth!). I am the life.

(I am the way and the truth and the life.)

No one comes to the Father except through Me.

If you confess with your mouth, "Jesus is Lord," Believe in your heart that God raised Him from the dead, You will be saved. You will be saved.

For He said, I am the way (Way!). I am the truth (Truth!). I am the life. (I am the way and the truth and the life.)
No one comes to the Father except through Me.

I am the way (Way!), I am the truth (Truth!), I am the life.

(I am the way and the truth and the life.)

No one comes to the Father except through Me.

I am the way and the truth and the life.

No one comes to the Father except through Me, through Me, through Me.

Song Lyrics continued ...

For God So Loved the World (John 3:16)

(Sheet music, song & track available at ResourceWell.org)

For God so loved the world that He gave His one and only Son That whoever believes in Him shall not perish, but have eternal life.

I believe. Yo creo.

For God so loved the world, He gave His only Son.

Tanto amo Dios al mundo.

Que dio a su Hijo unigenito,

Para que todo el cree en El,

No se pierda, si no que tenga vida eterna.

I believe. You creo.

For God so loved the world, He gave His only Son.

Reading: Tanto amo Dios al mundo, que dio a su Hijo unigenito, Para que todo el cree en El, no se pierda, si no que tenga vida eterna.

Tanto amo Dios al mundo. God so loved the world.

Que dio a su Hijo unigenito. He gave His only Son.

Para que todo el cree en El. That whoever believes in Him.

No se pierda, si no que tenga vida eterna. Shall not perish, but have eternal life.

This Little Light of Mine

(traditional hymn)

This little light of mine, I'm gonna let it shine. (3x) Let it shine, let it shine.

Hide it under a bushel, no, I'm gonna let it shine. (3x) Let it shine, let it shine, let it shine.

Let it shine all over the world, I'm gonna let it shine. (3x) Let it shine, let it shine, let it shine.

Let it shine, let it shine. (3x) I'm gonna let it shine.

Song Lyrics continued ...

This I Believe (Album: No Other Name)

Words And Music By Matt Crocker & Ben Fielding © 2014 Hillsong Music Publishing

VFRSF 1

Our Father everlasting
The all creating One
God Almighty
Through Your Holy Spirit
Conceiving Christ the Son
Jesus our Saviour

CHORUS

I believe in God our Father
I believe in Christ the Son
I believe in the Holy Spirit
Our God is three in One
I believe in the resurrection
That we will rise again
For I believe
In the Name of Jesus

VERSE 2

Our Judge and our Defender Suffered and crucified Forgiveness is in You Descended into darkness You rose in glorious life Forever seated high

BRIDGE

I believe in You I believe You rose again I believe that Jesus Christ is Lord

CHORUS 2:

I believe in life eternal
I believe in the virgin birth
I believe in the saints' communion
And in Your holy Church
I believe in the resurrection
When Jesus comes again
For I believe in the Name of Jesus





Session 1: God and Me

Circle the sentence and picture that best describes your relationship with God today.



I know about God.



I love God. He is the most important one in my life.

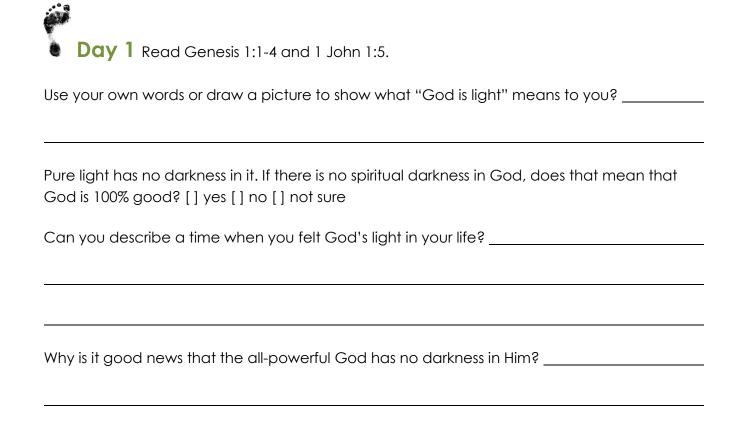


I'm not sure what I believe about God.

Use the space below or the back of this page to write or draw a picture of a question you would like to ask God.

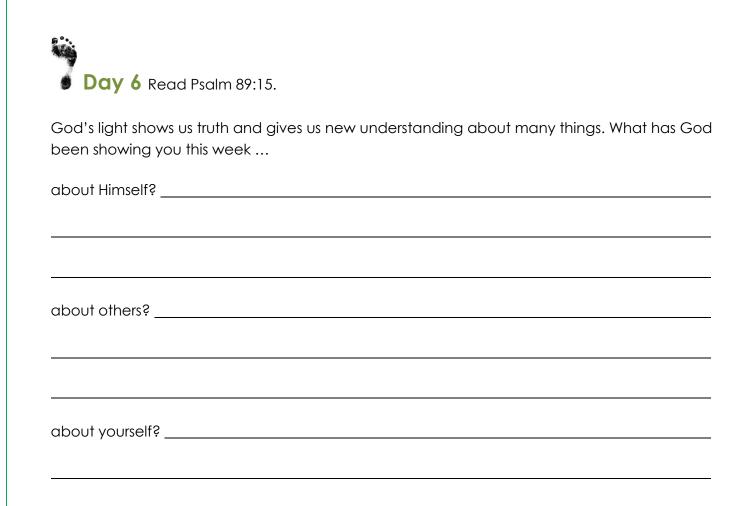


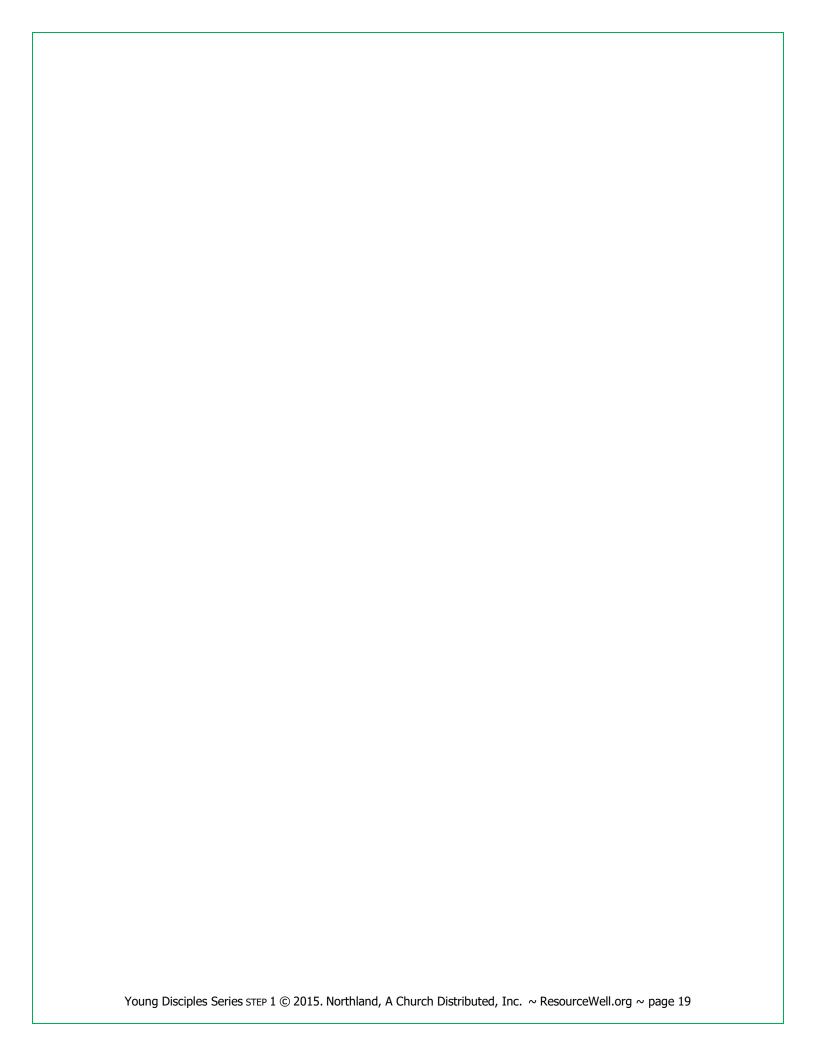
Daily Steps Session 1: Seeing the Light



Day 2 Read Daniel 2:22.
What does this verse show about who God is?
When we live our lives apart from God, we live in spiritual darkness. Do you think God knows when you are living in spiritual darkness? []yes []no []not sure
God reveals to us the darkness in us. How does that show His love for us?
Day 3 Read John 1:4-5. In your own words, explain the good news that darkness has not overcome God's light.
Has there been a time when God has shown Himself to you in some way, letting His light shine into your darkness? []yes []no []not sure
If so, how did you feel about that?
If not, what keeps you from asking God to do that in your life?

Day 4 Read John 8:12.
n your own words, explain how Jesus is the Light of the world.
Here, "light of life" means life forever close with God, now on earth and later in heaven. Do you remember a time when you decided to follow Jesus? If so, describe where you were, who was with you, and what you did.
f not, what do you think Jesus means when He says, "Follow Me"?
. <u></u>
Day 5 Read John 12:46.
f you are a follower of Jesus, describe the difference in your life now that you are part of the kingdom of light.
f not, how do you think your life might be different if you followed Jesus?
Draw a picture or write down the story of your relationship with Jesus so far. Be sure to includ your feelings about Himself and how He has changed your life.







Session 2: A.B.C. Prayer

Lord Jesus, I Admit that I'm a sinner.

I Believe You are the Lord who died to take my sins away.

Please Come into my heart and I'll follow You forever.

In Jesus name, I pray, AMEN!



Daily Steps Session 2: Choosing the Way





Just as you must choose to use a bridge to get to the other side, you must first choose to trust Jesus as your Lord in order to come to God the Father and be close with Him forever. Draw a picture of the cross as a bridge from us to God the Father in heaven.

Trusting Jesus means following Him. What does it mean to you to trust and follow Jesus as the Lord of your life?

On a separate piece of paper, write the story about your relationship with Jesus. If you have not asked Jesus to be the Lord of your life, write about how you feel about God and why you are not ready to trust Jesus as your Lord. If you are following Jesus as the Lord of your life, then write about how you came to that decision and how God led you to trust His Son as the way to have life forever close with Him. After you write it, ask God to show you opportunities to share your story with others.



Creed Connections: The Apostles' Creed Sections 1 & 2

Directions: Complete this with your mentor. Draw a line connecting each statement from the Apostles' Creed to a scripture verse that supports it.

Section 1: Identity of God the Father

I believe in God, the Father Almighty, John 19:16, 30, 40-42

Creator of heaven and earth.

Section 2: Identity of God the Son

I believe in Jesus Christ, His only Son, our Lord, Acts 1:8-11

who was conceived by the Holy Spirit, born of Mark 16:19

the Virgin Mary,

suffered under Pontius Pilate, was crucified, died and Genesis 1:1

was buried.

On the third day He rose again; 2 Timothy 4:1-2

He ascended into heaven, Romans 10:9

He is seated at the right hand of the Father, Luke 1:35

He will come to judge the living and the dead. 1 Corinthians 15:3

Circle any statements in the following sections of the Apostles' Creed that are difficult for you to believe:

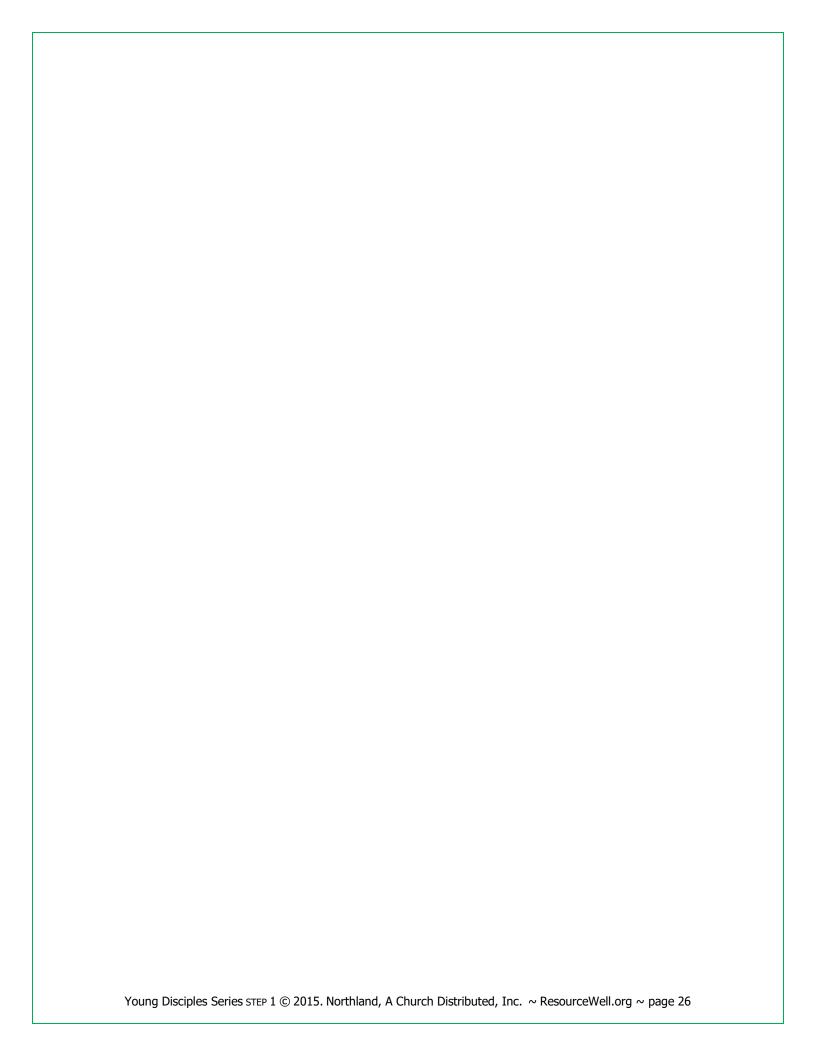
"I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. On the third day He rose again; He ascended into heaven, He is seated at the right hand of the Father, and He will come again to judge the living and the dead."

Ask God to help you find the answers to your questions about Himself, and to show you what is true about who He is and what He has done.



This week, we learned trusting Jesus is like holding His hand as He takes you across a bridge to be close with God the Father forever, now on earth and later in heaven. What has God been showing you this week ...

about Himself?		
about others?		
about yourself?		

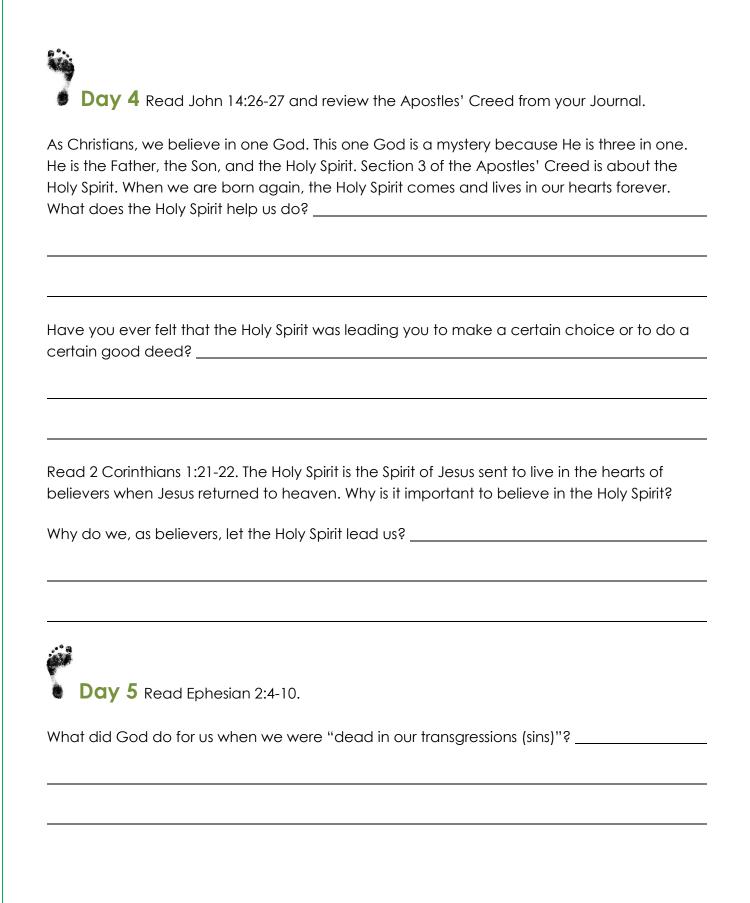




Daily Steps Session 3: Becoming a New Creation

Day 1 Read the words of Jesus in John 5:24.
Without a savior, we would live apart from God forever. According to Jesus, what happen to anyone who believes that God the Father sent Him to save us?
Jesus saves the souls of all who believe in Him. That means that even if our physical bodies die, our souls will live on forever close with God. Do you think it is possible for God to chang His mind and take the gift of eternal life away from you?
[] Yes [] No [] I'm not sure
Read the promise from Jesus in John 10:28. In your own words, explain His promise.
n°•, agas
Day 2 Read what Jesus told Nicodemus in John 3:3-8.
How would you explain to a friend what it means to be born again?

What happens to anyone who believes in Jesus as God's only Son?
What happens to driyone who believes in sesos as Ood s only sorry
Why did God send His Son?
Day 3 Read 2 Corinthians 5:17.
The metamorphosis of a butterfly is the changing from a caterpillar to a chrysalis to a butterfly. It is a great picture of how God makes us a new creation when we believe in Jesus. Draw or color a picture of a caterpillar and think of a time in your life when you, like the caterpillar, were mainly focused on your own needs and desires.
Now, draw or color a picture of a chrysalis (the shell that forms around the caterpillar as it changes into a butterfly). As you color, think of a time in your life when something happened to cause you to focus on a change you knew God wanted to make in you.
Finally, draw color a picture of a butterfly and think about God's promise to make us a new creation when we trust in Jesus as our Savior.
If you were going to compare yourself today to one part in the life of a butterfly, would you be more like the caterpillar, the chrysalis, or the butterfly? Explain your answer here.

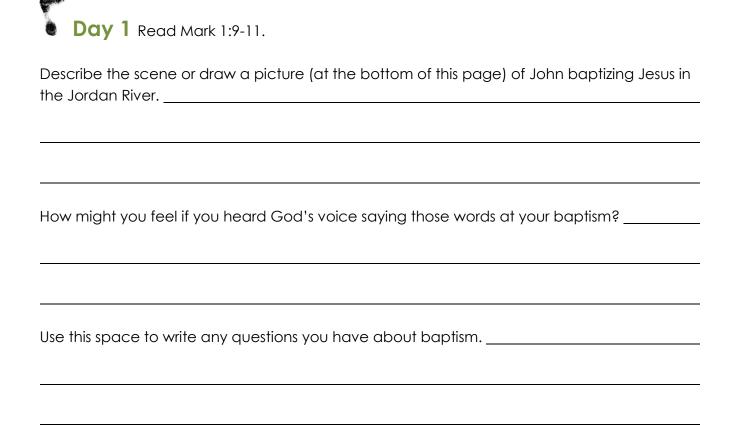


Day 5 continued...

What do you think some of these good works that God has already prepared for you to do might be?
might boy
Day 6 Memorize 2 Corinthians 5:17.
What does this verse mean to you?
What has God been showing you this week
about Himself?
about others?
about offiersy
about yourself?



Daily Steps Session 4: Celebrating a New Identity



If you have been baptized or plan to be baptized at the upcoming Young Disciples Baptism, you can create a special baptism bookmark (located in your journal) to help you remember the day of your baptism forever.



Creed Connections: The Apostles' Creed Sections 3 & 4

Directions: Complete this with your mentor. Draw a line connecting each statement from the Apostles' Creed to a scripture verse that supports it.

Section 3: Identity of the Holy Spirit

I believe in the Holy Spirit. John 11:25

Section 4: Identity of God's Family

the holy catholic church, John 6:47

the communion of saints, Acts 10:43

the forgiveness of sins,

Matthew 18:20

the resurrection of the body,

John 14:26-27

and the life everlasting. 1 Corinthians 1:2

Circle any statements below in the Apostles' Creed that are difficult for you to believe:

"I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen."

Ask God to help you find the answers to your questions about Himself and to show you what is true about who He is and what He has done. Each day this week, read the entire Apostles' Creed aloud or say it together with your mentor or a family member.



Baptism connects us to the death and resurrection of Jesus. Going under water or being sprinkled represents letting our old way of thinking die. Coming up out of the water reminds us that Jesus lifts us up to a new life, forever close with God. Draw a picture or put 2 Corinthians 5:14-15 into your own words.
Why do you think it is important to be reminded at your baptism of Jesus' death and rising?
Day 4 Read John 1:12.
What does it mean to you to be a part of the family of God?
Read 1 Corinthians 12:13. There are people of every race and every age in the family of God. There are so many differences! What is the one thing that everyone in the family of God has in common?



In class this week, you received four paper water drops. Below are the words printed on them. If you are planning to be baptized, ask God to make your heart ready. Ask Him to help you not be tempted to be baptized because of what others want but instead as a sign of your faith in Jesus and your entrance into the family of God.

Baptism lets others know that Jesus is my Lord and that I will follow Him forever.

Baptism stands for my desire to live every day for Jesus.

Baptism is something others are doing or want me to do.

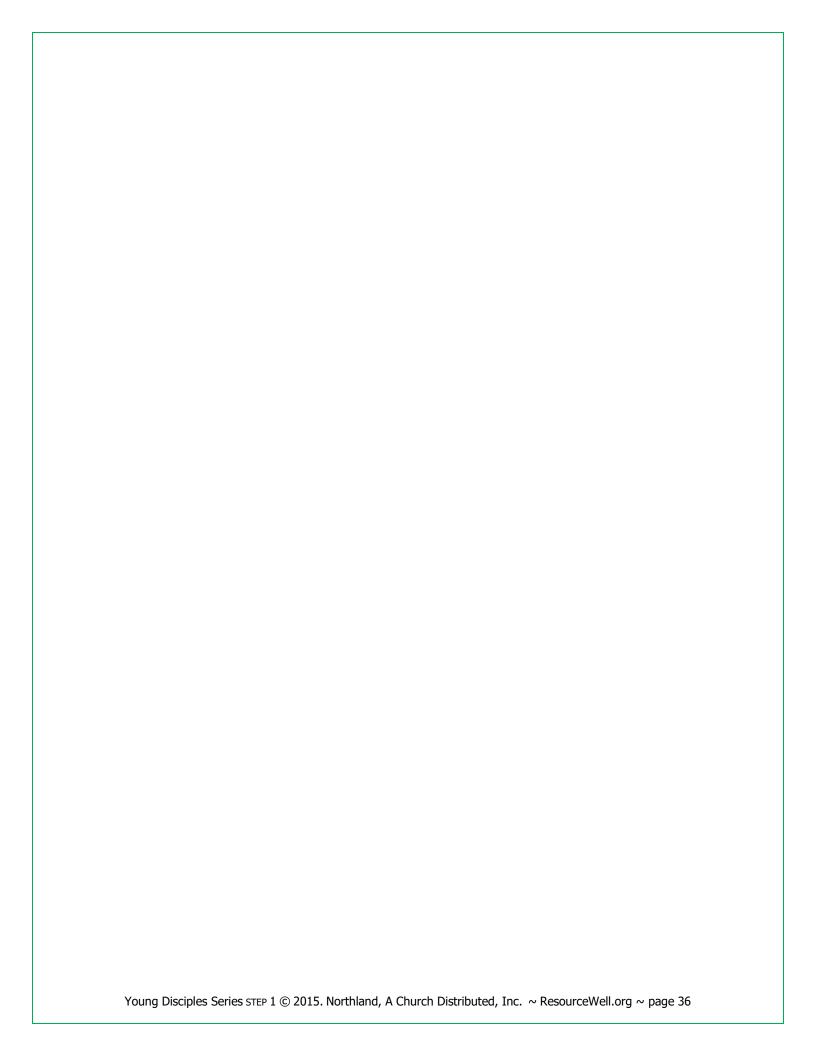
It is important to put into words why you are glad you were baptized, why you want to be baptized, or your concerns about being baptized. Use the blank water drop or a separate piece of paper to describe or draw your feelings about baptism. Include the reasons why you are glad you were baptized, why you want to be baptized, or your concerns about being baptized.



This week, we learned three motions that help us remember the meaning of baptism. If you aren't sure of the motions we learned in class, make up new ones!

- 1. (Point to yourself with your right thumb.) "I used to live my life MY way."
- 2. (Slowly lower your right palm beneath the imaginary water.) "But I've laid that way of thinking DOWN."
- 3. (Slowly raise your right palm up to a 90-degree angle; point to heaven with an index finger.) "Now I live my life for JESUS, doing things His way."

Now put these 3 important statements into your own words or draw a picture about it.
"I used to live my life MY way."
"But I've laid that way of thinking DOWN."
"Now I live my life for JESUS, doing things His way."





Daily Steps Session 5: Belonging to God's Family



Circle your favorite from the following words that describe anyone who has trusted Jesus as Lord and Savior.

Christian – Child of God – Disciple – Believer – Follower – Saint	
Why is the word your circled special to you?	
How does it feel to know that if we believe in Jesus, God the Father chooses us and adop us to be one of His own children forever?	ts

Day 2 Read Matthew 12:48-50.
What does Jesus say we need to do to be called members of His family?
Read Hebrews 2:10-13. What is the name of the one described here as He who makes it possible for people to be holy and belong to the same spiritual family?
The church, the kingdom of God, and the body of Christ are all names used in the Bible for God's family. Which is your favorite name and why?
What are the two meanings for the word "church"?
Day 3 Read John 14:2-3.
Where is home for God's family?
Until Jesus returns to earth to take all believers to heaven, God's family lives all over the world In God's family are members of every race and from every nation.
What do you think will be the most amazing thing to you about heaven?
Who do you think you might see in your heavenly home?



As members of God's family, how do you think He wants us to treat one another?
God the Father wants His family to grow in number and in maturity, becoming more and more like His Son Jesus. What is one activity you can do to help yourself grow in faith?
Read Ephesians 4:14-16. What is one thing you can do to encourage others to join the family of God?
After the Young Believers' Baptism Celebration takes place, what is one thing you can do that would encourage those who are baptized that day?



How is the family of God like a body?
Draw the outline of a large cross. Just as you made fingerprint faces in class, color your fingertip with a marker or inkpad and press your fingerprint onto the cross. Draw a face on your fingerprint. Then, make many more fingerprint faces on the cross to stand for specific members of God's family who you know. Display this picture where you can see it often. Each time you see it, pray for God to help His family to love one another and for more people to join His family.
Day 6 Skim through this journal, reviewing your answers, drawings, The Lord's Prayer, The Apostles' Creed, and John 14:6. Write about some important things God has shown you about Himself, others, and yourself?