



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."



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

I Am the Way (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, 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

VERSE 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



Step 1, Session 1:
Seeing the Light

Session 1: God and Me

Date: _____

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 1 Read Genesis 1:1-4 and 1 John 1:5.

Use your own words or draw a picture to show what "God is light" means to you? _____

Pure light has no darkness in it. If there is no spiritual darkness in God, does that mean that God is 100% good? ☐ yes ☐ no ☐ not sure

Can you describe a time when you felt God's light in your life? _____

Why is it good news that the all-powerful God has no darkness in Him? _____



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.

In 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. _____

If not, what do you think Jesus means when He says, "Follow Me"? _____



Day 5 Read John 12:46.

If you are a follower of Jesus, describe the difference in your life now that you are part of the kingdom of light. _____

If 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 include your feelings about Himself and how He has changed your life. _____



Day 6 Read Psalm 89:15.

God's light shows us truth and gives us new understanding about many things. What has God been showing you this week ...

about Himself? _____

about others? _____

about yourself? _____



Step 1, Session 2:
Choosing the Way

Session 2: A.B.C. Prayer

Lord Jesus, I **A**dmit that I'm a sinner.

I **B**elieve You are the Lord who died to take my sins away.

Please **C**ome into my heart and I'll follow You forever.

In Jesus name, I pray, AMEN!



Daily Steps Session 2: Choosing the Way



Day 1 Read Genesis 3:1-6.

What rule did God give Adam and Eve? _____

What choice did they make? _____

Can you describe or draw a picture of a time when you chose to disobey God by not doing what was right in His eyes? _____

Read Isaiah 59:2. What is it that separates us from God? _____

Read 1 John 1:5-6. Why do you think sin cannot be in God's presence? _____



Day 2 Read Psalm 86:15.

In your own words, explain what this verse tells us about God. _____

Read John 3:16. Why do you think God chose to create a way for you to return to Him?

What reasons might people have for wanting to return to God? _____

What reasons might some people have for not wanting to return to God? _____



Day 3 Read 1 Peter 3:18 and Acts 10:43.

Everyone sins (does wrong in God's eyes). God the Father is perfect and holy; He cannot be near sin. How did Jesus make a way for us, as sinners, to come to God the Father? _____

Use your own words or draw a picture to explain how Jesus is like a bridge between God and people. _____



Day 4 Read John 14:6.

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.



Day 5 Read the Apostles' Creed from your journal.

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,
Creator of heaven and earth.

John 19:16, 30, 40-42

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
the Virgin Mary,

Mark 16:19

suffered under Pontius Pilate, was crucified, died and
was buried.

Genesis 1:1

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.



Day 6 Memorize John 14:6.

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 happens 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 change 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. _____



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? _____

Read John 3:16-17. God knew that without a savior, everyone would perish. That means when their physical bodies die, their souls would not live forever close with God.

What happens to anyone who believes in Jesus as God's only Son? _____

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 4 Read John 14:26-27 and review the Apostles' Creed from your Journal.

As Christians, we believe in one God. This one God is a mystery because He is three in one. He is the Father, the Son, and the Holy Spirit. Section 3 of the Apostles' Creed is about the Holy Spirit. When we are born again, the Holy Spirit comes and lives in our hearts forever. What does the Holy Spirit help us do? _____

Have you ever felt that the Holy Spirit was leading you to make a certain choice or to do a certain good deed? _____

Read 2 Corinthians 1:21-22. The Holy Spirit is the Spirit of Jesus sent to live in the hearts of believers when Jesus returned to heaven. Why is it important to believe in the Holy Spirit?

Why do we, as believers, let the Holy Spirit lead us? _____



Day 5 Read Ephesian 2:4-10.

What did God do for us when we were "dead in our transgressions (sins)"? _____

What do you think some of these good works that God has already prepared for you to do might be? _____



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 yourself? _____



Daily Steps Session 4: Celebrating a New Identity



Day 1 Read Mark 1:9-11.

Describe the scene or draw a picture (at the bottom of this page) of John baptizing Jesus in the Jordan River. _____

How might you feel if you heard God's voice saying those words at your baptism? _____

Use this space to write any questions you have about baptism. _____

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.



Day 2 Read the Apostles' Creed from your journal.

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.



Day 3 Read 2 Corinthians 5:14-15.

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? _____



Day 5 Read Romans 10:9.

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.



Day 6 Read Colossians 3:1-2.

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



Day 1

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 adopts us to be one of His own children forever? _____



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? _____



Day 4 Read Colossians 3:14-15.

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? _____



Day 5

Read 1 Corinthians 12:12-27.

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? _____
