



**FIRST STEPS FOR NEW  
CHRIST-FOLLOWERS**

Thank you for downloading this sample of *NEW: First Steps for New Christ-Followers*. We're excited about the opportunity to help new (or young) Christ-followers learn how to lay the foundation for a meaningful faith-journey.

It's a privilege to partner with you to lead your students closer to Christ. Please don't hesitate to let us know if you have any questions.

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NEW: First Steps for New Christ-Followers  
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CHRIST-FOLLOWERS**

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# HOW NEW WORKS

New isn't just another book. It's a highly interactive, super creative, in-depth journey into this new life you've entered into.

*Because of this, we thought we needed to take a second to tell you a few things about this book and how it works.*

## **NEW IS A JOURNEY**

The concepts in New build on each other. The book is laid out over four weeks, each week having a mix of different things to do to help guide you in understanding this new life you've discovered. Or that discovered you. Start at the beginning and move from day to day, letting each day, and each week, speak to you.

## **GO AT YOUR OWN SPEED**

You might be working through this with other teenagers and an adult leader. If so, you probably want to stay on track. But if you're not, take New at your speed. For most of you, this will all be pretty, well, new! Take it slow and soak it in. If you need more than four weeks to work through the book, so be it.

## **HAVE A BIBLE AND A PEN HANDY**

Borrow a real Bible, use one online, or download a Bible app on your phone or tablet. Whatever you do, it's essential that you have one for this journey you're on. This book mostly uses the New International Version (NIV) of the Bible. You can use the NIV or another translation if you want. And make sure you have a pen or pencil. You'll need it!

## **MAKE SURE YOU HOLD ON TO NEW**

The things you'll learn will stick with you forever. But you might want to check back in this book to see what your first steps as a new Christ-follower looked like. Plus, this book is slammed full of awesome resources you'll want to use even when you're not such a new follower.

## HOW NEW WORKS FOR YOUTH WORKERS (OR OTHER ADULTS)

If you're a youth worker or other adult, and you've picked up this book for your student (or students), you need to know that New functions two ways:

### **STAND-ALONE DEVOTIONAL**

This book works perfectly as a stand-alone devotional book. You don't have to do anything for your student(s) to engage with this excellent resource. There are four weeks of daily content plus some articles and other stuff, all designed for a teenager to walk through without an adult leader. (Though we suggest engaging where you can and allowing yourself to be available for questions!)

### **4-LESSON SMALL GROUP OPTION**

However, if you want, you can use New as the "out of class" piece for a four-session Small Group Bible study gathering. How? Easy. All you have to do is go to [youthministry360.com/new-believers-small-group-lesson-plans](http://youthministry360.com/new-believers-small-group-lesson-plans). There you'll find a free download that enables you to lead a four-session Bible study centered around what your students are learning in New.

# THE NEW YOU

## INTRODUCTION

If you're holding this book, chances are it's because you've recently taken the first steps on a journey.

You will no doubt respond to the last sentence one of two ways.

Some of you reading this right now realize that you're indeed on a journey. You have a good idea of what's up ahead. You can't wait to get started. If this describes you, well, that's pretty cool. Buckle up. The ride is a wild one!

Others of you will read that first sentence up there and be uneasy. You may be saying to yourself, "I didn't sign up for a journey!" It's OK, though. We don't know we're on many of life's biggest adventures until the trip is already underway.

If you're reading this and you're questioning whether or not you're really on a journey of some sort, an adventure, make no mistake about it: You are. You've started something. Something big. Something awesome.

If you're unsure of exactly what you signed up for, it's not a bad place to be. After all, you took the first step. A step forward. A step toward something. A step toward Someone.

Whether or not you had a full picture of what your future looked like, you still took a step toward Christ, toward God. What motivated you to do this? Only you know.

**BUT FOR WHATEVER REASON,  
YOU REACHED OUT FOR CHRIST.**

**MAYBE YOU DOUBTED AND WERE  
MERELY GIVING JESUS A CHANCE  
TO WIN YOU OVER.**

**MAYBE YOU HONESTLY SAW HOW  
BROKEN AND NEEDY YOU WERE.**

**MAYBE YOU FELT THAT YOUR LIFE WAS  
MEANT FOR A GREATER PURPOSE.**

**OR MAYBE YOU MERELY HEARD  
AND BELIEVED.**

**WHATEVER THE MOTIVATION WAS,  
SOMETHING MOVED YOU TO CON-  
SIDER. TO BE OPEN. SOMEWHERE  
ALONG THE WAY, GOD'S VERY SPIRIT  
CAME ALONGSIDE YOU TO HELP YOU  
FINALLY CHOOSE GOD OVER YOU.**

**IN WHATEVER WAY IT HAPPENED,  
IT STARTED YOU DOWN THIS PATH.  
AND WHAT A PATH IT IS.**

You see, this new path you've started down is a path of discovery. And what you'll discover is what makes all the difference.

This path doesn't just lead you to a new label. It doesn't just lead you to a new group of friends. It doesn't just lead you to the "right" and "wrong" way to think, or act, or be.

This path? It starts with God. And it leads to God. And all along the way, you're encountering God. The path is all about God.

Whatever you may have thought before this moment, hear me say this: This path you're on will never, ever lead you to a cleaner, better, happier version of "you." (Take it from someone who's been on the path a while—this fact becomes more comforting the longer you're on this journey.)

You see, the beginning of your NEW journey can't lead to a better you. "Why," you ask? Because this journey began with another journey's end. An old journey. A hopeless journey where all of your energy and vision were focused on you. The old you.

## **THIS NEW JOURNEY IS LEADING YOU TO DISCOVER THE NEW YOU.**

The moment you truly believed, the moment you handed the leadership of your life to God, the moment you realized you had a humongous problem only Jesus could solve, in that moment God created something new and beautiful out of the ashes of the old, dead you.

And the new you is so unbelievably incredible, it's almost impossible to wrap your brain around it.



# THE BIBLE SAYS THIS ABOUT YOU:

**"IF ANYONE IS IN CHRIST, HE IS A NEW CREATION; THE OLD HAS GONE, THE NEW HAS COME!"  
(2 COR. 5:17)**

**BEFORE YOU GAVE YOUR LIFE TO CHRIST, YOU WERE DEAD BECAUSE OF YOUR SINS. BUT THROUGH CHRIST, GOD GAVE YOU LIFE.**

**THE BIBLE SAYS:  
"YOU WERE DEAD IN YOUR TRANSGRESSIONS AND SINS . . . BUT BECAUSE OF HIS GREAT LOVE FOR US, GOD . . . MADE US ALIVE WITH CHRIST."  
(EPH. 2:1, 4-5)**

**YOUR SIN WOULD'VE STOOD BETWEEN YOU AND GOD FOREVER. BUT JESUS TOOK IT AWAY.**

**JESUS GAVE YOU A NEW RELATIONSHIP WITH GOD. A NEW PURPOSE. A NEW WAY OF SEEING THINGS. YOUR MIND IS NEW. YOUR HEART IS NEW. EVEN YOUR VERY IDENTITY IS NEW.**

You may be  
SLIGHTLY OVERWHELMED  
by all of this.

---

**DON'T**

---

**BE**

---



Remember, I said it was a journey. You don't have to know it all today. Part of being new is that you're an all-at-once new creation in God's eyes. The other part of being new is that you'll spend your life on this earth being made new. God will always be working in you to help you become more like Him. Which is awesome.

Sounds pretty amazing, doesn't it?

You probably have lots of questions. But don't worry. That only makes you a healthy human being. This book will help. In fact, this book is all about helping!

The cool thing is that God has made it so the new you can begin to slowly but surely grasp what this new life is all about. He's your guide along the way. You're never alone. You don't ever have to figure anything out by yourself. God has given you Himself to serve as a constant companion.

**EVERY JOURNEY STARTS WITH A FEW SMALL STEPS. YOU'VE ALREADY MADE THE MOST IMPORTANT ONES.**

If you're ready to keep moving forward, turn the page.

## PREVIEW

*"Drivers, start your engines!"*

I'm not necessarily a NASCAR fan, but I've had the chance to go to a race before. And it was a pretty awesome experience.

When the drivers are waiting at the starting line, the excitement of the crowd feels almost physical, like you could reach out and touch it. The noise from the engines rumbles in your stomach no matter how far away you are from the cars. And when they begin to make their way around the track, slow at first, then faster than anything you've ever seen, well, even a non-fan like me understands why people love their races.

*Think of yourself like a racecar at the starting line.* While this book isn't a race, it is an exciting time of growing closer to God. And you're about ready to take off!

**START YOUR ENGINE AND GET READY FOR A FUN FEW WEEKS OF LEARNING MORE ABOUT THE NEW LIFE YOU HAVE IN CHRIST.**

## WHAT TO EXPECT THIS WEEK



**DAY 1**

A devotion on why you need a new life

**DAY 2**

An activity to guide you in thinking about your new life

**DAY 3**

Thinking about your relationship with God

**DAY 4**

An interactive activity about your new purpose

**DAY 5**

A devotion on the "knowability" of God

**DAY 6**

An encouragement to rest a little



1  
WEEK

DAY ONE

This week we're going to talk a little more about the ins and outs of your new life and what it means. So, let's start at the beginning, shall we?

### WHY DO YOU NEED A NEW LIFE ANYWAY? IT'S AN IMPORTANT QUESTION TO ASK, RIGHT?

You need a new life because, without it, you're dead. Seriously. See, when God created the world and everything in it (a narrative you can read in Genesis 1-2), He made Adam and Eve to be perfect. After all, God is perfect. And He wanted man and woman to be able to hang out with Him. Which meant they had to be perfect, too. The only problem was that they broke God's trust. They became not-perfect.

Adam and Eve rebelled against the Creator. (You can read all about that in Genesis 3.) The Bible calls this sin. And rebellion against God earned Adam and Eve separation from God and eventual death.

Here's the worst part: From that moment on, every person ever born carried Adam and Eve's sinful heart in them. And that means they carried death with them. That means you, me, the best person you know, everyone who has ever rebelled against God earns death.

A really awesome guy named Paul (you can read about him on page 94) wrote a letter called Romans that says this: "For the wages of sin is death" (Rom. 6:23). Just like when you have a job, and your work earns you a wage ("wage" is another word for money), our sin earns the wage of death for us.

### NOT COOL, RIGHT?



## BUT HERE'S THE COOL THING...

The rest of that verse from Romans brings a ton of hope to the scene, hope that you already know about: "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

Because Jesus was God's Son, He was perfect. He was the only person in the position to substitute His life for yours. Because God loves you so much, He wanted to make a way to give you life. So Jesus allowed His death to count in your place: "God made him who had no sin to be sin for us, so that in him we might become the righteousness of God" (2 Cor. 5:21).

By dying on the cross and coming back to life on the third day, Jesus paid the wage of death that your sin rightfully earned you. In other words, Jesus bought you life! You're alive only because of Jesus' sacrifice. Jesus once said, "I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life" (John 5:24).

### YOU COULD NEVER HAVE BEEN GOOD ENOUGH OR TRIED HARD ENOUGH TO SAVE YOURSELF. YOUR SIN WOULD'VE ALWAYS KEPT YOU SEPARATED FROM GOD. BUT JESUS TOOK CARE OF THAT. AND BY ACCEPTING HIS SACRIFICE ON YOUR BEHALF, YOU HAVE GAINED LIFE.

You were once dead. But now, and forever, YOU ARE ALIVE!

### CONSIDER TAKING A MOMENT TO TALK TO GOD IN PRAYER ABOUT THIS. SERIOUSLY. DON'T SKIP OVER THIS. DO IT.

- Thank God that He loves you so, so much!
- Thank God that He had a plan to allow you to escape the death your sin earned you.
- Ask God to remind you how your new life can be used to help other people learn how they can cross over from death to life.

1  
WEEK

## DAY TWO



In John 14:6, Jesus said these words: "I am the way and the truth and the life. No one comes to the Father except through me." Jesus said, I am THE life! This is what we talked about yesterday. Jesus is the truth, and by following Him, you have life. A productive, full life today and a life forever with God.

Today's activity is a simple one: *As much as you can, think about what it means to have this new life.*

Ask yourself these questions and contemplate the answers:

- How does having this new life with God make you feel?
- What is different right now about this new life?
- Can you describe the way you look at Jesus now? Is it different than before?
- Has this new life changed the way you see others? How?
- Have you really thought about what led you to turn to God? If not, think about that today.

*If you want, use this page to write down your thoughts.* If you have a journal or a blog, maybe you could write them down there. Or, if you're not the "writing type," think about them as you go throughout your day.

1  
WEEK

## DAY THREE

**RELATIONSHIPS.**

They're full of drama, right? Without Jesus, our relationship with God would have more drama than you can imagine.

Go to Romans 5 in your Bible. Take a second and read verses 6-10. (Read them twice if you need to.) Let's take verses 6-8 first. Here Paul was saying that maybe, just maybe, someone might occasionally sacrifice their life for a great person. But verse 8 says something entirely different: Jesus died for us while we were stuck in our sin. (In other words, we weren't very great at all.) Now let's look at 9-10. Verse 9 uses a big word. **It says we've been justified.** Justified is a legal term meaning that we were guilty, but we've been declared innocent. Through the blood Jesus shed on the cross for you, your guilt was wiped away.

But look—look what verse 10 says about what we were: enemies! Apart from Christ, we were God's enemies! Ouch! But verse 10 uses another big but important word: reconciled. Reconciled means to restore. To bring back together. **We were God's enemies.** Paul spoke to this again in Colossians 1:21: Once you were alienated from God and were enemies in your minds because of your evil behavior.

**But Jesus' payment for our sins brought us back together with God.** Without Jesus, you wouldn't be able to know God. You wouldn't be able to be close to Him. You'd be His enemy. Jesus restored your relationship with God. This new relationship? It's a huge part of your new life.

*Think about how you would answer these questions:*

- What part of this new relationship with God are you enjoying the most?
- What has been the biggest surprise for you in enjoying a new closeness with God?
- How is this relationship changing who you are?

1  
WEEK

DAY FOUR

MIDDLE  
SCHOOL  
HIGH  
SCHOOLCOLLEGE  
CAREERADULT  
HOOD**WHEN GOD GIVES US A NEW LIFE,  
HE GIVES US A NEW PURPOSE.**

*What do I mean by purpose?* Your purpose is the reason why you're alive. It's the goal of all your energy, thoughts, and actions. And when God gave you a new life, your purpose, like everything else in your life, became God-centered.

What is your new purpose? It's interesting. It can look a few different ways. It could look like Jesus' words to His disciples in Matthew 28:19: "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

Or, from Paul's words to the Corinthians in 2 Corinthians 5:18: "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation." Or from the prophet Micah's words in Micah 6:8: "And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." Or from John's words in 1 John 4:11: "Dear friends, since God so loved us, we also ought to love one another."

The answer is that each of these verses and many more speak to your new purpose. You have a new purpose, a new reason for living, a new object of your dreams and plans. You have a new lens through which to view your present and future.

On the following page, you'll see three categories. "Middle/High School" represents your present. "College/Career" represents your near future. And "Adulthood" represents a distant future. Take a moment to reflect on how your new purpose changes the way you look at these three categories of your life.

How does your new life with Christ change the way you see your present, your immediate future, and your life as an adult?