

The White Book

Your New Life in Christ

LEADER'S GUIDE FOR USING THE WHITE BOOK

The White Book is a tool to help you follow up with new Christians who are getting started in their commitment to Christ.

Follow-up is the transition between completing the evangelism process and beginning the establishing process (Reference the Multiplying Disciple grid). It is imperative that you understand and take seriously the responsibility God gives you as an older believer for the nurture of new believers. (Reference Leroy Eims' article "Follow-Up")

The White Book is designed with three objectives in mind:

1. As a tool to help leaders fulfill their responsibility to follow-up new believers and to get them on track in their new relationship with Christ.
2. As an equipping tool to teach leaders the elements and process required for effective follow-up.
3. As an evaluation tool to determine the heart condition of a new believer (Mark 4:3-20). This becomes clear over time as you engage the new believer with God's love and truth. This study serves as an excellent pre-requisite to formally challenging someone to a discipleship group. (See "How to Challenge Someone to a Discipleship Group")
4. The four topics covered in this study are:

a. Salvation - Getting Started	Issue is: Assurance
b. A Relationship with God	Issue is: Personal Devotional Life
c. A Faith Oriented Life	Issue is: Trusting God
d. Overcoming Temptation	Issue is: Barriers to Spiritual Growth

5. There is no correct formula for covering this material. The pace and structure should be tailored to meet each person's individual needs. This may mean working through the questions of a lesson together, or assigning a part of a lesson, or expecting the full lesson to be completed before returning to the group. The goal is to help new believers get off on the right foot spiritually, and not simply to complete the material.

HOW TO CHALLENGE SOMEONE TO A DISCIPLE GROUP

What do you do now that you are ready to challenge someone to a discipleship relationship? After you have been involved with another believer, observed their way of life, and spent time in prayer with them, you should see evidences of their desire to follow Christ. It may be a good idea to discuss your observations with your leader to ensure that the timing is right for this challenge.

The selection process for your discipleship group is critical to your having an effective discipleship group. Take the time to explain the following principles to help the interested person understand discipleship and also to give your group direction, and like-mindedness from the start.

- I. Explain the discipleship process using these examples:
 - A. *Christ and His twelve disciples* - Jesus ministered to the masses but most of His time and energy was invested in the twelve. He knew that you reach the masses through men.

- B. *II Tim. 2:2* - Paul stresses to Timothy the importance of continuing the discipleship process in his own ministry.
- II. Explain the difference between a discipleship group and a Bible Study.
- A. *Participation* - In a Bible Study only one person prepares and teaches. However, in a discipleship group everyone prepares and the leader simply leads a discussion of the material.
 - B. *Accountability* - In a Bible Study no one has to do anything outside the meeting. However, in a discipleship group each person is held accountable by the leader to apply the basics of the Christian life each day.
 - C. *Involvement* - In a Bible Study the main time for contact is the meeting itself. A discipleship relationship is a commitment to be involved relationally (I Thes. 2:8) and to grow in Christ together.
- III. Explain the commitment required to be in a discipleship group.
- A. Basically a person needs to be FAT to get the full benefit of a disciple group.
Faithful - desire to grow in their relationship with Christ
Available - to make the group a priority and participate fully
Teachable - open to the Holy Spirit working in their life and responsive to the leader
 - B. Discuss the time involvement of the weekly meeting and preparation outside the meeting.
- IV. Explain the basic purpose of the group.
- A. To help develop the basics of the Christian walk into your life so that your relationship with the Lord will be consistent, stable, and mature.
 - B. To bring each person to the point where they too can disciple others.
- V. Give them a copy of the discipleship definition. *"Discipling others is the process by which a Christian with a life worth emulating commits himself for an extended period of time to a few individuals who have been won to Christ, the purpose being to aid and guide their growth to maturity and equip them to reproduce themselves in a third spiritual generation."*

Allow the person time to pray about their being a part of your disciple group before they commit to it. It is much easier to weed out those that are not committed now than after your group has started. So do not talk people into your group. Simply challenge them and allow the Holy Spirit to motivate them to be committed to the group.

Matt. 28:19 - Remember discipleship is not a choice we have to make. It is a command given by our Lord.

START SMALL - THINK BIG - GO DEEP

YOUR NEW LIFE IN CHRIST

Jesus said in John 10:10, "*I came that you might have life, and have it abundantly.*" That is what being a Christian is all about - LIFE - life eternal with your God and life here and now living out the very purpose for which you were created. God alone can give life because He created life, and He can give it abundantly beyond your wildest imagination.

To experience all that God has for you as a Christian you need to be growing in your relationship with God through Jesus Christ. Jesus also said in John 15:5, "*I am the vine and you are the branches; he who abides in Me, and I in Him, he bears much fruit (life).*"

The term in the Bible for "follower of Christ" is disciple. You will be learning the basic steps that get you started as a disciple of Christ. This material is best understood as an older disciple guides you through the Bible Studies. The studies have been designed with this type of dialogue in mind.

Each lesson addresses one of the major issues for a new follower of Christ and what the appropriate action points are for that particular area.

Lesson 1	Salvation - Getting Started
Lesson 2	A Relationship with God
Lesson 3	A Faith Oriented Life
Lesson 4	Overcoming Temptation

LESSON I

SALVATION - GETTING STARTED

- A. Study the following verses to identify the major elements of the gospel.
1. How is man viewed? (Romans 3:23)
 2. How is God revealed? (Romans 5:8)
(Note: God does not just look away from our sin, though He does offer forgiveness)
 3. How is Jesus Christ revealed? (Acts 4:12)
 4. What consequences are associated with man's sin? (Romans 6:23)
 5. What is the response to the gospel? (Mark 1:15)
- B. What does it mean to repent? What does it mean to believe?
- C. When a person surrenders (repents) and trusts (believes) Jesus Christ alone, he or she becomes a Christian. Though he or she may not feel any different, in reality many tremendous changes have taken place. Read the following verses to discover some of the things that occur when a person receives Christ.
1. Ephesians 1:7 -
 2. Ephesians 1:13-14 -
 3. John 1:12 -
 4. II Corinthians 5:17 -
 5. John 5:24 -
- D. Read Romans 10:9-10. How many times does a person need to pray to receive Christ?
- E. Does a person become a Christian through:
1. What good things he does for God?
 2. What Jesus has done for him?
 3. Both 1 and 2?
 4. (See Ephesians 2:8-9 and Titus 3:5-7.)
- F. I John 5:11-13 teaches that a Christian can be assured that Christ is in his life and that he has eternal life. What is the basis of this assurance?

G. In Colossians 1:28, Paul describes the goal for every new follower of Christ. What is that goal?

H. Read John 10:27-28. Can a person who has been truly saved ever lose their salvation? What is the basis for this assurance? (Also reference Romans 8:38-39.)

Take time to thank God right now for the tremendous changes He has brought about in your life and ask Him to help you grow to full "completeness" in Christ.

Optional Memory Verse - John 5:24

LESSON II

A RELATIONSHIP WITH GOD

As a follower of Jesus Christ you have the privilege of developing a relationship with the living God. God's design from the beginning was to have a relationship with man. Receiving Christ is not the end but only the beginning of discovering the adventure of knowing God in a relationship.

A. Understanding Christianity as a Relationship

1. According to John 17:3, what is the significance of living for eternity with God?

2. What did Jesus say was His assignment from God? (John 17:6-7)

3. What did Paul identify as the reason God called you to a relationship? (I Cor. 1:9)

4. According to Romans 8:15-17, how are followers of Christ to view:
 - a. God?

 - b. Their approach to God?

 - c. Their privileges as a child of God?

B. Developing Your Relationship with God

1. God invites His followers to fellowship with Him. Fellowship involves listening to God (Word) and talking to God (Prayer).

What do the following verses tell us about how to relate to God?

- a. Matthew 4:4-

 - b. Matthew 6:6-
2. Read Matthew 6:33.
 - a. What does it mean to seek God and His righteousness first in your life?

 - b. Why is it necessary to seek God first in order to develop your relationship with Him?

 3. What did Jesus do to ensure that undistracted time with God was possible? (Mark 1:35)

 4. Why did the Psalmist begin his day communicating with God? (Psalm 5:3)

 5. What was Daniel's pattern for prayer, and why is it significant? (Daniel 6:10)

C. Establishing a Pattern of Time Alone with God

1. Definition- Time Alone with God (TAWG) is having fellowship with God and developing your personal relationship with Jesus Christ. This practice is also called Quiet Time or Devotional Time.

2. Practical Helps for Your Time Alone With God (TAWG)

a. Set a definite place and time to meet with God each day. This will help you to be consistent.

b. Be fully prepared physically and mentally.

i. Be thoroughly awake before you spend time with the Lord.

ii. Remove any distractions so that your full attention is devoted to the Lord.

c. If you have no sense of God's presence and feel that your prayers are empty, tell Him about it. At the same time claim the promise of His presence (John 14:16, Heb. 13:5, Matt. 28:20). Trust Him that He will hear your prayers quite independently of your feelings.

d. Come to your time with God open to what He has to show you and with a willingness to obey what His will is for you that day.

e. If you miss a morning for one reason or another, do not get under a guilt trip. If the fault is yours confess it, obtain immediate cleansing and claim the full power of the Holy Spirit. If the fault is not yours, do not feel you have to make it up to God. Your devotional life should not become a ritual but rather a relationship with Jesus Christ.

The quiet time makes us more like Jesus, and the result of spending time with Jesus is shown in Acts 4:13 - *"Now when they saw the boldness of Peter and John, and perceived that they were unlearned and ignorant men, they marveled; and they took knowledge of them, that they had been with Jesus."*

People will know that we have been with Jesus!

f. You may want to meet with another more mature follower of Christ a few times to learn how they approach their time alone with God.

Spending time alone with God changes lives - I dare you to try it. Once you have started you will never want to quit!

Optional Memory Verse - Matthew 4:4

Guide for Each Day

1. Write in a notebook:

Day _____ Date _____ Scripture _____

2. Main thought:

- a. Read the passage for the day.
- b. Pray for insight as you meditate on what the passage says.
- c. In one sentence, write out the main thought of the passage.

3. Application: Write out in less than 50 words how this scripture applies to your life.

4. Prayer: Pray that during the day, through the power of the Holy Spirit you will apply these principles from God's Word to your life.

DAY AND READING

- | | |
|-----------------------------|-----------------------------|
| 1. Habakkuk 3: 17-19 | 17. Hebrews 12: 1-3 |
| 2. Isaiah 40: 28-31 | 18. John 14: 12-15 |
| 3. Joshua 1: 8-9 | 19. Jeremiah 1: 48 |
| 4. Romans 12: 1-2 | 20. Acts 4:24-31 |
| 5. Psalm 119: 9-11 | 21. Philippians 3: 7-11 |
| 6. Matthew 7: 24-27 | 22. Matthew 6: 31-33 |
| 7. Ephesians 5: 3-5 | 23. Proverbs 3: 5-7 |
| 8. Hebrews 11: 24-26 | 24. II Peter 1: 4-8 |
| 9. Psalm 63: 6-8 | 25. II Corinthians 12: 8-10 |
| 10. Nehemiah 9: 5-6 | 26. I Thessalonians 4: 1-8 |
| 11. Colossians 1: 13 | 27. Romans 12: 14 |
| 12. Psalm 37: 3-5 | 28. Titus 2: 11- 14 |
| 13. II Corinthians 5: 14-17 | 29. Ephesians 6: 13-20 |
| 14. James 1: 2-8 | 30. I Samuel 15: 22-23 |
| 15. Philippians 4: 6-7 | 31. I John 2: 11-17 |
| 16. II Timothy 2: 1-4 | |

Date _____ Verse _____

Main Thought: _____

Application to my life: _____

Date _____ Verse _____

Main Thought: _____

Application to my life: _____

Date _____ Verse _____

Main Thought: _____

Application to my life: _____

Date _____ Verse _____

Main Thought: _____

Application to my life: _____

LESSON III

A FAITH ORIENTED LIFE

One of the most challenging and yet exciting aspects of your new relationship with God is that the foundation of your life has changed. This looks and feels very different than before you received Christ. Your decisions now must be made differently. Your view of yourself and circumstances must now change. Your use of time and money must now be spent differently.

You have just embarked on a journey that will take you into unfamiliar territory. This journey is a life of faith. Identifying that your foundation has changed will make the journey much more enjoyable and understandable. This study is designed to help you see that God is now the Captain of your ship and He calls you to trust Him for the direction, speed, and comfort of the journey.

A. The Foundation of Faith

1. In II Cor. 4:18, Paul identifies the two foundations by which to guide your life.

a. What are they?

b. How are they different?

2. Jesus contrasts 2 builders, 2 foundations, and 2 results in Matthew 7:24-27.

a. What do the two foundations represent?

b. What was the difference between the wise man and the fool?

c. Jesus called the man who built on the sand "foolish." Many who do not follow Christ call those who are building on Christ "foolish." What will keep you from being controlled by what others think about your new lifestyle?

How do you keep from being "foolish" with the use of your life?

3. Read Romans 4:20-21.

a. How does Paul define faith?(vs.21)

b. Who is the object of our faith?

4. The object of our faith

Brad and Matt went to the ice skating arena. Brad boldly stepped out on the ice, even though the sign said, "Danger, Thin Ice." Matt warned Brad, but Brad said, "I am confident that I will be fine. I have great faith." A few seconds later Matt was pulling Brad out of the icy water.

a. What was the object of Brad's faith?

b. Why did boldness and initiative not help Brad?

5. According to Hebrews 11: 6:

- a. What is the appropriate action of faith?
- b. Who is the appropriate object of faith?

B. God's Promises

1. The following verses list specific promises God has made to His followers. Identify the appropriate promise in each verse.

- a. Matthew 6:33-
- b. Philippians 1: 6-
- c. Psalm 32:8 -
- d. John 15:16-
- e. Romans 8:28-
- f. Philippians 4:19 -
- g. Hebrews 13:5-6-
- h. Jeremiah 29:11-

2. What confidence do we have that God will keep His promises? (Numbers 23:19)

C. Understanding Adversity

A faith-oriented life does not mean an absence of adversity. Often the opposite is true. Because of the reality of spiritual warfare (Eph. 6:12) and the weakness of our flesh, it is a necessity to view our life from God's perspective and in light of God's plan. This requires a faith-oriented outlook on adversity.

1. Read *Romans 5:3-5*. Is adversity a part of God's growth process or outside the growth process?

2. Read *John 14: 21*. What is the evidence that we are trusting God with our lives?

Acting in faith is like building your spiritual muscles. A weight lifter may or may not feel or see the visible results of his work, but he continues to exercise expecting over time that he will see an increase. As a follower of Jesus Christ you are strengthened as you trust God in the midst of adversity and obey Him even when you do not understand all that is happening to you (Proverbs 3:5-6). Over time you will begin to see changes that are a result of God's work in you.

D. Application

Now that you are a follower of Jesus Christ you must live by faith, not by sight. Based on a faith-oriented lifestyle:

1. Describe how your decisions are now made differently.

2. Describe how your view of yourself and your circumstances are now different.

3. Describe how your use of time and money is now different.

Optional Memory Verse - Philippians 1:6

LESSON IV

OVERCOMING TEMPTATION

Many changes have taken place in your life. You have a new relationship with God. You have a new orientation to view God, life, and yourself - through eyes of faith. You must also realize some other things must change for you to continue to grow in your relationship with Jesus Christ. This aspect of spiritual growth is called overcoming temptation.

A. Understanding Spiritual Growth

1. Study the following verses to see the two-fold aspect of growing spiritually.
 - a. II Timothy 2: 22- We are told to do two things to grow spiritually. What are they?
 - b. Colossians 3: 8- 14 states the same process as putting off and putting on.
 - i. List what we are to put off. (v. 8-9)
 - ii. List what we are to put on. (v. 10-14)
 2. Read Romans 12:1-2. This verse explains how this process is possible.
 - a. What are we commanded to do? (vs. 1)
 - b. What does it mean to be a living sacrifice?
 - c. What 2 things are stated as the keys to understanding the will of God? (vs. 2) ... not _____, but _____

B. The Enemies of Growth

1. According to I Peter 5: 8, what is the aim of the devil when he tempts you?
2. Other people can have a negative impact on your growth.
 - a. Jesus stated that many of your closest friends and family will not appreciate or understand your relationship with Him (Matthew 10:34-38). How could others discourage you from growing as a follower of Christ?
 - b. Read I Peter 4:3-4.
 - i. What is different about your new lifestyle?
 - ii. How may your friends respond to these new changes? How can you keep from being pulled down spiritually by your friends without rejecting them personally?
3. Read I John 2: 15-17.
 - a. Can a follower of Christ love God but continue to relate to the world (that system of life apart from God) in the same manner as before Christ? (vs. 15)

b. What are the 3 motivations listed that direct all the activities in "the world"? (vs. 16)

i.

ii.

iii.

c. How have you seen your environment magnify temptation in your life? What do you need to adjust in your lifestyle to avoid being controlled by these temptations?

4. James 1:13-15 explains that there are not just external battles against temptation (the devil, others, the world) but also internal battles.

a. Where does temptation start? (vs. 13-14)

b. What is the result of giving into temptation(vs.15)

c. What internal temptations are regular battles for you? What can you do to address these struggles?

C. **Essentials of Growth**

1. The Holy Spirit. Jesus promised to send the Holy Spirit. What will the Spirit do to help you grow?
(John 16:13-15)

2. Promise of God. I Corinthians 10:13 states the keys to overcoming temptation. List three from this verse.

a.

b.

c.

How will knowing these truths make a difference the next time you are tempted?

3. The Word of God. Read Psalm 119:9-11

a. What has God given you to stay focused on your relationship with Christ?

b. How did the Psalmist view impurity?

4. The Body of Christ. II Timothy 2:22 talks about the process of fleeing lust and pursuing righteousness.

a. How do we evidence that we are serious about our growth? (Note: the contexts that we flee and pursue)

b. Hebrews 10: 24-25 emphasizes that the relationships within the body of Christ (the church) are essential to continuing on in the faith. Have you identified with believers on your campus and in a local church setting?

5. Confession. I John 1:9 is a key verse in understanding growth as a follower of Christ. We are told to confess our sins.
- a. How is confession different than asking for forgiveness?

 - b. What is the basis for receiving forgiveness?

 - c. How often should we confess our sin?

Optional Memory Verse - I Corinthians 10:13

MARCS OF A DISCIPLE

In concluding this study you should have some understanding as to what the key elements are for growing spiritually. In this study you are referred to as a "follower of Christ." The New Testament word is "disciple." The following verses and phrases explain how Jesus described his followers.

Master is Christ

*"So therefore, no one of you can be My disciple who does not give up all his own possessions."
(Luke 14:33)*

Abides in the Word

"Jesus therefore was saying to those Jews who had believed Him, 'If you abide in My word, then you are truly disciples of Mine.' " (John 8:31)

Relates properly to the Body of Christ

"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another." (John 13:34-35)

Christ-like Character is Evident

*"By this is My Father glorified, that you bear much fruit, and so prove to be My disciples."
(John 15:8)*

May you grow as a disciple of Christ that you will be able to help others grow as well.

"And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others. " II Timothy 2:2