N E X T
S T E P
L I F E

PARTICIPANT GUIDE



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# - SESSION 1 - KNOW JESUS

Goal: Identify your next step of Knowing Jesus.

What part of the message spoke to you – a thought, an insight, an observation? (Or if your group meets before most members will hear the message, use this question instead: "What's the difference between knowing about someone and knowing someone?")

### **Know Jesus**

### Read John 17:3

 To Know God/Jesus is to experience Him. How have you experienced God/Jesus at work in your life?

### **COMMON NEXT STEPS:**

### **Explore the Meaning of Life**

### Read Luke 11:10

- Do you think people don't find God because they aren't seeking?
- What do you think are peoples' most common questions about God?
- Is your next step to explore the meaning of life?

### **Decide for Jesus**

### Read John 3:16

- A belief is something you act on with all of who you are because you decide it is true. In your opinion, what actions should a Jesus follower take, if he or she truly believes God gave Jesus so a person could do life with him right now – and on into heaven?
- If a person's next step was to decide for Jesus, what would you instruct them to do?

### **Baptism**

Read Acts 8:36, 38

- Baptism is a sign of the story of Jesus and a person.
   Why do you think the Ethiopian Eunuch wanted to be baptized?
- Is your next step baptism?

### Living a Life of Worship

### Read Romans 11:36

- A life of worship is seeing God at work in all parts of your life. If you are comfortable, please share about a time you saw God at work in your life.
- What could you do to be more aware of God at work in your life?

### **Your Next Step:**

It will help the group tremendously if everyone answers these questions:

- What's your next step to Know Jesus? Is it:
  - O Exploring the Meaning of Life?
  - O Deciding for Jesus?
  - O Being Baptized?
  - O Living a Life of Worship?
- What's your next, next step?
  - Exploring can continue with Jesus at your side.
  - O Deciding for Jesus is a once-in-a-lifetime decision.
  - O Being baptized of your own choice is a one-time act.
  - O Living a life of worship is a daily choice.

Would you be willing to report back to the group next week what happened when you took your next step?

# - SESSION 2 - KNOW COMMUNITY

Goal: Identify your next step of Knowing Community.

Would you please share what it was like for you to take a next step this past week?

### **Know Community:**

Read Ephesians 4:1-6

 To Know Community, you must experience it. Please tell about a time when you felt close to a group of Jesus' followers. What was that like?

### **COMMON NEXT STEPS:**

### Be a Church Body Member

Read 1 Corinthians 12:27

- Why do you think people resist joining a local church body?
- How would you explain the benefits of being attached to a local church body to someone?
- Is your next step to join ADBC so you can have a local church body?

### Get in a Group

Matthew 18:20

A LIFE Group that has Jesus as a member does LIFE together by:

Living for Others (ministry & missions)

Interactive Bible Study

Fellowship with each other

Encourage each other

How is our group doing? Are we doing LIFE together?

### **Grow 3 AM Friends**

Read Proverbs 18:24

- In your opinion, what would a 3 AM friend be like?
- What do you need to do to grow a 3 AM friendship? Are you capable of being a 3 AM friend to someone else?

### Love Like Jesus

### Read John 13:34

- Jesus gives us a command to love, not a suggestion. Since this is a command, it must mean love is a choice, a decision, not just a feeling. Think about people you need to love that you may not feel love for:
  - O The needy
  - A stranger
  - O A first time guest at church
  - A foreigner
  - O Someone who betrayed you
- What would be a loving thing you might do for someone you don't feel love for?

### **Your Next Step:**

It will help the group tremendously if everyone answers these questions:

- What's your next step to Know Community? Is it:
  - O Join ADBC?
  - O Commit to helping this group continue? Or commit to finding a new group once this emphasis ends?
  - O Grow a 3 AM friend?
  - O Love someone you don't feel love for like Jesus? Who would that be?

- What's your next, next step?
  - After you join the ADBC body, get in a group.
  - O If you are in a group, make it your mission to do LIFE (see above) with that group. Which aspect (Living for Others, Interactive Bible Study, Fellowship, Encouragement) do you need to focus on in the group?
  - O Taking a risk to deepen a friendship in hopes that person can become a 3 AM friend.
  - Love someone who is hard to love.

Would you be willing to report back to the group next week what happened when you took your next step?

# - SESSION 3 - GROW CHARACTER

Goal: Identify your next step of Growing Character.

Would you please share what it was like for you to take a next step this past week?

### **Grow Character:**

Read 1 Peter 2:1-3

 Growing Character means getting rid of certain behaviors, and craving what is good for you.
 Tell about a time when you were able to stop a behavior and crave something better.
 What helped you make the change?

### **COMMON NEXT STEPS:**

### **Heal Hurts**

Read Isaiah 53:5

This prophecy about Jesus declares healing comes to us through Jesus' wounds. This occurs because of the purity of Jesus. He offered himself as a sacrifice to break the power of sin once and for all. Naming your hurt is a powerful step toward healing.
 Write down a few of the hurts you have.

Sharing your hurt out-loud helps healing.
 Your next step may be to share your hurt out loud.
 If you feel comfortable, please share one hurt in your life you need to bring to Jesus so he can heal it.

### **Training**

### Read 1 Timothy 4:7

- This passage speaks of godless myths and old wives' tales. These are false beliefs people hold on to, thinking the belief will improve their lives. What myths and tales do people believe today that harm them instead of help them?
- Training is repetitive action. Two basic spiritual skills are essential: prayer and study. Which of these two needs your focus right now?
- If a person's next step was to decide for Jesus, what would you instruct them to do?

### **Specific Training**

- O If you need to say "no" Fast
- O If you need to be still Meditate
- O If you are tired Rest
- O If your life is cluttered Simplify
- O If your life is too crowded Solitude
- O If you are dominating Submit
- O If your life is drudgery Celebrate

Which of these is your next step? Circle one.

## Results of Healing and Training: Fruit of the Spirit

Read Galatians 5:22-23

Check your fruit:

- Love
- Joy
- Peace
- Patience
- Kindness
- Generosity
- Gentleness
- Faithfulness
- Self-Control

What's missing in your life? Circle no more than two.

Is your next step to ask God for this fruit in your life and to select a training program to help grow that fruit?

### **Your Next Step:**

It will help the group tremendously if everyone answers these questions:

- What's your next step to Grow Character? Is it:
  - O Heal Hurts?
  - O Train? What training specifically?
  - O Check your Spiritual Fruit?
- What's your next, next step?
  - O Talk to a counselor?
  - O Forgive someone?
  - O Practice a specific spiritual discipline?

Would you be willing to report back to the group next week what happened when you took your next step?

# - SESSION 4 - GO SHARE

Goal: Identify your next step to Go Share.

Would you please share what it was like for you to take a next step this past week?

### Go Share:

Read Jeremiah 29:11

• God has a plan for your life. In one sentence, write down God's plan for your life:

### **COMMON NEXT STEPS:**

### **Share Your Story**

Read John 9:25

The blind man expresses his story in one sentence: I once was blind; now, I see. In one sentence he tells us of his life before Jesus and his life after meeting Jesus. The semicolon is the moment Jesus changed his life.

Please write your one sentence life story.
 An example: My Father died when I was a child;
 Jesus gave me a heavenly Father who loves me and shows me grace.

• If you are comfortable, share your one sentence story with the group.

### **Share Your Resources**

Read Matthew 6:21

Apart from deciding for Jesus, this may be the hardest next step.

There are four levels of Giving:

- 1. People who give nothing.
- 2. People who <u>Step In</u> and give something but their giving is not regular or generous.
- 3. People who <u>Step Up</u> and give 10% of their incometithing.
- 4. People who <u>Step Out</u> and give generously beyond 10%.

Circle where you are.

IMPORTANT: This may be the hardest thing to share in our whole study. But sharing out loud your next step in giving might be the most powerful thing you can do. Please share with the group your next step in sharing your resources.

### **Share Your Spiritual Gifts**

Broad Categories of Spiritual Gifts are:

- Prophecy
- Service
- Teaching
- Encouragement
- Giving
- Leadership
- Mercy

Circle two gifts you think you have.

- Please share how you could share your gifts.
- Is your next step to serve with your spiritual gifts?

### Your Next Step:

It will help the group tremendously if everyone answers these questions:

- What's your next step to Go Share? Is it:
  - O Share your Story?
  - O Share your Resources?
  - O Share your Spiritual Gifts?
- What's your next, next step?
  - O Investing in people who are far from God?
  - O Giving regularly at a new level?
  - O Living out your purpose by serving with your spiritual gifts?

Would you be willing to report back to the group next week what happened when you took your next step?

Final question: What has this study as a whole meant to you?

# notes



