

# **DISCIPLESHIP**

# **JOURNAL**

**A ONE -YEAR JOURNEY  
TO SPIRITUAL GROWTH**

# Project One Generation

Reaching the World through Discipleship Evangelism

*It is the responsibility of Every Generation of Christians to reach the World in their Generation.* – John Yates

## WEEK ONE – Your New Life in Christ

### DAY ONE – Welcome to the Family of God!

Welcome to the family of God and to the Discipleship Evangelism Ministry of the Project One Generation family! When you placed your full trust in Christ alone as your Savior, you were born again as a child of God (John 3:3,7) and adopted (Romans 8:15; Galatians 4:5) into a new family, the family of God.

*“But as many as received Him [Jesus], to them [to you] gave He the power to become the sons of God, even them [you] that believe on His name.”* (John 1:12)

As children of God, our family is not a typical family. We have brothers and sisters from almost every nation, tribe, culture, and ethnic group. We speak many different languages. Being part of God’s family comes with some wonderful blessings (as joint-heirs with Christ, Romans 8:17) and also with some important responsibilities. One of the first responsibilities is to be certain that you actually are part of this family (2 Peter 1:10). Another important responsibility is to understand the decision you have made. Let’s review your decision to trust Christ.

1. Did you understand that you are a sinner who cannot save yourself?  
Romans 3:9-10,12, 23 - *“What then? are we better than they? No, in no wise: for we have before proved both Jews and Gentiles, that they are all under sin;”* <sup>10</sup>As it is written, *“There is none righteous, no, not one:”* <sup>12</sup>... there is none that doeth good, no, not one. <sup>23</sup>For all have sinned, and come short of the glory of God”. (See also Titus 3:5; Romans 3:27-28)  
According to these verses, can a person get to Heaven by being good?  
Yes or No Why or why not? Because we have all \_\_\_\_\_.
2. Did you understand the penalty you deserved to pay?  
Romans 6:23 - *“For the wages of sin is \_\_\_\_\_; but the gift of God is eternal life through Jesus Christ our Lord.”*
3. Did you understand what Christ did to pay the penalty of your sin?  
Romans 5:8 - *“But God commendeth [showed] His love toward us, in that, while we were yet sinners, Christ \_\_\_\_\_ for \_\_\_\_\_.”*
4. Did you believe on Christ to save you? Read Romans 10:9-10, 13 and Ephesians 2:8-9 and answer this question. What does it take to be saved?  
Good works or faith/belief? \_\_\_\_\_

Did you realize you are a sinner who deserves to pay for your own sins? \_\_\_\_\_

Did you believe that Jesus died to pay for your sins? \_\_\_\_\_

Have you trusted Christ alone to save you? \_\_\_\_\_

Date you trusted Christ: \_\_\_\_\_

Person who told you about Christ: \_\_\_\_\_

### Taking It To God – Prayer Time!

Thank God for the gift of salvation and for accepting you into His family.  
Ask Him to teach you daily as you begin this discipleship journey.

**Hearing from God: Daily Bible Reading** - In addition to reading daily verses to reinforce each lesson, **You are to choose Option One (Reading through the New Testament in 1 year), Option Two (Reading the entire Bible in 1 year), or Option Three (Reading the Bible according to your own pace and plan).**

The Basics - Today’s Verses: Romans 8:14-17; Galatians 4:4-7

Going Deeper: (Option One - New Testament in 1 year - John 1)

Every Word: (Option Two - Whole Bible in 1 year - John 1; Genesis 1 – 2)

My Plan: (See check off guide in back of notebook to keep track of your reading.)



### Thought for the Day

***The Father has given us a great name.***

***If you claim the name, don’t shame the name!***

### Hiding it in your Heart Memory Verse

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”*

(2 Corinthians 5:17)

Repeat the verse and reference aloud 5 times.

### My Story

(By Stan Wyant, Evangelism Pastor and One Generation Contributing Author)

Most of my life, I believed that God had a scale in Heaven. I thought He would place my good deeds on one side and my bad deeds on the other. I assumed that if the scale tilted to the good side, I would be allowed to go to Heaven, but if it tilted to the bad side, I would have to go to Hell. The problem is that there is no peace in a life like that. Even when I did something good, I always wondered if it was good enough. Especially when I did something bad, I wondered, “was that bad enough to send me to Hell?”

Then one day I was given a Gospel Tract that taught me that Heaven was a free gift. I received that free gift by faith.

Now I don’t have to wonder if my good is good enough or if my bad is too bad. I **know** that I have a home in Heaven. There is great peace when I go to sleep at night knowing that, no matter what, I’m going to Heaven!

### Living It

**Invite someone in your earthly family to join your heavenly family!**

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## WEEK ONE – Your New Life in Christ

### DAY TWO – What happened when you were saved?

What happen when you were saved? Read the following passage of scripture and answer the questions to help you understand what took place when you trusted Christ.

*“For God so loved the world [you], that He gave His only begotten Son [Jesus], that whosoever believeth [trusts] in Him <sup>a</sup> should not perish, but <sup>b</sup> have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved. He [you] that believeth on Him [Jesus] <sup>c</sup> is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.*

*<sup>36</sup> He that believeth on the Son hath everlasting life: and <sup>d</sup> he that believeth not the Son shall not see life; but the wrath of God abideth on him.” ( John 3:16-18, 36)*

- 1) What benefits does this passage tell you that you received when you trusted Christ as your Savior?
  - a. You shall not \_\_\_\_\_.
  - b. You have \_\_\_\_\_ life.
  - c. You are not \_\_\_\_\_.
  - d. The \_\_\_\_\_ of God does not abide on you.
- 2) What does “everlasting” mean? \_\_\_\_\_
- 3) Since “everlasting” means forever, is there any way you can no longer have “everlasting life”? If there was ever a time when everlasting life could end, then wouldn't it only be temporary life?

There are an almost infinite number of other blessings that you received when you were saved. Here are just a few. You have been forgiven of your sins (Ephesians 1:7), indwelt by the Holy Spirit forever (John 14:16-17; Romans 8:9; 1 Corinthians 3:16), and given a new heart (Ezekiel 36:26). You have peace with and joy from God and a new strength to endure suffering (Romans 5:1-3). You can now approach God confidently in prayer (1 John 5:13-15; Hebrews 4:15-16). You are a joint-heir with Christ (Romans 8:17). You can be confident of your resurrection and you have a home reserved in Heaven (1 Thessalonians 4:13-18; 1 Peter 1:3-5). In fact, you have been *“...blessed...with all spiritual blessings in heavenly places in Christ:”* (Ephesians 1:3).

### Taking It To God – Prayer Time!

- 1) Thank God that everlasting life means you will never perish.
- 2) Pray for someone you know that needs to become a Christian.

### Hearing from God: Daily Bible Reading

The Basics - Today's Verses: Eph 1:3,7; John 14:16-17; Rom 5:1-3; 1 Jn 5:13-15  
Going Deeper: (Option One - New Testament - John 2)  
Every Word: (Option Two - Whole Bible - John 2; Genesis 3 – 4)  
My Plan: (See check off guide in back of notebook to keep track of your reading.)



### Thought for the Day Everlasting Life can never end!

#### Hiding it in your Heart Memory Verse

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17)*

Repeat the verse and reference aloud 5 times.

#### Is Willie Wonka a liar?

The Willie Wonka candy company makes a very popular candy, a small jawbreaker called the “everlasting gobstopper.” The only problem is the fact that they only last about 5 minutes. They are a great treat, but they don't come close to lasting forever.

Isn't it great to know that Jesus is the One Who called salvation, “everlasting life.” Since we know that Jesus cannot lie, our salvation is guaranteed to last forever! Our salvation is not based on the promises of a man. It is based on the faithfulness of God.

#### Living It

**Rejoice that you will never perish, that you are not condemned and that you are free from God's wrath.**

**Remember this is true because of the promises of God, not because of the strength of your feelings.**

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## WEEK ONE – Your New Life in Christ

### DAY THREE – What do you do next? Living a “Thank You” Life

Saying thank you is an important part of any relationship. Expressing your gratitude for what you have been given shows that you understand the value of the gift and makes the giver feel loved and appreciated. **You just received the greatest gift, eternal life, from the most loving Giver, GOD.** It is time to say “thank you”. How do you do this?

Step 1. Confess Christ publicly - *“Whosoever therefore shall confess Me before men, him will I confess also before My Father which is in heaven.”* (Matthew 10:32; see also Romans 10:12)

Christ does not desire secret followers. He wants His disciples to boldly stand for Him. The first place (and the friendliest) to do this is at a Bible believing local church. This is often done by walking the aisle during an invitation which follows the pastor’s message. Your mentor will gladly stand with you as you simply tell the pastor that you have trusted Jesus as your Savior. The pastor then tells the congregation of your decision so that they may rejoice with you.

Step 2. Be baptized & become part of a local church - *“Then they that gladly received his word were baptized: and the same day there were added unto them [the church at Jerusalem] about three thousand souls.”* (Acts 2:41)

Christ’s first command to His Church concerning those who are saved is to baptize them by immersion under water as a picture of the death, burial and resurrection of Christ. Therefore, if you have believed on Christ, He wants you to be baptized. You can set up a time to be baptized with your local Church. Jesus calls salvation being *“born again”* (John 3:3,7). At this new birth, you become a new babe in Christ (1 Peter 2:2). Every new baby desperately needs a family to love, nurture, teach and care for them. The Church you join is your **spiritual family** where you can grow in Christ.

Step 3. Live a sacrificial life, separated from the world - *“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”* (Romans 12:1-2)

#### Taking It To God – Prayer Time!

- 1) Thank God for His wonderful gift of salvation.
- 2) Ask God to show you ways you can live a “thank you” life.

#### Hearing from God: Daily Bible Reading

The Basics - Today’s Verses: Luke 17:12-19; Acts 8:29-39

Going Deeper: (New Testament – John 3)

Every Word: (Whole Bible – John 3; Genesis 5 – 6)

My Plan: (See check off guide in back of notebook to keep track of your reading.)

#### Thought for the Day

**I believe He died for me,  
so I choose to live for Him!**

#### Hiding it in your Heart Memory Verse

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”* (2 Corinthians 5:17)

Repeat the verse and reference aloud 5 times.

#### The Beggar & the King

Once there was a poor beggar who had only the clothes on his back. His only means of survival was to sit outside the rich king’s palace and beg from all who entered. One day the King ventured out of the walls of the palace in a beautiful coach. Seeing the ragged beggar, his heart was moved with compassion. He could not help but to have mercy on him. The king had his very own attendants take the man into the palace. The beggar was cleaned and given the finest clothes and food. He was told he could live like royalty for the rest of his life. This man was taken from rags to royalty in a matter of hours. He was so indebted to the king, that he gladly became his servant for the rest of his life.

Because Christ has done the same thing for us, we should be willing to devote our entire lives to serving Him.

#### Living It

**Show the great King of Heaven that you love Him and appreciate His gift of eternal life by publicly confessing Christ, through water baptism and by living a “thank you” life.**

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## WEEK ONE – Your New Life in Christ

### DAY FOUR – What do you do next? Daily Growth

*“As newborn babes, desire the sincere milk of the word, that ye may **grow thereby**.” (1 Peter 2:2)*

The Bible tells us that a person who has just trusted Jesus as their Savior is a spiritual babe in Christ. Just like a physical child, this spiritual child needs the right conditions in order to grow properly.

Just as physical children need parents to guide and nurture them, spiritual children need the protection and guidance of their church family. Through your church **family**, you will be guided in the Biblical principles needed to become a strong and mature Christian.

Children also need the proper **food**. For a physical child, this means milk. For the spiritual child, this food is found through reading God’s Word. Through daily Bible reading, you will learn how to put your faith in daily action.

Children also need to communicate their needs through crying and later by talking with their parents. We as God’s children can “cry out” to our Father in **prayer**. We have the confidence that when we call on Him, He hears us and responds to our requests.

Both physical and spiritual children must **exercise** regularly in order to grow healthy. The physical child exercises through crawling, walking and running. The spiritual child exercises his faith by trusting God, first in small matters, then in larger ones, and ultimately, even in the most difficult matters of life.

Finally, children need social interaction with others. The child of God finds the **friendships** he or she needs through spending time with other followers of Christ. You will strengthen your walk with Christ by learning from the struggles and triumphs of fellow believers.

#### **Taking It To God – Prayer Time!**

- 1) Thank God for making you one of His children.
- 2) Commit to God for a daily time of prayer and Bible study.
- 3) Commit to be faithful in church attendance and seeking Godly friends.

#### **Hearing from God: Daily Bible Reading**

The Basics - Today’s Verses: Matt 7:7-11; 2 Timothy 2:15; 2 Peter 3:18

Going Deeper: (New Testament – John 4)

Every Word: (Whole Bible – John 4; Genesis 7 – 8)

My Plan: (See check off guide in back of notebook to keep track of your reading.)

#### **Thought for the Day**

**Spiritual growth is not automatic. It takes daily work.**

#### **Hiding it in your Heart Memory Verse**

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17)*

Repeat the verse and reference aloud 5 times.

#### **Tips for a daily quiet time**

Choose a certain time of the day and stick to it.

#### **\*Prayer\*** (ACTS)

Adoration – Praise & Love for God

Confession – Turning from sins

Thanksgiving – For God’s gifts

Supplication – Asking for your needs and the needs of others

#### **\*Bible Study\*** (PC TEST)

Begin in Prayer asking God to show what He has for you today.

As you read you can look for a(n):

**P**romise to claim

**C**ommand to obey

**T**ruth to Learn

**E**xample to follow or avoid

**S**in to confess

**T**hought from God for the day

#### **Living It**

Pray.

Read your Bible.

Attend church.

Make friends with other believers.

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## WEEK ONE – Your New Life in Christ

### DAY FIVE – What do you do next? Pass it on!

John 1:40-41 tells us, *“One of the two which heard John speak, and followed Him, was Andrew, Simon Peter’s brother. He first findeth his own brother Simon, and saith unto him, We have found the Messias, which is, being interpreted, the Christ.”*

As soon as Andrew began to follow Christ, his **first** priority was to go find his brother and tell him that he had found the Messiah (Savior). **Now** is the best time for you to go to those you know and tell them what has happened to you (that you have trusted in Jesus as your Savior).

You owe it to your family and friends to tell them about Christ (Romans 1:14-16). They know the life you once lived. They may have already seen the difference that Christ is making in your life. All you need to do is go tell them what someone told you. If you need help with this, use a Gospel tract or ask your *One Generation* Mentor to go with you.

Many new Christians are intimidated at the thought of telling someone how to be saved. They are fearful that they do not know enough to witness. John 9:1-38 contains a story about a blind man whom Jesus healed. When those around asked questions, he simply told what he knew: *“...one thing I know, that, whereas I was blind, now I see.”* (John 9:25). He just told what Jesus did for him, *“...He hath opened mine eyes”* (Jn 9:30). We are simply called to tell what we know. We aren’t called to know everything. We are to be like the Samaritan woman in John 4 (from yesterday’s Bible reading). After believing on Jesus, she immediately dropped everything to go tell everyone she knew what happened to her: *“Come, see a man, which told me all things that ever I did: is not this the Christ?”* (John 4:29). She did not wait until she learned more. She knew Jesus, and that was enough!

If you would like to tell one of your friends or family about what Christ has done for you, you can follow this simple outline:

- 1) My life before Christ was a life of (fear, no peace, guilt, emptiness).
- 2) How I met Christ. (See also lesson one’s review of your decision.)
  - a) I understood that I had sinned and needed a Savior.
  - b) I believed that Jesus was the Savior Who died to pay for my sins.
  - c) I asked Jesus to save me.
- 3) Now my life with Christ is a life of (joy, peace, purpose).

### Taking It To God – Prayer Time!

- 1) Ask God to begin preparing the hearts of those to whom you will talk.
- 2) Ask God for the courage to go to your friends & family about Jesus.

### Hearing from God: Daily Bible Reading

The Basics: (Option One – Topical Verses) Matthew 4:18-20; 28:18-20; Acts 1:8

Going Deeper: (New Testament – John 5)

Every Word: (Whole Bible – John 5; Genesis 9 – 10)

*(Whole Bible in 1 year plan includes 4 chapters per day on days 6 & 7 each week.)*

Every Word - **Day Six:** (Genesis 11-14) & **Day Seven:** (Genesis 15-18)

My Plan: (See check off guide in back of notebook to keep track of your reading.)



### Thought for the Day

**Everyone you know will spend Eternity either in Heaven or Hell.**

### Hiding it in your Heart Memory Verse

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”* (2 Corinthians 5:17)

Repeat the verse and reference aloud 5 times.

Benjamin Franklin came to the personal conclusion that the lighting of streets would not only add gentility to his city, but also make his city safer. When he wanted to interest the people of his native Philadelphia in street lighting, he didn’t try to persuade them by merely *talking* about street lighting. Instead, he hung a beautiful lantern on a long bracket before his own door. Then he kept the glass brightly polished. He carefully and diligently lit the wick every evening just before dusk approached.

Before long, other neighbors began placing lights on long brackets before their own houses. Soon, the entire city was dotted with such lighting and the people of the city awoke to the value of street lighting.

Jesus said we are to be the light of the world (Matthew 5:14). Don’t just talk about being a light. We should both be a good example as a Christian and tell others about Christ.

### Living It

**Go tell someone about Jesus!**

**Make plans for your weekly Discipleship Encounter** (The weekly meeting of the One Generation Mentor and disciple where you will discuss that week’s lessons, pray together, find answers to any questions, and be accountability partners). **Suggested length: Approximately 30 minutes.**

# DISCIPLESHIP ENCOUNTER

Suggested length: Approximately 30 minutes.

**Goal:** Mentor and Disciple are to meet once each week to discuss that week's lessons, to pray together, to find answers (together) to any questions, to talk about items of special interest, to counsel concerning any difficulties or problems the disciple may have, and to be accountability partners.

1. Throughout Days 1 – 5, write down any questions you may want to ask your Mentor or subjects of special interest you may want to discuss with your Disciple.

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2. Throughout Days 1 – 5, write down any prayer needs you may want to share with your Disciple or Mentor.

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3. **Daily Topic's Review.** When you meet together for your Discipleship Encounter, take a few moments to discuss each of the following topics.

- a. Day One – Welcome to the Family of God. Do you believe you understand and are certain of the decision you have made to receive Christ?
- b. Day Two – What happened when you were saved? Share with one another some of the wonderful blessings you received when you were saved.
- c. Day Three – What do you do next? How do you live a “thank you” life for Jesus? Have you...do you understand...or are you ready to confess Christ publicly, to follow Him in baptism, to join a local church, and begin living for Christ.
- d. Day Four – Daily Growth. How have your daily devotions been going? Talk about the need of a church family, daily Bible reading and prayer, exercising your faith by putting into practice what you have learned, and the importance of Christian friendships. Discuss the tips for a daily quiet time.
- e. Day Five - Pass it on! Share testimonies of how you trusted Christ with one another using the outline in the lesson as practice for sharing your testimony with someone who needs Jesus.

Every Word - **Day Six:** (Genesis 11-14)

Every Word - **Day Seven:** (Genesis 15-18)

My Plan: (See check off guide in back of notebook to keep track of your reading.)