

FOUNDATIONS FOR NEW CHRISTIANS

Book 4 of 4

Further Steps



Introduction to book 4/4

1. Read our book one of this series “*How You can Connect with God*”, which is in the church foyer or online at www.whangareicbc.org.nz/finding-faith/
2. Read book 2 of our series.
3. Read book 3 of our series.
4. Watch the video on our website www.whangareicbc.org.nz/finding-faith/ “*How to connect to God.*” This will give you a practical overview of what the Bible says, in 20 minutes.
5. Go to Alpha.org
Click on “Watch” and view Episode 2 “Who is Jesus”
6. Go to alltogether.co.nz and take the 10 Day Challenge
7. Bible Project www.thebibleproject.com
The Bible Project creates videos that show the Bible as a unified story that leads to Jesus. The Bible is literary genius and has divine wisdom for the modern world.
8. Questions of Life www.questionsoflife.com Long and short answers to commonly asked questions, and a place to ask your own questions.

The materials in this manual are not subject to copyright law and will be updated online periodically. Anyone is free to download it and use it.

May you hear His voice, know His freedom, discover His purposes for you and enjoy His company, as you work through these studies. You matter to God and to His church. You were meant for this.

Yours faithfully

Pastor Russell Watts



Sharing your faith with others

You will never see someone that God does not love; that Christ has not died for. The two great motivations for sharing your faith are, a love for God and a genuine love for people. You will feel nervous at first, but if you step out in faith you will experience the faithfulness of God and have fun. **The goal of sharing your faith** is never to get a decision for Jesus, but **a relative for heaven long-term**. The goal is to make **Disciples** (followers of Christ).

If you try to follow some programme, or format, in sharing your faith, the chances are you will see few results. People want to know you are real and you genuinely care. Sharing your faith has to be in a way that is natural for you, but it must be **verbalised**.

Romans 10:17 says that
 “No one can have faith without hearing the message about Christ.”

Read **Luke 8:4-15**, the parable of the farmer (us) scattering seeds (God’s message) around the world. It is important to mention appropriately, something about God or the church at the **beginning** of any relationship/ encounter. God will give you the words. This is scattering seed.



When you see someone show real interest; come back to you with honest questions, they may well be good soil and you need to support/work with what you see God doing in that person. Make time for them. We are not called to work for God, but to be available to let Him work through us. We are invited to be co-labourers with Him (Wow!) Usually, the longer you leave Jesus out of your conversations with people, that will result in it being harder to speak about Jesus to them later.

The Holy Spirit is always drawing people to Jesus, but some will respond and some won’t.



Read **John 3:18-21**. Jesus said there was one major reason why people don't respond to the good news of salvation. What was it?

Only God knows the heart of a person and how a person will respond, so what are we responsible for doing? **Matthew 28:19-20**

Please note that the phrase "Go to the people of all nations" is most clearly understood "as you are going about your business in the world", i.e. As you are going to Pak'n Save, as you are going to school, or work ...

The Bible says that we always need to be ready, to give an account for our faith. That is to have our testimonies prepared. i.e. in three minutes:

What was life like before Jesus?

How did we come to faith?

What did we do, once we believed i.e. (Acts 2:38) to become Christians?

What is life like now, with Christ as our leader?

BE INTENTIONAL

BE YOURSELF

BE RELATIONAL

For a good presentation of the gospel go online to **www.livingwaters.com** and view the video clip entitled "The Way of the Master". It's vital, when you present the gospel, that you use the Old Testament to convince people they are sinners in need of a saviour, **before** you tell them God loves them, and that Christ died for them. You don't have to share your faith like Ray Comfort does, but you need to know these principles in presenting the good news effectively.

There are a huge variety of different ways you can share your faith with others, however, we want to encourage you to do this along the lines of genuine, long-term friendships, and according to your own personality and style.

Here are some examples of how people shared their faith in the Bible. Look at each one and decide if this style is one that you could use fairly naturally.

Confrontational style:



Peter, in **Acts 2**, tells all his listeners what terrible sinners they are to their faces.

People with this style of evangelism are very bold, assertive and direct. They don't spend time on small talk.

When Peter preached like this, 3,000 people were baptised, that day, into the kingdom of God.

A few have this style of evangelism. What about you?

Intellectual style:

Like Paul in **Acts 17**, where he met a group of philosophers in Athens, and logically and intelligently and persuasively, pointed out to them who Jesus really is.

He said "You guys have built a statue to an unknown god, I know who He is, His name is Jesus and this is how you can get to know Him".

People with this style of evangelism are very logical, analytical and often inquisitive. When discussing faith with others they will often ask searching questions.



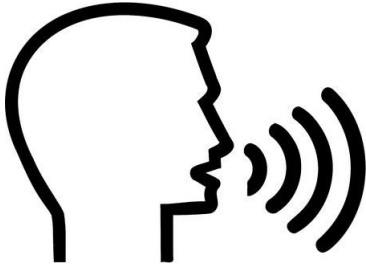
Some have this style of evangelism. What about you?

Testimonial style:

In **John 9** we read the account of a blind man who is given sight by Jesus, and he runs around the city telling people about Jesus.

When he is confronted by the religious leaders, who try to question him about

Jesus and Jesus' theology, he just says "All I know is I used to be blind and now I can see."



Every one of us has a story to tell of our conversion and daily lives with God, but some of us find it a lot easier than others.

These people are often good listeners, good story tellers and pretty good communicators. They can relate their life experiences to others in a way that is helpful to them.

Some have this style of evangelism. What about you?

Interpersonal style:

In **Luke 5** we read the story of Matthew, the IRD guy.

He's just become a believer in who Jesus is and the first thing that he does is throw a special party. He invites mates to mix with Jesus and he knows that as they rub shoulders and mix, trust and faith will grow in his friends.

These people have the capacity to form many friendships and hold them.

Some have this style of evangelism. What about you?

Invitational style:

In **John 4** we read of a woman at a well, in Samaria. Jesus had just spoken some things to her that God had told him.



When she begins to understand who Jesus is, she runs back to her village and invites everyone to come and see this man who gets divine revelations from heaven. People with this style of evangelism like to invite others to go with them to a church meeting, social event, courses etc.

A survey showed that 1 in 4 people would come to church if they were invited personally, by a believing friend.

Some have this style of evangelism. What about you?

Serving style:

While no one will be won into the kingdom without words, many people feel motivated and gifted to serve and speak at the same time. Dorcas, in **Acts 9**, was a lady who loved to make clothes for the poor and loved to help the poor any way she could. Mother Theresa was like her. People who have this style of evangelism like to serve others in a way that draws attention to Jesus.

Some have this style of evangelism. What about you?

Which is your most natural style of evangelism?

What I would call **prophetic evangelism**, can be done by all of us and is a real adventure. That is, you learn to listen to God's voice, then go to who He directs you to and say the things He tells you to say.

What did Jesus tell His disciples that they were to do for Him? **Acts 1:8**

When Peter and John were commanded not to speak about Jesus, what two answers did they give?

1. **Acts 4:20**

2. **Acts 5:29**

After the disciples had prayed and been filled with the Holy Spirit, what did they all do? **Acts 4:31**

Know this for sure, that God wants to use **YOU** to speak the good news about Jesus, to others. You don't have to do this the way anyone else does.

But please witness to your friends and family, then help them become a part of a care group and to complete this foundations course.

God's number one strategy to bringing people into His family is the local church, which is **YOU** and **ME**. Begin the adventure.

Christian marriage

(Understanding Ephesians 5:21-27 and the Kiwi myth of the 50/50 marriage)

You and I will commonly hear someone counsel their friends regarding marital problems, by saying if you both work at it, if you both contribute an equal amount (50/50) of effort, you will have a good marriage. If she does her part and he does his then ...

There are two problems with this great kiwi theory.

1. Nobody knows how to measure if they have contributed their 50% into the marriage.
2. Everybody thinks they are contributing more than their fair share.

God has a very different model for marriage;

Wives and Husbands

Ephesians 5

²¹Honour Christ and put others first. ²²A wife should put her husband first, as she does the Lord. ²³A husband is the head of his wife, as Christ is the head and the Saviour of the church, which is His own body. ²⁴Wives should always put their husbands first, as the church puts Christ first.

²⁵A husband should love his wife as much as Christ loved the church and gave His life for it. ²⁶He made the church holy by the power of His word, and He made it pure by washing it with water. ²⁷Christ did this, so that He would have a glorious and holy church, without faults or spots or wrinkles or any other flaws.

Notice verse 21. Put others first. A good marriage is all about serving your spouse and meeting the needs of your spouse.

The word 'head' in verse 23 comes from the Greek word Kephale which means source or origin. Like 'headwaters' of a river and not like 'headmaster.'

Ephesians 3

²⁸Faith in Christ Jesus is what makes each of you equal with each other, whether you are a Jew or a Greek, a slave or a free person, a man or a woman. ²⁹So if you belong to Christ, you are now part of Abraham's family, and you will be given what God has promised.

What the Bible is saying is this; wives love your man, support him, respect him, and help him do well.

And men love your wives, care for them tenderly, and help them do well in life, even if it means giving up your own life for them.

It's all about service to each other, not 50/50 but 100/100, i.e. giving; without measuring what you are getting back.

Steps to get out of debt

“If you are going to eat an elephant, do it one bite at a time.”

1. Face your areas of poverty thinking and replace them with reality insights. Truths.
2. Set realistic goals to save for.
3. Do a Budget Plan. See www.sorted.org.nz
4. Set up two bank accounts:
 - One for living on
 - One for all your bills to be paid out of. Pay as many as possible by Automatic Payment
5. Approach the people you owe money to and tell them how you are going to pay them.
You are in control.
6. Pay off small debts first, while drip-feeding the big ones. This gives a feeling of achievement. You are winning.
7. Restructure debts under one loan or mortgage, in order to pay off various debtors and work with one finance institution.
8. Down-grade your car or home, if you simply cannot afford the repayments. Better to live in a simple home without stress, than a castle with anxiety.
9. Cut up the plastic cards.
10. Make positive moves to increase your earning capacity. You may need to get more training, look for a promotion or become self-employed.

11. Find someone who is good with money, e.g. an uncle or family friend who can advise you on financial decisions.
12. Face up to the task of grieving for the lost hope or desires. Let go of the fantasy dreams and get real about what you can expect. Make a commitment to reality.

Poverty thinking vs. reality thinking

“I need this car/clothes to impress others.”

Don't place your value in someone else's hands.

“It's half price this week. Such a good deal. I save \$50.”

If that \$50 is not in your budget, it represents \$50 lost, not saved.

“But I can have it now if I want it. It's too hard for me to say ‘no’ to myself.”

Patience is something good we all need to learn. If you buy now, on credit, your 'treat' will become a real burden later (you will be throwing money away on interest). It's worth short-term pain to get long-term gain.

“If I don't buy it for him or her; if I don't feed these visitors (even though I can't afford it) I am scared that they will think I don't love them.”

If you are spending money (that you haven't got) on friends and family or paying their bills, you are, in fact, denying them the chance to grow up; to learn about real life. They will become poverty thinkers too.

“I need to get this on credit so that my kids don't miss out.”

Money borrowed now, means that, later, the finance company or the bank will get money that could have gone to your children.

Tips to save you money

1. If you must have a mortgage take it over 15 years, pay fortnightly, opt for floating interest rate and lump sum payments.
2. Don't buy a new car. They lose half their value in the first four years. Also don't buy a car on hire purchase. Pay Cash.
3. Power savings. If your cylinder is warm get it insulated. Don't use dehumidifiers. Fix drippings hot taps immediately. Turn off what you aren't using.
4. Christmas shopping savings
 - Never touch Chriscos; use a plan from New World or another supermarket.
 - Presents don't have to cost more than \$10.
5. When you buy your groceries keep to a list of needs and to a budgeted figure. Also, don't shop when you're hungry.
6. If you smoke or drink excessively get counselling.
7. If you are on a benefit check that you are getting what you are entitled to.

(www.winz.govt.nz/manuals and procedures).

How to break addictions

Please take the time to work through and apply these 11 steps. God does not want you to be in slavery to anything, and permanent change can take place now.

As you go through this section pray and record the thoughts that God is making you aware of.

11 Steps to Freedom From Addiction

Acknowledge that you have an addiction or problem (e.g. porn, drugs, alcohol, smoking, eating, work, etc.)

2. I can deny it if I learn to 'hate' it.

"God will deliver you from your enemies, not your friends" – Derek Prince.

Write down 10 reasons why smoking, drugs, porn etc. is your 'enemy' and not your 'friend'.

1. This is not good for my health.

2. This will be harming the health of my children.

3. My addiction costs me \$_____ a year. I would rather put that money towards

_____ (something you want, e.g. a holiday).

4.

5.

6.

7.

8.

9.

10.

3. Read **Galatians 5:19-21** and **Ephesians 4:17-24**. What are these scriptures saying to you?

4. Read **Matthew 18:8-9**. What does it mean? What would 'cutting off the point of temptation mean to you practically?

Identify the original hurt or cause of the addiction and ask for God's truth to set you free.

- (a) What is the unbearable feeling/trigger that will cause you to pursue the addiction?
- (b) When was the first time you had this feeling?
- (c) What was the original lie, the wrong idea you began to believe back then?
- (d) What is the truth that God wants to replace that lie with? What does God say about that now?

6. **Retrain your mind to rethink truth daily.** i.e. Review the contents of this worksheet daily. What is God saying to you? What positive thoughts/sayings should you fill your mind with?

7. **Establish new boundaries in relationships.** i.e. Don't associate with, or allow certain people or behaviour into your home. For me this would mean

8. **Find genuine internal comfort.** e.g. Run, exercise, listen to music.

9. **Understand the process of physical withdrawal.** e.g. It takes 3 days to get nicotine out of the system.

(a) Go cold turkey.

(b) Get non-nicotine based medication e.g. Nicobrevin (find info@Nicobrevin.com)

10. **Win the battle of the mind. Read 2 Corinthians 10:5 and Philipians 4:8.**

Capture every wrong thought the moment it comes to mind and replace it with _____(something pure, holy and worthy of praise).

For me this would be: _____

11. **Record the names of two people who will hold you accountable.**

Name: _____ Ph: _____

Name: _____ Ph: _____

Cads 845-1818 / 0800787797 (Outpatient support - Trading Place)

Quit line 0800778778 quit.org.nz (patches/gum/lozenges 8 weeks for \$3)

Bridge 630-1491

Higher Ground 834-0017

Odyssey House 374-4556

Care N.Z. Outreach 276-7193

Wings Trust 815-1631

How to manage your anger

“Whenever we are bumped, we’ll spill whatever we’re full of.” – Dave Riddell

Question: What is the most effective way to stop a pot boiling over; to lift off the lid, screw it on tighter or to take the pot off the stove?

(a) Truth coaches:

“Life is not always fair, you do not get to control everything that happens to you but ... you do get to choose your response” – Russell

“You clam up, blow up, or grow up. You can take offence or you can take correction. The choice is entirely yours, each time you get angry.” – Dave Riddell

“People cannot make you angry, it’s your choice, based on what you believe about a given situation.” – Russell

Try to identify why you sometimes slip into angry responses:

- a) Is it part of the grief process?
- b) Are you having trouble setting boundaries? E.g. Saying ‘no’ then feeling guilty, or saying ‘yes’ and feeling used.
- c) Have you been bottling up feelings, hurts, or disappointments and haven’t learnt to vent them in an honest and healthy way?
- d) Do you have unrealistic expectations of yourself or others?
- e) Is it your way of avoiding having to deal with a problem or an unbearable feeling? E.g. You may be too proud to accept correction and so you lash out verbally or physically.
- f) Do you struggle to communicate your thoughts clearly? Negotiate?
- g) Do you feel disrespected and not listened to?

- h) Are you taking on too much and not getting enough time out and sleep?
- i) Do you have a drug or alcohol addiction which leaves you irritable when you come off the drugs?
- j) Irrational fear/ rage which appears to have begun without a clear cause can be caused by the demonic and requires the prayer of faith.
- k) Are you too proud? Does it really matter what people think of you?
- l) Is the anger connected to a past hurt?
- m) Is anger your default reaction when you feel hurt?

(b) Truth coaches:

Live with a desire to simply please God.

God made the person you are abusing and putting down in His image.

Your anger is your problem but if left unchecked it will damage the lives of a lot of others as well.

Your children will usually tend to copy your ways of dealing with life even if these are negative.

Proverbs 15:1 *“A kind answer soothes angry feelings, but harsh words stir them up”.*

James 1:19 *“My dear friends, you should be quick to listen and slow to speak or to get angry.”*

Ephesians 4:26 *“Don’t get so angry that you sin. Don’t go to bed angry.”*

Colossians 3:8 *“But now you must stop doing such things. You must quit being angry, hateful and evil. You must no longer say insulting or cruel things about others.”*

It is never okay to yell, push, hit or put down someone else. You are at fault if you do.

If you need to protect someone from a bully, or an abusive person, do so calmly or involve the authorities.

Steps to overcoming anger problems

Identify the cause of your anger and address the problem through actively gaining new skills, beliefs or counselling. *“Lord show me why I am angry and how to get healed and free. It’s my problem.”*

Determine to stop the blame game. You, alone, are responsible for your choices. It may be wise to daily reflect on a ‘truth coach’. Use one of those listed above or write down your own.

Identify the build-up process to anger, i.e. For most people there are physical signs, verbal clues, and behavioural changes before they explode.

Describe the steps in your process:

a)

b)

c)

d)

e)

4. Remind yourself of your truth coaches at points 'a' and 'b'.

Consider the 'big picture', i.e. What will be the consequences on my chosen reaction?

5. Come to an agreement with your partner/ spouse/ workmate, i.e. When I give this non-verbal signal (e.g. put my hat on the table, put my watch on the TV), that means let me take half an hour out, doing something physical, before we revisit the conversation. Don't nag or pursue me. I value you too much to talk at this stage, but will once I've calmed down.

Other apps



Simple Gratitude Journal - a simple and free app. You can set notifications to remind you each day to fill out your journal.

Sabbath Ideas - this app and their website has screeds of ideas for family focused Sabbaths. Definitely worth a look.



Reimagining the Examen by Loyola Press is wonderful.



Verse-A-Day app sends you a bible verse a day, and provides an extra short commentary on each verse.



Scripture Typer app helps and reminds you to memorize verses of the bible.

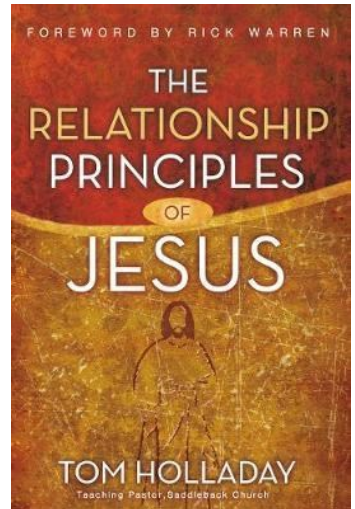
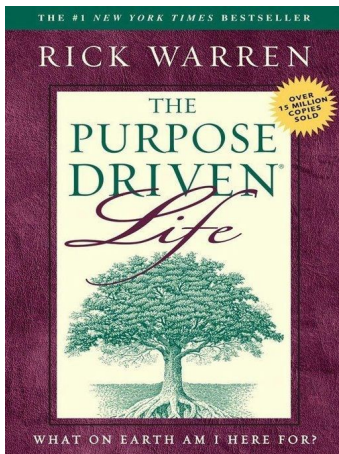
☑ Touch: Type the first letter of each word in a verse to quickly memorize it.

Congratulations!

You have completed the 'Foundations for New Christians Series'!

For more resources & study guides visit www.whangareicbc.org.nz

Or borrow one of the following books from our church resource table (202 Bank St):



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202 Bank Street, Regent, Whangarei

Ph. 09 438 3948

Email: office@whangareicbc.org.nz

Website: www.whangareicbc.org.nz