

ROOTED IN JESUS sample lesson

Module 1: What is a Christian?

Lesson 4: What must I do?

Introduction

Begin by recapping on last week. What was the memory verse ([John 3.16](#))? What did we learn about Jesus? What other thoughts have occurred to us since last time?

Explain that this week we are going to look at what we need to do in response to what Jesus has done for us.

Begin with a prayer.

Making a response: how can we know God?

Jesus promises to do two things so that we can know God. We have already looked at these two things.

- [1 Peter 3.18](#) Jesus forgives us our sin, which separates us from God
- [John 3.16](#) Jesus brings us spiritual life, which reunites us with God

But Jesus also said that we have to do two things.

Look up [Mark 1:15](#): *repent, and believe in the good news*. These are the two things we must do.

1. Repenting of our sins

Ask what does repentance mean?

A practical demonstration

Ask someone to come and stand next to you. Start talking to them, but while you talk turn your back on them and walk in the opposite



direction. Ask the group can the person hear you? Is this a good way to have a relationship with this person? Then explain that it is the same with God. We cannot talk to him if we are walking away from him. Ask what we have to do to have a relationship with God. Answer – we have to turn round and walk towards him. This is what repentance means. It just means turning round. Instead of walking away from God we must walk towards God. You must accept that your way was wrong and determine to go God's way.

What might this change of direction mean for people in the group? (It may mean saying sorry to someone you have wronged, giving back something you have taken, changing the way you treat someone, breaking a bad habit, etc.)

Read Deuteronomy 18:10-11

Ask if anyone has been involved in any occult activity or spiritual practice which tries to relate to God without Jesus. Take time for the group to understand that this will not bring them God's blessing, and to ask for God's help to turn away from it in the future.

2. Believing in Jesus

Ask the group what were the two things we have to do (repent & believe).

Ask the group what are some of the things that they believe about Jesus. These should include:

- Jesus is the Son of God.
- Jesus died for my sins.
- Jesus conquered death.
- Jesus will give me new and eternal life.

Ask what does it mean to believe the good news? Is believing the same as knowing?

A practical demonstration

Get a member of the group to stand just in front of you with his/her back to you. Tell him to fall back into your arms and you will catch him. If he

believes you he will act. If he doesn't believe you he will not. Either way it shows that belief is shown in action. Explain that believing isn't just knowing something (for even the devil believes in Jesus in this sense). Believing means doing something. It means trusting. It means letting go of your way of doing things and trusting Jesus' way.

Ask the group what actions they would take, or have taken, to show that they really do believe and trust in Jesus?

What happens when you repent and believe?

Something very important happens when we repent and believe. The Bible gives two pictures to describe it.

1. Receiving

Read **John 1:12**: *to all who received him, who believed in his name, he gave power to become children of God.* Learn it together as this week's memory verse.



A practical demonstration

Give somebody in the group a small present (e.g. piece of fruit) wrapped up in paper.

- Ask the group what did the person have to do to receive the gift?
- Ask what's changed now they have received it?

2. Opening

Read Revelation 3:20

- Ask what we have to do to have Jesus in our life?
- Explain they can imagine themselves at the door of their house, that Jesus is knocking, and that all they have to do is open the door and say welcome, come in.

Summary

Recall Mark 1. 15 and John 1.12. Remind them of the 2 things we need to do to know God:

- Repent of our sins
- Believe in Jesus

Now ask each person in turn these 3 questions:

1. *Have you reached the point where you are prepared to turn your back on everything that is wrong and will follow Jesus with all your strength?* If the answer is no, ask what prevents them from doing this now.
2. *Are you ready to put your trust in Jesus, and give all the areas of your life to him?* If the answer is no, ask what is the area they are reluctant to trust Jesus with.
3. *Have you opened the door to your life and received Jesus?* If the answer is no, ask them if they would like to now?

Say that you are going to say a prayer out loud. You want them to say each sentence after you. When you have finished you are going to leave a time of silence. The silence is their opportunity to commit themselves to Jesus. They might like to do that by thinking of themselves as receiving a gift from Jesus, or they might like to think of themselves as opening a door and welcoming him in. When they have done that they can say Amen.

Thank you Jesus, that you died to forgive me of my sins, and that you want to give me a new life on earth and in the life to come. I want to turn from my old way of life and live your way. I want to trust you in all the areas of my life and have you in the centre of my life as my Lord.... Amen.



This lesson is taken from *Rooted in Jesus – a discipleship course for Africa*, edited by Alison Morgan and published by ReSource. See www.rootedinjesus.net.