

*All born again Christians know Christ as Saviour.  
Many Christians know Christ as Lord  
Very few Christians know Christ as their LIFE!*

*Knowing  
Christ  
as Life*



# LIFE ESSENTIALS

## STEP 1

Revised June 17, 2019

# LIFE ESSENTIALS

## Lesson 1

### A NEW LIFE IN CHRIST

#### 1. KNOWING GOD AND HIS CHARACTER

Who is God? Where is God? What is He like?

What do you think about, when you ask yourself these questions?

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Perhaps one of the best scripture verses to tell us what God is like is found in John 3:16

**“For God so loved the world, that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life.” (Jesus Christ)**

This verse tells us what motivates God. What is it? \_\_\_\_\_

Everything God does is motivated by \_\_\_\_\_.

It is **not** that one of God’s attributes is love, God is \_\_\_\_\_.

Whatever God is, He is \_\_\_\_\_. Whatever \_\_\_\_\_ is, God is.

In the Old Testament Jeremiah 29:11 tells us:

***“I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for.”***

What are God’s intentions for you? \_\_\_\_\_

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Out of His Love flows everything Good.

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Not to believe the testimony that God has given regarding His Son is to call

God a \_\_\_\_\_. (See verse 10) Is He? \_\_\_\_\_

(Cross out the **incorrect** words.)

**“These things were written that we might (hope that, feel like, guess that, work toward, know that) we have eternal life”**

(1 John 5:13)

Do you **know** that you have eternal life? \_\_\_\_\_

**ON YOUR OWN**

1. Read the story of Nicodemus in John 3:1-8
2. Memorize the following verse:

**“And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has the life; he who does not have the Son of God does not have the life.”**

**1 John 5:11, 12**

How can I have victory over the things that would try to keep me from living this new life? We will discuss this next session.

Our next session is **A NEW CREATION IN CHRIST JESUS.**

Time \_\_\_\_\_ Place \_\_\_\_\_ Date \_\_\_\_\_

**Close in prayer.**

**God is not served by human hands, as though He needed anything, since He Himself gives to all people life and breath and all things;**

Acts 17:25

From this verse, what does God want to give us? \_\_\_\_\_

Being the very source of power and of love, He created people, and in Adam and Eve, He made it possible for them to have fellowship with each other, but also with Himself.

You and I were created for \_\_\_\_\_ with God and He with us.

Another way to look at it, God created man and woman, so that He would have someplace to \_\_\_\_\_ on this earth, so that we could display His \_\_\_\_\_ in the beautiful world that He made.

**Gen 2:7 - 9 Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. The LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed. Out of the ground the LORD God caused to grow every tree that is pleasing to the sight and good for food; the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.**

What did God breath into the body He had formed from the dust?

\_\_\_\_\_

What did God breath into Adam’s spirit? \_\_\_\_\_

Everything we need, comes from \_\_\_\_\_. \_\_\_\_\_ were designed to have God living in us.

**Act 17:28 “for in Him we live and move and exist, ... ‘For we also are His children.’”**

And so, He created **A**\_\_\_\_\_ in His own image, containing His very own

**L**\_\_\_\_\_.

Adam and Eve were created to live in total dependence on a loving and living God who would continue to bless them with LIFE.

**But something drastic happened in the garden of Eden that affected all of us!**

Though God had given man everything he needed, He also gave him the choice of being dependent upon God by choice, (the Tree of Life)

OR he could become dependent upon himself. (the Tree of the Knowledge of Good and Evil.)

This choice is often called free will.

**2. SEPARATION FROM GOD, WHICH HE CALLS DEATH.**

God placed his own breath (spirit) into Adam, thus giving Adam His own life which enabled him to depend upon God for everything He needed. By "eating" from the Tree of Life, he could continue to rely upon God for everything.

Tree of the Knowledge  
of Good and Evil



SELF  
DEPENDENCE  
**DEATH**

Tree of Life



GOD (CHRIST)  
DEPENDENCE  
**LIFE**

***"But of the fruit of the tree (of the knowledge of good and evil) which is in the midst of the garden, God hath said, Ye shall not eat of it, lest ye die."*** Genesis 2 : 17 KJV

What did God tell them would happen if they chose to depend upon themselves instead of Him? \_\_\_\_\_.

What do you suppose happened when they did make that choice?  
\_\_\_\_\_.

If you are not certain of your birth into God's family, you can be certain by receiving Christ right now by a definite, deliberate act of your will.

Here is a suggested prayer:

**"Lord Jesus, I am a sinner, without Your life, separated from you by sin, and I cannot save myself. Thank You for dying on the cross to atone for my sins. I now invite You to come into my heart, and I do believe in and receive You as my Saviour, my Lord and most of all, my New Life. Thank You for forgiving my sins and giving me Your life, making me your child. I now give You control of everything I am and have. I am trusting You to live Your Eternal Life through me as You please.**

Did you receive Jesus Christ? \_\_\_\_\_

Are you now His child? \_\_\_\_\_

Where is Christ right now in relation to you? Revelation 3:20

By what authority do you know? \_\_\_\_\_

Read 1 John 5:10-13

Who gives eternal life? (v.11) \_\_\_\_\_

Where is eternal life found? (v.11) \_\_\_\_\_

Who has eternal life? (v.12) \_\_\_\_\_

Who does not have eternal life? (v.12) \_\_\_\_\_

All of these benefits are the result of God's love and are given to me when I put my trust in Him and what He has done.

Look up Ephesians 2:8, 9 and fill in the blanks.

**"For it is by \_\_\_\_\_ you have been saved, through \_\_\_\_\_ and this not from \_\_\_\_\_, it is the \_\_\_\_\_ of \_\_\_\_\_ not by \_\_\_\_\_, so that no one can boast."**

Salvation, receiving life in Christ, is made possible by putting our **faith** in: *(Underline the correct answer.)*

- a. What you can do
- b. What Jesus Christ has done
- c. What your church has done
- d. What your parents have done

## 6. HOW YOU CAN BE SURE YOU BELONG TO JESUS CHRIST

### **Read John 3:16**

What was God's motive? \_\_\_\_\_

What did He do? \_\_\_\_\_

Who would benefit? \_\_\_\_\_

What would they have? \_\_\_\_\_

### **Read Revelation 3:20**

One way to express faith in Christ is to \_\_\_\_\_

What is your responsibility? \_\_\_\_\_

What is His responsibility? \_\_\_\_\_

Have you invited Christ to be your life? \_\_\_\_\_

Where is He right now? \_\_\_\_\_

When Adam and Eve, ate of the forbidden tree, **they died.**

**They became separated from God and His life. This is the consequence of living life independently of God.**

Now they had to forge they own way through life and its challenges. They could no longer enjoy God's resources to energise them.

In so doing, they plunged every human being and their descendants into death, condemnation, and separation from God.

**"Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:"** Romans 5: 12 KJV

All descendants of Adam, including you and me, were born with the wrong kind of life, self-life, dead and separated from God.

The Bible calls this condition as being "in Adam," and in Adam we all die and by default have to live in the "flesh." (flesh is living by our own resources.)

In Adam, we are left to discover what we really need, love, security and significance, but man is left to find it on his own and will sometime discover that man's ways don't satisfy.

Man keeps looking for LIFE in the wrong places and comes up empty.

## 3. ETERNAL LIFE IS Jesus Christ – a Person

Eternal life is not a place, it is a person. It is not somewhere we go or get to when we physically die, it is the life of a person, Jesus Christ, who comes to restore the fallen condition we inherited from Adam. (Adam's spiritual DNA)

**"I am the resurrection and the life; he who believes in Me will live even though he were dead,"**

John 11:25 KJV

**"I am come that they might have life, and that they might have it more abundantly."** John 10:10

Jesus really came to not only forgive our sins, but to restore the life of God in us, because of our dead condition in Adam.

**"Eternal Life"** is more than just a long life; it is a whole new life (new DNA) - the very life of Jesus with no limitations of any kind. God's love is not limited to the worth or loveliness of the person or persons being loved.

John 3:16 says, **“For God so loved the world, that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life.” (Christ’s Life)**

Likewise, He is not limited in His patience, kindness and forgiveness or in any other way.

To have **“Eternal Life”** means that you have the opportunity to live a full and meaningful life. By faith in Him, you will be able to live a very meaningful life as Christ lives in you.

#### 4. KNOWING JESUS CHRIST (Eternal Life) IS POSSIBLE FOR YOU

**“Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.”**

John 17:3

In this verse Jesus prays to His Father that you may know (have fellowship with) His Father through knowing Jesus Christ Himself in you.

John 3:16 says, **“For God so loved the world, that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life.” (Jesus Christ)**

“God gave His life for you, so that He could give His life to you, in order that He might live His life through you.” (Ian Thomas)

Jesus modeled this way of living while He was here on earth.

Acts 2:22 says: ***“Men of Israel, listen to these words: Jesus the Nazarene, a man attested to you by God with miracles and wonders and signs which God performed through Him in your midst.”***

***“Do you not believe that I am in the Father, and the Father is in Me? The words that I say to you I do not speak on My own initiative. but the Father abiding in Me does His works. John 14:10***

In the same way that Jesus trusted in the Father to live through Him, so it is that we can rely and trust in Him to live in us, to live His life through us.

**“And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has the life; he who does not have the Son of God does not have the life.”**

**1 John 5:11, 12**

God is the **giver** of eternal life, which is in His Son, the Lord Jesus.

***But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. John 1:12-13***

We must become **receivers** of this life from God, by an act of our own volition and surrender to the Father.

By receiving this gift of life from the Father, we become His children, a believer, born of the Spirit of God, a new creation.

What are the benefits of entering into the fullness of this new life?

#### 5. THE BENEFITS OF KNOWING JESUS CHRIST PERSONALLY

Read each verse and match the corresponding thoughts.

(Connect the boxes to the dots)

VERSE	WHAT GOD DID FOR ME	HOW I BENEFIT
Romans 5:8	God demonstrated His love to me <input type="checkbox"/>	• Old things have passed away and new things have come
Colossians 1:13,14	God delivered me from the kingdom of darkness <input type="checkbox"/>	• I can be content and secure.
2 Corinthians 5:17	I am a new creation <input type="checkbox"/>	• When I was a sinner, Christ died for me.
Revelation 3:20	Christ came to live in me. <input type="checkbox"/>	• I will never perish
Hebrews 13:5	Christ will never leave me <input type="checkbox"/>	• Transferred me into the kingdom of His Son
John 10:28	Jesus gave me eternal life <input type="checkbox"/>	• He brought me to God
1 Peter 3:18	Christ died for my sins, once and for all. <input type="checkbox"/>	• I can fellowship with Him