ACTS
Anchored in Christ The Savior
CHURCH



LIFE IN CHRIST

7-Lesson Discipleship Handbook

A 7-LESSON DISCIPLESHIP JOURNEY FOR NEW BELIEVERS : LIFE IN CHRIST

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Purpose Statement:

This handbook is designed to help new believers understand what God has done for them through Jesus Christ and how to live out their new identity in Him. In these seven lessons, you and your discipler will walk together through essential truths about salvation, transformation, obedience, and hope. Each lesson will lead you to know Christ more deeply, love Him more fully, and follow Him more faithfully.

Recommended Use:

- Meet often with your discipler.
- Read the Scripture passage and explanation together.
- Discuss the questions honestly and apply the practical exercises.
- Pray together for growth, faithfulness, and a deeper love for Christ.

Goal:

That you will grow to love Jesus more, hate sin more deeply, and live each day with joy, purpose, and hope as a new creation in Christ.

LESSON 1
THE TRANSFORMATIVE REALITY: NEW LIFE IN CHRIST

Scripture: 2 Corinthians 5:17

Point of Growth: Understanding your new identity in Christ.

Explanation:

When a person is united to Christ by faith, they become a "new creation" (2 Corinthians 5:17). This transformation is not the result of human effort or decision, but the sovereign work of God through the regenerating power of the Holy Spirit. Before this divine intervention, the person was spiritually dead in sin, unable and unwilling to seek God (Ephesians 2:1; Romans 3:11). But by God's grace alone, they are made alive in Christ, forgiven, and given a new heart (Ephesians 2:4-5; Ezekiel 36:26-27).

This renewal is not merely behavioral improvement; it is a radical reorientation of the soul. The believer's old affections, priorities, and self-centered pursuits are replaced with new desires that reflect the holiness and beauty of God. The indwelling Spirit empowers them to walk in obedience, not to earn favor, but as evidence of their new life and union with Christ. This new identity is grounded in justification by faith alone; declared righteous before God because of Christ's finished work. The believer now lives not for self, but for the glory of God, walking in the good works prepared beforehand (Ephesians 2:10). This is the beginning of a lifelong sanctification, sustained by grace, and aimed at conformity to Christ.

Biblical Illustration:

Saul's transformation into Paul (Acts 9:1-31) is a remarkable example of a former persecutor of Christians becoming a devoted apostle, demonstrating God's radical change of heart and direction.

Discussion Questions:

- How do you see your life beginning to change since becoming a follower of Jesus?
- What does it mean to you that your identity is now in Christ?

Practical Exercise:

- Write down three ways God is changing your desires or priorities.
- Pray daily, thanking God for your new identity.

LESSON 2
REPENTANCE AND FAITH IN ACTION

Scripture: 1 John 1:9

Point of Growth: Cultivating ongoing repentance and dependence on Christ.

Explanation:

Living as a new creation in Christ entails a continual turning from sin and a deepening reliance on His righteousness. By God's sovereign grace, repentance is not merely a momentary decision at conversion; it is a lifelong posture of the heart, marked by humility, confession, and a Spirit-wrought desire for holiness.

True repentance flows from saving faith and is sustained by the indwelling Holy Spirit, who convicts, cleanses, and conforms us to the image of Christ (Romans 8:29; Philippians 1:6). This repentance is not a work we perform to earn favor, but a fruit of regeneration and a response to God's mercy.

Faith anchors the believer not in their own merit, but in the finished work of Jesus. As we daily acknowledge our need for grace and submit to Christ's lordship, our affections are reoriented, and the dominion of sin is progressively broken. The Christian life becomes a sanctifying journey; one of transformation, renewal, and increasing conformity to God's will.

Repentance and faith in action are the visible fruits of a heart reconciled to God: a life that confesses sin, clings to Christ, and walks in the light as He is in the light (1 John 1:7-9).

Biblical Illustration:

King David's repentance after sinning with Bathsheba (Psalm 51), demonstrating humility and a return to wholehearted devotion to God.

Discussion Questions:

- What areas of sin do you need to turn from?
- How can you practice daily reliance on Christ's righteousness?

Practical Exercise:

- Journal moments of sin and repentance each day.
- Ask God daily to help you turn from sin and trust Him.

LESSON 3
SURRENDER TO GOD'S WILL

Scripture: Luke 22:42

Point of Growth: Living in submission to God's plan.

Explanation:

When a person is brought to faith by God's sovereign grace, their life undergoes a fundamental reorientation from self-rule to joyful submission under Christ's lordship. No longer governed by personal ambition or worldly wisdom, the believer learns to trust and obey the sovereign will of God.

This surrender is not passive resignation but active, Spirit-empowered trust, modeled perfectly by Jesus in Gethsemane: "Not My will, but Yours be done" (Luke 22:42). To yield every area of life, the decisions, desires, relationships, ambitions, is to embrace God's purposes, even when they are mysterious or costly, knowing His wisdom is perfect and His plans are good (Romans 12:1–2; Proverbs 3:5–6).

This posture of submission is a mark of spiritual maturity and a fruit of regeneration. It reshapes how we live: our priorities are reordered, our goals refined, and our choices filtered through Scripture and the leading of the Holy Spirit. The surrendered life is not aimless; it is anchored in the assurance that God is working all things for His glory and our eternal good (Romans 8:28).

Biblical Illustration:

Jesus in Gethsemane prayed, "Not my will, but Yours be done" (Luke 22:42), showing perfect submission to God's plan even in suffering.

Discussion Questions:

- In what areas of your life do you struggle to surrender to God?
- How can you align your daily decisions with His will?

Practical Exercise:

- Identify the areas of your life that you have not surrendered to God.
- Pray each day for guidance in those areas.

LESSON 4
THE COMPELLING FORCE: CHRIST'S LOVE AND SACRIFICE

Scripture: 2 Corinthians 5:14-15

Point of Growth: Living motivated by Christ's love.

Explanation:

The love of Christ for the believer is the compelling force behind the believer's life (2 Corinthians 5:14-15). By God's sovereign grace, Christ died as a substitute for His people, bearing their guilt and securing their reconciliation. United to Him by faith, believers are no longer their own; they are called to live not for themselves, but for Him who died and was raised.

This love evokes the believer's love for Christ (1 John 4:19; Romans 5:5), which is not abstract or distant; it drives tangible obedience and daily surrender. Spiritual growth flows from assurance, not anxiety; from gratitude, not guilt. The believer's life is shaped by the Spirit's work, producing joyful submission and heartfelt devotion.

The believer's awareness of Christ's sacrifice compels a life of worship,

Biblical Illustration:

The woman who anointed Jesus' feet with expensive perfume (Luke 7:36–50). Her extravagant act of love reflected an inward response to forgiveness, demonstrating how awareness of Christ's sacrifice transforms one's actions.

Discussion Questions:

- How does Christ's love motivate your life?
- Can you think of an act of obedience you feel called to perform out of gratitude for Jesus?

Practical Exercise:

- Write a short prayer expressing gratitude for Christ's love.
- Take deliberate steps to obey Him out of love.

LESSON 5
HOLINESS AND TRANSFORMATION IN DAILY LIFE

Scripture: 1 Peter 1:15-16; Romans 12:2

Point of Growth: Reflecting God's character in daily decisions.

Explanation:

The evidence of being a new creation in Christ is a life progressively conformed to His holiness. By God's sovereign grace, regeneration initiates a sanctifying work of the Holy Spirit, whereby the believer is empowered to resist sin and pursue righteousness (Romans 6:4; Titus 2:11-12). Holiness is not optional or reserved for spiritual leaders; it is the calling of every believer, flowing from union with Christ and the indwelling presence of the Spirit (1 Peter 1:15-16; Romans 12:2).

This transformation is not theoretical or abstract; it is visible and practical. It manifests in daily decisions, attitudes, and behaviors that reflect the character of God. The believer begins to make choices shaped by Scripture, cultivating virtues such as love, patience, humility, and integrity. As the old self is put off and the new self is put on (Ephesians 4:22-24), the believer's life becomes a living testimony of God's sanctifying grace.

Holiness in daily life is the fruit of abiding in Christ: a life that increasingly mirrors His purity, compassion, and truth in every sphere: home, work, and relationships.

Biblical Illustration:

Zacchaeus (Luke 19:1–10). After encountering Jesus, Zacchaeus immediately turned from greed and injustice, choosing instead to make things right and live honorably, showing that genuine salvation always produces visible change.

Discussion Questions:

- Which areas of your life need more holiness?
- How can you reflect God's character in your actions?

Practical Exercise:

- Choose one virtue to practice daily (e.g., patience, integrity, love).
- Record in a journal how God is helping you grow.

LESSON 6
THE CALL TO THE MINISTRY OF RECONCILIATION

Scripture: 2 Corinthians 5:18–20

Point of Growth: Understanding your role in God's mission.

Explanation:

By God's sovereign grace, when someone is united to Christ by faith, they are fully reconciled to God through His atoning sacrifice. Their relationship with the Father is restored, and they are no longer condemned but justified by grace (Romans 5:1; 2 Corinthians 5:18–19). This reconciliation is not merely a change in status; it is a radical transformation of identity: the believer is born again, indwelt by the Holy Spirit, and made a new creation in Christ (2 Corinthians 5:17).

From the moment of regeneration, every believer is entrusted with the sacred and joyful commission to be a minister of reconciliation. This calling is not optional or reserved for the spiritually elite; it is the Spirit-empowered response of one who has been redeemed.

To live as a new creation is to embrace the ambassadorial role given by Christ: representing His kingdom, proclaiming His gospel, interceding for the lost, and embodying His grace in every word, action, and relationship. The believer's life becomes a living testimony of God's saving power, pointing others to the hope, peace, and transformation found in Jesus alone.

Biblical Illustration:

Philip and the Ethiopian eunuch (Acts 8:26–40). Philip explained the gospel, led him to faith, and baptized him, participating directly in God's work of reconciliation.

Discussion Questions:

- Who in your life needs to hear about God's forgiveness?
- How can you actively participate in God's mission?

Practical Exercise:

- Pray daily for one person who does not yet know Jesus.
- Share the gospel in some way, even in a simple conversation.

LESSON 7
LIVING WITH HOPE AND FORWARD FOCUS

Scripture: 2 Corinthians 5:21; Romans 8:18–30

Point of Growth: Living with eternal hope and perseverance.

Explanation:

By God's sovereign grace, the life of a believer is profoundly shaped by the hope of glorification; the promised culmination of redemption, in which those united to Christ will be fully conformed to His image and share in His glory (2 Corinthians 5:21; Romans 8:18–30). This hope is not a vague aspiration, but a certain and future reality secured by the righteousness of Christ and sustained by His ongoing intercession.

It anchors the believer's soul amid suffering, reminding us that present trials are purposeful and momentary compared to the eternal weight of glory being prepared for us. This perspective fuels perseverance in holiness, knowing that sanctification is part of a greater trajectory that leads to glorification.

The believer's pursuit of godliness is not driven by fear or self-effort, but by confident expectation in God's transforming power. Temporary struggles, though real, are reframed by eternal promises that infuse every aspect of life with meaning, direction, and hope. In this light, daily obedience becomes an act of worship, and every moment is lived in anticipation of the day when faith becomes sight and Christ is fully revealed in us.

Biblical Illustration:

Paul's endurance during persecution (2 Corinthians 11:23–28) demonstrates how to live with eternal hope while trusting in God's ultimate work of redemption.

Discussion Questions:

- How does the hope of glorification influence your daily choices?
- How can you remind yourself of God's eternal promises?

Practical Exercise:

- Reflect daily on God's promises for the future.
- Write a short prayer committing your life to His eternal purposes.



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