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The New Birth
Receiving Jesus Christ as Savior means experiencing a new, spiritual birth.

Read John 3:1-8 and write a description of this new birth.

Our relationship with Christ involves three areas of commitment: intellect, emotion, and will. Which area creates the most problems for you?

Intellectual Commitment
Christianity is not a “blind” leap of faith, but a personal relationship with God through Jesus Christ.

Read John 10:30-33 and 14:6-9. How does Jesus’ claim to be one with the Father ensure His ability to forgive sins?

Read Romans 1:3-4. What is the ultimate proof of Christ’s claim to be God? How does this passage affect your life (verses 5-6; 16-17)?

Emotional Commitment
Seeking an emotional experience contradicts Hebrews 6:11. Faith is another word for trust. This trust must be placed in God and His Word rather than in what we feel. In what situations do you tend to trust in feelings rather than in God’s Word?
Commitment of the Will

A commitment to Christ involves an act of the will. Although both mind and feelings are valid, you are not a Christian until, as an act of your will, you make a decision to receive Christ as your Savior and Lord. Have you taken this step? When?

The Basis of Your Relationship with Christ

Read 1 Corinthians 15:1-4. What is the message of the gospel?

Read 1 Corinthians 15:3; Hebrews 9:22. Why did Christ have to die?

Read John 1:12. What happens when a person responds to the gospel and receives Christ into his life?

Our Confidence in Christ

If our relationship with God were dependent on our own good works, we could never have assurance of salvation.

Read Ephesians 2:8-9 and answer these questions:

What is grace?

In what are we to have our faith?

On what basis did you obtain it?

Rewrite Ephesians 2:8-9 and Galatians 3:22-26 in words you would use to explain to a friend.

Action Point

This coming week, explain to a friend why you are sure you are a Christian.

This diagram shows how we should let faith control our lives. How can you let your faith control difficult situations? List specific ways you plan to do this.
Three Types of People

The Bible describes three types of people in 1 Corinthians, chapters 2 and 3. Underline the characteristics of each. Determine which type of life you are living.

Read 1 Corinthians 2:14.

The natural person is not a Christian. He depends on his own resources and lives in his own strength. Spiritually, he is dead to God—separated from God by sin.

Read 1 Corinthians 2:15-16.

The spiritual person is a Christian who is controlled and empowered by the Holy Spirit. He draws upon the unlimited resources of God’s love and power and lives in the strength of the living Christ. He is alive to God because the Son of God is living in and through him. He brings glory to God because of his fruitful life and witness.

Read 1 Corinthians 3:1-3.

The worldly person is a believer trying to live the Christian life in his own strength. He is a defeated, fruitless Christian, who depends on his own abilities instead of drawing upon the inexhaustible resources of the Holy Spirit. He lives in frustration and slavery to sin (Romans 7:14-20).

I am living the life of the __________________ person.

Read Psalm 32:1–5.

HOW YOU CAN PRACTICE SPIRITUAL BREATHING

Lesson 2

Self-Directed
S—Self is in control
+—Christ does not indwell the unbeliever

Christ-Directed
+—Christ has been placed in control
S—Self is yielding to Christ’s direction

Self-Directed
S—Self is still in control
+—Christ indwells the believer, but is not allowed to direct the life
**Spiritual Breathing**

A spiritual man lives by faith in God. Faith is trusting that God will do what He says He will do. When we place our faith in God and His Word, we can experience His love and power.

How can we get off the emotional, roller-coaster existence of a worldly life? By practicing “Spiritual Breathing,” which is exhaling the impure (confessing our sins) and inhaling the pure (appropriating the power of the Holy Spirit as an act of our will by faith), 1 John 1:9; Ephesians 5:18.

**Handling Guilt**

When you feel guilty, compare your feelings to the criteria in this checklist, then circle the correct responses. Follow the directions you have circled.

**Checklist for Finding the Source of Guilt**

*When the Holy Spirit convicts me of sin:*
- He will point out a specific sin, and
- God will forgive the sin and restore my fellowship with Him as soon as I confess it. The guilt is immediately lifted.

*I am feeling false guilt if:*
- My feelings of guilt are vague and unspecific, or
- I feel guilty over a sin that I previously and sincerely confessed to God.

*When my feelings of guilt are:*

**Real**
- I will exhale—confess it to God.

**False**
- I will thank God that His forgiveness is immediate and complete.

**Action Points**

To exhale, follow these steps:

1. Ask the Lord to reveal any unconfessed sins. Write them on a piece of paper.

2. Confess these sins (agree with God that they are wrong).

3. Write 1 John 1:9 across the top. Destroy the list.

4. Make plans for restitution where you have wronged someone.
Who Is the Holy Spirit

• Acts 5:3-4

• 1 Thessalonians 5:19; Ephesians 4:30

Read 1 Corinthians 2:11; 12:11; Romans 15:30.
How do you know He is a person and not a force or impersonal power?

What did Jesus call the Holy Spirit in John 14:16-17?

What does it mean to be filled with the Holy Spirit?

To be filled with the Spirit is to be filled with Jesus Christ, the Son of God, and to abide in Him. Since God is one shown through three persons, the Holy Spirit is the essence of Jesus. Filled means directed, controlled, and empowered by the Holy Spirit. When I am filled with the Spirit, Christ’s Spirit will dwell in my body and live His resurrection life in and through me.

1. What is the difference between being filled with wine and being filled with the Spirit?

2. Why is a person different when he is filled with either one of these agents?
How to Be Filled with the Holy Spirit

Although all Christians are indwelt by the Spirit, not all are filled with the Spirit. Most Christians are not filled with the Spirit because of:

- Lack of knowledge
- Unbelief

What is keeping you from being filled with the Spirit?

Practice Spiritual Breathing

To be filled with the Holy Spirit, practice Spiritual Breathing:

**Exhale:**
Ask the Holy Spirit to show you any unconfessed sin.
Confess your sin and claim the promise of 1 John 1:9.
Make restitution if necessary.

**Inhale:**
Claim the filling of the Holy Spirit by faith on the basis of God’s command and God’s promise (Ephesians 5:18, 1 John 5:14-15).

Here is a prayer you can use:

Dear Father, I need You. I acknowledge that I have been in control of my own life and have sinned against You. I thank You for forgiving my sins through Christ’s death on the cross for me. I now invite Christ to take control of my life. Fill me with the Holy Spirit as You commanded me to be filled. You promised in Your Word that You would fill me if I ask in faith. As an expression of my faith, I now thank You for filling me with Your Holy Spirit and for taking control of my life.

Amen.

<table>
<thead>
<tr>
<th>Relationship with God</th>
<th>Fellowship with God</th>
</tr>
</thead>
<tbody>
<tr>
<td>Began when you received Christ (John 1:12)</td>
<td>Began when you received Christ (Colossians 2:6)</td>
</tr>
<tr>
<td>Is everlasting (1 Peter 1:3-4)</td>
<td>Can be hindered (Psalm 32:3-5)</td>
</tr>
<tr>
<td>Maintained by God (John 10:27-29)</td>
<td>Maintained in part by us (1 John 1:9)</td>
</tr>
<tr>
<td>Never changes (Hebrews 13:5)</td>
<td>Changes when we sin (Psalm 66:18)</td>
</tr>
</tbody>
</table>

Whenever a circumstance or temptation threatens to become a barrier between you and God this week, review this chart and reaffirm your commitment to walk in the Spirit:

**Walking in the Spirit**
- Trusts in God and His Word
- Experiences forgiveness through confession
- Believes God in order to be filled with His Spirit
- God causes growth and fruitfulness

**Walking in Self-Effort**
- Trusts in self
- Sin brings guilt or rationalization
- Increased effort to live by God’s standards
- Frustration and defeat
Pray
Because the Father, Son, and Holy Spirit work in perfect unity and harmony, each has a specific role in our prayers. Read Hebrews 4:16.

But how do we approach the most powerful Presence in the universe? Do we pray directly to Him? How can we even approach such a holy God with boldness?

To Whom Do We Pray?
Read Matthew 6:6. To whom should we pray?

Read 1 Chronicles 29:11-12, Matthew 6:9, and John 16:23. Give reasons from each passage for your answer above.

Through Whom Do We Pray?
Read John 14:6 and 1 Timothy 2:5. How many mediators are there between God and man?

Who is this mediator?

By Whose Power Do We Pray?
Read Ephesians 6:18, Jude 20, and Romans 8:26-27. Why does the Holy Spirit need to help us pray?

How does He help us pray?
What Do We Pray About?
Read Philippians 4:6-7. What is the result if we talk to God about everything?

Read John 14:14, 16:24. Why do you think it is important to pray specifically?

What will be two results of praying specifically?

Prayer and Anxiety
Read Philippians 4:6-7. As we exercise the privilege of prayer, what does God do about our anxiety?

Give an example of how this has worked in your life.

Read 1 Peter 5:7. Why should we cast our troubles on Him?

Think back to a time when you did this. How did He answer your prayer?

How Often Do We Pray?
Read 1 Thessalonians 5:17. What does the Bible mean when it says to pray continually?

What did the answer mean to you?

AS YOU PRACTICE PRAYER
List any new insights into prayer that you have gained from this lesson.

Describe how you will use these insights to have a more well-rounded prayer life.

Write down at least one new way in which you want to apply prayer in your life right now.
BASICS

Bible Study

HOW TO Abide in God’s Word

Spiritual Nourishment

Read Matthew 4:4. How did Jesus say that we should live and be nourished?

Read 2 Timothy 3:16-17. Why is reading God’s Word so important?

Read Psalm 119:11, 105. What will result in your life when you read God’s Word?

The Word of God

Tell what God’s Word is or what it does according to the Scripture references.

Read Hebrews 5:12-14. What does this passage say that it is?

Read Phillipians 2:16. What does this passage say that it is?

Read 1 John 2:5. What does this passage say that it does?

Read John 12:48. What does this passage say that it does?
How to Understand the Word of God

Read 1 Corinthians 2:14.
No one can understand the Word of God by his own ability. Why?

Describe in your own words a natural man’s reaction to spiritual things.

Read 1 Corinthians 2:7-12 and Romans 8:5-9.
Explain in your own words how one must come to understand the Word of God.

Why do some individuals deny the authority of Scripture, the deity of Christ, the inspiration of the Bible, and other basic teachings in the Word of God?

What should be our response to them?

List three ways in which you recognize your personal need for God’s Word today.

God’s holy, inspired Word has several characteristics that guarantee powerful results.

First, it is infused with the power of the Holy Spirit. It has been said that a Bible that is falling apart usually belongs to a person who isn’t. That is because God’s Word is energetic and active, speaking to today’s world and our own personal needs and circumstances.

Second, God’s Word is truth. It awakens our conscience. With the power to reach into the private corners of our hearts, the Word bares our motives and secret feelings and reveals our hidden longings.

Third, God’s Word discerns our true character. It exposes the weaknesses in our attitudes and conduct, enabling us to correct ourselves by the power of His Holy Spirit.
Rejoicing in God’s Abundance

God is the owner of all that we possess and the total source of all our supply.

Read Philippians 4:19. We see from this verse that the premise of giving by faith is threefold.

1. God is the absolute source of our supply.
2. Giving is based on His resources, not our own.
3. Christ is our link to God’s inexhaustible riches.

God’s Ownership Over All

Read Isaiah 48:17-19. What blessings would you lose by going your own way and failing to recognize God’s ownership?

How much of your life are you willing for God to control?

How much of it does He control?

Is there something in your life that you have not surrendered to the control of your heavenly Father?

What is it and how will you now deal with it?

What do you think God will do with your life if you surrender it all to Him?
Trusting God for our Finances

Read Psalm 12:6. How much can we trust God?

Read Proverbs 3:5-6. What will happen if you make God’s promises the foundation of your financial security?

List the financial areas that are hardest for you to put into God’s hands. Prayerfully dedicate them to Him.

Stewardship of Our Time

Read Psalm 90:12. What should be our prayer concerning the use of the time that God gives us?

Read James 4:13-15. Why is the proper use of our time today so important?

Read Psalm 62:8. What does God demand of us in the stewardship of our time?

Stewardship of our Talents and Gifts

Read Ephesians 4:11-16. What are some reasons God has given gifted people to the church?

Read Romans 12:3-8. List several principles that describe what your attitude and responsibilities should be toward your spiritual gifts?

Giving produces abundance. Acts 20:35 records the words of the Lord Jesus, “It is more blessed to give than to receive.” Why? Because when you give freely of yourself and of your possessions as a material expression of your spiritual obedience to Christ, God in turn meets your needs abundantly (Luke 6:38).

You can never outgive God. It is a law of God that His blessings back to you always greatly exceed what you give to Him. Giving begins an endless circle of joy. God gives; you receive. You give; He receives. He then multiplies your gift back to you in the form of additional supply.
Introducing Others to Christ

To make sharing your faith a way of life, consider every gospel conversation a great privilege and opportunity, not a legalistic responsibility. Think of God’s great love, of what knowing Him has meant to you and what it will mean to others when they receive Christ.

Read Colossians 1:28-29 and answer the questions.

What did Paul and the other believers do everywhere they went?

Why did they do this?

Where did they get the power to do this?

Being a Fruitful Witness

Read John 14:23; Romans 14:21-23; Galatians 3:11. What do these verses say about feelings as related to living the Christian life?

Do you have a list of nonbelievers for whom you pray? What are some things that may keep you from talking to others about Jesus?
People are hungry for God. Think of experiences you have had that substantiate this.

Read 2 Corinthians 5:18-20.

As an ambassador for Christ, you have a tremendous opportunity to serve Him. Reflect on the duties of an ambassador. Discuss how these relate to the Christian life and to sharing your faith in Christ.

The Great Commission

Read Matthew 28:18-20; Mark 16:15; John 14:15; Acts 5:29. Discuss the relationship between the Great Commission and the biblical principle of obedience.

A Matter of Faith

Read Ephesians 6:10-20; Hebrews 11:6. Why is faith on your part important in bringing others to Christ? Discuss how your faith works in the lives of the people to whom you witness. How do you use faith to fight against your spiritual enemies?

Write down the names of several people with whom you plan to share your faith in Christ during the next week.

People today face tight schedules with limited amounts of time. With your group, think of creative ways that a Christian can maximize his time to give witnessing for Christ top priority.
Recommended Reading on these Subjects

**Assurance**


**Forgiveness**


**Holy Spirit**

*How You Can Be Filled with the Holy Spirit* (from The Transferable Concepts Series). 1971, Bill Bright. Published by Campus Crusade for Christ.


*Thirsty: A Devotional on Living a Spirit-Filled Life*. 2011, Rick James. Published by CruPress.


**Prayer**

*How You Can Pray with Confidence* (from The Transferable Concepts Series). 1971, Bill Bright. Published by Campus Crusade for Christ.


7 Steps to Successful Fasting & Prayer. 1997, Bill Bright. Published by Campus Crusade for Christ.


**Bible Study**

*How You Can Study the Bible Effectively* (from The Transferable Concepts series). 1972, Bill Bright. Published by Campus Crusade for Christ.


*Four Sevens: a 28-Day Devotional Experiment*. 2011, Tom Hudzina. Published by CruPress.


*One Story: How All of Scripture Points to Christ*. 2013, Tim Henderson and Tom Sperlich. Published by CruPress.

**Generosity**

*How You Can Experience the Adventure of Giving* (from The Transferable Concepts series). 1972, Bill Bright. Published by Campus Crusade for Christ.


**Spiritual Multiplication**


Resources available to order at Crustore.org
How You Can Introduce Others to Christ (from The Transferable Concepts series). 1972, Bill Bright. Published by Campus Crusade for Christ.


Jacked: An Irrepressible Passion to Share the Gospel. 2010, Shelby Abbott. Published by CruPress.

Getting Biblical About Evangelism. 2004, Keith Davy and Daniela Byers. Published by CruPress.

5 Steps to Sharing Your Faith (Study Guide). 1997, Bill Bright. Published by Campus Crusade for Christ.

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Notes