



YOU SAID YES

How do I start my
new life with Jesus?

Week 2: Living Like Jesus Lived



YOU SAID YES



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Introduction

You said yes to Jesus. Now what's next?

Inside this little book, you'll discover more about what your decision to follow Jesus means.

Each day will include daily thoughts from the Bible and ideas to try for yourself.

Together, we'll answer questions like "what does this mean," "what should I do," and "what does this change?" Our hope is that this tool can provide guidance as you begin your journey of following Jesus.

This book is organized into 21 days, but feel free to go at the pace that best helps you grow. You might finish this book in 100 days, 21 days, or a week. You might even keep reading it over and over. Finishing the book is less important than finding direction, growing in confidence, and starting conversations with others about what you're learning.

Following Jesus is a process of taking next steps, one day at a time. We're thrilled to join you!

Day 08

Who Am I Becoming?

Welcome to week two of our three-week journey (or week four, or five, or however long it takes you)! Last week, we discovered that being a Christian begins with a choice to accept God's gift of forgiveness, followed by a lifelong process of becoming more like Jesus.

Now, you might be wondering: What does it actually look like to become more like Jesus?

Is it even possible to become more like Jesus?

After all, Jesus is God, the Creator of everything, who has always existed and who never sinned. How could we possibly become like Him?

How do you become a concert violinist, pro basketball player, or expert chef? First, **you start somewhere**. You say yes to a new way of life. Saying yes doesn't make you a master, but it does make you a learner in the process of becoming something more.

As a learner, you gain knowledge, develop relationships, practice skills, and overcome setbacks. Learners also make mistakes, fall short, and keep moving forward. The word Jesus used for a learner is "disciple."

When we said yes to Jesus, we said yes to a lifelong process of becoming His disciples.

For the next two weeks, we're going to explore how to be a disciple of Jesus. **First, we'll learn about some of the habits and mindsets Jesus valued and lived out, also called spiritual practices.** Then, we'll explore how Jesus loved and how we can show the same kinds of sacrificial care to others.

During Jesus' time on Earth, some people were trying to figure out whether Jesus was really God's Son. They asked Him, "What's the greatest command of God?" He responded:



... "You must love the LORD your God with all your heart, all your soul, and all your mind." This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments."
Matthew 22:37-40 NLT

Jesus summed up all of God's words to us as: Love God and love your neighbor as yourself. Becoming the kind of person who loves God and loves your neighbors is a process that will take your whole life.

Every disciple experiences setbacks and failures. If you're like the rest of us, you may have experienced some of those setbacks already. You might have returned to a bad habit, used hurtful words, or failed in the past week. When we fall short, we don't need to hide or run from God or others. His forgiving kindness is always available to help you continue becoming more like Jesus.

Pray with your own words, or try these:



God, You see the mistakes I make. Thank You for forgiving me and guiding me as I become more like Jesus. Holy Spirit, will You help me see one step I can take to grow in love for You, myself, and others today? In Jesus' name, amen.

Day 09

How Do I Read the Bible?

To Jesus, the Bible was so much more than words on a page. That's because God shaped the Bible to show followers of Jesus how to live and love across generations. But how do we use it? After all, it's a massive book full of ancient poetry, songs, history, laws, and letters.

Modern Bibles contain two main sections. The first is called the Hebrew Bible or the Old Testament. The second is the New Testament. The New Testament was written after the life of Jesus. But even though Jesus only read from the Old Testament, how He used the Old Testament can inform how we read the whole Bible.

Let's start by looking at two ways Jesus used the Bible.

1. Jesus used the Bible to show God's love for people.

In Matthew 22, a person asks Jesus, "What is the greatest command from God?" Sound familiar? We read this passage yesterday, but let's reread it and see how it can help us read the Bible better.



... "You must love the LORD your God with all your heart, all your soul, and all your mind." This is the first and greatest commandment. A second is equally important: "Love your neighbor as yourself." The entire law and all the demands of the prophets are based on these two commandments."

Matthew 22:37-40 NLT

Jesus quoted the Bible to help people understand the heart of God and how He calls us to live. So, as we read the Bible, it can be helpful to ask the question, “How do these words help me love God and love others?”

2. Jesus used the Bible in context.

In Matthew 4, Jesus is tempted by a spiritual enemy.

The enemy quotes the Bible to make his lies sound like spiritual wisdom—but Jesus isn’t fooled. That’s because He understands the value of context.

Ancient authors wrote the Bible with different languages and perspectives than we have today. When we read the Bible, it’s important to ask a lot of questions like, “Who wrote this? Who were they writing to? What genre is this book (poetry, history, letter, etc.)? And what’s happening in this book or chapter?”

When we don’t read in context, we risk missing the point the Bible is trying to make. Even worse, we might come to a conclusion that’s the opposite of God’s way of life. When in doubt, ask yourself: How do these words from the Bible help me to love God and love my neighbors?

The Bible is more than just words on a page. It’s a gift from God that has the power to transform us from the inside out.

This is why it can be helpful to think of this practice as *studying* or *learning* the Bible instead of just *reading* it. The Bible is meant to be read, reread, explored, meditated on, and reflected on—over and over again.

Day 10

How Do I Pray?

Jesus spent a lot of time in prayer. The Bible tells us on multiple occasions, Jesus stayed up all night to pray. Why? He's God, right? Why does He need to pray?

During Jesus' time on Earth, He was fully God and fully human. As a human, He was like us and needed to use consistent habits to sustain His relationship with God, His Father. For Jesus, prayer was a source of direction, courage, and connection with God—and prayer can do the same for us.

Check out how Jesus prepared to make a big choice—choosing a core group of followers who would end up founding the church.



One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles ... Luke 6:12-13 NIV

Jesus didn't just pray before making big decisions. He also prayed to experience closeness with God and to find strength before facing difficult situations. How can we develop a habit of prayer like Jesus?

First, let's talk about how Jesus didn't pray.

- Jesus didn't fill His prayers with fancy words.
- Jesus didn't pray to impress the people around Him.
- Jesus didn't pray with a list of demands for God.

Prayer is meant to be a personal conversation with God—like you would have with friends, family, or a mentor. Take the pressure off. Let go of how you think you should pray and just talk with God openly and honestly.

So, how did Jesus pray?

- Jesus made prayer a priority.
- Jesus prayed in the presence of others. Jesus prayed on His own.
- Jesus asked others to pray for Him.



Today, let's start a habit of prayer. Simply take a few minutes on your way home from work or before going to bed to talk with God. Tell Him what you're thankful for, ask Him for what you need, and listen to His voice. As you do, you'll discover a closer relationship with Jesus every day.

Day 11

How Do I Make Friends?

Throughout His ministry, Jesus surrounded Himself with people who could encourage Him, pray for Him, and support Him. Yes, Jesus was their Savior, but He was also their friend.

Here's how Jesus talked about His relationship with His followers:



"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." John 15:15 NIV

If Jesus chose close relationships, it's a good idea for us to find close relationships with other followers of Jesus, too.

Sometimes life can feel impossibly difficult, and in those moments, we need people we can lean on for prayer, guidance, and support. In times of joy, celebrating with friends can make those moments even more meaningful.

These things are true about relationships because God made us to be like Him. God is in life-giving relationship with Himself as the Father, Son, and Holy Spirit, and He desires a relationship with us. That's why surrounding yourself with people who follow Jesus is an essential spiritual practice—when you do so, you're following God's example.

Do you have the close relationships you need in life? People who encourage you in your relationship with Jesus and support you through life's highs and lows? If not, think about how you can invest in the relationships you already have or find the friendships you need.

If you don't currently have close, Jesus-following friends, finding a small group of fellow Jesus followers is a great place to start.

Finding and making friends can feel awkward or intimidating, but finding your people is worth the initial discomfort. It's life-giving to have friends who celebrate you, support you, and encourage you to keep getting to know Jesus every day.

Day 12

What Is Worship?

What happens when you join a group of Jesus followers, learn Scripture, pray to God, and build life-changing relationships? Worship.

Jesus' life was characterized by worship. What words come to mind when you think about worship? Maybe words like music, instruments, songs—which makes sense! Singing is certainly a way Jesus worshiped.

On the evening before Jesus' execution, He shared a meal with His friends. It was Passover, an important holiday for the Jewish people.

At the end of the meal, Jesus and the disciples sang together. In ancient Jewish culture, people often sang Psalms 113-118 to celebrate Passover. It's likely that Jesus sang these words of praise:



Who can be compared with the LORD our God, who is enthroned on high? He stoops to look down on heaven and on earth. He lifts the poor from the dust and the needy from the garbage dump. He sets them among princes, even the princes of his own people! Psalm 113:5-8 NLT



I called on the name of the LORD: "Please, LORD, save me!" How kind the LORD is! How good he is! So merciful, this God of ours! The LORD protects those of childlike faith; I was facing death, and he saved me. Let my soul be at rest again, for the LORD has been good to me. Psalm 116:4-7 NLT

These words of praise express awe and celebrate God's qualities and character. He's the Creator and Ruler of the world. He doesn't need to care for us, but He does because He loves us. He pays special attention to people in need of physical or spiritual support.

Today, like the Passover celebration, worship services are used to create space for people to worship God together. Worship songs give Jesus followers the opportunity to remember who God is and what He's done, and give Him the praise He deserves.

Singing is one way we can worship God, but worship goes beyond something we do through music.

We worship whenever we express our devotion to God. When we worship God, we're recognizing His awesome qualities and the amazing things He's done.

Seeing a sunset, witnessing the birth of a child, or experiencing an answer to prayer can also create moments of praise. **Any moment that reminds us of God's qualities and character is an opportunity for worship.**

This weekend, you'll have the opportunity to worship God through singing with other followers of Jesus at church. But don't wait until then to worship.

Take a few minutes to consider what you're thankful for. Maybe it's the beauty of God's creation, a relationship, or God's forgiveness through Jesus. Express your gratitude to God for who He is and what He's done.

Day 13

How Do I Stop Doing What's Bad For Me?

Do you ever want to do something even though you know it's wrong?

For three years, everything about Jesus' life was uncomfortable. He shared uncomfortable truths with people in power, endured daily attacks from His critics, and regularly heard about plots to kill Him. But early in His story, He received an offer to skip past all the suffering and take an easier route.

For 40 days, Jesus spent time alone in the desert without food. While He was vulnerable, the devil offered Him an easy way to escape suffering. We're tempted when we're offered a shortcut to something

we want. Feeling tempted isn't a sin. But giving in to temptation can compromise our integrity and lead to a painful cycle of poor choices. How do we overcome temptation? By looking to Jesus.

Jesus' spiritual practices helped Him overcome temptation.

Jesus knew the Bible, and He also knew His purpose—and how living it out would include making hard, uncomfortable choices for the good of others. Only by making those choices could He change the world. No easy way out and no shortcuts.

In other words, Jesus knew who He was and whose He was. So He refused to compromise His identity and calling for momentary pleasure or relief.

We face temptations every day, both big and small, that can distract us from who we're becoming. Here's the good news: God wants to help you overcome temptation.

Read what one Jesus follower had to say about temptation.



No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13 NIV

Let's be like Jesus and prepare for temptation before it strikes. We do this by studying, believing, and living out God's truths in the Bible, asking God for help through prayer, sharing vulnerably with others, and looking for the opportunities God provides to escape temptation.

Sometimes the opportunity God provides can look like joining a recovery group, talking with a healthcare professional, or meeting with a pastor to find the tools you need to find freedom.

Pray with your own words, or try these:



Dear God, thank You for always offering me another chance. Help me to recognize and resist temptation when it comes. In Jesus' name, amen.

Day 14

Why Does Jesus Rest?

Do you ever feel anxious about everything going on during the week? Or do you wish you had more time for the people in your life? If so, you're in good company. Life often seems to demand for us to be busy. But Jesus invites us to a different (and better) way of living.

Check out this surprising passage from the life of Jesus:



Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. Luke 5:15-16 NIV

Think about what this passage is saying. People wanted to hear Jesus speak and receive healing—yet Jesus chose to walk away so He could rest. When He sacrificed productivity and opportunities to help others in order to rest, it was a good thing. Why?

We can only be as helpful as we are healthy. So like Jesus, we can set boundaries with our time and purposefully slow down. All humans need rest, and because Jesus was fully God and fully man while on Earth, that limitation was true of Him, too.

Rest is also worship. The Bible begins with an account of God creating the world. The story uses a seven-day structure to describe God's work. On the sixth day God created people, but the seventh day was a day of rest. Why is that important? Because humanity's first full day on Earth was a day of rest—not work.

Throughout the Bible, the seventh day of the week is called the Sabbath. On that day, people are invited to worship by not doing work. But how is this worship?

It's easy to forget this basic spiritual truth: God is in control; we're not. When we forget, we tend to try to control our lives through work. We begin obsessing over our to-do lists and worry about falling behind.

When we choose to take a break from our tasks and to-do lists, we're making a declaration that late tasks, unfolded laundry, and unread emails don't threaten God's plan for the world. That's why the Sabbath, a time devoted to rest, is worship.

You might work long hours and have people who depend on you. Don't feel guilty if you're not able to take a full day off each week to rest. Instead, find moments to rest when you can. Jesus did the same. Once, when He was tired, He simply sat down by a well. Another time, He took a nap in a boat.

So, what about you? How might you add rest into each week, and how might you add rest into each day?

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