

LESSON ONE

NEW LIFE



Be With Him: The Foundation of Following Jesus

Why this matters: Following Jesus begins with relationship, not performance. Walking with Him starts by learning how to simply be with Him — and letting everything else flow from that place.

Start Here: When you think about following Jesus, what usually comes to mind first – doing things for Him or being with Him? Take a moment to share why.

The Big Idea: The greatest gift of following Jesus is Jesus Himself. Before becoming like Him or living like Him, we learn how to be with Him.

Read Together:

Matthew 4:19

Matthew 11:28-30

John 15:4-5

After reading, ask: What words or phrases stand out to you? What do you notice about Jesus' invitation?

A Few Truths to Hold:

- Jesus invites us into relationship, not religion.
- Being with Him comes before doing for Him.
- Staying connected to Jesus daily is where growth begins.

Talk About It: What makes it difficult to slow down and be present with Jesus? Where do you notice distance or distraction in your walk right now?

Foundations of New Life:

Salvation – Saying yes to Jesus. Trusting Him to forgive your sin and lead your life (John 3:16; Romans 10:9–10).

Justification — What God does for us. He makes us right with Him instantly when we believe.

Sanctification — What God continues to do in us. Over time, He shapes us to become more like Jesus (1 Thessalonians 5:23).

Baptism — A public step of obedience that shows we belong to Jesus and are choosing new life with Him (Matthew 28:19).

Holy Spirit — God's presence and power living within us, helping and strengthening us to follow Jesus (Acts 1:8).

Ask: Which of these feels most meaningful right now? Which one raises questions?

Practice This Week: Each day, spend 10 minutes simply being with Jesus. Read a short passage of Scripture, sit quietly, or pray a simple prayer like: "Jesus, help me to learn how to be with you."

Pray Together: Take a few moments to pray out loud, asking Jesus to draw you closer and help you grow in relationship with Him.

Looking Ahead: Next time, you'll explore what it looks like to be with Jesus through His word and how Scripture becomes a daily source of life.