
ABUNDANT LIFE STUDY BOOK

CONTENTS

<i>Lessons:</i>	<i>Titles:</i>	<i>Page:</i>
The Believer's First Steps		
1	The new birth	3
2	Repentance from sin	11
3	Faith and forgiveness	18
4	Obedience	24
5	The family of God	33
6	Filled with the Holy Spirit	41
The Believer's New Life		
7	How to read the Bible	50
8	How to pray	58
9	How to overcome the devil	66
10	How to overcome the old nature	74
11	How to overcome the world	81
12	How to share the good news with others	91
The Believer and the Church		
13	Baptism	97
14	The Lord's Supper	102
15	Members of a local church	109
16	What is the church?	120
17	God's stewards	127
18	Led by God	136
▶	Feedback on lessons	149



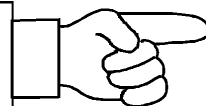
Hello!

I'm your teacher and friend. I will be guiding you through this course.

Here is what to do:

- 1. Read this Study Book very carefully and follow all my instructions throughout.*
- 2. Write the correct answers to the questions in the spaces provided or tick the correct answers where there is a choice.*
- 3. After you've written your answer, you can check to see if you were right by looking at the answer sheets starting from page 149 at the back of this Study Book.*
- 4. If you have any difficulties talk them over with your counsellor.*

Let's get started...



Lesson 1

The New Birth

1. Read these beautiful words from the Bible.

“Yet to all who received him, to those who believed in his name, he gave the right to become children of God.”

(John 1:12)

Fill in the spaces in the sentence below according to the words from the Bible you have just read.

All who r_____ Jesus Christ and b_____ in his name have become _____ of _____.

2. In brackets after the Bible words in point No. 1 above you will see the name of the **book** of the Bible from which they are taken. In which **book** of the Bible are these words found?

In the book of _____.

3. We have learnt that all those who **received** Christ and **believed** in him have become _____ of God.

4. a) Who become God’s children?

Those who r_____ Christ and b_____ in him.

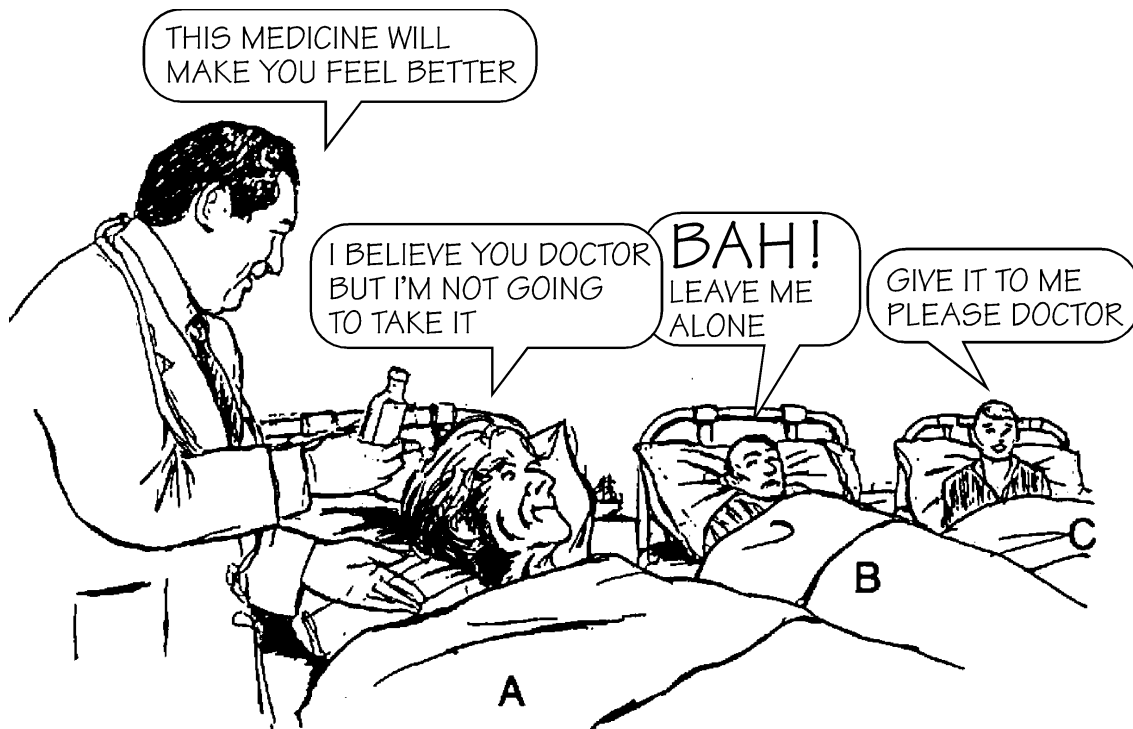
- b) Which book of the Bible teaches us this _____

5. Unfortunately, there are people who say they believe in Jesus Christ, but who show by their way of life that this is not true.

So it is not enough just to say we believe in Jesus.

To be a child of God we must also r_____ Jesus into our lives as our Saviour and Lord.

6. Remember that believing without also receiving is not enough. Now read what the doctor and the three sick people below have to say before answering the question that follows.



Which of the sick people in the pictures above (A, B, or C) will have the best chance of getting better? _____

7. So then, believing without receiving is not the true faith of a child of God. Which of the following persons has become a child of God? (Tick the correct answer). One who says:
- a. "I believe in you Lord Jesus, but I cannot receive you into my life as my Saviour because my friends will make fun of me."
- b. "I believe in you Lord Jesus; come into my life. I receive you as my own Saviour and Lord."
- c. "I won't believe in Jesus."
8. What have those who received Jesus and believed in him become?

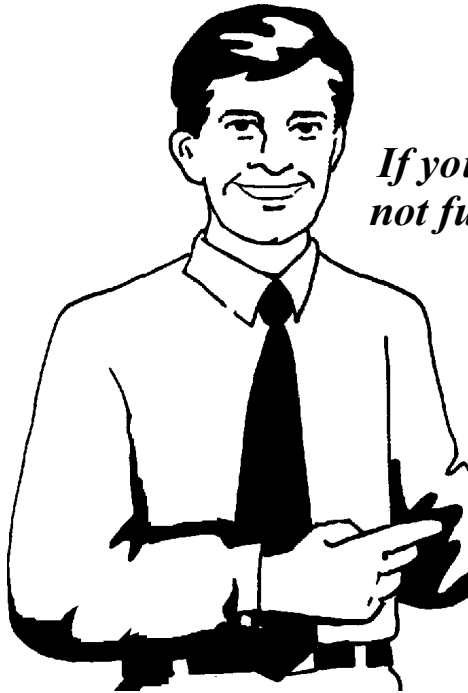
_____ of _____

9. Receiving Jesus is a very important step to take. It means turning away from what you know is wrong, and asking Jesus to come into your life as Saviour and Lord. Have you taken this step? (Tick only one)

Yes

No

Don't know



If you have not yet taken this step, or do not fully understand it, please have a chat with your counsellor or minister before going on with these lessons. None of the things in the lessons which follow will be of much help to you if you have not yet received Jesus into your life.

10. Read these words from John's Gospel once more:

“Yet to all who received him (Jesus Christ), to those who believed in his name, he gave the right to become children of God.”
(John 1:12)

Now, using the spaces below as a guide, repeat these words aloud (without writing anything). Only look at the words above when you forget something. Carry on repeating them until you are able to do so without looking above.

“Yet to all who r _____ him (Jesus Christ), to those who b _____ in his name, he g _____ the r _____ to b _____ ch _____ of _____.”
(J _____ 1:12)

11. You have received the Lord Jesus and believed in him. Therefore, what have you become? A _____ of God.

12. How wonderful to think that, as a child of God, you now belong to God's family. Of the following, tick the one who is most privileged. One who belongs to:
- a. the Royal family.
 - b. the Prime Minister's family.
 - c. God's family.
13. When we receive the Lord Jesus and believe in him we become members of God's family - God himself is our Father. So we don't speak about being Jesus' children, but that we are G_____ children, and that we belong to the family of _____.
14. When you received Jesus you were born into the family of God. The Bible speaks of this as being born again into a new family. In other words, you experienced a new _____.
15. This new birth doesn't only make you a member of a new family; you are also given a new life, the life of Christ himself. This is the life in all its fullness, the Abundant Life, that we are going to study in this course.
- How did this new life begin? With a _____ birth.
16. Now read the next verse in John's Gospel which tells us that those who have experienced this new birth are:
- "Children born not of natural descent, nor of human decision or a husband's will, but born of God."*
- (John 1:13)*
- We can see from this that our new birth was not to do with our human parents. Through whom then, have we been born again?
- a. God.
 - b. Our human mother and father.
 - c. The person who helped us to receive Christ.

17. Those who receive Jesus and believe in him have become
 G _____.

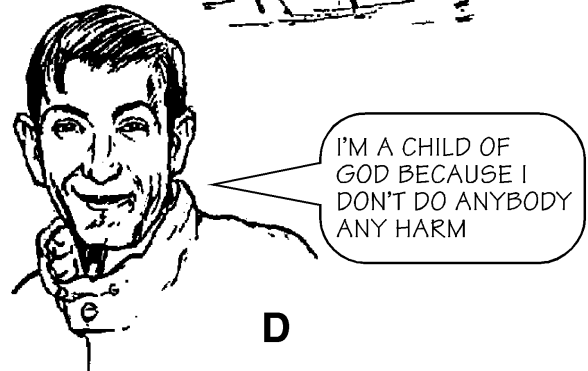
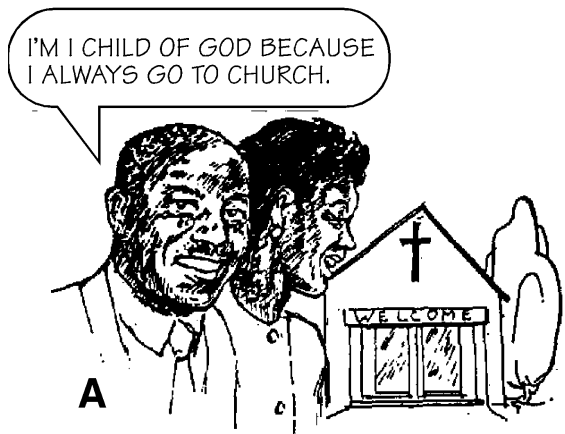
18. Which of these people is God's child? (Tick the correct one)

A

B

C

D



19. Now practise again saying the words of John that you learnt earlier in the lesson. If you need to look back, you can find them in point No.1 of this lesson. (Now write them below).

“Yet to all who _____ him (Jesus Christ), to those who _____ in his name, he _____ the _____ to become _____ of _____.”
 (J _____ : _____)

20. This new birth is not man made, but is something done by _____ in you.

21. Jesus said about those who followed him:

“I give them eternal life, and they shall never perish; no one can snatch them out of my hand.” (John 10:28)

To be born into the family of God is the beginning of something which continues for ever. When will you stop being a member of the family of God?

- a. In a few months' time.
- b. When your body dies.
- c. Never.
- d. When you do something wrong.

22. Yes, you are a child of God for ever. God has accepted you and will NEVER turn you out of his family. You can, therefore, be really sure that when you die you will:

- a. cease to exist.
- b. go to be with God straight away.
- c. go to be with the devil.

23. Who will you go to live with when you die? _____

24. As regards being sure that you are a child of God, in whom should you trust? (Tick only one)

- a. In your own efforts.
- b. In your pastor or priest.
- c. In God who made you his child.

25. Who made you a child of God? _____ himself

26. Can God be relied upon? (Answer “Yes” or “No”) _____

27. In view of this, is it possible to be really sure about being a child of God? (Answer "Yes" or "No") _____

28. God is completely reliable; he always does what he says he will. If everything depends upon God and not upon you or somebody else, which TWO of the following should you feel?

- a. Doubts.
- b. Security.
- c. Peace of mind.
- d. Uncertainty.

Spend a few moments going over the words of John 1:12, in No.1, and thanking God that he has made you his child. Then answer the questions in the test on the next page.



TEST 1

1. As a result of having received Jesus Christ as your Saviour and Lord, what have you become? _____

2. To what family do you now belong as a result of this? _____

3. Who made you a child of God? _____

4. What kind of birth have you now experienced? _____

5. For how long will your new life as a child of God last? _____

6. If you have indeed received Christ and believed in him, what should your new attitude be? (Tick the correct answer).
 - a. "I can't really tell whether I am a child of God or not."
 - b. "I am now really sure that I am a child of God."
 - c. "I am not a child of God as yet."

7. Here is the Bible verse we learnt by heart in the lesson. Fill in the gaps with the missing words.

"Yet to all who _____ him (Jesus Christ), to those who _____ in his name, he _____ the _____ to become _____ of _____."

(J _____ : _____)

8. In which book of the Bible can you find these words? _____

Your counsellor will give you the correct answers to this test at your next meeting.

Feedback on Lessons

LESSON 1

- | | | |
|--|--------------------------|---------------------|
| 1. received / believed children of God | 10. To remember by heart | 19. Check with No.1 |
| 2. John | 11. child | 20. God |
| 3. children | 12. c. | 21. c. |
| 4a) receive / believe | 13. God's / God | 22. b. |
| 4b) John | 14. birth | 23. God |
| 5. receive | 15. new | 24. c. |
| 6. C | 16. a. | 25. God |
| 7. b. | 17. God's children | 26. Yes |
| 8. children / God | 18. C | 27. Yes |
| 9. Your own answer | | 28. b. c. |

LESSON 2

- | | | |
|--------------------|-------------------|-------------------|
| 1. child of God | 10. a. | 18b) changed life |
| 2. B | 11. Pete | 19. B |
| 3. sins / God | 12. life | 20a) Sorry |
| 4. short | 14a) mind | 20b) Changed |
| 5. a. b. and c. | 14b) life | 21. a. |
| 6. a. b. and c. | 15. c. | 22a) No |
| 7. b. c. d. and f. | 17a) changed life | 22b) No |
| 8. c. | 17b) changed life | 23a) Sorrow / sin |
| 9. mind | 18a) sorry / sins | 23b) changed life |

LESSON 3

- | | | |
|-------------------------------|------------------------------|------------------------------|
| 1a) repented | 10. d. | 14b) died / cross |
| 1b) faith / Lord Jesus | 11a) faith / Jesus / Saviour | 15. All |
| 2. change / mind / Lord Jesus | 11b) died | 16. b. |
| 3. Jesus | 12a) sin | 17. a. b. c. d. |
| 4. b. | 12b) cross | 18a) Died on the cross |
| 5. sins | 12c) B | 18b) faith / Jesus / Saviour |
| 6. a. | 13a) No | 18c) All of them |
| 7. In Jesus | 13b) b. | 19. a. d. |
| 8. No answer | 14a) No | 21. Peace and joy |
| 9. faith | | |

LESSON 4

- | | | |
|--|---------------|--------------------------------------|
| 1. Lord | 9. mind | 16b) A, D, E. |
| 2. To learn by heart | 10. a. b. c. | 17a) Obeying him |
| 3. b. | 11. thoughts | 17b) Our thoughts Our words |
| 4. obey | 12a) Obey | |
| 5a) Christ | 12b) thoughts | 19. do |
| 5b) Christ | 13. words | 20. c. |
| 6. Because there is nothing that can be hidden from God, or, because God sees everything (similar words) | 14. a. | 21. doing |
| | 15. words | 22a) A |
| | 16a)1 A | 22b) B |
| | 16a)2 D | 22c) C |
| | 16a)3 B | 23. forgiven |
| | 16a)4 E | 24. Our thoughts Our words Our deeds |
| 7. a. b. c. e. | 16a)5 C | |
| 8. thoughts | 16a)6 F | 25. Lord |

LESSON 5

- | | | |
|--------------------|---|--------------------------------------|
| 1a) A child of God | 12a) father / heaven / needs | 21. All those who believe in Christ |
| 1b) God | | 22. he loves us |
| 1c) God | 12b) father / heaven / promised / leave | 23. c. |
| 2. C | | 24a) All those who believe in Christ |
| 3. C | 13. C | |
| 4. More loving | 14a) all that he needs | 24b) Love |
| 5a) eat | 14b) promised never to leave him | 25. b. |
| 5b) drink | | 26. a. c. e. f. g. |
| 5c) wear | 15. No answer | 27. His life |
| 6. knows / needs | 16. c. | 28. Jesus |
| 7. See the verse | 17. children / Father | 29a) knows all that we need |
| 8. a. | 18. believe | 29b) has promised never to leave us |
| 9. kingdom | 19. Love | |
| 10. knows / need | 20. brothers / sisters | |
| 11. leave | | |

LESSON 6

- | | | |
|------------|--------------------|----------------------|
| 1. new | 5. The Holy Spirit | 10a) c. |
| 2. c. | 6. Holy Spirit | 10b) Holy Spirit |
| 3a) God | 7. b. | 11. filled |
| 3b) No | 8a) in | 12. No answer |
| 4a) Spirit | 8b) For ever | 13. water |
| 4b) ever | 9. a. | 14a) The Holy Spirit |