

# The Journey Begins: Foundations for Discipleship

## Session 7: New Life in Christ

### Core Truths:

1. Jesus Christ is the **only way** to \_\_\_\_\_.
  2. Eternal life is a **free** \_\_\_\_\_ from God, not something we can \_\_\_\_\_.
  3. We receive new life when we \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of our sins.
  4. We can have \_\_\_\_\_ about our \_\_\_\_\_.
  5. Eternal life does not start in the future — it \_\_\_\_\_.
  6. When we trust in Christ, we are made \_\_\_\_\_ with \_\_\_\_\_.
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### Scripture Study

#### 1 John 5:11-13

- “God has given us \_\_\_\_\_, and this life is in His \_\_\_\_\_.”
- “I write these things so that you may \_\_\_\_\_ that you have \_\_\_\_\_.”

#### Romans 6:4

- “We were buried with Him... so that we too may \_\_\_\_\_ a \_\_\_\_\_.”

#### Ephesians 2:4-5

- “Because of His great \_\_\_\_\_, God made us \_\_\_\_\_ with \_\_\_\_\_ even when we were \_\_\_\_\_ in our sins.”
  - “It is by \_\_\_\_\_ you have been \_\_\_\_\_.”
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### THE SOURCE OF LIFE

#### John 4:13-15

• “Everyone who drinks of this water will \_\_\_\_\_ again; but whoever drinks of the water that I will give him shall \_\_\_\_\_.”

- When it comes to life and fulfillment, how important is it to consider the “source” of life? What are some sources people turn to for life?

In the following passages, what is Jesus saying about Himself and eternal life?

- John 1:4
- John 6:40
- John 10:10

In John 17:3, Jesus claims that knowing Him is the source of eternal life. What do you think knowing Him looks like?

### Personal Reflection

1. What does “**new life in Christ**” mean to you?  
→ \_\_\_\_\_
2. What is one area of your life where you need to live like eternal life **begins now**?  
→ \_\_\_\_\_
3. What is one step of **surrender** you need to take this week?  
→ \_\_\_\_\_

### Key Themes & Take-Away

- **Salvation is by grace through faith:** new life is a gift, not earned.
- **Connection with God through Christ:** active believing, confession, repentance.
- **Assurance of eternal life:** we don’t have to guess—we can know.
- **New life now:** this isn’t just a future hope, but a present reality.
- **Living out the new life:** transformation meant to affect daily living, not just doctrine.