

session one

called to follow Jesus

Read Mark 1:14-20

Jesus came to change our lives for the better. He invites everyone to enter His Kingdom and follow Him. This is good news because His Kingdom is a rule of love, joy and peace – something we all need!

In order to follow Him, we must do 2 things:
repent • believe the good news

First, we need to **repent**...



Simon and Andrew heard Jesus call them to follow Him - He had a specific purpose for their lives (*just as He has for you and me*). Their response demonstrates what repentance means - a change of heart and mind, and therefore a change of direction.

Before you and I can follow Jesus we must be willing to turn away from our life of sin. Instead of going our own way, we choose to go His way and live the way He wants us to live.

Q: *Can you explain in your own words what 'repentance' means?*

Three horizontal green bars for writing an answer.

Q: *What do you think Jesus is asking you to repent from?*

Three horizontal green bars for writing an answer.

The next thing we must do is **believe**. Read [John 3:16-18](#)

GOD LOVES YOU

God loves the whole world, which means He loves people – and that includes you and me!

His love is unconditional and life-changing. God's love does not depend on:

- Performance
- Reason/feelings
- Circumstances/background

God loves you – FULL STOP!

WHY DID GOD SEND JESUS?

The scripture we have just read tells us Jesus came to save us from perishing (being destroyed or lost).

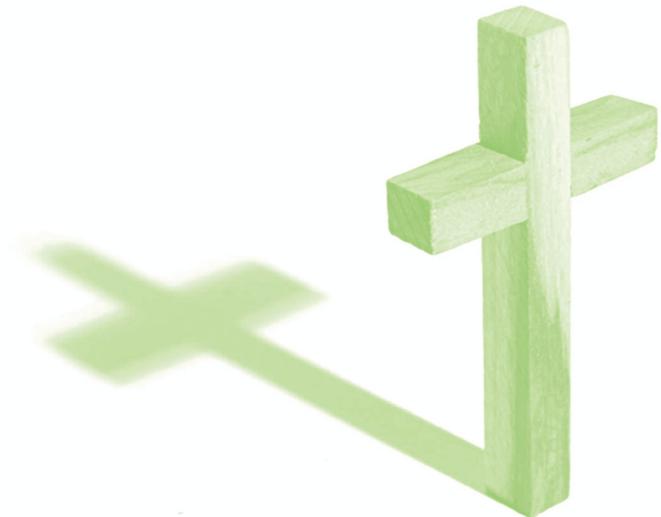
All of us have sinned or missed God's perfect standard. Sin separates us from God and the result is eternity in hell unless we believe in Jesus.

WHAT DOES IT MEAN TO BELIEVE IN JESUS?

To 'believe' is much more than just a way of thinking or a positive attitude. Many people acknowledge Jesus as a good teacher or moral leader but He doesn't have any effect on their everyday life.

Believing in Jesus means to:

ACCEPT and DEPEND on who He is and what He has done for you.



WHAT ARE WE TO BELIEVE?

Read Romans 6:23

Because we have all sinned the bible tells us that we deserve punishment. That punishment is eternal death. Jesus, God's Son, died on a cross and took the punishment for our sin. He died instead of you and me and was raised from the dead after 3 days. Now, everyone who believes in Him, will not perish but have everlasting life.

Here is an illustration to help you understand what Jesus did:

THE COURTROOM

Imagine you are on trial, standing in a court for a crime that you have committed. You are guilty, but another person volunteers to take your place and your punishment so that you can go free. THAT'S WHAT JESUS DID FOR YOU.

Q: *Jesus took your punishment. How does this affect you?*

Four horizontal green bars for writing a response.

Read Romans 10:9-10

If you believe in your heart that Jesus died for you and was raised from the dead, it is then vital that you confess Him as your Lord and Saviour – then you will be saved.

(To confess means to speak it out loud.)

To make Jesus your LORD means He is your Master and the One who now will lead your life.

To make Jesus your SAVIOUR means He is your Rescuer from sin, Satan and hell.

Once you have done this, **YOU ARE SAVED!**



Points to remember:

Because you have chosen to repent and believe in Jesus, God has forgiven your sins and has given you eternal life. His love for you is unconditional.

Action step:

This week read over the scriptures you have looked at and thank God for the gift of eternal life and that He has called YOU to follow Him