

JOURNEY GUIDE

UNDERSTANDING YOUR SPIRITUAL JOURNEY

*"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."
(Colossians 2:6-7)*

WELCOME TO YOUR SPIRITUAL JOURNEY

The purpose of this Journey Guide is to help you to begin in your growth as a Christian. After you have privately completed it, someone will spend time with you to determine your next steps of growth for your life.

You have embarked on a *new journey of life*. It is imperative that you should grow. There is no standing still in this journey. You are either going forward or slipping back. This booklet is designed to help you think about this spiritual journey, and to consider what would best help you move forward. Do not be frightened by any of the material. Its purpose is not to make you feel guilty, but to help you discover the steps you need to take to be a better follower of Jesus. This booklet will help you see your present situation and provide you with direction as you progress in your spiritual journey.

After you have completed this guide, someone in your church will arrange for you to have a private time of sharing with another Christian who has moved further along on this spiritual journey. You will be able to share insights you have gained and the person will be able to help you plot your next step ahead. It is wonderful to have someone who can grow with you and make recommendations to help you develop a fruitful and happy Christian life.

The questions in this booklet do not have *right* or *wrong* answers. Be honest and open as you think about them. They will help you evaluate what God can do in your life in the months ahead.

The real purpose of this guide is to help *you* reflect on your own personal growth as an individual. Therefore, don't worry about what someone else might think of you if you answer a question which might "put you in a bad light" in someone else's eyes. Don't be afraid to lose face. The person who will review your responses with you is fully committed to your success in growing to be a mature person.

Do not ponder on how you should respond to the questions. Answer them rapidly. Put down the first impressions that come to your mind as you read the questions. Your first impression is usually the most accurate ones.

Are you ready? You are about to be really blessed.

NOW LET US BEGIN!

SOMETHING ABOUT YOUR PAST

How long have you been a Christian?

- Less than three months
- Less than six months
- Less than one year
- Less than two years
- Others: _____

What previous exposure to Christianity did you have?

- Had no real contact with Christianity
- Attended a Christian school
- Made a decision to become a Christian before, but never attended church
- Previously attended church, but did not believe
- Was a believer, but left the faith
- Other: _____

Are there any members of your family that are Christians?

- None, I am the first one
- My Mother
- My Father
- Brother or sister
 - One other (name): _____
 - More than one (names): _____
- Other: _____

Why did you become a Christian?

- Influenced by family members
- Influenced by friends
- Influenced by someone you respect (e.g., teacher, boss, etc.)
- Through evangelistic meeting or literature
- Other: _____

Your conversion experience was:

- Dramatic
- Quiet
- Vague
- Often doubted by me
- Other: _____

Your parents believe in:

- Jesus Christ
- Ancestor Worship
- Buddhism
- No religion
- Other: _____

Write down your past religious or supernatural experiences.

If you are working, how long have you worked?

Years _____ months _____

In that time, how many jobs did you have? _____

List two or three people who had significant influences in your life:

You share your faith with others

- Naturally
- With hesitation
- Rarely
- Don't know how
- Other: _____

*YOU WERE ALREADY A CHRISTIAN, BUT IS NOW ATTENDING
OUR CHURCH*

What previous Christian training have you completed?

- A New Believer's Course
- A Basic Discipleship Course
- A Course On Spiritual Gifts
- An Evangelism Course
- Other: _____

What previous Christian service have you performed in your previous church?

- Choir/pianist/congregational song leader
- Sunday School teacher/staff
- Serving in the fellowship
- Deacon/elder/department head
- Youth Worker
- Others: _____

Write down your previous attendance in church life:

- | | | |
|---|----------------------------------|------------------------------------|
| <input type="checkbox"/> Sunday worship | <input type="checkbox"/> Regular | <input type="checkbox"/> Irregular |
| <input type="checkbox"/> Sunday School | <input type="checkbox"/> Regular | <input type="checkbox"/> Irregular |
| <input type="checkbox"/> Fellowship | <input type="checkbox"/> Regular | <input type="checkbox"/> Irregular |
| <input type="checkbox"/> Prayer meeting | <input type="checkbox"/> Regular | <input type="checkbox"/> Irregular |
| <input type="checkbox"/> Other (List or explain): _____ | | |
| _____ | | |
| _____ | | |

Which are the three most unforgettable blessings or lessons you received from God in the past?

1. _____
2. _____
3. _____

TESTING YOUR BIBLE KNOWLEDGE (2)

(For Over 1 Years Old Christians)

Instructions: Write the numbers of items in Column 2 which properly relate to items in Column 1:

- | | | |
|-------------------------|----|------------------------|
| — Gideon | 1 | A pool of water |
| — Lot | 2 | Holy Spirit given |
| — Paul | 3 | Sons of Noah |
| — Half brother of Jesus | 4 | Discipled Elisha |
| — Patmos prisoner | 5 | A judge of Israel |
| — Aaron | 6 | Cut off a man's ears |
| — Capernaum | 7 | Second coming of Jesus |
| — Lazarus | 8 | Satan |
| — Shem, Ham, Japheth | 9 | Word of God |
| — Bethesda | 10 | James |
| — Peter | 11 | Abraham's nephew |
| — Elijah | 12 | Jesus lived there |
| — Like a thief | 13 | John |
| — Pentecost | 14 | Brother of Moses |
| — Father of lies | 15 | Raise from the dead |
| — Sword of the Spirit | 16 | Discipled Timothy |

Check your answers - see bottom of page eleven

HOW WOULD YOU DESCRIBE PAST PERIODS IN YOUR LIFE?

Check each statement that is true for you:

- I look back on my past life with gratefulness and contentment.
- If I had my life to live again, I would like to change much of my past.
- I feel that life is precious and enjoyable and I am doing my best to live it to the full.
- I basically relate well with other people, including my family and friends.
- I have no problem resolving conflicts with others when they arise.
- I am able to build intimate relationships with others, receiving and giving love.
- I often feel that I am not being loved or that I am not important to others.
- I am generally an open and transparent person who is not afraid to let others know the real me.
- I am afraid to let people know intimate things about me. That is why I find it difficult to make close friends who can share deeply.
- Like most people, money has been the most important thing in my life.
- In the area of money, I am a contented person. Whether I have much or little, I have learned to be content with what I have.
- Parting with my money or possessions has not been very hard for me. I find more pleasure in giving than getting.
- After my conversion, another Christian carefully grounded me in my faith.
- I have never been built into by another Christian.
- For the past several months, I have been unconcerned about my spiritual life and ministry.
- My values are a mixture of those picked up from the world and those which are truly Christian.
- I have been committed to Christ's Lordship for sometime and have a great desire to *fully obey Him*.
- I have a good understanding of Spiritual Gifts.
- I need help in understanding Spiritual Gifts.
- I usually reserve some time each day to read my Bible and pray.
- I am ready to learn about the Bible in depth.
- Memorising scripture is meaningful to me.
- I have read completely through the New Testament.
- I have read completely through the Old Testament.

- I am ready to get some help in learning how to share my faith in a natural manner based on relationships.
- I naturally share my faith when it's appropriate.
- I have helped another person become a Christian.
- I have prayed with *several* people, helping them to become Christians.
- I would like to be involved in bringing totally unchurched persons to Jesus Christ.

HOW DO I LEARN?

- I read a lot. Books are important to me when I want to learn something.
- I seldom read. It's not my lifestyle.
- I learn by doing, by watching and by being involved in things.
- I often listen to audio messages. This is an important source of learning for me.
- I like to find someone who knows what I need to know. I will get involved with him, and develop skills by being with him.
- I have not built any pattern of learning. It is not a strength in my life.

ACTIVITIES I ENJOY

(Rank them from 1 to 5 as to degree of enjoyment)

- Helping other people with their problems
- Going to a party with lots of food and friends
- Being by myself and doing something I enjoy (e.g. reading a book, doing a hobby, etc.)
- Working with a computer or making something with my hands
- Playing competitive sports
- Playing computer games
- Enjoying music or playing an instrument
- Watching TV or just laze around doing nothing
- Singing Karaoke
- Going out with my friends
- Others: _____

STRONGHOLDS

Scripture talks about "strongholds" in our lives – areas where we seem to be constantly facing defeat, discouragement, or fear. Often we are unable to move forward in our journey because of these strongholds. They can defeat us spiritually, robbing us of peace, love, and deep fellowship with God. Sometimes heavy periods of stress can enlarge the power of these strongholds.

Are you struggling with areas of life where you feel defeated? If so, your meeting with the person assigned to you by your church may be the springboard to victory. Our Lord Jesus Christ is more powerful than any stronghold, and it is your birthright as God's child to be fully delivered from fear and discouragement. Talk about this when you meet together. Few of us can wrestle alone with them.

The following are some common areas which many people struggles with. Prayerfully read through each area and check each statement that describes you. Begin to pray that Christ will be your victor in those areas. Christ died to set us free.

- I had a poor relationship with my father/mother. I guess that's why I find it hard to believe and sense that God truly loves me.
- I have a hard time forgiving myself for things I've done in the past. I constantly dislike myself.
- I have been wrongly treated and hurt in the past and I find it hard to be set free of the inner anger I feel every time I think of it.
- I have a sin or bad habit in my life that I am not able to get free of. I tried so hard but it is like I am being captive in this condition.
- I have a hard time with lust in my life. It seems to control me at times. I have been unable to break its control and the bad habits that go with it.
- I have some addictive behaviour, e.g., over eating, gambling, exaggerating, love for sleeping, drugs, alcohol, etc.
- Sometimes I feel that my desire to have money and possessions have a strong control over my life.
- Sometimes I find that I cannot control my anger. It seems to well up from within and want to explode.
- I have a problem with anxiety. Sometimes I don't even know why I am so anxious. I get anxious even about little things.
- I have many fears in my life. These fears are sometimes sudden unexplained seizures and unnecessarily strong at other times. They include fears like: fear of the dark and of being alone; fear of sickness and death; etc.
- I have on several occasions contemplated thoughts of suicide.

- I find it hard to concentrate when I am reading the Bible and praying. It is as though I find drowsiness coming on me whenever I do it.
- I have, in the past, been involved in some occult practices, e.g., astrology, devil worship, séance, etc.
- I have, in the past, been a zealous idol worshipper. I still have idols and charms with me or in my home.
- My parents have offered me to an idol when I was young.
- Others: _____

ANSWERS FOR QUIZ ON PAGE SIX:

1, Turning water into wine; 2, Revelation; 3, Bethlehem; 4, Twelve;
5, Blood of Jesus; 6, Samson; 7, David; 8, Joseph; 9, Peter; 10, Ten
commandments; 11, The four Gospels; 12, Paul; 13, Judas;
14, Emmanuel

ANSWERS FOR QUIZ ON PAGE SEVEN:

1, Bethesda; 2, Pentecost; 3, Shem, Ham, Japheth; 4, Elijah;
5, Gideon; 6, Peter; 7, Like a thief; 8, Father of lies; 9, Sword of the
Spirit; 10, Half brother of Jesus; 11, Lot; 12, Capernaum;
13, Patmos prisoner; 14, Aaron; 15, Lazarus; 16, Paul

CELL LIFE IS IMPORTANT FOR YOU!

These days, we tend to think that everything can be learned from books. That is why, today, the place to train people to pastor is in seminaries, by professional teachers. This is a great fallacy. Most of what we learn in life is caught rather than taught. Our most basic method of learning is through modelling. We learn by watching others and imitating. That is why good models are so important in order for us to grow as healthy individuals.

The art of relating to others in community is not learned from books. To learn how to relate, we need to relate and watch how others do so. Books can give us some concepts, but they are dead until we see the concepts being exemplified for us in the life of a person. That is why every community needs its parent models, as well as



models of brothers and sisters. These people give us our values. They also set the atmospheres of the greater community. We need relationships with people we can identify with and copy their actions.

The cell group is God's design for this modelling to take place. In this modern urban society, city dwellers generally do not know what community is like. You are perhaps entering for the first time into true community as you enter into cell group life. Give yourself wholeheartedly to learn. There will be more mature Christians from whom you can learn from and, in time, you will become a model to those who are younger than you in the Lord.

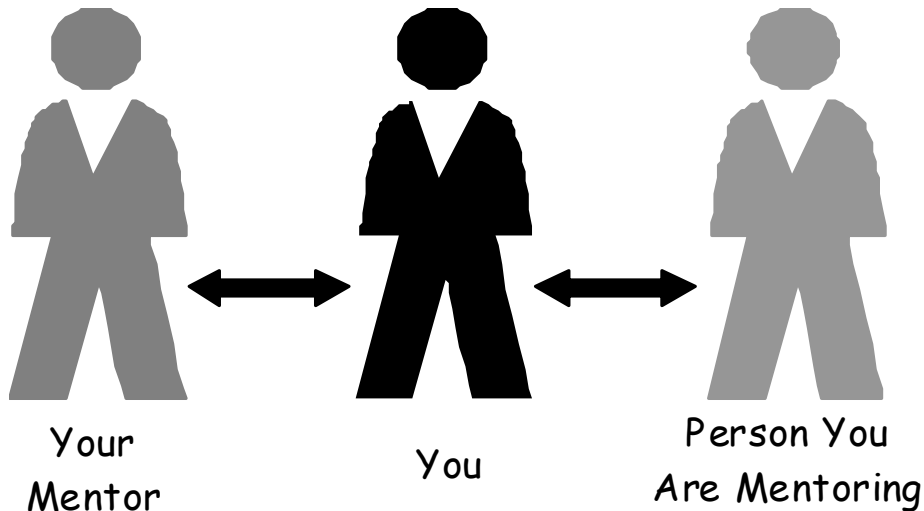
You learn community as you participate. Do not simply be an observer. Learn to give love as well as receive. Learn to be sensitive to others. Do not try to "control" the group by over-talking or dominating the discussions.

Prepare yourself beforehand to go to give rather than just to get. Seek for what God can flow through you which will be a blessing to others. Prepare by praying and arrive at the meeting with something to give! It may be a scripture, or a word of encouragement, or a caring word, etc.

You will be blessed most by being a blessing to others. Don't ever just *attend* a cell group: be a vital part of its ministry to all who are present. Welcome guests with warmth and care.

You will soon wonder how you ever existed without your group!

"WOULD YOU BE MY MENTOR?"



Every Christian in the cell group should sooner or later be a part of a living chain of people who are relating to a mentor and serving as one. Being helped, and being a helper – this is the New Testament pattern!

Perhaps you have felt you are a "second class Christian" because you don't know a lot of scripture, or your prayer life is not strong. Nonsense! Martin Luther said, "The simplest peasant, armed with the Gospel, is mightier than a Pope!"

Your own growth in Christ will depend on your finding someone in your cell group who has taken three or four steps ahead of you, and who can show you where to place your feet next as you journey toward maturity. Discuss with your Cell Leader who that person might be for you. He or she will arrange for that person to be your "mentor," if it is best for you both.

As you join hands with this person, there will be someone just a few steps behind you. Therefore, as you continue to grow, the time will soon come when you will begin to hold this person's hands and be his guide in his journey of life. You will do with this person what your mentor has done with you. You do not need to worry that you don't know what to do, you have a mentor who will teach you. If he does not know the answer, he himself has a mentor.

You'll keep in touch and meet regularly with the person you are mentoring. In special times of need, you may spend hours together, as a good friend would do. Although your Cell Leader will always be ready to spend time with you, your main person to take care of you would be your mentor. Your mentor, the person you are mentoring and you will create a special "triplet" for prayer and for sharing. You will be three links in a chain.

Having a mentor and being a mentor: that's what makes the cell group a vital gathering. Enter into this lifestyle with a total commitment to be God's person for others!

YOUR JOURNEY MAP

It is important for you to know that everyone needs to be continually growing. Everyone is at a different stage of their spiritual journey. Your Journey Map will give you a clear picture of the stages of your journey ahead.

You are already on the way. Where are you right now in your Christian journey? Honestly evaluate your present spiritual condition. Your mentor will have some help to enable you to grow in different areas of your life. How wonderful it is to know where you are heading and to have a plan for your personal growth into a healthy and fulfilling individual!

Please remember that this is for your own growth, so there is no reason to make up your response for someone else to see. This evaluation is for you. Be as true as you can make them.

The following are the different marks that you must pass on your journey as a new believer.

Dear Lord, please guide my mind as I evaluate my life. Enlighten my thoughts and help me to truly understand myself. I want to grow in my life and glorify Your name. Amen.

(Grade yourself from 1 to 5 according to the degree of truth the statement is to you.)

JESUS THE CENTRE

You are making Jesus the centre of your life by consciously communicating with Him and making an effort to obey Him in your daily life. You are trusting God with your life by making decisions according to His will for you.

DAILY INTAKE

You are building a life habit of daily taking in of God's word, applying His word in your life and using His word in your interaction with other people.

CLOSE WALK WITH JESUS

You are walking close to Jesus by keeping short accounts with Him. You are opening your life to others so they can pray for you and keep you accountable.

FAITHFUL PERSON

You are learning to be a faithful person – loyal, responsible and reliable. This is especially demonstrated in your personal life, your family life and at work.

LIVING SACRIFICIALLY

You are learning to live sacrificially in your daily life and are experiencing that it is more blessed to give than to receive.

GOOD RELATIONSHIPS

You are building good, trusting relationships and are learning to accept and love people in your daily associations.

FORGIVING OTHERS

You know to forgive others when they wrong you and have learned to ask for forgiveness when you wrong others.

POSITIVE ATTITUDE

You are developing a positive attitude in life based on the Word of God and have developing a joyfulness, thankfulness and persistence in life circumstances.

PART OF A COMMUNITY

You are a faithful and active part of a community of believers and are ready to participate in pioneering a new community.

WITNESSING FOR JESUS

You are actively being a witness for Jesus and are leading others to Him.

REPRODUCING YOUR LIFE

You are reproducing your life in the life of other new believers.

COMPASSIONATE HEART

You are developing a heart of compassion for needy people around you and are learning to actively help them. You are also developing a heart for the needy people of the world.

TEACHABLE HEART

You have a teachable heart and are eager to grow in your life. You are eager to learn from your mentor.

LIFE MISSION

You have a good idea of God's mission for your life

STRONG FAMILY LIFE

You are actively playing a dedicated part in building a strong family – learning to be responsible and excel in your role in it

YOUR JOURNEY MAP

(The following are the items of your Spiritual Journey as a New Believer. Tick [✓] three items that you feel you need to have in your life in the immediate future. Your evaluation in the last two pages and your present life situation can help you make the decision.

Positive Attitude

Part of a Community *Forgiving Others*

Witnessing for Jesus *Good Relationships*

Reproducing your Life *Living Sacrificially*

Compassionate Heart *Faithful Person*

Teachable Heart *Close walk with Jesus*

Life Mission *Daily Intake*

Strong Family Life *Jesus the Centre*