

**CHERRYDALE BAPTIST  
CHURCH**

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# Fresh Start



**4 Lessons on**

- **Assurance, Feelings and Forgiveness**
- **The Spirit-filled Life**
- **The Balanced Christian Life**
- **Baptism**

**CHERRYDALE BAPTIST  
CHURCH**

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### Lesson 2

*1 Corinthians 2:14-16:* But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised. But he who is spiritual appraises all things, yet he himself is appraised by no one. For who has known the mind of the Lord, that he will instruct Him? But we have the mind of Christ.

*1 Corinthians 3:1-2:* And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able.

*1 Corinthians 2:3-4:* I was with you in weakness and in fear and in much trembling, and my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power.

*Hebrews 5:11-14:* Concerning him we have much to say, and it is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

### Lesson 3

*John 14:13-14:* Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. If you ask Me anything in My name, I will do it.

*2 Timothy 2:15:* Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

*Psalms 119:9:* How can a young man keep his way pure? By keeping it according to Your word.

*Hebrews 10:24-25:* And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

### Lesson 4

*Matthew 28:19-20*

*Acts 2:40-42:* And with many other words he solemnly testified and kept on exhorting them, saying, "Be saved from this perverse generation!" So then, those who had received his word were baptized; and that day there were added about three thousand souls. They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

*Romans 6:3-4:* Or do you not know that all of us who have been baptized into Christ Jesus have been baptized into His death? Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life.

## Scriptures

### Lesson 1

*John 1:12:* But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.

*John 3:18:* He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.

*John 3:36:* He who believes in the Son has eternal life; but he who does not obey the Son will not see life, but the wrath of God abides on him.

*John 5:24:* Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.

*John 6:37-40:* All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out. For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of Him who sent Me, that of all that He has given Me I lose nothing, but raise it up on the last day. or this is the will of My Father, that everyone who beholds the Son and believes in Him will have eternal life, and I Myself will raise him up on the last day.

*John 10:27-30:* My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's hand. I and the Father are one.

*John 14:1-3:* Do not let your heart be troubled; believe in God, believe also in Me. In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also.

*1 John 5:11-13:* And the testimony is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life. These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.

*Hebrews 13:5:* Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you."

*Romans 8:38-39:* For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

*Romans 8:1:* Therefore there is now no condemnation for those who are in Christ Jesus.

*2 Corinthians 5:21:* He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

*Colossians 2:13-14:* When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

## Carrying the World on Your Shoulders?

A counselor in New York City developed a unique approach to point people to Jesus Christ. Often when people were wrestling with a yes or no decision, he would suggest they walk from his office down to the RCA building on Fifth Avenue. In the entrance to the building is a gigantic statue of Atlas—a beautifully proportioned man who, with all his muscles straining, is holding the world upon his shoulders. There he is . . . The most powerfully-built man in the world, and he can barely stand up under the burden.

“Now that’s one way to live,” the counselor would point out to this companion, “Trying to carry the world on your shoulders.” The counselor would then say, “Now come across the street with me.” On the other side of Fifth Avenue is St. Patrick’s little shrine of the boy Jesus, perhaps eight or nine years old, and with no effort, He is holding the world in one hand. The counselor would say, “We have a choice: we can carry the world on our shoulders, or we can say ‘I give up Lord. Here’s my life. I give you my world—the whole world.’”

This booklet is designed to help you choose the second way of life: cast your cares upon Jesus Christ and enjoy a relationship with Him. There are four lessons:

- Assurance, Feelings and Forgiveness
- The Spirit-filled Life
- The Balanced Christian Life
- Baptism

## Lesson 1

## Assurance, Feelings, and Forgiveness

In 1937 the famous Golden Gate Bridge was completed. At that time, it was the world's longest suspension bridge. The entire project cost the United States Government \$77 million. During the process of constructing the first section of the bridge, very few safety devices were used, resulting in 23 accidental deaths as workers fell helplessly into the waters far below. The toll was so significant something had to be done before the second section was built.

An ingenious plan was arranged. The largest safety net in the world (it alone cost \$100,000!) was made out of stout manila cordage and stretched out beneath the work crews. It proved to be an excellent investment in view of the fact that it saved the lives of at least ten men who fell into it without injury. Furthermore, the work went 25 percent faster, since the workers were relieved from the fear of falling to their deaths.

God provides a great net of eternal security for every believer in Jesus Christ. Assurance of salvation removes the anxiety and fear of perishing and motivates the believer to work freely and fearlessly, knowing that he is protected by Him.

Lesson Aims:

- To gain assurance of salvation
- To understand the proper role of feelings
- To begin to understand and experience God's love and forgiveness

The Epistle of 1 John declares that every believer in Christ can know he has eternal life. It also declares that every believer bears four "birthmarks" that give evidence that he belongs to Jesus Christ:

There are many different views among those who believe baptism is a sacrament. Some would say that an infant must be baptized or he will not receive salvation. Others say baptism is essential to salvation. Others see it as a means of imparting the grace of God.

Those who view baptism as a sacrament tend to baptize by sprinkling, and this often includes infants. Those who view baptism as an ordinance or symbol believe that it does not impart the grace of God or improve one's standing in Christ. It is a symbol—an important symbol that Christ commanded—but it does not impart His forgiveness or grace. Those who practice baptism by immersion for believers only view it as a symbol or ordinance.

We recommend that you read the article "Disciples Need to Be Baptized," by Roy E. Knuteson.

**Lesson 4 (continued)**

Of his marriage. In the same way, baptism declares that you are dead to other “gods” and alive only to Jesus Christ. Baptism does not make you a Christian, but it is a symbol of your identity with Jesus Christ.

There are three reasons why baptism by immersion is practiced:

1. The Greek word *baptizo* literally means to dip or immerse. It was originally used by those in the clothing industry. They would take a white piece of cloth and baptize it in a vat of purple dye. The cloth was then completely “identified” with the purple dye. In the same way the believer is baptized into Christ and identified with Him in His death and resurrection.
2. Baptism is a symbol of the believer’s union with Christ in his death and resurrection. Baptism by immersion best communicates this symbol.
3. Baptism is viewed by some Christians as a sacrament, and by others as an ordinance or symbol.

1. He confesses Christ as Lord (1 John 1:1-4)
2. He confesses his sin regularly (1 John 1:5-10)
3. He genuinely desires to obey Jesus Christ (1 John 2:3-6)
4. He habitually loves other Christians (1 John 2:7-11)

**TO GAIN ASSURANCE OF SALVATION**

Look up the following verses and answer the questions:

1. John 1:12: According to this verse, is everyone a child of God?

According to the verse, how does one become a child of God?

2. John 3:18, 36: According to these verses, what is the one thing a person must do to escape judgment and possess eternal life?

According to verse 36, what is true belief?

3. John 5:24: Notice that the promises in this verse are for those who have heard and believed God’s word about Jesus Christ. What are the three specific results of hearing about and believing on Jesus Christ?

According to the verse, when does eternal life begin?

4. John 6:37-40: Notice that your security rests with the Father and Jesus Christ. What are the specific things Jesus Christ promises to all who believe on Him?
5. John 10:27-30: According to the verse, who are Jesus' sheep?

In whose hands is the believer held?

Imagine yourself as a ring held in the hand of Jesus Christ. The Father's hand is over Jesus Christ, and Jesus Christ and the Father are One. They are welded together. Your salvation is indeed secure in Christ.

6. John 14:1-3: Every time you see the word "you", place your name in the verse instead. What is Jesus doing in heaven for you right now?
7. 1 John 5:11-13: What must one have in order to possess eternal life?

Can we actually know that we have eternal life?

8. Hebrews 13:5: What is the difference between deserting and forsaking someone?

The "never" in the verse is a double negative, the strongest way God could possibly make this promise.

This three-fold pattern of being saved, baptized, and then added to the church runs consistently through the New Testament. Everyone who believes on Christ is then baptized in water and added to a local church. The only exception is the thief on the cross. According to verse 42, what four activities should a healthy local church be practicing?

From the above study, what kind of people should be baptized?

3. Romans 6:3-4: What two things do these verses tell you about the believer in Christ?

What two things do these verses tell you about the believers in Christ?

Romans 6:3-4 describes the spiritual significance behind the symbol of water baptism. As a believer in Christ, you are already baptized into His death and raised with Him in resurrection. Water baptism represents this symbol—as you are placed under the water, you are symbolically identifying with Christ in His death and burial. As you come up out of the water, you identify with Christ in His resurrection. Therefore, water baptism is a public symbol of the believer's identification with Christ in His death and resurrection.

The wedding ring is a significant symbol much like baptism. A man wearing a wedding ring declares to the people who see it that he is dead and alive. He is dead to all other women and he is alive to only one. The wedding ring does not make him married, but it is a symbol

## Lesson 4

## BAPTISM

Jesus Christ began His public ministry by being baptized. Just before He ascended into heaven, He commanded His followers to baptize those who became His disciples.

Lesson Aims:

- To discover the Bible's answers to the following questions:
  - What does the New Testament say about baptism?
  - Who should be baptized?
  - What method is biblical: sprinkling or emersion?

1. Matthew 28:19-20: The major command in verse 19 is "make disciples." What is a disciple?

According to verses 19-20, what are the two things that are to be done in order to make a disciple?

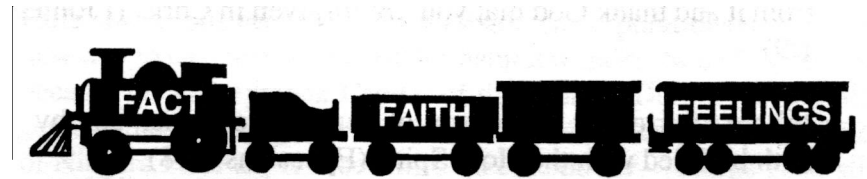
According to this verse, what kind of people should be baptized.

2. Acts 2:40-42: In the context, the apostle Peter is preaching to thousands of Jews in Jerusalem. His message is that Jesus Christ is the Messiah and the need to repent and believe on Him. According to verse 41, what three things happened?

9. Romans 8:38-39: Is there anything that can separate you from the love of God in Jesus Christ?

**TO UNDERSTAND THE ROLE OF FEELINGS**

The above promises from God's Word, the Bible, are our authority—not our feelings. The Christian lives by trust in the trustworthiness of God Himself and His Word. This train diagram illustrates the relationship between Fact (God and His Word), Faith (our trust in God and His Word), and Feelings (the result of our faith and obedience).



The train will run with or without the caboose; however, it would be useless to try to pull the train by the caboose. In the same way, we as Christians do not depend upon feelings or emotions but place our faith in the trustworthiness of God and the promises of His Word.

**TO EXPERIENCE GOD'S FORGIVENESS**

If you are a believer in Jesus Christ, you are *already* forgiven of *all* your sins—past, present, and future. Count on it! Look up the following verses to support this claim:

Romans 8:1

2 Corinthians 5:21: According to this verse, how does God view you "in Christ?"

Colossians 2:13-14: How many of your sins did Christ nail to the cross?

When we confess our sins, we do not ask God to forgive us, we simply thank Him that we are *already* forgiven. We then turn from our sins and *count on* the promise of His forgiveness.

*Spiritual breathing* enables us to continue to experience God's love and forgiveness. When you deliberately sin, practice the following:

**Exhale.** Confess our sin, admit you have sinned, turn away from it and thank God that you *are* forgiven in Christ (1 John 1:9)

**Inhale.** Surrender the control of your life to Christ, and by faith be filled with the Holy Spirit (Ephesians 5:18).

Practice spiritual breathing throughout the day and you will experience God's love and forgiveness in Christ.

Look up the following verses and come up with at least two ways to improve your spiritual life in each area.

1. **Prayer** (John 14:13-14)
2. **Bible Study** (2 Timothy 2:15 and Psalm 119:9)
3. **Fellowship** (Hebrews 10:24-25 and 1 John 1:3)
4. **Witnessing** (Acts 1:8 and Matthew 28:19-20)

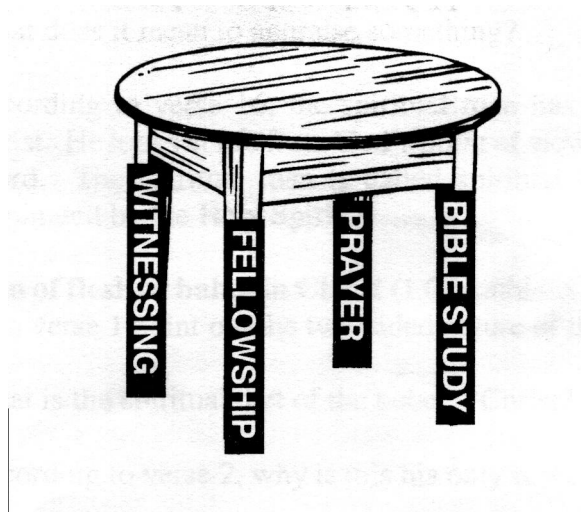
## Lesson 3

## THE BALANCED CHRISTIAN LIFE

Lesson Aims:

- To evaluate yourself in four key areas of your Christian life
- To take specific steps for growth in the four key areas.

Consistent obedience in the following four areas will help you maintain a “balanced” Christian life.



Evaluate your spiritual life in each of the four areas. Place a line across each leg at the appropriate spot: near the top of the table leg would indicate no spiritual growth, and near the bottom of the leg would indicate excellent spiritual growth.

After evaluating, ask yourself this questions: Would you place an item of great value on the top of this table?.

## Lesson 2

## THE SPIRIT-FILLED LIFE

When the French explorers first discovered Niagara Falls, they were fascinated by the Indian legends about its formation. The Indians believed the falls were created by a large snake which had coiled itself in the midst of the river. Each year the Indian tribe chose the most beautiful young girl in the tribe, placed her in a highly decorated canoe and let her drift over the falls, so the snake god would not leave the river bank and attack the tribe.

As time passed and civilization moved in, roads were built to Niagara Falls. Local businessmen and international corporations recognized a new way to tap the resources of this natural wonder. Soon Niagara Falls became the Honeymoon Capital of the World. During the twentieth century, electrical engineers discovered a means of tapping the resources of Niagara Falls to produce hydroelectric power. A large generating plant was built and water was channeled from the upper rapids through machines to produce electricity. Today much of southwestern Ontario and western New York state is supplied with hydroelectric power from the Niagara Falls generating station.

As we look at contemporary attitudes about the Holy Spirit, we can see a parallel in the history of attitudes concerning Niagara Falls. Some people today have a mystical idea about the Holy Spirit, similar to the Indians who worshiped the nonexistent snake god. Others appreciate the Holy Spirit, but like tourists who visit the falls, they are only spectators. A few have a biblical understanding of the Holy Spirit and have learned to daily tap His magnificent power.

Lesson Aims:

- To understand the four kinds of people in the world from God’s point of view
- To understand who the Holy Spirit is and practice being filled with the Holy Spirit.

## TO UNDERSTAND THE FOUR KINDS OF PEOPLE FROM GOD'S POINT OF VIEW

1. **The Natural Man** (1 Corinthians 2:14) According to this verse, what is the natural man unable to do?

Notice the phrases “does not” and “cannot” (NASB translation). According to the verse, why is he unable to do these things? (Notice in the verse the words “for” and “because.”)

2. **The Spiritual Man** (1 Corinthians 2:15-16) According to verse 15, what is the dominant feature of the spiritual man?

What does it mean to appraise something?

According to verse 16, the spiritual man has the mind of Christ. He looks at life from God's point of view through His Word. The spiritual man is called spiritual because he's dominated by the Holy Spirit.

3. **Men of flesh or babes in Christ** (1 Corinthians 3:1-2) How does verse 1 point out the two-sided nature of this person?

What is the spiritual diet of the babe in Christ?

According to verse 2, why is this his only diet?

4. **The fleshly Christian** (1 Corinthians 3:3-4) The word “fleshly” has the idea of willfulness. According to verse 3, how does the fleshly Christian get along with other people?

Paul and Apollos were prominent preachers of the day. According to verse 4, what is the characteristic of a fleshly Christian?

Which one of these four people best describes you?

Hebrews 5:11-14 outlines three things that will assist you in moving toward spiritual maturity:

- Time (v. 12)
- A balanced diet. What two different kinds of spiritual food are mentioned in verses 13 and 14?
- Exercise. According to verse 14, what is the dominant feature of a mature Christian?

Read the booklet “Have You Made the Wonderful Discovery of The Spirit-filled Life?” and apply its principles to your life.