

YOU SAID YES

How do I start my new life with Jesus?

Introduction

You said yes to Jesus.
That's a big moment.

But following Jesus isn't just a moment—it's a journey.

This guide will help you take your first steps in a way that is:

- Simple
- Real
- Biblical

You don't need to have everything figured out.
You just need to keep saying yes to Jesus.

We encourage you to:

- Walk through this with a **Neighbourhood (group)**
- Meet with a **coach (at least twice)**

Let's begin.

How to Use the Bible

Why the Bible Matters

The Bible is how God speaks to us.

It shows us:

- Who God is
- What He has done
- How we are called to live

It is not just an old book—it is living and active, and God uses it to guide, correct, and grow us (Hebrews 4:12).

When you read the Bible, you are not just reading words—you are meeting with God.

Even if you don't understand everything at first, keep reading. Over time, God will help you grow.

The Bible is one big story made up of many smaller books.

It has two main parts:

- **Old Testament** – the story of God and His people before Jesus
- **New Testament** – the life of Jesus and the early church

Each book is divided into:

- **Chapters** (big numbers)
- **Verses** (small numbers)

For example:

John 3:16 means:

- Book: John
- Chapter: 3
- Verse: 16

How to Find a Scripture

You can find Bible verses by:

- Using a physical Bible (index at the front)
- Using a Bible app (like YouVersion)

If you see: *Romans 12:2*

- Go to the book of Romans
- Find chapter 12

- Look for verse 2
-

How to Read the Bible Simply

Start with the **Gospel of John**.

As you read, ask:

- What does this show me about God?
- What does this mean for my life?

You don't need to understand everything.
Just keep showing up.

A Simple Prayer Before Reading

God, speak to me through Your Word. Help me understand what I read and show me how to live it out. Amen.

WEEK 1 - STARTING WITH JESUS

Day 1 - What just happened?

Scripture: John 3:16–17, 2 Corinthians 5:17

God loves you.
So much that He sent Jesus to save you.

When you said yes to Jesus:

- Your sins were forgiven
- You were made new
- You became part of God's family

This isn't something you earn.
It's a gift.

Reflection:

What does it mean to you that God chose you?

Prayer:

God, thank You for loving me before I understood it. Thank You for sending Jesus to save me. Help me believe that I am made new and fully accepted by You. Teach me to walk in this new life today. Amen.

Try This Today:

Tell someone: "I've decided to follow Jesus."

Day 2 - What changes now?

Scripture: Romans 12:2, Philippians 1:6

Following Jesus means learning a new way to live.

You are now becoming more like Him.

This takes time.

At Neighbourhood Co, we say:

- Be with Jesus
- Become like Jesus
- Do what Jesus did

Reflection:

What part of your life do you want Jesus to change?

Prayer:

God, I know I don't have everything together. Thank You that You are changing me step by step. Help me trust the process and not rush it. Show me one area I can surrender to You today. Amen.

Try This Today:

Ask God: "What's one next step for me today?"

Day 3 - Who is God?

Scripture: Matthew 28:19, 2 Corinthians 13:14

God is:

- Father (He loves and leads you)
- Son (Jesus, who saves you)
- Holy Spirit (who lives in you)

You are never alone.

Prayer:

Father, thank You for loving me. Jesus, thank You for saving me. Holy Spirit, thank You for being with me right now. Help me become more aware of Your presence in my life today. Amen.

Try This Today:

Pause 3 times today and remind yourself: "God is with me."

Day 4 - How does God guide me?

Scripture: John 14:26, Psalm 119:105

God guides you through:

- The Bible
- The Holy Spirit
- Wise people

The Holy Spirit is your helper.

Reflection:

Where do you need guidance right now?

Prayer:

Holy Spirit, I invite You to guide me today. Speak to me through Your Word, through people, and through quiet moments. Help me recognise Your voice and follow it. Amen.

Try This Today:

Before making a decision, pause and ask God for wisdom.

Day 5 - What is baptism?

Scripture: Romans 6:4, Matthew 28:19

Baptism is your public step of faith.

It shows:

- Your old life is gone
- Your new life has begun

Prayer:

God, thank You for giving me a new life. Give me the courage to take bold steps in following You, including baptism. Help me not be afraid to show others I belong to You. Amen.

Try This Today:

Ask your leader about getting baptised.

Day 6 - How do I know God?

Scripture: Jeremiah 29:13, James 4:8

You grow your relationship with God through:

- Prayer
- Reading the Bible
- Community

Prayer:

God, I want to know You more. Help me build habits that bring me closer to You. Even when I feel unsure, draw me near and help me keep showing up. Amen.

Try This Today:

Spend 10 minutes reading the Bible and talking to God.

Day 7 - Reflection

Scripture: Philippians 1:6

Take time to think:

- What have I learned?
- What questions do I have?

Prayer:

God, thank You for what You're doing in me. Help me keep growing and not lose momentum. Give me the hunger to keep following You. Amen.

Try This Today:

Share one thing you've learned with your group or coach.

WEEK 2 - BUILDING RHYTHMS

Day 8 — Daily time with God

Scripture: Psalm 5:3, Mark 1:35

Spend time with God every day.

Even 10 minutes matters.

Prayer:

God, help me build a daily rhythm with You. Give me the discipline to show up, even when I don't feel like it. Meet me in these moments. Amen.

Try This Today:

Set a time tomorrow to meet with God.

Day 9 - Reading the Bible

Scripture: 2 Timothy 3:16, Psalm 1:2

Start with the Gospel of John.

Prayer:

God, speak to me through Your Word. Help me understand what I read and apply it to my life. Change me as I read. Amen.

Try This Today:

Read John chapter 1.

Day 10 - Prayer

Scripture: Matthew 6:6, Philippians 4:6

Prayer is talking with God.

Prayer:

God, I'm learning how to talk with You. Thank You that You listen. Help me be honest, open, and consistent in prayer. Teach me to enjoy being with You. Amen.

Try This Today:

Talk to God out loud for 2 minutes.

Day 11 - Community

Scripture: Hebrews 10:24–25, Ecclesiastes 4:9–10

You were not made to do this alone.

Prayer:

God, help me find the right people to walk with. Give me courage to open up and build real relationships. Amen.

Try This Today:

Reach out to someone from church or group.

Day 12 - Worship

Scripture: John 4:23, Psalm 100:2

Worship is responding to God.

Prayer:

God, You are worthy of my praise. Help me live a life that honours You—not just in songs, but in everything I do. Amen.

Try This Today:

Listen to a worship song and focus on God.

Day 13 - Saying no to sin

Scripture: 1 Corinthians 10:13, Galatians 5:16

God gives you strength.

Prayer:

God, help me recognise temptation and choose what is right. When I fail, remind me of Your grace and bring me back to You quickly. Amen.

Try This Today:

Identify one temptation and plan how to avoid it.

Day 14 - Rest

Scripture: Matthew 11:28, Exodus 20:8

You need rest.

Prayer:

God, help me slow down and trust You. Teach me to rest without guilt and remember that You are in control. Amen.

Try This Today:

Take 30 minutes to rest with no distractions.

WEEK 3 - IDENTITY & LOVE

Day 15 - Who am I becoming?

Scripture: Romans 8:29, Colossians 3:10

You are becoming like Jesus.

Prayer:

God, shape me into who You created me to be. Help me not compare myself to others, but trust the journey You have me on. Amen.

Try This Today:

Write down one way you want to grow.

Day 16 - Loving others

Scripture: John 13:34, 1 Corinthians 13:4–5

Love people.

Prayer:

God, help me love people the way You love me. Give me patience, kindness, and compassion today. Amen.

Try This Today:

Do one intentional act of kindness.

Day 17 - Hospitality

Scripture: Romans 12:13, 1 Peter 4:9

Make people feel welcome.

Prayer:

God, help me notice people and include them. Use me to create spaces where others feel safe and valued. Amen.

Try This Today:

Invite someone for coffee or a meal.

Day 18 - Generosity

Scripture: Acts 20:35, 2 Corinthians 9:7

Give what you have.

Prayer:

God, make me generous. Help me hold loosely to what I have and use it to bless others. Amen.

Try This Today:

Give something (time, money, or help).

Day 19 - Meeting needs

Scripture: Philippians 2:4, Proverbs 3:27

Notice people.

Prayer:

God, open my eyes to see the needs around me. Give me courage to act when I see them. Amen.

Try This Today:

Help someone in a practical way.

Day 20 - Forgiveness

Scripture: Ephesians 4:32, Matthew 6:14

Forgive others.

Prayer:

God, thank You for forgiving me. Help me release anyone I'm holding onto and choose forgiveness today. Amen.

Try This Today:

Pray for someone who hurt you.

Day 21 - Sharing Jesus

Scripture: Matthew 28:19–20, Romans 1:16

Share your story.

Prayer:

God, give me courage to talk about You. Help me not be afraid, but to trust that You will use my story. Amen.

Try This Today:

Tell someone what Jesus has done in your life.

WEEK 4 - PURPOSE & GIFTS

You are called

Scripture: Ephesians 2:10, 1 Peter 4:10

God has a purpose for your life.

Spiritual Gifts Discovery

God has placed gifts in you.

Step 1 — Notice

What do you enjoy?

Step 2 — Affirm

Ask others what they see.

Step 3 — Try

Start serving.

Simple Gifts Assessment

Rate 1–5:

Encouragement – I lift others up

Serving – I help practically

Leadership – I guide others

Hospitality – I welcome people

Giving – I share freely

Teaching – I explain clearly

Faith – I trust God deeply

Reflection

Where did you score highest?

NEXT STEPS

- Baptism
- Neighbourhood Groups
- Strong Disciples 1
- Serving

Keep walking with Jesus.
