

# User Guide for SIX



## SIX: USER GUIDE

### A Six-Step Kick Start for new Christians

Welcome to the User Guide for SIX.

Your investment in discipling a new Christian is of great value. You will be helping them off to a good start in creating solid foundations, as well as giving them a chance to meet another person walking with Jesus, just like them.

SIX is designed as a two-way conversational tool for you, as the disciple, to use with a new Christian, in a public setting like a coffee shop.

It has six one-hour basic discipleship sessions. It is designed to create plenty of space for the new Christian to talk and to ask you questions during your 60 minutes together, including queuing for a coffee!

Each topic is a kick-start, not an in-depth Bible study. It allows room for you to bring friendship and understanding to the new believer, to hear what is on their mind and help them to quickly grasp the basics.

It's hoped that during this course, you will be able to introduce them to church or a small group where, at some point, they can access a fuller discipleship programme or maybe an Alpha course.

We know that the early days for a new believer are essential in getting support and understanding quickly, so that their newfound faith takes root. This kick-start is designed to help them with those first steps, with your guidance. The topic content is brief to allow you to unpack key verses and explain them to the new disciple in your own words, so that you can build a rapport and tailor the explanation to the person in front of you.

SIX will be used alongside the Luke–Acts book produced for the mission. The two booklets are designed to go hand in hand to help the new Christian in their first steps. Familiarise yourself with SIX in advance and identify the pages you may need in Luke–Acts, as the text has chapters and page numbers but no verses. This is to make it accessible and easy to read as a first experience of the Bible for many.

Every topic in SIX has a **Resources** list at the bottom, to help the new disciple to go deeper. You may like to check these out yourself so that you can recommend anything you think will particularly suit them.

This guide is to help you in your preparation before meeting up, so that you know the purpose of each session.

Your input into the new disciple's life is of great value in these foundational stages of their new journey with Jesus. Thank you for taking the time to walk these early steps with them.

TIP: Don't feel you have to talk for the whole hour! Use SIX as a tool to engage the disciple in conversation, to let them talk and ask you questions. If they jump ahead to a future topic, that's ok, don't be restricted by the booklet, but seek to answer the new believer's questions as they arise. Your role is to bring warmth and reassurance to the meeting and to simply explain the key verses and basics from your own experience.

### **Some general tips for using SIX**

- The goal of this discipleship course is to help a new Christian to:
  1. understand the gospel and what Jesus has done for them
  2. understand who Jesus really is
  3. begin praying and reading the Bible for themselves
  4. quickly become part of a local church
  5. start to tell others about Jesus and what has happened to them
- Use SIX to make your time together a conversation about following Jesus rather than a Bible study or a one-sided monologue.
- Keep questions conversational rather than looking for a right or wrong answer. Avoid correcting a person, but rather guide them to truth.
- Use the questions at the beginning of each topic as a prompt to get the conversation going rather than as a list you must work through.
- Read the topic before you meet up and be prepared to explain in your own words what the Bible verses mean.
- Encourage the new Christian to read their Luke–Acts book. During your session, ask if they have any questions from anything they have been reading from Luke–Acts.
- Encourage the new Christian to use the extra resource links.

### **Some general tips for discipling a new Christian**

- Be relaxed, confident and friendly.
- Be willing to buy the coffee! Be kind and open-hearted.
- Be aware that even though they have prayed a salvation prayer on the street, they may not yet fully understand what that means; they may not even fully believe yet. So take time to discover through conversation where they are at, especially at the first meeting.

- The new believer may still have lifestyle challenges at this early stage, so avoid any judgemental attitude. It may take time to change, and this is a work of the Holy Spirit.
- Try to prevent the new Christian from feeling that following Jesus is a long 'to do' list that is too hard. Rather, help them to discover the person of Jesus and all He has for them.
- Be careful of language like 'must', 'should' and 'ought'. These could be heard as 'law' words rather than 'grace' words. For example, rather than saying, 'You *must* pray' and 'You *should* read the Bible', show them the essential purpose of the Bible as a way through which God wants to speak to them, and share the power of answered prayer from your own experience. Help them to discover that following Jesus is a relationship, and that prayer and reading the Bible are to develop and deepen that relationship, rather than being an exercise or duty.
- A new Christian's early discipleship experience often sets the tone for their Christian walk, so let it be filled with grace. We need to avoid communicating the Christian faith as a heavy law. Instead, let them be aware of grace and the empowering of the Holy Spirit in their lives to walk with Jesus. Many Christians are weighed down with guilt or a feeling of not being good enough; this new wave of new Christians needn't feel that way. Let them make a great start, knowing that they are loved and forgiven and have a journey ahead in the purposes of God.
- When discipling a brand new believer, sharing some of our own experiences can be helpful. However, take care not to let it become an arena for sharing any past disappointments about church or one other, which may weaken their foundation. Let us be mature in bringing pure spiritual milk to the newborn Christian we are helping (1 Peter 2:2).
- Before your meetings, pray for the new Christian and for your time together. Be sensitive to what God may say to you about your time together, beyond the content of the booklet.

## SESSION 1: My New Journey

**Purpose:** to help the new Christian to understand:

- the gospel
- what their decision to pray the prayer on the street means for their life

During the mission, people will be invited to pray a prayer of salvation on the street. Some will entirely understand what they have done in that moment and its implications for their life, and some will not.

This first meeting is the chance for them to meet a friendly face – someone who can help them to understand what they have done and what comes next.

Some may already feel very confident in what they have done; others may need assurance, or even to reaffirm that commitment.

### ○ Conversation

Start with the questions:

#### *1. What just happened?*

Let the person talk about what they feel has happened. Encourage them to tell their story of their encounter on the street. You will be able to tell from this what stage they are at.

#### *2. What is the next step?*

Praying a prayer was just the start. Now there is a journey ahead – getting to know Jesus, who he is, what he has done for them and how this affects the future, as well as how we communicate with God and him with us! This is the purpose of meeting up over the next five weeks.

### ○ Gospel

Unpack the gospel with them. Explain this famous verse from John. Explain about God's love and Jesus' sacrifice.

'For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life' (John 3:16).

## ○ **A new life**

Encourage them with the transformation that took place when they prayed to follow Jesus, and the continuing changes that they may now encounter.

Jesus came into their life and brings his power to make all things new. It is by his power, not our own self-help.

Read this together and explain the verse, about how we are made new and have a fresh start:

‘Anyone who is joined to Christ is a new being; the old is gone, the new has come’ (2 Corinthians 5:17).

## ○ **Forgiven**

Receiving forgiveness is an important early step for a new Christian. In conversation, ask them about this.

Assure them that Jesus forgives all our past. He died on the cross for everything we ever did wrong. When we ask for his forgiveness, he forgives us totally.

Unpack this verse to assure them of forgiveness when we confess our sins to God:

‘Tell his people that they will be saved by having their sins forgiven. Our God is merciful and tender’ (Luke 1:77–78).

## ○ **Holy Spirit**

It is important for a new believer to understand that their new life is a spiritual encounter with God. When they prayed, the Bible teaches that they were born again (by the Spirit) and they became alive to God by his Holy Spirit. So our new faith journey is not self-effort but is lived with the help of the Holy Spirit sent by Jesus. He is God’s gift to us to enable us to live out the Christian life.

The Holy Spirit now lives in you, to help you on this new journey of getting to know God, who loves you and has a plan for your life.

‘Your sins will be forgiven; and you will receive God’s gift, the Holy Spirit’ (Acts 2:38).

End the session on a positive note: God loves you and has a plan for your life.

The prayer can be said together or they can say it later, on their own, depending on your setting. If you're in a coffee shop, you will want to do it with courtesy and discretion, not to make the new believer feel uncomfortable but to encourage them. For example, you could suggest praying with eyes open if it makes them feel more at ease.

The purpose of the prayer is to give assurance of what Jesus has done for them, and to express a commitment of their will to follow Jesus.

### ○ **Pray**

Thank you, Jesus, for coming into my life. Thank you for forgiving all my sins. I welcome your power into my life for a fresh start. I choose to follow you every day. Help me to know you better. Amen

### ○ **Resources**

- How can you know God personally? (PDF)  
[newwinecymru.co.uk/know-God-personally](http://newwinecymru.co.uk/know-God-personally)
- [uk.alpha.org/wales](http://uk.alpha.org/wales)

## SESSION 2: Who is Jesus?

**Purpose:** to bring clear understanding of who Jesus is:

- The Son of God; God as man; the Lord and Saviour.
- Jesus is God. He is the way to God – not just a good moral teacher, prophet or one of many other spiritual options.
- He is a real person, anchored in history, who walked this earth.
- Jesus is someone to follow and trust with your whole life.

### ○ Conversation

Ask the question to help you find out what the new Christian knows or thinks about who Jesus is: 'If someone asked you who Jesus was, what would you say?'

Jesus was a real historical person who lived in first-century Palestine at the time of the Roman occupation of Israel.

The *Talking Jesus* Evangelical Alliance/Barna Report revealed that 26% of 18–34 year olds think Jesus is a mythical or fictional character, as do 23% of the general population. So it is important to show that Jesus was a real person, anchored in history. The start of Luke's Gospel is great for explaining this, as it is a careful collection of eyewitness accounts.

- He is alive today.
- He is the Son of God, who was there at the beginning of all things with God the Father and the Holy Spirit.
- God said, 'This is my Son, whom I have chosen – listen to him!' (Luke 9:35)

### ○ Gospel

Explain the gospel message again, and what Jesus has done.

When Jesus died on the cross as a sinless man, and rose again three days later, he changed everything. He opened a doorway for us to have a relationship with God.

Help to create a picture of the real man Jesus and how he shows us what God is like.

- Jesus had friends, he talked and walked and ate with them.
- He taught the way to live.

- He healed the sick everywhere he went.

Use the prompts in the text to explain who Jesus is, to help the new Christian to relate to Jesus when they pray.

### ○ Getting to know him

Really encourage the new Christian to read their Luke–Acts. It's designed without verses, to make it easy to read large chunks at a time. If reading is hard for them, encourage them to use an audio Bible online to get them started.

Encourage them with these assurances.

- 'I will never leave you; I will never abandon you' (Hebrews 13:5).
- 'I will be with you always' (Matthew 28:20).

Being a Christian is living a life with Jesus now. He is with you every day and you have a future with him in heaven and for all eternity.

### ○ Prayer

The purpose of the prayer is to help them grasp that Jesus, the Lord of the whole universe, is great and awesome and powerful and yet he loves them and wants a relationship with them.

### ○ Resources

You could encourage them to purchase a copy of *Every Day with Jesus for New Christians* – there's a selection on the CWR website. They can start to use this every day rather than only waiting for their sessions with you.

- [uk.alpha.org/wales](http://uk.alpha.org/wales)
- *Every Day with Jesus for new Christians*: [www.cwr.org.uk/store/c-224-for-new-christians.aspx](http://www.cwr.org.uk/store/c-224-for-new-christians.aspx)
- <https://spoken-truth.com/emerge>

## **SESSION 3: Prayer**

**Purpose:** to get the new Christian praying! The questions will help you find out where they are at and what their attitude towards prayer is.

- Have you ever prayed?
- What has been your experience of prayer?

The aim is to encourage the new Christian that no time or place or topic is off-limits to God. He sees all, he loves us, and he hears us.

### **o Conversation**

Prayer is talking to God. He is quick and ready to hear us and he is pleased when we reach out to him in prayer. We can speak to him out loud, under our breath or in our heads. Wherever we are, he hears us, and it's as real as talking to a friend.

We are aiming to show that prayer is more than a list of requests; it's an opportunity to know God's presence, helping the disciple to become aware of God's love, peace, and assurance in their lives. Prayer will help them to become open to personal spiritual encounters with God.

As we quieten our minds to focus on him, we can begin to feel his presence, his love for us and his peace surrounding us.

- Be careful when teaching on prayer. Although, as mature Christians, we know that prayer can be a two-way conversation in which we also hear God, let the new Christian discover this for themselves as they come into His presence. Otherwise, they could get discouraged if they don't 'hear back'. We all know what it feels like when we are desperate to hear God's voice but it's not easy to hear.

### **o Gospel**

Read Jesus' teaching together in your Luke–Acts. Encourage them that Jesus has an 'ask' attitude!

Jesus teaches us how to pray, in Luke 11:1–13:

'And so I say to you: ask, and you will receive; seek, and you will find; knock, and the door will be opened to you' (verse 9).

Unpack this verse with them, to show again how we can approach God, ask him, and share our thoughts, worries, hopes and dreams with him. Once again, it encourages a spiritual knowledge of peace.

Many people suffer from anxiety. This is an especially helpful verse:

‘Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus’ (Philippians 4:6–7).

### ○ Share

Talk to them about answers to prayer you have known. Aim to get them excited about the possibilities of prayer – that the real, awesome, creator God is waiting to hear from them, and that he involves himself in our lives.

You can talk to God about anything – how you feel, what you've got on, about family, work and friends. He's interested and wants to be a part of all of your life. Prayer is real and has results.

### ○ Pray

Thank you, Jesus, that you hear me when I pray to you ... *Tell him what is on your mind.*

You are unlikely to have a prayer session in the coffee shop, but encourage them to start making prayer a part of their new life.

### ○ Resources

- [uk.alpha.org/wales](http://uk.alpha.org/wales)
- [www.facebook.com/247pray](https://www.facebook.com/247pray)

## SESSION 4: The Message

**Purpose:** to get the new Christian reading the Bible.

Encourage them to begin to read through their entire Luke–Acts. Reading Luke, they will encounter Jesus, get to know him better and learn about his life. As they progress to Acts, they will see all the amazing events in the early believers' lives and how the gospel spread.

Our aim is to encourage them to get a full Bible as soon as possible. Luke–Acts is a less daunting first step. If reading is a challenge for them, Bible Gateway or youversion have free audio versions available.

We want them to understand that the Bible is not just a written text. It is alive – the word of God and one of God's primary ways of communicating with us.

### o **Conversation**

Don't get too bogged down with the questions: they're meant just to kick off the conversation.

- Have you ever read the Bible?
- Would you like help choosing one? Try to help the new christian to choose a Bible translation best suited for them, an easy to read and clear version.

### o **Gospel**

Explain the familiar story about the wise and foolish builders (Luke 6:47–49). It shows how reading Jesus teaching about how to live life and then putting it into practice creates a firm foundation. Use other examples, such as 'a light to our path'. Remember to talk about how Jesus is in us by his Spirit to help us put his teachings into practice in our lives.

- Jesus said, 'Anyone who comes to me and listens to my words and obeys them – I will show you what he is like. He is like a man who, in building his house, dug deep and laid the foundation on rock' (Luke 6:47–48).
- Your word is a lamp for my feet, a light to my path. (Psalm 119:105)

- The Lord says, 'I will teach you the way you should go; I will instruct you and advise you' (Psalm 32:8).

Talk about how God has directed your life through the Bible. Share how it is a living word, as well as content about people and places and values, it comes alive as we read it.

### ○ Pray

God, thank you for your message, the Bible. As I read it, help me to encounter you on every page.

### ○ Resources

Encourage the new Christian to get the online Bible app YouVersion on their phone – maybe do it with them right there in the coffee shop.

- [www.biblesociety.org.uk/new-to-the-bible](http://www.biblesociety.org.uk/new-to-the-bible)
- [uk.alpha.org/wales](http://uk.alpha.org/wales)
- [www.youversion.com](http://www.youversion.com) (online Bible)

## **SESSION 5: A New Community**

**Purpose:** to get the new Christian involved in a local church as soon as possible, understanding that being part of a local church is essential to their Christian walk.

People will have varied experiences of church – maybe only a wedding or a funeral – or no experience at all. This is your opportunity to help them understand church as a community of people, of Jesus followers.

### **o Conversation**

Use SIX as an opportunity to talk about the purpose of church: what it's for, and why being a part of church is vital.

Use Luke–Acts to look at the first church, drawing out the sense of community and belonging.

- They spent their time in learning from the apostles ... sharing in the fellowship meals and the prayers. Many miracles and wonders were being done through the apostles, and everyone was filled with awe. All the believers continued together in close fellowship and shared their belongings with one another ... Day after day they met as a group in the Temple, and they had their meals together in their homes, eating with glad and humble hearts, praising God, and enjoying the good will of all the people (Acts 2:42–47).
- So then, you are not foreigners or strangers any longer; you are now fellow-citizens with God's people and members of the family of God (Ephesians 2:19).

### **o Kick start**

'Would you like help finding a local church to be a part of?'

Invite the new Christian along to your church or help them to find a church local to them. Look at the NWC website together to find a church.

### **o Resources**

- [newwinecymru.co.uk/find-local-church](http://newwinecymru.co.uk/find-local-church)
- [uk.alpha.org/wales](http://uk.alpha.org/wales)

## **SESSION 6: Tell Your Friends**

**Purpose:** to encourage the new Christian to be open and active in sharing their faith. When we tell others about Jesus, it's one of God's primary ways of reaching people with his great news of love and forgiveness.

### **o Conversation**

Use the question 'Have you told your friends or family yet?' to find out how they are getting on in sharing at home and at work about their new faith.

Chat together about Jesus' mission and our part to play in it. The good news of what he has done for us is to be shared – his love for people is so great that he wants everyone to know. It is to be counted a privilege to share God's message, and it is a way that we can serve Jesus and others.

### **o Gospel**

Jesus said, 'Go, then, to all peoples everywhere and make them my disciples: baptise them in the name of the Father, the Son, and the Holy Spirit' (Matthew 28:19).

Help the new Christian to find appropriate ways to share their exciting news.

Your world is your friends, family and neighbours. Share with them what has happened in your life, and how you have found faith in Jesus. This is how they can ask questions and meet him too.

Using the familiar parable of the sower, show how our role is to scatter the seed, to share our story. Using Luke–Acts, look at Luke 8:4–15 together.

### **o Kick start**

You may like to suggest that the new Christian use the new 'Run Alpha'. The short videos can be shown on a laptop in any setting.

### **o Resources**

- [uk.alpha.org/how-to-run-alpha/](http://uk.alpha.org/how-to-run-alpha/)
- [uk.alpha.org/wales](http://uk.alpha.org/wales)

You've made it to Week 6. Thank you for your investment in the life of a new believer. Please assist them to get settled into a local church where they can serve and grow.