

FOLLOW UP

A **MANNAHOUSE** RESOURCE



FOLLOW WHO? WHERE?

In a day and age when the common expression is **“Do your own thing”**, the idea of following someone else often meets with a cool response. Yet the words of **Jesus Christ** found in the Holy Bible directly challenge this independent attitude when He **says, “Follow me”**. Matt. 9:9. His heart’s desire is for us to follow Him to heaven, and He therefore commands us to follow Him here on earth.

FOLLOW JESUS

If you have sincerely made Jesus Christ the Lord of your life, then you will desire to learn all you can about how your Lord and God desires you to live. As His follower, you have started the greatest journey a human being can ever experience. Your destination is to **become a productive, healthy Christian, victoriously living each day** the way Jesus intended you to.

Q. How Do I Follow Jesus?

You follow Jesus by following His Word (the Holy Bible), because Jesus Christ is the “Word of God.” **John** 1:1, 14 On the following pages of this booklet we will look in the Bible to discover the essential areas of growth you need as a Christian in order to reach full maturity.

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BORN AGAIN

We have all been **born once** (physically), but **Jesus said**: “*Unless one is **born again** (spiritually), he cannot see the kingdom of God.*” John 3:3.

It is therefore essential for us to be born again (spiritually) in order to spend eternity with God in His kingdom.

Referring to “born again” Christians, the Bible says that they are “ ... *born again, not of corruptible seed but incorruptible, through the Word of God ...* ” I Pet. 1 :23

So, a Christian is someone who has allowed **the incorruptible seed (the word of God-Jesus Christ)** to be firmly planted in his life.

Q. How Will I Know If I Have Been Genuinely “Born Again”? Jesus said that you will **know real Christians by their fruit.** Matt. 7: 16

In other words, **real Christians will want to do what the Bible says** will help them grow. If as you read the rest of this booklet, you find that you are willing to do what the Word of God directs you to do, then this would be a clear indication that you are allowing Christ to be the Lord of your life.

We must remember that a seed can only grow as long as it is being properly cared for. **If you follow the Bible’s directions you will grow to maturity.**

THE WORD OF GOD

The Bible is the primary means God uses to talk to us. From the Bible we learn who God is, what He is like, and what His will for our lives is.

As a **plant needs water, a baby needs milk, and an adult needs bread**, so too, a **Christian needs** the water, milk and bread of **God's Word**.

Water *“That He (Christ) might sanctify and cleanse it (the Church) with **the washing of water by the word**” Eph. 5:26*

Milk *“**as newborn babies, desire the pure milk of the word, that may grow** thereby” 1 Pet. 2:2*

Bread *“**Man shall not live by bread alone, but by every word**, that proceeds from the mouth of God.” Matt. 4:4*

Q. Can My Faith Grow Through God's Word?

Yes! "**faith comes by hearing**, and hearing by the Word of God."

Rom. 10:17

Q. Is It Sufficient For Me Just To Hear The Word Of God?

No! "**But be doers of the word**, and **not hearers only**, deceiving yourselves." James 1:22

Jesus said that only by doing the Word of God can you be made free.

"If you abide in my word, you are My disciples indeed. And you shall know the truth, and **the truth shall make you free.**" John 8:31-32

Q. Can Memorizing Verses In The Bible And Applying Them To My Life Help Me Not To Sin Against God?

Yes! "Your word I have hidden in my heart, **that I might not sin against You.**" Ps. 119:11

PRAYER

Prayer is simply and sincerely talking with God. It is a vital part of our Christian growth and should be done each day.

EXAMPLE: As a plant needs the light of the sun to flourish, Christians need a daily communication with their Maker. The main reason we have been created is to have intimate fellowship with God.

Three Kinds of Prayer:

- 1. Praise** - Expressing our appreciation to God for who He is.
- 2. Thanksgiving** - Thanking God for what He has done and will do.
- 3. Petition** - Asking God to answer specific requests.

Q. Can I Be Confident That God Will Answer My Prayers?

Yes! When you pray according to the will of God in each situation. “And *this is the confidence which we have in Him, that **if we ask anything according to His will** He hears us. And if we know that He hears us in whatever we ask, **we know that we have obtained the requests** made of him.” I John 5:14,15 (RSV)*

Q. When Will God Not Even Hear Me When I Pray?

“He (God) would not have listened **if I had not confessed my sins.**”
Ps 66: 18 (LB)

Q. Can Prayer Help Me Not To Sin Against God?

Yes! “ ... *Pray that you may not enter into temptation.*” Luke 22:40

FELLOWSHIP

Just as a **child** growing up **will require** the care of **a family**, so a **new Christian will need** to establish relationships with **other members of the family of God**.

EXAMPLE: A plant must be surrounded by good soil in order for it to receive nourishment and properly grow. If the soil is deficient the plant will wither; if it is rich in nutrients, the plant can then thrive.

A healthy Christian will desire to fellowship with other believers who have genuinely made Christ the Lord of their lives.

Q. Who Should I Fellowship With?

The only way someone can see the personality of Jesus Christ, outside of the Bible, is through His people, **Christians**. As you develop relationships with other genuine Christians, you are able to see more clearly the character of Jesus Christ. *“Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God”* Eph. 2:19

Q. Who Should I Not Fellowship With?

The Bible says: *“do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness?”* II Cor. 6:14

Have “close” contact with Christians to learn about Christ.

Have “cautious” contact with non-Christians to share Christ.

THE CHURCH

The Church was not invented by man, but rather God specifically designed it to be the means He would use **to perfect and protect** His people.

EXAMPLE: A healthy indoor plant will need a pot to provide support for the surrounding soil and water. Its roots will press against the structure of the pot allowing it to grow strong.

Within a healthy church, the structure of its meetings and ministries will enable each Christian to be properly cared for. As a baby tree in a forest finds protection from the elements by being surrounded by larger trees, so a **baby Christian will need the protective covering of the Church.**

Q. Is It Dangerous To Not Have The Protection Of The Church?

Yes! *“But **woe to him who is alone** when he falls, for he has no one to help him up”.* Ecc.4:10

The closer we get to the return of Christ, the more important it is for us to faithfully attend Church.

*“**Let us not neglect our Church meetings**, as some people do, but encourage and warn each other, **especially now** that the day of His coming back is drawing near.”* Heb. 10:25 (LB)

Finally, the Bible says: *“Those who are **planted in the house of the Lord** shall flourish in the courts of our God.”* Ps. 92:13

Additional Scriptures: Heb. 13:7, 17, I Pet. 5:5

WITNESSING

All around us there are people who have no understanding of what Jesus has done for them. Facing an eternity apart from God, they are in desperate need of Christ.

EXAMPLE: A plant needs carbon dioxide to grow; a human being needs exercise to stay fit; and Christians need to regularly share their faith in order to have a balanced Christian walk.

After receiving Christ we will have opportunities to tell our friends and relatives about what God has done in our lives.

As Jesus once said to a new believer: "... Go home to your friends, and tell them what great things the Lord has done for you, and how He has had compassion on you." Mark 5: 19

In addition to our friends and relatives, we will have many occasions to **meet new people and share with them** the “Good News” of what Christ has done in our lives.

Q. Are We Available?

In order for this to happen, we must remain available to God and be consciously **looking for opportunities to witness**. I Pet. 3: 15. How glad we are that someone shared the gospel with us, and now we in turn must be willing to follow their example and tell others.

The Bible says: “ ... *how can they believe in Him if they have never heard about Him? And how can they hear about Him unless someone tells them?*”
Rom. 10:14 (LB)

SPIRITUAL WARFARE — World, Flesh, and Devil

We are daily involved in a great spiritual battle. Only by remaining on the winning side (Jesus Christ) can we be assured of victory.

WORLD: The enticements of the **world** continually try to choke out the vital life of Christ within us.

God's Promise: “ ... *He who is in you is greater than he who is in the world.*” 1 Jn. 4:4

FLESH: The desires of our **old selfish nature** will attempt to keep us from totally surrendering to Christ.

God's Promise: “*But you are not in the flesh, but in the Spirit, if indeed the Spirit of God dwells in you.*” Rom. 8 :9

DEVIL: The devil and his demons are destructive supernatural beings who endeavor to destroy the potential fruit God desires to produce in our lives.

God's Promise: *"Resist the devil, and he will flee from you."* Jms. 4:7

If we *"Do not love the world," "make no provision for the flesh,"* and *"resist the devil,"* we will live victorious, overcoming lives. I John 2:15-16, Rom 13:14, I Pet 5:8-9

By not giving into these temptations they will ultimately work together for our good by making us more like Jesus. Rom. 8:28

THE VICTORIOUS CHRISTIAN LIFE

The goal of every true Christian is to bear fruit in their lives. As Jesus said: *“He who abides in Me, and I in Him, bears much fruit.”* John 15:5

Here are some practical suggestions to help you become more fruitful:

1. **Bible** - Begin reading one chapter a day from the Gospel of John.
2. **Prayer** - Spend 5 to 10 minutes every day in uninterrupted prayer.
3. **Fellowship** - Begin to develop friendships with sincere Christians.
4. **Church** - Attend Church services regularly and obey Godly leaders.
5. **Witnessing** - Throughout your day be available to share Christ.
6. **Warfare** - Say “no” to the World, the Flesh, and the Devil.

ADDITIONAL AREAS

WATER BAPTISM:

Jesus commanded every committed follower of His to be baptized in water in the name of the Lord. *“He who believes and is baptized will be saved”*
Mark 16:16

Additional Scriptures: Matt 28:19, Acts 2:38, 8:12, 36-38, 10:47-48

THE BAPTISM IN THE HOLY SPIRIT:

Before Jesus ascended into heaven He promised that He would send the Holy Spirit to empower the Church. *“But you shall receive power when the Holy Spirit has come upon you.”* Acts 1:8

Additional Scriptures: Joel 2:28, Acts 2:1-4, 38-39, 8:14-17, 10:38, 44-47, 11:15-16, 19:1-6



CAMPUS LOCATIONS

PORTLAND CAMPUS

9200 NE Fremont St
Portland, Oregon 97220

TIGARD CAMPUS

12244 SW Garden Pl
Tigard, Oregon 97223

MILL PLAIN CAMPUS

14311 SE Mill Plain Boulevard
Vancouver, Washington 98684

EUGENE CAMPUS

89780 N Game Farm Road
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SCAN FOR SUNDAY
SERVICE TIMES

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