

metanoya



a new life

STUDENT NOTES



Jubal García



A Personal Note from Pastor Jubal

Hey Familia,

I want you to know how proud I am of you for taking this step.

This course, **A New Life**, is more than just lessons on paper, it's the beginning of a brand-new journey with Jesus. Whether you're coming out of a hard past or just starting to open your heart to God, I want you to hear this loud and clear: **You are not alone!**

God loves you more than you can imagine, and He has a purpose for your life that's bigger than your past, deeper than your pain, and stronger than anything that's ever tried to hold you back.

At Metanoya, we believe transformation is possible, for anyone! That's why we created this course: to help you understand not just what it means to believe in Jesus, but how to actually live for Him. One step at a time. One day at a time. In real life.

So as you go through these lessons, don't rush. Let God speak to you. Ask Him to change your heart. Be honest. Be open. And know this: We're walking with you. We're praying for you. And we believe in what God is doing in you.

This is just the beginning of your new life. And we're honored to walk it with you.

Anticipating Great Things,

Pastor Jubal García



Introduction

Romans 12:2 (NLT): “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Your new life in Christ begins with a new way of thinking. God doesn’t just want to improve the old you, He wants to transform you from the inside out. That transformation starts in your mind and shows up in how you live.

The name **Metanoya** comes from two Greek words:

- ▶ **“meta”** meaning *transformation*
- ▶ **“noya”** meaning *mind*

This is the same word the Bible uses for **repentance**; a full change of mind, heart, and direction. That’s the journey you’re starting today.

How This Class Works

A New Life is a 10-week class: one lesson per week. Each lesson builds on the one before it, so staying consistent is important.

- ▶ During class, you’ll follow along with student notes that include fill-in-the-blank sections to help you stay engaged.
- ▶ Don’t be afraid to ask questions or speak up if something isn’t clear; this class is here to help you grow.
- ▶ Between classes, take time to review your notes a little each day. A few minutes of study during the week will help the truth go deeper and stick with you.



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1: A NEW BIRTH



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

The Bible teaches that God has a family, and that there is only one way to become part of it. Only those who have been born again can claim to be part of God’s family.

- ▶ **John 3:1-7 (NLT):** “*There was a man named Nicodemus, a Jewish religious leader who was a Pharisee. ² After dark one evening, he came to speak with Jesus. “Rabbi,” he said, “we all know that God has sent you to teach us. Your miraculous signs are evidence that God is with you.”³ Jesus replied, “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.”⁴ “What do you mean?” exclaimed Nicodemus. “How can an old man go back into his mother’s womb and be born again?”⁵ Jesus replied, “I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. ⁶ Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life. ⁷ So don’t be surprised when I say, ‘You must be born again.’”*

BEFORE WE ARE BORN AGAIN, WE ARE ALL:



1. _____ IN OUR DISOBEDIENCE AND MANY SINS.

- ▶ ***Ephesians 2:1 (NLT): “Once you were dead because of your disobedience and your many sins.”***
- ▶ **THERE ARE THREE DIFFERENT KINDS OF DEATH:**
 - A. _____ **DEATH:** Separation from God because of sin.
 - B. _____ **DEATH:** Separation of the soul & spirit from the human body.
 - C. _____ **DEATH:** Separation from God forever in hell.

2. _____ TO THE DEVIL.

- ▶ ***Ephesians 2:2 (NLT): “You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God.”***
- ▶ Before Jesus, we follow the ways of the world system and without even realizing it, we are obeying the devil. He is the one leading people away from God.

3. UNDER GOD’S _____.

- ▶ ***Ephesians 2:3 (NLT): “All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else.”***



- ▶ Before someone is born again, they live for themselves, doing whatever feels right in their own eyes. They are controlled by their sinful nature and, because of that, are under God's judgment.

AFTER WE ARE BORN AGAIN, WE ARE ALL:

1. MADE _____ IN CHRIST.

- ▶ ***Ephesians 2:4-5 (NLT): “But God is so rich in mercy, and he loved us so much, ⁵that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!).”***
- ▶ Even though we are spiritually dead because of our sins, God, who is rich in mercy, loves us so much that He gives us new life through Jesus.
- ▶ When Jesus rose from the dead, He made a way for us to be raised with Him. We didn't earn this, it's only by His grace that we are saved and made alive.

2. SET _____.

- ▶ ***Ephesians 2:6 (NLT): “For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.”***
- ▶ As Christians, we now live with the same power that raised Jesus from the dead. “Heavenly realms” refers to our position in Christ both now and in the future.
- ▶ That is why a Christian can live in victory! You and I have the power of God living in us and through us! We are not victims, we are victors!



3. OBJECTS OF GOD'S _____.

- ▶ ***Ephesians 2:4 (NLT): “But God is so rich in mercy, and he loved us so much.”***
- ▶ Now that we are born again, we are the objects of God's love. He gives us His power so that He can live His life through us and bring glory to himself.
- ▶ But being new Christians, we need to continue to grow and mature. This is the reason why God blesses us with other people who can help us, they are called the family of God.

CONCLUSION:

- ▶ **Being born again is the greatest miracle you'll ever experience.** It's not just a fresh start, it's a brand-new life. You are no longer who you used to be. Your past is forgiven, your spirit is alive, and your future is secure.
- ▶ This is just the beginning of your walk with Jesus. Keep growing, keep learning, and never forget, **you've been made new!**



2: A NEW FAMILY



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

Salvation is personal, but it’s never private. The moment you said “yes” to Jesus, you became part of something much bigger than yourself. You were born into a new spiritual family, God’s family. You now have brothers and sisters in Christ, a Heavenly Father who loves you, and a place where you belong. At Metanoya, we don’t just go to church, we are the Church, and we walk this new life together.

- ▶ **1 Corinthians 12:13 (NLT): “Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.”**

1. THE CHURCH IS A _____.

- ▶ **Hebrews 10:25 (NLT): “And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.”**
- ▶ It’s so important for a person who is born again to connect with the church family.



- ▶ ***Colossians 1:28 (NLT): “So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect in their relationship to Christ.”***
- ▶ God desires that your pastors, leaders, and fellow Christians, all help you grow and encourage you to become more like Jesus.

2. THE CHURCH IS A _____.

COMMUNITY MEANS TO “SHARE ALL THINGS IN COMMON.”

- ▶ We weren't created to live life alone. As human beings, we are designed to live life in community with others.
- ▶ Now that you are a Christian, you are part of God's family and it's important to learn to live in community with other Christians who will encourage you, teach you and build you up.
- ▶ ***1 Thessalonians 5:11 (NLT): “So encourage each other and build each other up, just as you are already doing.”***

3. THE CHURCH IS A _____.

**THE CHURCH HAS 2 PRIMARY PURPOSES:
THE GREAT COMMANDMENT AND THE GREAT COMMISSION.**

A. THE GREAT COMMANDMENT: _____.

- ▶ ***Matthew 22:37 (NLT): “Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.””***



- ▶ Jesus said the most important command in all of Scripture is to love God with everything you are; with your heart, soul, and mind. That means your love for God should show in your desires, your decisions, and your devotion.

B. THE GREAT COMMISSION: _____.

- ▶ ***Matthew 28:18-20 (NLT): “¹⁸ Jesus came and told his disciples, “I have been given all authority in heaven and on earth. ¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”***
- ▶ Loving God leads to loving others. Jesus gave His followers a clear mission: go and make disciples. That means we don't just keep the Gospel to ourselves, we share it, teach it, and help others grow.
- ▶ The Great Commission is not a suggestion; it's a calling to love people by leading them to Jesus.

CONCLUSION:

- ▶ ***1 John 3:1-2 (NLT): “See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. ² Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is.”***
- ▶ **What an incredible truth; God didn't just forgive you, He adopted you.** You are now part of His family, fully loved and deeply known. You belong. And because you belong, you'll never have to walk this journey alone again.



- ▶ As you stay connected to His church and to His people, you'll keep growing, healing, and becoming everything He created you to be.
Welcome to the family!



3: NEW RESPONSIBILITIES



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ When you gave your life to Jesus, everything changed. You’re not who you used to be, you’ve been made new!
- ▶ But with a new life comes new purpose. You’re now part of God’s family, and that means learning how to live differently.
- ▶ Just like any family, being a part of God’s household comes with responsibilities: ways we grow, serve, and live to honor the One who saved us.
- ▶ **James 4:7-8,10 (NLT):** *“⁷ So humble yourselves before God. Resist the devil, and he will flee from you. ⁸ Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. ¹⁰ Humble yourselves before the Lord, and he will lift you up in honor.”*

1. I AM RESPONSIBLE TO _____.

THE WORD SUBMIT MEANS: “TO PLACE YOURSELF UNDER GOD’S WILL FOR YOUR LIFE.”



A. A HUSBAND THAT DOESN'T _____ LOVE AND CARE FOR HIS WIFE IS NOT SUBMITTING TO GOD.

- ▶ *Ephesians 5:25 (NLT): "For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her."*

B. A WIFE THAT DOESN'T _____ LOVE AND HONOR HER HUSBAND IS NOT SUBMITTING TO GOD.

- ▶ *Ephesians 5:22-24 (NLT): "22 For wives, this means submit to your husbands as to the Lord. 23 For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. 24 As the church submits to Christ, so you wives should submit to your husbands in everything."*

C. CHILDREN WHO DO NOT _____ THEIR PARENTS ARE NOT SUBMITTING TO GOD.

- ▶ *Ephesians 6:1 (NLT): "Children, obey your parents because you belong to the Lord, for this is the right thing to do."*

D. PARENTS WHO _____ THEIR CHILDREN TO ANGER AND DO NOT RAISE THEM UP IN THE INSTRUCTION OF THE LORD, ARE NOT SUBMITTING TO GOD.

- ▶ *Ephesians 6:4 (NLT): "Fathers do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord."*



E. AN EMPLOYEE THAT DOESN'T _____ HIS EMPLOYER IS NOT SUBMITTING TO GOD.

- ▶ *Ephesians 6:5-6 (NLT): “⁵Slaves, obey your earthly masters with deep respect and fear. Serve them sincerely as you would serve Christ. ⁶Try to please them all the time, not just when they are watching you. As slaves of Christ, do the will of God with all your heart.”*

2. I AM RESPONSIBLE TO _____.

▶ WHAT ARE SOME WAYS I CAN GET CLOSER TO GOD?

- A. Prayer.
- B. Bible Study.
- C. Worship.
- D. Church Attendance.
- E. Small Groups.
- F. Building healthy relationships with mature Christians.

3. I AM RESPONSIBLE TO _____ _____.

HUMBLENESS MEANS YOU RECOGNIZE THAT
YOU AREN'T PERFECT OR ALWAYS RIGHT.



- ▶ To humble myself before the Lord is when I am fully aware that God is right, and I am wrong. That his ways are always perfect and right. To love him, honor him, and obey him, not only with my words but with my life choices as well.
- ▶ **WHAT ARE SOME WAYS I CAN REMAIN HUMBLE?**
 - A. By remembering that God is perfect and I am not.
 - B. By obeying God's word.
 - C. By keeping a healthy prayer life.
 - D. By learning to be understanding towards people's imperfections.
 - E. By focusing on service not status.

CONCLUSION:

- ▶ **Your new life in Christ isn't something you just receive, it's something you live out.** Growth doesn't happen by accident. It takes submission, humility, and daily pursuit of God. The more you surrender, the more He shapes you. And the closer you draw to Him, the more your life will reflect His goodness. So keep walking, one step at a time, in obedience, in love, and in faith.



4: A NEW COMPANION



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ “The Christian life isn’t hard, it’s impossible.” - Freddie García
- ▶ For this reason, God has given us the Holy Spirit to work in us and through us.
- ▶ **1 Corinthians 12:13 (NLT):** “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself.”

1. THE WORK OF THE _____.

A. _____

- ▶ **John 16:8 (NLT):** “And when he comes, he will convict the world of its sin, and of God’s righteousness, and of the coming judgment...”
- ▶ To convict means to turn the light on, to reveal, to expose.



B. _____

- ▶ **Titus 3:5 (NLT): “He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit.”**
- ▶ To regenerate means to bring back to life.

C. _____

- ▶ **John 16:13a (NLT): “When the Spirit of truth comes, he will guide you into all truth.”**
- ▶ The counsel of the Holy Spirit is God's personal guidance in your life, helping you walk in truth, make wise decisions, and follow Jesus daily.

D. _____

- ▶ **Romans 8:29a (NLT): “For God knew his people in advance, and he chose them to become like his Son.”**
- ▶ The process of becoming more like Jesus.

2. THE POWER OF THE HOLY SPIRIT IS AVAILABLE FOR _____.

- ▶ **Galatians 5:22-23 (NLT): “²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control.”**
- ▶ These aren't just personality traits, they are spiritual evidence. When the Holy Spirit lives in you and works through you, His character begins to show in your life.



- ▶ The true power of the Holy Spirit isn't just about miracles or feelings, it's about Jesus living His life through you every day.
- ▶ *"Christianity is Christ in you, living His life through you, without any help from you."* -Pastor Freddie García

3. HOW CAN I _____ THE HOLY SPIRIT?

- ▶ ***Ephesians 1:13 (NLT): "And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago."***
- ▶ You receive the Holy Spirit **the moment you are born again.** When you put your faith in Jesus, God seals you with His Spirit as a sign that you now belong to Him.
- ▶ You don't have to earn the Holy Spirit. You don't receive Him later as a second experience. You receive Him **at salvation**, when you truly believe in Christ.
- ▶ This is the only way to receive the Holy Spirit: by being born again through faith in Jesus.

CONCLUSION:

- ▶ You were never meant to live the Christian life in your own strength. That's why God gave you the Holy Spirit; to live in you, guide you, and empower you every day. The more you surrender, the more He leads. The more you trust, the more He transforms. His power isn't something you have to chase, it's already in you.



5: A NEW BOSS



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ **Romans 8:29 (NLT):** “For God knew his people in advance, and he chose them to become like his Son.”
- ▶ When you were born again, everything changed, including who leads your life. Before Christ, you followed your own desires or the approval of others. But now, you belong to Jesus and He is in charge. You’re no longer your own boss. He is.
- ▶ At Metanoya, we don’t just teach you to believe in Jesus, we teach you to follow Him. That means surrendering control and learning to obey out of love.

1. THERE ARE _____ IN THE WORLD:

A. _____-PLEASERS: *People who are selfish and self-centered.*

- ▶ They live to make themselves happy, comfortable, or successful, without thinking of God or others.
- ▶ These people say: “I do what I want.”



B. _____-PLEASERS: *People who do things to please everyone else.*

- ▶ They constantly chase approval and avoid rejection, often compromising truth to stay liked.
- ▶ These people say: *"I just want people to be happy with me."*

C. _____-PLEASERS: *People who live to please God.*

- ▶ Their main concern isn't what others think but what God thinks.
- ▶ These people say: *"I just want to honor Jesus."*
- ▶ Question to reflect on: Which one are you right now?

2. JESUS IS _____.

- ▶ ***Philippians 2:9 (NLT): "Therefore, God elevated him to the place of highest honor and gave him the name above all other names."***
- ▶ Jesus is not just your Savior, He is Lord. That means He is in charge. He has the final say in your life.
- ▶ To make Jesus Lord means:
 - You stop doing things your own way.
 - You obey what He says in His Word.
 - You seek His will in every area: your time, relationships, decisions, and future.
- ▶ Think about it: If Jesus is Lord, are there any areas of your life you haven't surrendered yet?



3. OUR OBEDIENCE SHOULD ALWAYS BE _____

_____.

- ▶ ***John 14:15 (NLT): “If you love me, obey my commandments.”***
- ▶ We don’t obey Jesus because we’re scared of Him. We obey because we love Him.
- ▶ Love-based obedience says:
 - “I want to obey You, Jesus.”
 - “I trust Your ways more than mine.”
 - “Even when I don’t feel like it, I’ll still follow You.”
- ▶ True love for God shows up in real obedience.

CONCLUSION:

- ▶ A Christian isn’t someone who just believes in Jesus, it’s someone who follows Him. Jesus didn’t come to be an addition in your life, He came to be King.
- ▶ You are no longer in charge, Jesus is your new boss. He leads, you follow. He speaks, you obey. Not out of fear but out of love.
- ▶ When you choose to please God over yourself or others, you’ll begin to live in real peace and purpose.



6: NEW ENEMIES



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ Now that you are God’s child with a new life, a new family, new responsibilities and a new boss, your former boss (Satan) has now become your enemy. His desire is to discourage you, defeat you and sidetrack you from the will of God.

EVERY CHRISTIAN HAS 3 PRIMARY ENEMIES: THE FLESH, THE WORLD, AND THE DEVIL.

1. _____.

- ▶ **Romans 7:18-20 (NLT):** “¹⁸And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. ¹⁹I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. ²⁰But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it.”



- ▶ When we use the word “flesh”, we’re speaking about your old sin nature that represents your former way of living. This sin nature is selfish and always at war with the will of God.

2. _____.

- ▶ ***James 4:4 (NLT): “Don’t you realize that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God.”***
- ▶ When we use the word “world,” we are talking about the “world system” that is rebellious and independent from God.
- ▶ A “worldly” Christian is one who is unwilling to separate himself and be different. Faithfulness to God means being separated from the “world system.”

3. _____.

- ▶ ***1 Peter 5:8 (NLT): “Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.”***
- ▶ As Christians, we have an enemy, Satan, who wants to stop you from trusting God. He does this by lying, accusing, condemning, and deceiving you, but thank God, he has already been defeated!

CONCLUSION:

- ▶ ***Colossians 2:15 (NLT): “In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross.”***



- ▶ This verse shows us that when Jesus died on the cross and rose from the dead, He didn't just forgive our sins, He defeated Satan and every demonic power. Jesus stripped the enemy of his authority, exposed him as powerless, and declared complete victory.
- ▶ So now, the devil is a liar without legal power over you. His only weapon is deception. If you're in Christ, **you fight from victory, not for victory!**



7: A NEW OUTLOOK



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ Your *outlook* is how you see things: your perspective, your attitude, and your expectations. And now that you’ve been born again, God wants to give you a brand-new outlook on life, one that’s rooted in His grace.
- ▶ ***Ephesians 2:8 (NLT):*** “God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God.”

GRACE IS GOD’S UNCONDITIONAL LOVE FOR ME

In this lesson, you’ll learn how grace changes your perspective; on your past, your future, and your relationship with God. When you understand grace, it changes how you see everything.

1. GRACE NEEDS TO BECOME MY _____.

- ▶ ***Acts 15:11 (NLT):*** “We believe that we are all saved the same way, by the undeserved grace of the Lord Jesus.”



- ▶ God sees us with grace, he sees others with grace. This is how we need to look at ourselves and others.

2. GRACE IS HOW _____.

- ▶ ***Ephesians 2:5-6 (NLT): “⁶that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!) ⁶For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.”***
- ▶ This is the way God sees you: holy and complete. This never changes. Even though your daily walk may be a battle and you have a lot of growing up to do, the way God sees you never changes.

3. GRACE IS A _____.

- ▶ ***Romans 8:29a (NLT): “For God knew his people in advance, and he chose them to become like his Son.”***
- ▶ Through every situation in life, the Holy Spirit will teach you and empower you to become more like Jesus. This won’t happen overnight; this will be a process that will last a lifetime.

CONCLUSION:

- ▶ Grace changes everything! You were saved by grace, you stand in grace, and you grow by grace. You didn’t earn it and you can’t lose it by messing up. Grace means God loves you on your best day and your worst day.



- ▶ When you truly understand God's grace, it sets you free from guilt, shame, and fear. You stop striving to be accepted and start living from a place of acceptance. That's the power of grace.
- ▶ So don't just receive grace, *walk in it*. Let it shape how you see God, how you see yourself, and how you treat others. You've been given a gift. Live like it.
- ▶ ***Philippians 1:6 (NLT): "And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns."***



8: A NEW WAY OF LIVING



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ When you gave your life to Jesus, everything about you began to change, including the way you live.
- ▶ Before Christ, you lived by the world's values: focus on yourself, chase success, get ahead, and look out for number one. But now, you live by a different standard; God's standard.
- ▶ Jesus didn't just come to save your soul, He came to reshape your whole lifestyle. Following Him means letting go of selfish habits and learning to walk in love, holiness, and humility.
- ▶ This lesson is all about what that new way of living looks like and how to walk it out every day.

WHAT DO I NEED TO LEARN NOW THAT I AM BORN AGAIN?



1. I NEED TO LEARN TO LIVE _____

_____.

- ▶ ***Ephesians 4:1 (NLT): “Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.”***
- ▶ Now that we are born again, we carry the name of Christ, hence the name, “Christians.” If you and I claim to be Jesus followers, our lifestyles should reflect it.

2. I NEED TO LEARN TO _____ THE WAY GOD LOVES ME.

- ▶ ***Ephesians 5:2 (NLT): “Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.”***
- ▶ “A life filled with love” means to be considerate of one another, serve one another and to give sacrificially to one another.

3. I NEED TO LEARN TO BE _____ ABOUT THE NEEDS OF OTHERS.

- ▶ ***Philippians 2:4 (NLT): “Don’t look out only for your own interests, but take an interest in others, too.”***
- ▶ ***Mark 10:45 (NLT): “For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”***



- ▶ Living like Jesus means living for more than just yourself. Real spiritual maturity shows up in how we treat people, especially when there's nothing in it for us.
- ▶ When you're born again, you stop asking, "*What do I get?*" and start asking, "*How can I help?*"

CONCLUSION:

- ▶ The new life God has given you comes with a new way of living, a way that reflects Jesus.
- ▶ It's not about being perfect, but it is about being different. You were saved to live with purpose, with purity, and with compassion for others.
- ▶ So stay hungry for God's Word, stay clean in how you live, and stay open to the needs of people around you. When you live this way, you won't just talk about Jesus, you'll reflect Him.
- ▶ Let your life preach louder than your words.



9: A NEW FUTURE



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ Every person has wondered about the future. What happens after death? Does heaven really exist? Can we know what’s coming next? As believers, we don’t have to live in fear or confusion; we have answers. God’s Word gives us a clear picture of what’s ahead for those who are born again. The future isn’t something we should dread. For the Christian, the best is yet to come.

1. CHRISTIANS SHOULD NEVER BE AFRAID OF

_____.

- ▶ **2 Corinthians 5:8 (NLT):** “Yes, we are fully confident, and we would rather be away from these earthly bodies, for then we will be at home with the Lord.”
- ▶ Death is not the end, it’s the doorway into God’s presence. For the believer, to die is to be with Jesus forever. We don’t have to fear what’s next because eternity is already settled.



2. CHRISTIANS CAN LOOK FORWARD TO THE _____ OF THE CHURCH.

- ▶ ***1 Thessalonians 4:16-17 (NLT): “⁶For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. ¹⁷Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever.”***
- ▶ The rapture is the moment when Jesus returns to gather His people. We won't be left behind, we will be caught up to meet Him. It's a promise of hope, not fear.

3. CHRISTIANS CAN LOOK FORWARD TO BEING _____ AT THE JUDGEMENT SEAT OF CHRIST.

- ▶ ***2 Corinthians 5:10 (NLT): “For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body.”***
- ▶ Christians will not be judged for sin, because Jesus already paid for that. But we will be rewarded for our faithfulness. Every act of obedience, sacrifice, and service will be remembered and honored by God.



4. CHRISTIANS CAN LOOK FORWARD TO_____

_____ •

- ▶ ***John 14:1-2 (NLT): “Don’t let your hearts be troubled. Trust in God, and trust also in me. ² There is more than enough room in my Father’s home. If this were not so, would I have told you that I am going to prepare a place for you?”***
- ▶ ***Revelation 21:3-4 (NLT): “I heard a loud shout from the throne, saying, “Look, God’s home is now among his people! He will live with them, and they will be his people. God himself will be with them. “He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.”***
- ▶ ***John 3:16 (NLT): “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”***
- ▶ Heaven is a real place where God lives and where His children will live with Him forever. There will be no more pain, fear, or suffering, only perfect joy in God’s presence.

CONCLUSION:

- ▶ The future for the believer is not uncertain, it’s secure. Because of Jesus, we don’t have to fear death, the end times, or what lies beyond this life. We have a blessed hope. But remember this: your eternity is not automatic, it is determined by your decision. If you’ve accepted Christ, heaven is your home. If not, today is the day to surrender your life to Him. Eternity is real and it’s waiting. Choose Jesus.



10: A NEW GOAL



2 Corinthians 5:17 (NLT): “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION:

- ▶ You’ve made it to the final lesson but this isn’t the end. It’s the beginning of your new life in Christ. God has more for you, and it starts with your next steps.
- ▶ Let’s talk about what your next steps are and how to keep moving forward in your walk with Jesus.

IT’S TIME TO TAKE YOUR NEXT STEPS

STEP 1: _____.

- ▶ Being “born again” means having a fresh start with God. It’s not about religion or being good enough. It’s about trusting in who Jesus is and what He did; He died on the cross for your sins and rose from the dead so you could have eternal life.
- ▶ ***John 3:16 (NLT): “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”***



- ▶ Being born again is a spiritual rebirth, it changes your heart, your priorities, and your eternal destination.
- ▶ Have you truly surrendered your life to Jesus? If not, this is your moment.

STEP 2: _____.

- ▶ This 10-week course you've just completed is the foundation for your new life with Jesus. These lessons weren't just information, they were building blocks for your future. So don't stop here.
- ▶ Go back over your notes. Re-read the verses. Reflect on what God has shown you. Let His Word sink deep into your heart.
- ▶ ***Matthew 7:24 (NLT): "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock."***
- ▶ ***1 Peter 2:2 (NLT): "Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment."***
- ▶ And if you want more, you can always listen to messages and sermons on the Metanoya Church App. Fill your heart and mind with God's truth, this is how you stay strong and grow deeper every day.

STEP 3: _____.

- ▶ ***Ephesians 2:19 (NLT): "You are members of God's family."***
- ▶ The Bible says that when you are born again, you become part of a spiritual family. The Membership Classes at Metanoya Church are designed to help you understand what it means to be part of this family and how you can grow in it.



► **Here are the four classes:**

- **101: Welcome to Metanoya!** Learn the heart, vision, and culture of our church—and how you fit in.
 - **201: Growing in God!** Discover spiritual habits and practices that will help you grow strong in your faith.
 - **301: Built to Serve!** Find out how God designed you to serve others and how to use your gifts in the church.
 - **401: Living on Mission!** Learn how to live out your purpose by sharing Jesus and making a difference in the world.
- Membership isn't just a class, it's a commitment. It's saying, *"This is my church. I'm here to grow, serve, and make a difference."*

This is your next step, and we don't want you to miss it.