



Watch before you begin

Scan to watch the Lesson 1 teaching video — a 10-minute companion to this lesson.

MY FIRST YEAR IN CHRIST • LESSON 1

What Just Happened?

BIG IDEA

You have been brought from death to life — and that changes everything about who you are and how you live.

CORE SCRIPTURES

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

— 2 Corinthians 5:17

He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

— Colossians 1:13–14

KEY CONCEPTS

Fill in the blanks as you read or as your group works through the lesson.

1. Conversion is not _____ — it is new creation. Paul says the old has passed away; something genuinely new has come.
2. You don't work _____ a new identity. You work from one.
3. The word “delivered” (Greek: *rhyomai*) carries the sense of _____ — being pulled out of something you could not escape on your own.
4. The gap between who you are in Christ and what your daily experience looks like is exactly where _____ happens.

5. You are allowed to have _____ — that’s not weak faith. That’s faith that’s alive enough to ask something.

DISCUSSION QUESTIONS

Work through these questions as a group. There are no wrong answers here — only honest ones.

OPENING — LOW STAKES

1. When you became a Christian, did anyone prepare you for what comes after the decision? What did you expect the days following to look like?
2. Before this lesson, how would you have described what happened to you at conversion? What words or images would you have used?

CORE — HEART OF THE LESSON

3. There is a distinction between “self-improvement” and “new creation.” What’s the practical difference between those two ways of thinking about your spiritual life?
4. Paul says God “delivered” and “transferred” us, both action words, both done by God. What does it mean for your sense of security that your standing before God is based on what he did, not what you did?
5. There is a gap between who you objectively are in Christ and what your daily experience looks like, and that this gap is where discipleship happens. Does that reframe make the gap feel different to you? How?

DEEPER — FOR COURAGEOUS GROUPS

6. What question about your faith are you most afraid to ask out loud? What makes it feel risky?
7. The discharged soldier illustration suggests that real status change and slow behavioral adjustment can coexist without contradiction. Where do you most feel that tension in your own life right now?

JOURNALING

Set aside 15–20 minutes with these prompts. Write honestly — no one grades these.

- 1 What did God save you from? Be specific — not just the theological answer, but the real one.

2 What do you think God saved you for? What do you hope your life looks like because of what happened?

3 What question about your faith are you carrying right now that you haven't said out loud yet? Write it here. You don't have to answer it — just name it.

THIS WEEK

Write your salvation story. One page. No polishing. Not the version you'd tell at church — the real one. What were you, what happened, what changed. Keep it. You'll want it later.

Core Scriptures: 2 Corinthians 5:17 • Colossians 1:13–14



Want to go deeper?

Scan to watch the Lesson 1 teaching video — a 10-minute companion to this lesson.

ANSWERS

Fill in the blanks as you read or as your group works through the lesson.

1. [Self-improvement](#)
2. [Toward](#)
3. [Rescue from Danger](#)
4. [Discipleship](#)
5. [Real Questions](#)