

A young boy is in a baptismal pool, covering his eyes with his hands. He is wearing a dark t-shirt with a white graphic. The water is splashing around him. In the background, other people are visible, including a woman in a pink top. The overall tone is somber and contemplative.

# NOW WHAT?

The beginning of your  
journey with Jesus.

 **Pulse  
Evangelism**



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# INTRODUCTION

Hey, friend.

We're glad you're here. More than anything, we're excited you want to know more about Jesus and what it looks like to follow Him.

With Jesus, your life will look totally different. You'll never be the same.

Are you ready to begin the journey?

The next 10 days of this guide are intended to help you understand who Jesus is, what the Gospel means, and what living for Jesus looks like—all while you connect with local follow-up teams using the number on each page.

Following Jesus is the best decision you will ever make.

“Then you will know the truth, and the truth will set you free.”  
- John 8:32





Section 1:

# VALUE

# DAY 01

## Who is Jesus?

This is the most important question in life. Most people have heard about Jesus, but not many people's lives look different because of Jesus. Many people have asked the questions:

*What makes Jesus different from all the other prophets?*

*Is there evidence that Jesus was actually a real person?*

*How can someone who lived 2,000 years ago affect my life today?*

Maybe you've asked these questions too. The good news is that there's an answer for these questions.

### **1. Jesus was a historical figure.**

Even without the Bible, the existence of Jesus can be proven. Roman historians and other first-century scholars, from Josephus to Tacitus, have left accounts of Jesus of Nazareth.

The ancient Biblical texts tells us that Jesus:

- Was reported to have been born of a poor virgin and that His father was a carpenter (Luke 1:27)
- Was a teacher, and His disciples passed on His teachings to others (John 13:13, Matthew 28:19-20)
- Prophesied and performed miracles (Luke 21, John 2)
- Claimed to be God (John 10:29-33)
- Was crucified by Pontius Pilate during the reign of Tiberius Caesar in Judea (Matthew 27, Mark 15, Luke 23, John 19)
- Had an earthquake and darkness accompany His death (Matthew 27:50-54)

- Had followers who reported that He had risen from the dead, appeared to them, and showed them the wounds in His hands (Luke 24:37-40)
- Caused disturbances with the Jews, which lead to Claudius' decree for the Jews to leave Rome (Acts 18:2)

## 2. Jesus is unique among religious leaders

Religion is a word we use to describe faith and faith systems, and there are millions of gods and goddesses, and religions around the world. So what makes Jesus and Christianity different?

Every religion that exists is marked by the need for you to do certain things to meet a standard; Buddhism, Islam, Jehovah Witness, etc.

Faith systems and religions are always putting pressure on us to be good enough for God.

Here's the thing: Christianity and Jesus is the only religion that says you will never be good enough for God. So, God did something about it. Because of His love, God sent Jesus to become good enough for us. When every religion says "do," Jesus through His life, death, and resurrection, says the work is done. Through trust in Jesus, anyone can be saved.

## 3. Jesus claimed to be the Son of God.

The Bible was written by 40 authors, over 1,500 years, with 66 different books. All of it points in one direction—Jesus is the promised Messiah and is the Son of God.

Jesus Himself said, "I am the way, the truth, and the life. No one comes to the Father except through me" (John 14:6).

Jesus also said, "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His son into the world to condemn the world, but to save the world through Him" (John 3:16).

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# DAY 02

## What did Jesus do for me?

Knowing about Jesus will have little power to change your life unless you become gripped by the reality of what He did for *you*.

You see, humans were created in the image of God. God created humanity to be in a loving, perfect relationship with Him.

But there's a problem.

Through the first created man, Adam, sin entered the world. Sin is the wrong things that we do that go against God's holy law. In other words, sin is when we choose to go our own way, rather than God's. God's Word says that the punishment for sin is death in Romans 6:23.

God's law demands perfection. But because of our sin, we can't live up to God's standard, and we are separated from our Father.

But the story doesn't end here. Because God is a Father who desires relationship, His love compelled Him to rescue His children from the separation sin created.

John 3:16 says that, "God so loved the world that He gave His one and only Son." God sent Jesus into the world to save it and His children.

Jesus was born to the virgin Mary in a stable in Bethlehem. He grew up under the care of his earthly parents, Mary and Joseph, and began His public ministry around the age of 30.

During His earthly ministry, Jesus healed the sick, performed miracles, taught people about the Kingdom of God, and proclaimed the Good News—that He had come to save the world.

His ministry infuriated many of the religious leaders at the time because He flipped the Jewish religious system on its head. Jesus taught that He was the fulfillment of everything the law demanded and that through faith in Him, people could be saved apart from perfect obedience to the law.

The religious leaders arrested, crucified, and killed Jesus. But this was all according to God's plan. Jesus died on a Roman cross and took the penalty we deserved for sin.

He resurrected from the dead three days later, defeating the power of death! This means that anyone who places their faith in Jesus and seeks forgiveness from sin can have eternal life, become a child of God, and be restored back to right relationship with the Father.

After accomplishing this work, Jesus went back to His Father in heaven, commissioning His followers to tell the world about Him.

2,000 years later, the message of Jesus is still spreading, saving, and transforming people.

Friend, this must become personal for you. When Jesus died on the cross, He had your name in mind. He took the punishment for your sin—past, present, and future.

The Apostle Paul viewed Jesus' sacrifice as something He did as a personal act of love for him, meaning His love and sacrifice for each of us is personal.

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved **me** and gave himself for **me**" (Galatians 2:20).

Jesus died to save *you* from everything that separates you from Him. Will you accept His gift?

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**NOTES:**

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# DAY 03

## Living in Grace

No gift can compare to the gift God has given all creation—grace.

Grace is unmerited, or undeserved, favor from God. Grace is essential to who God is. It's the free gift of salvation available to everyone.

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast” (Ephesians 2:8-9).

In culture we're taught that we have to earn, work toward, and deserve whatever it is we want. That's why we commit to workout plans, slave away at our jobs, study through the night, and prove ourselves to the world around us. We know that we have to earn and be deserving of the goal we're chasing after.

Grace is the opposite. We could work for the rest of our lives and try to be perfect enough to earn God's favor, but we would never be good enough. Grace frees us from trying to be good enough for God, and allows us to realize that we never will be, knowing that Jesus stands in our place instead. What a gift! We can stop the hustle, and rest in the grace of God.

After we've experienced the grace of God, it changes how we live. Grace does not require our efforts in order to receive it, but it does train us to say no to sin and live a Godly life (Titus 2:11-13). Grace also enables us to do good works:

“And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work” (2 Corinthians 9:9).

Instead of seeing people as enemies, we can see them as people in need of grace. Instead of demanding perfection from those around us, we can love them through their failures and imperfections. Instead of thinking we're better than others, we can realize the only difference between us and them is God's grace.

The world needs grace. We have received this gift through Jesus. Let's live in grace and spend our lives giving it to others.

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Section 2:

# TOOLBOX

# DAY 04

## Community

None of us were meant to do life alone. We were created to be in relationship with others. After you put your faith in Jesus, one of the first steps you should take is to get connected with a Jesus-loving church that preaches God's Word.

Why?

The Bible stresses the importance of meeting consistently with other believers. Hebrews 10:24-25 says, "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

When we attend church and find community, we are encouraged and spurred on in our faith. Let's be real, the Christian life is not easy. We need others who will encourage us when suffering comes and to spur us on when we're tempted to quit.

When we are part of the local church, we grow spiritually more than we can on our own. Being surrounded by people who remind us of God's word, hold us accountable, pray for us, and walk with us will take us deeper in our own relationship with Jesus.

When the church gathers together to worship, Jesus is present (Matthew 18:10). Worshiping Jesus alongside others who love Him is a powerful, uplifting experience that grows our faith. Imagine how pleasing it is to God to hear a multitude of His children all praising His name together!



The collective term for all believers in scripture is “The Church.” Jesus loves His Church because He purchased it with His blood when He died on the cross. The Church is God’s plan to reach a world in desperate need of hope. There’s no backup plan.

The Church is not a place for people who have it all together. You don’t have to clean yourself up and put on your best behavior to get in the door. It’s not a place for the perfect, but for those who know how desperately imperfect they are.

Augustine described this well when he said, “The Church is not a hotel for saints, it is a hospital for sinners.” We go to Church because we know our need for Jesus is great, not because we have it all together.

Broken people need other people. The Church is a place where we can all be honest about our need for Jesus, find encouragement and accountability from others, and be spurred on to continue living on mission for the Gospel.

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# DAY 05

## Instruction

God has not left us to wonder how we should live. He speaks to us and instructs us through His Word—the Bible.

The Bible is the most influential and most sold book of all time. Nothing can come against the spreading of God's Word, it's unstoppable! The prophet Isaiah says, "The grass withers and the flowers fall, but the word of our God endures forever" (Isaiah 40:8).

The Bible is a collection of writings written by prophets and apostles all under the inspiration of the Holy Spirit. The Bible tells the story of humanity, from creation to the new heaven and earth to come.

The Bible is a story of redemption. It outlines humankind's brokenness and continually points to one person—Jesus; God's rescue plan for the world.

The text is broken up into two parts; the Old Testament and the New Testament. The Old Testament is composed of 39 books written by the Israelites, God's chosen people. It tells the story of Israel—their continual disobedience and inability to keep God's law, yet God's unwavering love towards them continues. The Old Testament foreshadows the coming of God's gift to the world, Jesus, and is filled with prophecies about Him.

The New Testament fulfills all of the promises about a coming Savior found in the Old Testament. It's composed of 27 books written by followers of Jesus that tell the story of His life and teachings. The four Gospels—the first four books of the New Testament—are the best place to begin reading if you want to know more about Jesus!

The Bible, God's spoken Word to us, is the authority for every believer's life. It instructs us in the way we should live. Though it was written thousands of years ago, it's still relevant for our lives today because God's words are alive and active (Hebrews 4:12).

2 Timothy 3:16-17 says, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

God's Word equips us to live for Him.  
When you feel discouraged, go to God's Word.  
When you don't know what to do, go to God's Word.  
When you have questions, go to God's Word.  
When you need help, go to God's Word.  
When you're tempted by sin, go to God's Word.

Go to God's Word in every situation. Let His Word be the guide for your life. It will never fail you.

**Text 73738 with questions**





# DAY 06

## Talking to God

Before Jesus, only the High Priest was able to enter into the presence of God and talk to Him. Now, because Jesus has made a way for us to be in relationship with the Father, we have the ability to talk to God whenever. We don't have to go and find God in a temple in order to talk to Him, His presence now lives in us!

Jesus describes it like this, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them" (John 14:23).

Our "yes" to Jesus is an invitation for Him and the Father to come and make their home within us. We can now have constant communication with God through prayer.

How do you talk to your best friend? Usually you're pretty honest with them. You tell them about your struggles, your wins, your hopes, your dreams. You feel so comfortable around them sometimes you don't even need to use words to communicate.

Praying to God is no different.

God invites us to bring everything to Him in prayer. Talk to Him like He's in the room—because He is. Tell Him about your fears, your doubts, your desires, and more. Ask Him for the things you need. Thank Him for all the things He has done for you and thank Him for just being who He is.

Prayer is the most powerful thing you can do, because God moves when we pray. Jesus tells us:



**“Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:23-24).**

God doesn't always answer our prayers in the way we want Him to, but we can have confidence that He hears us (1 John 5:14), He cares for us (1 Peter 5:7), and He will meet all of our needs (Philippians 4:19).

Prayer is the lifeline of every believer. It's so important, the apostle Paul tells us to “pray without ceasing” in 1 Thessalonians 5:17.

Jesus modeled a life of prayer for us. He gives us an example of how to pray:

**“This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one’” (Matthew 6:9-13).**

Watch God transform you and those around you through prayer. We encourage you to commit to praying for five people in your life who need Jesus!

[pulse.org/resources](https://pulse.org/resources)

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# DAY 07

## A Spirit-Filled Life

Imagine having someone constantly with you who you can rely on, talk to, and be led by. Through our faith in Jesus, this is actually something we receive. The Holy Spirit is given to us the moment we trust Jesus as our Savior.

The Holy Spirit is the third person of the Trinity. God exists as three persons; the Father, the Son, and the Holy Spirit. All three parts are equal and divine, with different functions.

In John 14:26, before He ascends back to the Father, Jesus tells His disciples, "But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

The Bible is clear that the Holy Spirit is active and does many things in the lives of believers and the world.

The Holy Spirit:

- Convicts people of sin (John 16:8)
- Convicts people of living in right relationship with God (John 16:8)
- Enables believers to talk to God through prayer (Jude 1:20)
- Helps believers understand and remember God's Word (John 14:26)
- Gives believers spiritual gifts (1 Corinthians 12:4)
- Allows believers to overflow with hope (Romans 15:13)
- Intercedes to God for us when we don't have words to pray (Romans 8:26)
- Leads believers into right living (Galatians 5:19-25)

Without the Holy Spirit, we live like the rest of the world does. We don't see sin as wrong, and don't feel conviction when we sin. Once we receive the Holy Spirit, everything changes.

After we say "yes" to Jesus, the Holy Spirit immediately begins working in our lives to make us more like Jesus, a process called "sanctification."

We can't overcome our sin and brokenness on our own. And Jesus knows that. That's why throughout our journey with Him, the Holy Spirit gives us the power to overcome sin and temptation by leading us into the fruits of the Spirit instead.

Galatians 5:19-24 is helpful for understanding this:

**"The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires."**

Through the power of the Spirit, this fruit is produced in our lives, and we leave our old ways behind.

The Holy Spirit is our friend and our helper, a constant presence in the life of the believer. Everything He tells us is from the Father (John 16:13). With His presence inside of us, we are never alone in this world, we have everything we need in order to overcome the sin in our lives, and live as Jesus did.

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Section 3:

# LIVING LIKE JESUS

# DAY 08

## Spending Time with God

We were created by God to be in relationship with Him. That means that He's the only one who can truly satisfy us and fulfill us. He's the only one who can meet our deepest emotional, spiritual, and physical needs.

That's why it's so important for us to take time out of our days to just be with Him. It's during these times that we learn to hear His voice, experience His love, and become more like Him.

In Luke 10, Jesus comes to stay at the home of two sisters; Martha and Mary. Martha is busy preparing food for Jesus and the other guests, while Mary sits at the feet of Jesus and listens to Him speak. Jesus tells Martha, "you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her. (Luke 10:41b-42)."

Jesus shows Martha that the most important thing she could do is to lay aside her business and be in His presence. This is also an invitation for us to lay aside everything that distracts us and spend time with Him.

There's no one size fits all approach to spending time with God. He has made each of us uniquely different, which means each of us will connect with Him differently and experience Him differently—and that's okay.

All that we need to do is set aside our agendas and focus on Him.

Here are some ways you can spend time with God:

- **Pray:** Like mentioned earlier, just talk to God. He's your best friend.
- **Go outside:** Maybe you connect with God best when you're surrounded by creation. Try going for a walk, hike, or sitting by a lake.
- **Journal:** Write down your thoughts to God on paper.
- **Worship:** Listen to worship music that glorifies God, or sing your own song to Him!
- **Read His Word:** God speaks to us through His Word. Become familiar with it. Memorize it.
- **Practice solitude:** Sit in the stillness and close your eyes. Let God speak to you.
- **Get creative:** Painting, drawing, writing, etc. can all be ways you worship God and spend time with Him.

These are just a few ways you can spend time with God. Spending time with God is a lifelong pursuit—you'll constantly discover new ways to be with Him.

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# DAY 09

## Share your Story

We each have a story. When we come to know Jesus, our story immediately becomes two parts: who we were before Jesus and who we are after Jesus. The grace of God is what takes us from who we were to who we are.

That's our testimony—our story of how Jesus saved us.

How we went from death to life.

Darkness to light.

Old to new.

Lost to found.

Sinner to Saint.

Every person saved by Jesus has an eternal story. A story that points to Jesus and tells of His saving grace. A story that needs to be shared with a world in need of that same grace.

When we share our testimony, people are invited into the messiness and brokenness of our lives. And guess what? People relate more to that stuff than they do to the put-together, perfect image many of us try to display.

Sharing our story can cause people to realize, "If Jesus can do it for them, maybe He can do it for me." And He can. And we get to tell them how.

John Newton experienced this transformation in his own life. Before Christ, his life was marked by all kinds of evil, but after Christ, he became a totally new man who eventually penned the famous hymn, "Amazing Grace." These words have lived on for hundreds of years, because his testimony is every believer's testimony:

*Amazing grace, how sweet the sound  
That saved a wretch like me.  
I once was lost, but now I'm found;  
Was blind, but now I see.*

Tell the world about the grace that saved you.

Download our free resource to help you share your story:  
**[pulse.org/resources](https://pulse.org/resources)**

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# DAY 10

## Welcome Others

Once we come to know Jesus we can't stay silent.

We are surrounded by people who are searching for love, hope, joy, and peace in everything except for Jesus.

Charles Spurgeon, known as "the Prince of Preachers" once said, "The Great Physician [God] has entrusted you with the medicine that heals the sick. You see them die around you, but you never speak of the remedy!"

The truth is, the world around us is dying without Jesus. Since we've been reconciled to God through Jesus, we know where salvation is found. God has given us the message of salvation and we get to tell others.

"All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation" (2 Corinthians 5:18).

The Gospel is the best news anyone will ever hear. It's God's message to the world and He's entrusted it to us, His children.

Your co-worker needs to hear this message.  
Your neighbor needs to hear this message.  
Your classmate needs to hear this message.  
Your family needs to hear this message.  
Everyone needs to hear this message.

Talking about your faith in Jesus can be scary. But it's worth it. Jesus endured insults, mocking, criticism, rejection, and more, on our behalf. Are you willing to endure the same for Him?

Ask God to give you boldness. Ask Him to help you see people and listen to their stories. Sharing your faith is about listening and loving like Jesus rather than saying all of the right things.

Most people don't know Jesus because no one has ever shown them or told them about God's love and grace. Today is the day all of that could change.

Download our free Make Jesus Known Training:  
**[pulse.org/makejesusknown](https://pulse.org/makejesusknown)**

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# OUTRO

Before Jesus ascended into heaven, He gave His disciples this mission:

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age” (Matthew 28:19-20).

As followers of Jesus, this mission is also for us. The mission of our lives is to make Jesus known.

Jesus is the answer, because Jesus changes everything.

Friend, we believe there's a unique calling on your life. That God has a special plan and purpose for you (Jeremiah 29:11). We're sending you out to reach a hopeless world with the hope you now have.

Jesus is with you. We're running alongside you on mission, together.

-Pulse Evangelism

