




1

DAY ONE



I am so pleased at your recent commitment to Jesus Christ. You have made the greatest of all decisions. Jesus is the BEST FRIEND you will ever have.

Your relationship with the Jesus will continue to grow as you talk to Him in prayer and read His Word, the Bible. He has the power to really change our lives and help us to be better at everything we do.

It would be great if you would consider getting plugged into a local church. As Capital Compassion, we do not offer weekly Sunday services, but we do have opportunities for Bible Study monthly. You can find that information on our website. If you would like a local church suggestion, please call our office at 916-856-5683 and we can help recommend a great church in your neighborhood.

Be assured of my prayers for you. May our Lord richly bless you as you grow in Him.

Rick Cole

Executive Director, Capital Compassion



TODAY IS DAY ONE OF YOUR NEW LIFE. You made a decision and have become a new believer in Christ. This is the start of an exciting journey. It's the first moment of the most important relationship you'll ever have.

This new journey can be both amazing and daunting. You are likely facing (or about to face) several questions: What do I do now? What just happened? What do I do at church? How do I read the Bible? How does prayer work? How often do I need to pray? Is there a wrong way to pray? And probably a lot more questions than those.

First of all, what just happened?

Your experience in coming to Christ is unique. Everyone experiences the moment in different ways. For some, it's an emotional connection. For others, it feels like waking up (this was how author C.S. Lewis described it). What has happened is that you have become a new person! The Bible tells us that:

"...if anyone is in Christ, he is a new creation. The old has passed away; the new has come."
(2 Corinthians 5:17)

So why did I need to do this?

You might've seen the reference to the specific Scripture verse, John 3:16, plastered on signs or billboards or a dozen other places. It's often highlighted because it summarizes the truth of God's plan and what happens to us into a simple sentence: *"For God so loved the world [that includes you and me], that he gave his one and only son [Jesus], so that whoever believes in him won't [die] but have everlasting life."*

Let's break it down further:

- God designed us to have a relationship with Him
- Our sin leads us away from God; it's a rejection of Him and, thus, it separates us from Him
- Sin creates spiritual death by separating us from God
- Jesus, God's eternal Son, became human, lived a perfect life (one without sin), died, and took that penalty for us—He was resurrected three days later
- Now, we have a path towards reconnecting in relationship with God: through Jesus
- By believing in Jesus, who He is and what He did, we are eternally united with God and other believers
- Our new relationship with Jesus gives us a new life

What does this New Life thing mean?

Learn these five truths about your new self:

1. You are forgiven (read Colossians 1:13-14, 2:13)
2. You are a child of God (read John 1:12)
3. Christ's life now lives in you (read Galatians 2:20)
4. You are brand new—the old life is gone (read 2 Corinthians 5:17 and Ephesians 2:4-5)
5. You have eternal life (John 3:16)



Be committed to a lifelong process of growth and learning. It's OK to have questions.

So what do I do now?

The journey you just started on is one that will continue the rest of your life. Here at Capital, we are committed to a lifelong process of growth and learning. You can find a local church to learn and grow—and we each come, seriously, including those who have been doing this thing for a long, long time. Don't worry if you don't understand everything right away—that's to be expected.

All of us come from different backgrounds. While God does not consult your past as He helps you write your future, it's important to know where you've come from and what your prior beliefs were as they will affect how you view your relationship with God now. As you move ahead, feel free to ask questions. Find a church where questions are welcomed. We know that we come to grow through questions. There may be things that seem different, odd, or confusing—find someone to walk with you as you explore your faith and help answer your questions.

First, we encourage you to attend church every week. It's important to spend time with other believers. This is much more like a team sport than an individual marathon. The local church is designed to be a place where you can connect with and meet other Christians, to worship together, study the Bible together, and pray together. Every week you'll hear encouraging messages that will help you grow in your new relationship. It's important to make regular attendance a habit. There will be distractions and obstacles that pop up to prevent you from attending. Prioritize it every Sunday morning and you'll find your experience enjoyable and life-giving.



Second, spend time every day reading the Bible. You may have heard different things about the Bible—some true and some not. The Bible is actually more like a library than a novel. It's a collection of many different books written by different people spread across time (roughly 1,500 years) and different locations. The Bible breaks these books into two major sections: the Old Testament and the New Testament. The Old Testament discusses the interactions of God with the nation of Israel and preparing the world to receive His Son. It also tells us how sin first entered the world and God's response to it. The New Testament begins with the entry of Jesus into the world. It gives four different perspectives on the life of a singular person: Jesus. **These are great places to start.** The four books of Matthew, Mark, Luke, and John are called the Gospels and they tell the story of Jesus' birth, life, death, and resurrection.

DAY ONE

We encourage you to start with either the book of Mark or John—they're quicker reads that are easier to understand when you're just beginning. The rest of the New Testament is about the first believers and how God wants to take the message of Jesus to everyone. A large portion of the New Testament was written by a man named Paul. He wrote letters to Christians at that time and gives great teaching on how we are to live and what this new life means.

Mark is a quick read without a lot of background information. Mark wrote about what happened—if he were alive today, he'd probably be a fan of action movies: fast moving without much background. John is told from the perspective of Jesus' closest friend and gives us many different moments of Jesus engaging with people one-on-one. It's where we get the Scripture we mentioned earlier: John 3:16. John has many simple, summary verses like this and it's a great place to really understand the core of Jesus' message.

If you're unsure how to find the book of John, most Bibles have a Table of Contents printed in the front—they will list the books along with the page number to open up to. As a quick note, it's important to read a modern-day translation of the Bible. Interesting fact: the Bible

wasn't written in English. Originally it was written in three languages: Hebrew, Greek, and Aramaic. The different versions of the Bible are different translations.

The English language changes over time and so there are often new translations coming out in order to provide the Bible in current-day English. Recent, easy-to-read versions of the Bible include the NIV (New International Reader's Version), TNIV (Today's New International Version), ESV (English Standard Version), or The Message (an incredibly easy-to-understand English translation). The Bible that we give out is the ESV translation. If you find yourself struggling to understand the different words as you read, check to make sure you're reading from a more recent translation. We also encourage you to download the free [YouVersion Bible app](#) (available in the Google Play store or the Apple App Store). It's easy to

get busy and neglect reading the Bible. If you have a commute, you can use the audiobook version from the Bible app to listen as you drive (it's okay—this isn't cheating). In fact, listening to the Word of God is a great way to understand it better. The Bible was actually written to be heard. The early believers would get together and read the letters of Paul and the Gospels out loud to each other.

Try to memorize one verse a week. The Bible tells us to "renew our minds". We're constantly flooded with so many negative messages in the world—it's difficult to keep a proper perspective on our life. The Bible is a big book and you won't be able to absorb it all right away. Just do a bit at a time—Scripture memorization is a great step that can help you towards understanding.

**Because we have a
relationship with Christ,
we have been reunited to
God, and He hears us.**

THERE'S SO
MUCH MORE TO
THIS NEW LIFE,
BUT THIS IS JUST

DAY ONE.

HAVE SEEN THIS GLORY, GLORY AS OF THE ONLY SON FROM THE FATHER, FULL OF GRACE AND TRUTH.” JOHN 1:14

Or try this:

“JESUS SAID TO HIM, ‘I AM THE WAY, AND THE TRUTH, AND THE LIFE. NO ONE COMES TO THE FATHER EXCEPT THROUGH ME.’”

JOHN 14:6

Third, talk to God daily through prayer. We are encouraged to talk to God: *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. The peace of God, which surpasses understanding, will guard your hearts and your minds in Christ Jesus.”* (Philippians 4:6-7)

Prayer can seem overwhelming. You could have a lot of doubts: Is there a wrong way to pray? What can I pray about? When should I pray? How long should I pray?

Remember that prayer is simply talking to God. Approach it as you would a friend. The most important part of prayer is to pray. Find some time where you won't be distracted and talk to Him about what's on your mind: you can tell Him about your challenges, worries, stresses, hopes; you can tell Him about the good moments of the day, your joyful moments . . . He truly is interested in hearing about your life. As you pray, remember to thank Him for the things in your life—practicing gratitude is a great habit to begin with. And then let Him know what your needs are. He wants to hear what you need. He loves us and has promised to hear us when

we pray. Because we have a relationship with Christ, we have been reunited to God, and he hears us. We are told in Hebrews 4:16 to “. . . *approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*”

1 John 5:14 tells us: *“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”*

So, talk to Him. It doesn't have to be long. You don't have to get the words right (there are no right words). You just need to pray—focus your attention on Him and share with Him your heart: your needs, hopes, desires, and gratitude. It's the act of praying that's important.

There's so much more to this new life but this is just Day One. You have a lifetime ahead of you to explore, grow, and learn. We are excited for your journey ahead and encourage you to get plugged into all that is happening in your local church.

If you are local to the Sacramento region, we have opportunities to grow your faith by practically living out what you are reading in the Bible. We offer volunteer serve times at our warehouse Tuesday-Thursday and then monthly through local outreaches. We would love to have you join us! You can find upcoming dates at:

www.capitalcompassion.org

Welcome to your New Life! And this is just

DAY ONE

SUMMARY

Take this with you as an encouragement
on your journey in faith.

① Today is Day One of your new life.

② Your new life began when you chose to enter into relationship with God through His Son.

③ Remember John 3:16: “For God so loved the world, that he gave his one and only son, so that whoever believes in him won’t [die] but have everlasting life.”

④ Your sin was a rejection of God but through Jesus, you are forgiven.

⑤ You are a child of God and your old life is gone.

So what do you do now?

⑥ Attend church regularly. This is a team sport rather than an individual marathon.

⑦ Spend time every day reading the Bible.

A great place to start is the book of John or the book of Mark—these retell the story of Jesus from the different perspective of an eyewitness.

⑧ Consider downloading the free YouVersion Bible app.

⑨ Try to memorize one verse a week. It helps you keep your mind renewed.

⑩ Pray daily. Because we have a relationship with Christ, we have been reunited to God and He hears us. You can approach prayer just like talking to a friend.

There’s so much more to this new life, but this is just **Day One**.

OUR MISSION

Our mission is to live as Jesus among the broken. Through word and deed, telling people about Jesus and teaching them to follow Him.



✉ 10151 Croydon Way, Ste 3
Sacramento, CA 95827

☎ 916-856-5683

🌐 www.capitalcompassion.org

📘 @capitalchristiancenter

📷 @capitalcompassion

▶ @capitalchristiancenter