

# MILK

FOR NEW CHRISTIANS

Frank Hamrick & Jerry Dean

## **MILK: FOR NEW CHRISTIANS**

written by Frank Hamrick and Jerry Dean

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As newborn babes, desire the sincere milk  
of the word, that ye may grow thereby.

—1 Peter 2:2

As a new Christian, you might be wondering what to make of your young faith. What does God expect of you? What are you supposed to know? More importantly, who are you supposed to be?

It might seem a little overwhelming, but God doesn't expect you to figure out everything at once. He's already changed you into someone new (2 Cor. 5:17), and He promises to continue His work in you (Phil. 1:6). So don't trust your ability to learn or do or be. Trust God, and let Him teach you, guide you, and mold you.

That's not to say you don't have some work ahead of you. This book offers you milk from God's Word—that is, passages from Scripture which teach you basic doctrines about your faith and about God. You might not have studied the Bible before, so even these simple truths could be difficult to learn.

So ask God to open your heart. Ask Him to help you understand His Word, so that you can grow stronger and wiser—and closer to your Savior.

1

HOW DID I BECOME A  
CHRISTIAN?

The Bible talks a lot about salvation, but what does this word really mean?

Normally, we might imagine a person getting “saved” from a burning house or a rushing river. But when the Bible uses the word *salvation*, it’s talking about something far more important than rescue from physical injury or death.

Biblical salvation refers to two things—first, our rescue from hell and eternal separation from God, and second, our restoration and adoption as God’s children, in this world now and in heaven forever.

Some Christians, therefore, call themselves “saved” to recognize that God has rescued them *from* their sin and *to* His family.

But how does this salvation happen?

## **GOOD WORKS DON’T SAVE**

Maybe you’re asking, “Don’t I have to do something to get saved? Aren’t good or noble actions necessary to get me into heaven?”

Let’s see what God says through His Word, the Bible. Turn to Romans 3:9–12.

- Verse 9 teaches that Jews and Gentiles (non-Jews) are the same in that they are both under \_\_\_\_\_.
- What do you think this means? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Verse 10 describes what we really are in God’s sight. How many are righteous—that is, right with God?  
\_\_\_\_\_
- According to verse 11, how many people really seek God? \_\_\_\_\_
- According to verse 12, how many people, from God’s perspective, do good? \_\_\_\_\_

*How can you say I don't do good things?*

It's a fair question. But what does the Bible mean by "good"?

- As far as making other people happy, any of us can do good. We can share, give, and even die helping others—all as sinners unredeemed by Christ.
- But so far as pleasing God, no person can do good on his own. Romans 8:8 says that those who are in the flesh—that is, those who haven't trusted Christ for their salvation—\_\_\_\_\_ please God.

Without Christ, we cannot please God at all, and we certainly couldn't please God enough for Him to overlook our sin.

*Why can't I earn my salvation?*

**GOD IS HOLY**

Read Leviticus 11:44 and answer the following questions.

- What did God require of Israel? \_\_\_\_\_  
\_\_\_\_\_
- Why must they be holy? \_\_\_\_\_  
\_\_\_\_\_

Read Habakkuk 1:13. Here the prophet is talking to God, and we learn that God is so pure, so holy, that He cannot even \_\_\_\_\_.

God is perfectly holy, and He demands holiness from every individual.

- Romans 3:23 tells us that \_\_\_\_\_ have sinned.
- Can people that have sinned—that are imperfect—please a perfectly holy God by their own works?  
 Yes  No.

As we shall see, God is so holy that even our good works appear to Him as sinful.

Because God is holy, our sins separate us from Him.

- What does Romans 6:23 tell us is the wage, or reward, for our sin? \_\_\_\_\_

### **SALVATION IS A GIFT**

- According to Romans 6:23, how does a person gain eternal life? \_\_\_\_\_  
\_\_\_\_\_
- What do you have to do to get a gift? \_\_\_\_\_  
\_\_\_\_\_
- If a person offers you a gift, do you tell them, “Well, that’s great, but let me pay for it and earn it”?  
 Yes    No
- Is there any way you can work for a free gift?  
 Yes    No

If you work for a gift, it is no longer a gift—it’s a wage. Read Romans 6:23 again. Death is the wage we deserve for our sin. Eternal life—that is, salvation—is the gift that God offers us through Jesus Christ. What can we do but accept it?

### **OUR RIGHTEOUS DEEDS ARE WORTHLESS**

- How does Isaiah 64:6 describe the so-called righteous things we try to do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

These filthy rags or garments refer to the kind of bandages someone might place over an open sore. Once removed from the wound, the bandages are disgusting, polluted garbage. This is how God views our works. Our intentions might be good, but our sinful nature corrupts even our best efforts.

## WHEN DOES A PERSON BECOME A CHRISTIAN?

The following four things happen as a person becomes a Christian.

He Recognizes That He Is a Condemned Sinner Before a Holy God

Throughout the Bible, we see people confronted with their sin. How did the following admit their sinfulness?

- David—2 Samuel 12:13 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Isaiah 6:5 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

He Recognizes What Christ Has Done for Him

In Acts 8:26–40, a royal treasurer from Ethiopia asked one of Christ’s disciples, Philip, to explain the meaning of Isaiah 53. Philip showed him how the passage prophesied that a Savior would come and die for our sins.

Salvation would not be possible had Christ not paid for our sins on the cross (1 Pet. 1:17–19; Rom. 5:6). Without an understanding of Christ’s saving work on the cross, a person cannot be saved.

God’s holiness and justice require death for our sins (Rom. 6:23). But the *gospel*—that is, the good news—is that Christ died in our place.

He Repents of His Sin and Flees to Christ for Salvation

- According to 2 Corinthians 7:10, what does godly sorrow, or grief, produce? \_\_\_\_\_
- And what does this lead to? \_\_\_\_\_

To *repent* is to turn around, to change your mind and therefore your direction.

- How does a person gain repentance (2 Tim. 2:25)?
- 

God-given repentance is not just self-pity or guilt for having done wrong. Those attitudes don't turn us to God for salvation.

But how do we know that our repentance is the kind that leads us to salvation? Two signs accompany God-given repentance:

1. As mentioned before, we will have godly \_\_\_\_\_ for our sin (2 Cor. 7:10). This is an actual hatred of our sin, a deep desire to be cleansed of it.
  2. We will desire Christ. We will see Him as our precious cornerstone (1 Pet. 2:7). We will understand how dependent we are on Him.
- Read Matthew 13:44. When the man found treasure in the field, how did he respond? What was his attitude?

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That treasure represents Christ. When a person truly repents of his sin, he realizes that Christ is more valuable and desirable than all the treasures on Earth. He will do anything to gain that glorious treasure.

He Believes on the Lord Jesus Christ with All His Heart

- Read John 3:16. According to this verse, who will be given eternal life? \_\_\_\_\_

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Salvation is not a business transaction—the kind where God offers to save us if we will believe, and we just say, “Okay, I believe.” As with repentance, some so-called belief does not lead to salvation.

- James 2:19 tells us that the \_\_\_\_\_ also believe that God exists. But this kind of belief will not save them.

The kind of belief Jesus spoke of to Nicodemus (John 3:16) leads to salvation. How is it different from the belief that the demons have?

True belief grows from a knowledge of . . .

- God's holiness
- Our sinfulness
- Our utter helplessness to save ourselves

We can then turn to our precious Savior, Christ, who alone can save us, trusting Him to save us from sin by His work on the cross.

And when we come to Him, He redeems us, changes us, *saves* us.

### Complete This Section Without Looking Back at the Lesson

1. Who has sinned? \_\_\_\_\_
2. What is the reward for our sin? \_\_\_\_\_
3. Can people naturally do anything pleasing to God?  
 Yes    No
4. Can people do good deeds in the sight of other people?  
 Yes    No
5. According to Romans 6:23, can we earn eternal life—that is, salvation? Or is it a gift of God? \_\_\_\_\_  
\_\_\_\_\_
6. Before salvation, how do our attempts at good deeds appear to God? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What must a person do to be saved? \_\_\_\_\_  
\_\_\_\_\_
8. What four things take place when a person is truly saved?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In Psalm 119, the psalmist writes of a love for God's Word, which leads to a desire to hide, or keep, that Word in your heart (vs. 11). The best way to keep the Word in your heart and mind is to read and memorize it.

Learn the following verses. They will remind you that salvation is a free gift, one available to all who believe on Christ and depend on Him alone to save them.

#### Verses to Memorize

- Ephesians 2:8, 9

# 2

## THE ASSURANCE OF SALVATION

Can a person know for sure whether he has received salvation? Some people teach that we can only hope to be saved, that we won't know we're going to heaven until we get there.

But Scripture teaches us that we can have certainty *now*—not because of what we do, but because of Christ. In fact, God included a book in the Bible just to assure believers that they have eternal life in Him (1 John).

God uses the following ways to help Christians know they are truly His children.

## **CHRIST'S LIFE ASSURES**

When God saves a person, something happens to him on the inside.

### The Old Sinner Dies

- Read Galatians 2:20. In the first phrase of this verse, what did Paul say happened to him? \_\_\_\_\_  
\_\_\_\_\_

Paul's former identity as a sinner is gone. Because of Christ's sacrifice, sin no longer defines or bounds us.

### God Places a New Life Within Us

- According to Galatians 2:20, a new life arises within the believer. Where did this life come from? \_\_\_\_\_  
\_\_\_\_\_
- But someone must sustain this life. Look at Galatians 2:20 again. On what person do we place our faith? \_\_\_\_\_  
\_\_\_\_\_
- And what does this verse say He has done for us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- To summarize: in Colossians 3:4, what does Paul call Christ? \_\_\_\_\_

## This New Life Cannot Die

Christ died once to pay for our sins (Rom. 5:6), but He rose again three days later.

- According to Romans 6:9, what did Christ prove by His resurrection? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Can He ever die again? \_\_\_\_\_

Psalm 110 is a song about Christ, written 1000 years before He was born on Earth. It describes His power and authority, using several different pictures as examples.

One picture, or type, of Christ is Melchizedek, an ancient King-Priest who lived during Abraham's day, in a city that would later become Jerusalem. Hebrews 7 argues that Jesus became a priest for us in the same order, or tradition, as Melchizedek.

- Psalm 110:4 prophesies that Christ will be a priest like Melchizedek. How long will He keep this position?  
\_\_\_\_\_
- According to Revelation 11:15, how long will Christ reign, or rule? \_\_\_\_\_

Jesus Christ, our very life, our eternal priest and connection to God, will forever keep us safe in Him.

*But couldn't Christ leave me?*

## Christ Will Never Leave Us

- Read Hebrews 13:5. What will Christ never do?  
\_\_\_\_\_

## We Who Have Christ Have Eternal Life

Read 1 John 5:11–13 and answer the following questions.

- Who gives eternal life? \_\_\_\_\_
- Does everyone possess eternal life?  Yes  No

- Who has eternal life? Where does it come from? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- Who does not have eternal life? \_\_\_\_\_  
 \_\_\_\_\_
- To whom did John write these verses? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- According to these verses, can you *know* that you have eternal life?  Yes  No

Since Christ—who will never die—lives in believers, and since He has promised to never leave us, then we can never go to hell. Christ’s life assures us of eternal salvation.

### **GOD’S WORD ASSURES**

Read Acts 16:30, 31; Romans 10:9, 13; John 3:16. Now answer the following questions.

- In your own words, what must a person do to be saved?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- Can God lie (Titus 1:2)?  Yes  No
- Did God say He would save you if you put your faith and trust in Him?  Yes  No
- Do you trust Him for salvation?  Yes  No
- Then according to God’s Word, are you saved?  
 Yes  No

### **GOD’S HANDS ASSURE**

Read John 10:27–29. These verses show that we, as believers, are in Christ’s hand (vs. 28) and in God the Father’s hand (vs. 29).

- Can anyone take us out of God’s hands?  Yes  No

- Study verse 28. *Perish* in this verse means to suffer in hell. If a person is God's child, safe in His hands, will he ever perish?  Yes  No
- After reading these verses, do you think it is up to you to keep yourself saved?  Yes  No
- Look at 1 Peter 1:5. According to this verse, what protects or keeps us through faith to our salvation?

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God is all-mighty (Gen. 17:1). He can do whatever He decides to do. His power knows no limits, just as our trust in Him should know no limits.

## DEALING WITH DOUBTS

Sometimes you may wonder whether you are saved. Our flesh, vulnerable to spiritual weakness and attack, can doubt God's goodness and power. This is common, especially for new believers, or for believers who have just begun to think critically about their faith.

*But I just don't feel saved.*

Read John 1:12.

- What does God give to those who receive Jesus Christ?  


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- According to this verse, what have you become by receiving Christ? \_\_\_\_\_
- Do you have to *feel* like you are the child of your parents to actually be their child?  Yes  No
- Some mornings you may get out of bed and not even feel alive. Does that mean you are not living?  
 Yes  No

- You are now a child of God—is that a fact or a feeling?

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### Complete This Section Without Looking Back at the Lesson

1. How does Christ's life give us assurance that we are eternally saved? \_\_\_\_\_

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2. Who possesses eternal life? \_\_\_\_\_

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3. Do you possess eternal life?  Yes  No

4. How do you know? \_\_\_\_\_

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5. What verse of Scripture teaches that you can know you have eternal life? \_\_\_\_\_

6. In your own words, what does a person do to be saved?

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7. What verses teach that you're in God's hands?

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8. According to 1 Peter 1:5, what protects, or keeps, us?

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9. List three things that assure us of our salvation.

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### Verses to Memorize

- 1 John 5:13
- Romans 10:9