

# INTRODUCTION

**One Step to Jesus** is a Bible study for those who struggle with bad habits like substance abuse, chemical dependency, anger, depression, eating disorders, gambling, pornography, infidelity, and other addictive behaviors. It is simplistic. The curriculum will ask questions about sin and instruct us to read the Bible to find the answer. This book leaves space to jot down the Scripture. After you read God's Word and write it down, the next step is to "do" what the Bible says.

It may seem tedious to write out the Scripture, yet this complex cognitive ability is the key to your success. As you meditate and write God's Word, this action supernaturally cleanses your mind and transforms you. Reading and writing God's Word changes you from the inside out, redirecting you to make good choices.

Psalm 119: 9-11 tells us, "How can a person cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, that I might not sin against You."

## **THE HOLY BIBLE IS THE ONLY SYLLABUS FOR THIS CURRICULUM.**

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the person of God may be complete, thoroughly equipped for every good work (2 Timothy 3:16-17).

Jesus said, "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you" (John 14:26).

The lessons have a logical sequence that builds upon one another.

**CHAPTER 1** introduces repentance and forgiveness. Here we learn that spiritual birth is necessary for victory.

**CHAPTER 2** presents a plan of initial restoration with God and with others. We learn if we do not have the right relationship with God, we will not have a right relationship with people. This is a new way of thinking.

**CHAPTER 3** exposes sin so we can recognize it. We learn why accountability and a daily devotional life are essential in making good choices and sidestepping the wrong ones.

**CHAPTER 4** teaches obedience to God's Word. This chapter reveals our faith by being a doer of the Bible.

**CHAPTER 5** is all about spiritual warfare. Now that we are a part of God's family, as His children, we will always have an enemy that is against us. This chapter teaches us how to gain victory in and through Jesus.

**CHAPTER 6** compares the works of the flesh with the fruit of the Spirit. Even though it is the longest chapter, it's important to understand what each spiritual characteristic is to overcome our old way of living.

**CHAPTER 7** concludes with God's Faithfulness. If we have faith in God, then we can be assured that His faith will deliver us from temptation. We can trust God as being sovereign over all things.

Jesus made this amazing statement. "Therefore if the Son makes you free, you shall be free indeed" (John 8:36). Jesus will free us from life-dominating sin. We don't have to manage sin. We can be set free. When we receive Jesus as our Lord and Savior, we're inviting Him to rule our lives. We now have a relationship where God comes and lives inside of us and changes us from the inside out. We accept that addictive and compulsive behaviors are wrong and sinful. As we read God's Word, write it down, and apply it to our lives in complete obedience, victory happens.

Jesus heals people differently. There are countless stories of how Jesus came into people's lives and brought transformation, brought change, and freed them from destructive lifestyles. For some, there is an instant transformation; for others, it's a process. If you believe in Jesus as your Savior, you have the hope of knowing that God is at work in you, that God is in the process of bringing about transformation, and that God has the power to change you.

James 4:8 says, "Draw near to God and He will draw near to you." When you take one step to Jesus, His step toward you makes victory possible.