



HEADWATERS

Where New Life Begins

A Six-Week Journey for New Believers

PARTICIPANT GUIDE

SAVED · ROOTED · MARKED · FILLED · PLANTED · SENT

Saugahatchee Church · Know Jesus · Make Him Known · reeltownsa.org

Welcome to the Headwaters

Every river begins somewhere. The Saugahatchee — the creek our church is named for — starts as headwaters: a small, living source that grows into a current. That's where a new believer stands. Over six weeks this course lays the foundations of following Jesus, drawn from historic, Bible-based Protestant faith: salvation in Christ alone, the baptism in the Holy Spirit, divine healing, and the blessed hope of Jesus' return. Every Scripture is quoted from the English Standard Version.

How to use this guide

- Bring this guide, a Bible (ESV if you have one), and a pen each week.
- Fill in the blanks during teaching — they mark the ideas worth keeping.
- Write real answers in the discussion spaces; honest beats impressive.
- Do the weekly challenge and memory verse — that's where the course becomes your life.
- Ask anything. There are no dumb questions at the headwaters.

The Journey

Week 1 · SAVED	Your New Life in Christ
Week 2 · ROOTED	The Word & Prayer
Week 3 · MARKED	Baptism & Communion
Week 4 · FILLED	The Holy Spirit & His Power
Week 5 · PLANTED	The Church: Your New Family
Week 6 · SENT	Healing, Hope & Your Story

WEEK 1

SAVED

Your New Life in Christ

"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 · ESV

TEACHING · FOLLOW ALONG

What just happened to you?

When you turned from sin and trusted Jesus, God did something only He can do: He forgave every sin (Colossians 1:13-14), declared you righteous (Romans 5:1), adopted you as His child (John 1:12), and made you spiritually alive (Ephesians 2:4-5). Salvation is not a self-improvement plan. It is a rescue and a rebirth.

Grace, not works

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (Ephesians 2:8-9, ESV). You did not earn this and you cannot un-earn it by having a bad week. The cross was enough.

How can I be sure?

Assurance rests on God's promise, not your feelings: "Whoever believes in the Son has eternal life" (John 3:36a, ESV). "I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life" (1 John 5:13, ESV). Feelings rise and fall; the promise doesn't.

What about when I still sin?

New believers still stumble. God's answer is confession, not hiding: "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9, ESV). Conviction pulls you toward God; condemnation pushes you away. Learn the difference early.

KEY TRUTHS · FILL IN AS YOU GO

Salvation is a gift of God's _____, received through _____.

Assurance rests on God's _____, not my _____.

TALK IT OVER

1. In your own words, what did God do for you when you trusted Jesus?

2. Which is harder for you to believe: that God forgave your past, or that He won't give up on your future? Why?

3. Read 1 John 1:9 together. What's the difference between conviction and condemnation?

PRACTICE & PRAYER

Pair up. Each person reads 2 Corinthians 5:17 aloud, replacing 'anyone' with their own name.

THIS WEEK'S CHALLENGE

Tell one person this week what Jesus has done for you — even in one sentence.

MEMORY VERSE

2 Corinthians 5:17 (ESV)

WEEK 2

ROOTED

The Word & Prayer

"Your word is a lamp to my feet and a light to my path."

Psalm 119:105 · ESV

TEACHING · FOLLOW ALONG**Two ways God grows you**

A plant needs soil and water; a believer needs the Word and prayer. Scripture is God speaking to you; prayer is you speaking to God. Every strong Christian you will ever meet built their life on these two rhythms.

Why the Bible?

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness" (2 Timothy 3:16, ESV). The Bible is not a rulebook to earn God's love — it's the revelation of the God who already loves you. Start in the Gospel of John: one chapter a day, asking 'What does this show me about Jesus? What is one thing to obey?'

How do I pray?

Prayer is honest conversation, not performance. Jesus gave a pattern in Matthew 6:9-13: honor the Father, welcome His will, ask for needs, confess sin, request protection. A simple daily frame: Thanks — Confess — Ask — Listen.

When it feels dry

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Philippians 4:6, ESV). Consistency beats intensity. Five honest minutes daily will change you more than one heroic hour monthly.

KEY TRUTHS · FILL IN AS YOU GO

Scripture is God speaking to _____; prayer is me speaking to _____.

_____ beats intensity.

TALK IT OVER

1. What has been your experience with the Bible before now — intimidating, boring, confusing, life-giving?

2. Look at the Thanks–Confess–Ask–Listen pattern. Which part comes easiest? Which feels awkward?

3. What time and place could realistically work for you to meet with God daily?

PRACTICE & PRAYER

Do a 'first quiet time' together right now: read John 1:1–14 aloud, give two minutes of silence to write down one thing it shows about Jesus, then pray one-sentence prayers around the circle.

THIS WEEK'S CHALLENGE

Read one chapter of John each day this week and pray the Thanks–Confess–Ask–Listen pattern once a day.

MEMORY VERSE

Psalms 119:105 (ESV)

WEEK 3

MARKED

Baptism & Communion

"We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life."

Romans 6:4 · ESV

TEACHING · FOLLOW ALONG

Why baptism?

Jesus commanded it: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19, ESV). Baptism doesn't save you — Jesus already did that — but it is the God-given way to go public with your faith. Like a wedding ring, it doesn't create the covenant; it announces it.

What baptism pictures

Going under the water pictures being buried with Christ; coming up pictures rising with Him to new life (Romans 6:4). We baptize believers by immersion because that's the New Testament pattern and the picture only works whole.

The Lord's Supper

On the night He was betrayed, Jesus gave His church a meal of remembrance — bread for His body, cup for His blood (1 Corinthians 11:23–26). Communion is for believers: we look back to the cross, look in with honest self-examination, and look forward — "you proclaim the Lord's death until he comes" (1 Corinthians 11:26b, ESV).

Your step

If you have trusted Christ and have not been baptized as a believer, your next step is to get this scheduled. Talk to your leader after tonight's session — we would be honored to baptize you.

KEY TRUTHS · FILL IN AS YOU GO

Baptism doesn't _____ me; it _____ what Jesus did.

In communion we look _____, look _____, and look _____.

TALK IT OVER

1. Before tonight, what did you think baptism was for? What changed?

2. Why do you think Jesus gave us physical signs (water, bread, cup) and not just words?

3. Is anything holding you back from being baptized? (Leaders: listen well here — this question surfaces real obstacles.)

PRACTICE & PRAYER

Serve communion together as a group (leader officiates, following 1 Corinthians 11:23-26). Then invite participants to indicate interest in baptism on their response card.

THIS WEEK'S CHALLENGE

If you haven't been baptized as a believer, have the conversation with the pastor this week. If you have, write out the story of your baptism and what it meant.

MEMORY VERSE
 Romans 6:4 (ESV)

WEEK 4

FILLED

The Holy Spirit & His Power

“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Acts 1:8 · ESV

TEACHING · FOLLOW ALONG

The Spirit is a Person

The Holy Spirit is not a force or a feeling — He is God, the third Person of the Trinity. He lives in every believer from the moment of salvation (Romans 8:9), convicts, comforts, teaches, and transforms. If you are in Christ, He is already in you.

A second work: the baptism in the Holy Spirit

As Pentecostals, we believe Scripture teaches an empowering experience distinct from salvation: “And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance” (Acts 2:4, ESV; see also Acts 8, 10, 19). Jesus called it being “baptized with the Holy Spirit” (Acts 1:5) and said its purpose is power to witness (Acts 1:8). The initial physical evidence in Acts is speaking in tongues — a prayer language the Spirit gives.

Who is it for? How do I receive?

“For the promise is for you and for your children and for all who are far off, everyone whom the Lord our God calls to himself” (Acts 2:39, ESV). You receive the way you received salvation: ask in faith (Luke 11:13), surrender fully, and respond as the Spirit moves. There is no formula and no fear — the Father gives good gifts.

The Spirit's fruit and gifts

Power without character is dangerous, so the same Spirit grows fruit: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22-23a, ESV). He also distributes gifts “for the common good” (1 Corinthians 12:7). Stay hungry for both.

KEY TRUTHS · FILL IN AS YOU GO

The Holy Spirit is a _____, not a force.

The purpose of Spirit baptism is _____ to be Jesus' _____.

TALK IT OVER

1. What has been your church background with the Holy Spirit — unfamiliar, cautious, curious, experienced?

2. Read Acts 2:1-4 and Acts 2:39 together. What stands out to you?

3. What would change in your daily life if you lived genuinely empowered by the Spirit?

PRACTICE & PRAYER

Extended prayer time: invite any who desire the baptism in the Holy Spirit to receive prayer with laying on of hands (Acts 8:17).

THIS WEEK'S CHALLENGE

Ask the Father daily this week to fill you afresh (Ephesians 5:18). Keep a note of what you sense Him doing.

MEMORY VERSE

Acts 1:8 (ESV)

WEEK 5

PLANTED

The Church: Your New Family

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

Hebrews 10:24-25 · ESV

TEACHING · FOLLOW ALONG

You were saved into a family

The Christian life is personal but never private. The first believers “devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers” (Acts 2:42, ESV). A coal out of the fire goes cold; a believer out of the family does too.

Four planting roots

(1) Gather — Sunday worship isn’t a performance you watch but a family meal you join. (2) Group — real life-change happens around tables, not just in rows; join a small group. (3) Serve — “As each has received a gift, use it to serve one another” (1 Peter 4:10a, ESV). (4) Give — generosity is worship: “God loves a cheerful giver” (2 Corinthians 9:7b, ESV). We practice the tithe as a joyful starting line, not a tax.

Why membership in a local church matters

Commitment is where love gets proven. Being planted at Saugahatchee means pastors who know your name, a family who notices when you’re missing, and a place your gifts are needed.

KEY TRUTHS · FILL IN AS YOU GO

The Christian life is personal but never _____.

Four roots: _____/ _____/ _____/ _____.

TALK IT OVER

1. Which of the four roots (gather, group, serve, give) is strongest for you right now? Which is missing?

2. What has kept you — or people you know — on the edges of church rather than planted in it?

 3. Where could you see yourself serving at Saugahatchee? Dream a little.

PRACTICE & PRAYER

Ministry match-up: walk through the church's ministries (Little Creek, The Current, The Crossing, The Forge, The Well, worship, outreach, prayer). Each participant writes one place they'll try serving and one small group they'll visit.

THIS WEEK'S CHALLENGE

Attend one small group gathering this week, and have a conversation about where you might serve.

MEMORY VERSE

Hebrews 10:25 (ESV)

WEEK 6

SENT

Healing, Hope & Your Story

“But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.”

1 Peter 3:15 · ESV

TEACHING · FOLLOW ALONG**Jesus still heals**

“...with his wounds we are healed” (Isaiah 53:5b, ESV). We believe divine healing is part of the gospel's provision. James 5:14-15 tells the sick to call the elders for anointing and prayer, and “the prayer of faith will save the one who is sick.” Healing may come instantly, gradually, through medicine, or fully at resurrection — but we always pray with faith, because our God is a healer.

The blessed hope

Jesus is coming back — personally, visibly, gloriously. We wait for “our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ” (Titus 2:13, ESV). This hope isn't escapism; it's fuel. People who know how the story ends live differently in the middle.

Your story is a weapon

You may not know much theology yet, but you are the world's leading expert on one thing: what Jesus did for you. A simple frame: (1) My life before Christ. (2) How I met Him. (3) What's different now. Two minutes, no jargon, gentleness and respect (1 Peter 3:15).

Sent from the headwaters

Six weeks ago you stood at the source. Now the current carries you outward — “let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven” (Matthew 5:16, ESV). Welcome to the adventure.

KEY TRUTHS · FILL IN AS YOU GO

Healing may come instantly, gradually, through _____, or at _____.

My story frame: before, _____, _____.

TALK IT OVER

1. Have you ever seen or experienced an answer to prayer for healing? Share it.

2. How does knowing Jesus is coming back change how you live this week?

3. Practice: give your two-minute story to a partner using the three-part frame.

PRACTICE & PRAYER

Story workshop: participants write their three-part story (10 min), then share in pairs. Close the course by praying over each participant as 'sent ones,' and celebrate – consider planning baptisms and a shared meal.

THIS WEEK'S CHALLENGE

Share your two-minute story with one person outside the church this week. Then keep going – the headwaters were only the beginning.

MEMORY VERSE
 1 Peter 3:15 (ESV)

My Story Worksheet

Use this in Week 6. Two minutes, three parts, no church jargon.

1. My life before Christ — what was true of me?

2. How I met Him — what happened, and who helped?

3. What's different now — one real change.

Certificate of Completion

This certifies that

has completed HEADWATERS — Where New Life Begins,
a six-week journey for new believers at Saugahatchee Church.

Pastor

Date

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