

not a fan.

journal

follower's

"If anyone would come after me, he must deny himself and take up his cross daily and FOLLOW me."



follower's journal.

A thought provoking 42-day devotional guide
designed to assist you on your journey
from fan to follower.

ARE YOU A FOLLOWER OF JESUS?

I know. I Know. You've been asked this question before. Because it's so familiar, there is a tendency to dismiss it. Not because it makes you uncomfortable. Not because it's especially convicting. The question is dismissed mostly because it doesn't feel necessary.

One of the most sobering passages of Scripture tells of a day when many who consider themselves to be followers of Jesus will be stunned to find out that He doesn't even recognize them. In the Gospel of Luke chapter 7, Jesus tells of a day where everyone who has ever lived will stand before God. On that day many who call themselves Christians and identify themselves as followers will stand confidently in front of Jesus only to hear him say, "I never knew you. Away from me." If you've just assumed you are a follower of Jesus, I pray that the video series produced by City on a Hill will either confirm that confidence or it will convict you to reevaluate your relationship with Jesus and bring you to a commitment to follow Him.



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ABOUT THIS LITTLE BOOK.

When fans attend a game or a theatrical production, they often receive a program. A program basically tells you what others will do – who will play quarterback, who will perform the lead. A fan then observes critiques and applauds what these others do. Though a fan may, at times, find himself living vicariously through an on-field player or on-stage actor, in actuality the fan doesn't really do anything himself.

A fan receives a program. But what does someone receive when he comes not just to observe but to get in the game, join the cast, enlist in the action? Players get play books. Actors get scripts. Soldiers get field manuals. Doers get instruction books.

And that is what this little book is intended to be, more field guide than glossy program. Admittedly, some parts of this little book are “program” describing the characters and story line portrayed in the drama. But more importantly, this little book is meant to help you discover your role on Christ's team, your storyline in God's grand production, your post among the fighting ranks.

But even above knowing your role as a follower is knowing the One you are following: to personally know your coach, your captain, your director. The best followers know intimately the one they are following.

So more than anything else, we hope this Follower's Journal will do that, help you not just follow, but know and love the One you are following.

So for the next six weeks of your Not a Fan experience, we are asking you to carry this Follower's Journal with you; to consult it each morning, noon and night for prompts, suggestions, thoughts, and encouragement. Its presence can remind you of your role as Follower rather than a mere Fan. Bring it each week to your group as well, to help you recognize and celebrate your development in the daily decision to be a **Completely, Committed, Follower** of Jesus.

week one:

fan or follower?



WEEK ONE: FAN OR FOLLOWER?

What stood out to you from Lesson 1?

DAY 1 ____ / ____ / ____

NOTE: Besides these suggestions, you can always go the Not a Fan website for further ideas and encouragement, www.notafan.com.

MORNING QUOTES:

“If anyone would come after me, he must deny himself, take up his cross daily and follow me.”

(Luke 9:23)

“We say to Jesus, ‘I don’t mind you making some changes in my life,’ but Jesus wants to turn your life upside down. We say, ‘I don’t mind a little touch-up work’ but Jesus wants complete renovation. We’re thinking tune-up, He’s thinking overhaul. We think a little decorating, why not, but Jesus wants a complete remodel.” – Kyle, NAF Study

MORNING SUGGESTION:

DTR: define the relationship. Take a few minutes in the space below to define your relationship with Jesus.

What it is now? And what do you want it to be?

NOON REMINDER:

Try taking five minutes for meditation. Close your eyes and in your mind picture Jesus. Watch Him turn, look at you and hear Him say, “If you would come after me, you must deny yourself, take up your cross, and follow me.” Hear Him say these words again and again.

Become aware of your reaction to His invitation. After the five minutes have passed, jot your thoughts below.

Note: Some of the suggestions, like this one, may sound a bit inane or even non-traditional. We encourage you to try each exercise with an open mind. Give it 100%. When someone takes golf lessons or martial arts training,

END OF THE DAY FOCUS:

“No one can come to me unless the Father who sent me draws him” (John 6:44)

Jesus has invited you – not just you in general, as part of the crowd, but you yourself, by name – to follow Him. Sleep with that thought of Jesus personally calling you at the forefront of your mind.



MORNING QUOTE:

“Whenever I listen to you preach, I feel like you are trying to interfere with my life.” – Kyle, NAF Study

MORNING SUGGESTION:

Look ahead to what you have scheduled today. Are you willing to have Jesus interfere? Write your reply below.

How do you feel about your response?

NOON REMINDER:

Try repeating this phrase aloud ten times, “Lord Jesus, come interfere in my life.” (Again, this is one of the suggestions that may sound childish or impractical.

But what do you really have to lose in trying it?) What comes out of this little exercise for you?

EVENING REFLECTION:

What did you learn today about yourself and your willingness to have Jesus interfere in your daily life? I learned...

END OF DAY THOUGHT:

What would change in your spirit when it comes to Jesus interfering in your life if you believed the words, ***“For I know the plans I have for you; plans to prosper you and not to harm, plans to give you hope and a future”***? (Jeremiah 29:11) Go to sleep with these words on your lips.



MORNING QUOTE:

“Is Jesus one of many, or is He your one and only?”

– Kyle, NAF Study

MORNING SUGGESTION:

Bring a favorite worship song to mind. Place an extra chair before you. Imagine Jesus sitting in the chair.

Try singing aloud, even if softly, the words to a favorite worship song or hymn to Jesus, as he sits before you, taking it in.

After doing so, write your reaction to what you have done. Lastly, note your sense of Jesus’ reaction to your worship.

DAY 4

__/__/__

MORNING QUOTE:

“Any of you who does not give up everything he has cannot be my disciple.” (Luke 14:33)

MORNING SUGGESTION:

Who are you most tempted to put ahead of Jesus, to love more than Jesus?

Try to describe why below.

What do you gain from this exercise?

NOON REMINDER:

Think again of the person you named this morning, the one who is most likely to be in competition with Jesus for preeminence in your life. For a few minutes, try holding a mental image of Jesus alongside a mental image of the person who would be in greatest competition to him. Simply become aware of what it is like when these two images are put side by side on the movie screen of your mind. As you do, compare the two below.

Jesus _____

_____	_____
_____	_____
_____	_____
_____	_____

What comes from this exercise?

EVENING REFLECTION:

Imagine saying your evening prayers to the person you are most likely to put ahead of Jesus. How would that go? How would it compare to praying to Jesus? Evaluate the difference.

END OF DAY THOUGHT:

We often dream of those most important to us. Invite Jesus into your dreams.



MORNING QUOTE:

“Is your relationship with Jesus moving from casual to committed?” – Kyle, NAF Study

MORNING SUGGESTION:

Try describing the difference you see between admiration and devotion.

Admiration is...

Devotion is...

Which description looks most like your relationship to Jesus?

Decide which it will be for you today toward Jesus.

NOON REMINDER:

For a few minutes, close your eyes and imagine yourself wholly devoted to Christ. Picture yourself as a totally committed follower. How would that feel? What would you do? What expression would appear on your face? What would be different? Don't rush this. Take the time to focus. After the meditation, jot your thoughts below.

EVENING REFLECTION:

Close your eyes, and with Jesus, journey back through your day. As you do, confess sin as you see it, and immediately receive Jesus' forgiveness. Don't give the Evil One a foothold by holding onto your guilt.

Thank Jesus for the good things as you recall them, and imagine Him receiving your thanks. Notice anything from which you want to learn. Write your thoughts below.

END OF DAY THOUGHT:

Imagine Jesus praying over you like a parent would a child. What might he say?

DAY 6

__/__/__

MORNING QUOTES:

“Would you please tell him that the Bible teaches moderation in all things? Would you please tell him that it doesn’t have to be all or nothing?” – Kyle, NAF Study

“I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.” (Revelation 3:14-16)

MORNING SUGGESTION:

For something to be hot, it must be heated. To be cold, it must be cooled. If an object is lukewarm, then it is either being equally heated and cooled, or being neither heated nor cooled.

If you are to be hot, then you must be sufficiently heated. Every stimulus you allow in your life will either heat or cool your love for Jesus.

Today we want you to record your habits as you go through your routine. At the end of the day, we will look at which habits “heat” your passion for Jesus and which “cool” your walk with him.

The way I wake up is...

What I do first is...

My morning routine is...

My food, drink, tobacco, caffeine, alcohol
and drug consumption is...

What is most important to me in the morning is...



The most influential thing on my mood most mornings is...

While I drive / commute, I...

NOON REMINDER:

Journal about your habits while at work or school.

My routine at work is...

When I have a chance for a break I...

Those I talk to the most are...

The way I problem solve is...

My food, drink, tobacco, caffeine, alcohol and drug consumption is...

For a pick-me-up, I...

During my commute home, I...

EVENING REFLECTION:

Catalogue your typical evening pattern.

When I get home, the first thing I do is...

My exercise practice is...

My food, drink, tobacco, caffeine, alcohol and drug consumption is...

I spend most of the evening...

I never miss / my favorite thing is...

My TV habits and internet usage are ...

The way I spend my weekends is often...

Circle the habits that warm your heart for Jesus.
Put a box around those that cool your interest in Him.

Note: we are not asking if a certain habit is sinful or not. This question is about you and how these habits modify your spiritual temperature.

What do you gain from this exercise?

END OF DAY THOUGHT:

Go to sleep imagining yourself “hot” tomorrow.



DAY 7

__/__/__

MORNING QUOTES:

“From this time many of His disciples turned back and no longer followed Him.” (John 6:66)

KEEP OUT - RESTRICTED AREA - AUTHORIZED PERSONNEL ONLY *“Here’s another question:*

Are there certain areas of your life labeled ‘off limits,’ or does Jesus have all access?” – Kyle, NAF Study

MORNING SUGGESTION:

Before leaving for the day, walk around your house or apartment – with Jesus beside you – asking yourself the question, is anything I am seeing off limits to Jesus? Write what you discover below.

NOON REMINDER:

Walk around your workplace, again with Jesus beside you. Anything you see off limits to Him? If so, write it below.

EVENING REFLECTION:

“Death. That is really what it means to follow Jesus. We choose to die to ourselves and live for Him.”

– Kyle, NAF Study

Try walking around your home, saying to Jesus, “I give you this, and this, and this...” Describe below what that exercise was like for you.

END OF DAY THOUGHT:

Before bed, try getting on your knees and saying to Jesus, “I surrender all.”

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