

not a fan.

THERE IS NO FORGIVENESS  
**WITHOUT REPENTANCE.**

THERE IS NO SALVATION  
**WITHOUT SURRENDER.**

THERE IS NO LIFE  
**WITHOUT DEATH.**

THERE IS NO BELIEVING  
**WITHOUT FOLLOWING.**



JOURNAL

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Additional copies of this guide along with other not a fan study resources may be purchased online at [cityonahillstudio.com](http://cityonahillstudio.com)

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# 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 13, 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 this 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.



**Kyle Idleman**

Teaching Minister

Southeast Christian Church / Louisville, KY

# 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 playbooks. Actors get scripts. Soldiers get field manuals. Doers get instruction books.

And that is what this little book is intended to be - more field manual than glossy program. Admittedly, some parts of this little book are "program" describing the characters and storyline 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 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 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.***

not a fan.

# WEEK ONE

FAN OR FOLLOWER?

# FAN OR FOLLOWER?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## WEEK ONE

## DAY 1

*NOTE: Besides these suggestions, you can always go to the Not a Fan website, [notafan.com](http://notafan.com), for further ideas and encouragement, or visit the not a fan Facebook page.*

## 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 compete 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?

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## 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, the instructor often gives them exercises that feel awkward, uncomfortable or even irrelevant to their goal. The athlete who improves the most is usually the one who cooperates most with the training.*

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## EVENING REFLECTION

Ask Jesus to reflect on your day. Say to Him, “Jesus, tell me about my day.” Write whatever stands out below.

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# 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.

## WEEK ONE

## DAY 2

**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 response below.

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How do you feel about your response?

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## 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 have to lose in trying it?) What comes out of this little exercise for you?

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## EVENING REFLECTION

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

I learned...

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## 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 you, plans to give you hope and a future.”**

**– Jeremiah 29:11**

Go to sleep with these words on your lips.



WEEK ONE

## DAY 3

**MORNING QUOTE***"Is Jesus one of many, or is He your one and only?"**– Kyle, NAF Study***MORNING SUGGESTION**

Bring a favorite worship song or hymn to mind. Sing it aloud, even if softly. Write any words or phrases that stand out to you below.

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

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**What song draws you most into a spirit of worship more than any other? Share your response using **#iamnotafan** with the Not a Fan community.**

## NOON REMINDER

When a person has a “one and only,” he often writes love notes, even poetry, to the beloved. Before moving on with your day, write a few words to Jesus telling Him what you think of Him.

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## EVENING REFLECTION

Whatever you are doing this evening, imagine doing it with Jesus. Write one difference that would make to you.

[illegible]

## END OF DAY THOUGHT

**“The LORD your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing.”**

**— Zephaniah 3:17**

You began the morning singing to Jesus. Singing to Him is fitting because He is worthy of your love since He is perfect love. As you go to sleep, imagine him singing over you - a sweet song of His commitment, protection, forgiveness and favor.

WEEK ONE

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 and to love more than Jesus?

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Try to describe why below.

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What do you gain from this exercise?

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## 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.

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What comes from this exercise?

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## 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.

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## END OF DAY THOUGHT

Read Colossians 1:15-18 and consider the supremacy and nature of Jesus Christ.

**“The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.”**

— Colossians 1:15-18

# DAY 5

## 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...

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Devotion is...

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Which description looks most like your relationship to Jesus?

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**How would you distinguish the difference between admiration and devotion? Share it with us using #iamnotafan**

Decide which it will be for you today toward Jesus.

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## 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 would be different? Don't rush this. Take the time to focus. After the meditation, jot down your thoughts below.

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## EVENING REFLECTION

Close your eyes and reflect on your day. As you do, confess

sin, and immediately receive Jesus' forgiveness. Don't give the Evil One a foothold by holding on to 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.

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## END OF DAY THOUGHT

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

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# 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...

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What I do first is...

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My morning routine is...

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

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

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What most influences my mood in the mornings is...

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While I drive/commute, I...

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## NOON REMINDER

Journal about your habits while at work or school.

My routine at work is...

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

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Those I talk to the most are...

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The way I problem solve is...

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

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

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During my commute home, I...

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# EVENING REFLECTION

Catalogue your typical evening pattern.

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

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My exercise practice is...

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

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I spend most of the evening...

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My favorite thing I never miss is...

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My TV habits and internet usage are ...

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The way I spend my weekends is often...

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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 did you gain from this exercise?

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## END OF DAY THOUGHT

Go to sleep imagining yourself "hot" instead of "cold" 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, go for a walk and spend some time in prayer – asking yourself the question, “Is there anything in my life that I am keeping off limits to Jesus?” Write what you discover below.

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## NOON REMINDER

Again, go for a walk and spend some time in prayer. Anything you see off limits to Him? If so, write it below.

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**Describe in 10 words or less what your heart felt as you died to self. #IAMNOTAFAN.**

## 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 this exercise was like for you.

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## END OF DAY THOUGHT

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