

# At The Feet Of Jesus

Mid-Summer HolyDays, 2018

Indian Church of Christ – Kerala Region  
(Adapted from: Denver Church of Christ)

Date:

# 1. Giving/Being Selfless

**Read:** Luke 21:1-4, 1 Corinthians 13:1-3, Philippians 2:3-8

**Memory Scripture:** Philippians 2:3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. (NIV)

**Summary:** Being and giving has always been important to God, but sometimes we can get caught up in the actions of being giving and forget that our motivation is just as important. We begin to live our lives as though the deed supersedes the heart, and that is not the way it should be.

## Questions for thought:

The Action:

Luke 21:1-4

- We are called to give to God in more than just financial matters; in what other ways can you give to God?
- In what ways can you skimp out on giving/serving God or his people?
- List 3 ways that you have given to God or people out of sincerity and 3 ways that you have given to God with a stingy heart.

The Heart:

1Corinthians 13:1-3

- Great faith, acts of dedication, and sacrifice produce very little without the heart to back it up; in what ways can you do *things* for God but miss the *heart* of God?
- Vv1-2 says that if we do anything without love behind it there is no power. List 5 ways that you have served someone or volunteered your time in some way that you didn't put your heart into and explain how the experience felt when you were finished.
- What are some practical ways that you can build the right heart behind your actions?

The Follow Through:

Philippians 2:3-8

- Look up the word conceit (even if you think you know the word already, look it up) In what ways can you do things out of vain conceit? In what ways can you do things out of a prideful heart?
- This scripture calls us to be like Jesus; list the ways that fulfilling this command seems impossible to you.

## **Challenge:**

- Take the list of impossible characteristics of Jesus that you made and talk to a parent, a discipler or a mentor about why these things seem impossible and get advice about how you can learn to be more Jesus-like in any part of your life. Take notes so you can *remember* and work *actively* on change.
- Pray for someone new today.

Date:

## 2. Being Grateful

**Read:** Psalms 136:1-26, Colossians 3:17

**Memory Scripture:** Psalm 136:1 Give thanks to the Lord, for he is good. His love endures forever. (NIV)

**Summary:** Gratitude or (Being Grateful) is an important topic for us to understand. We need to see how God views Gratitude and how we need to show and give this to him. God wants to teach us how to not take things for granted and show us why we need to be grateful for everything he has given us.

**Questions for thought:** Take time to read these questions and **write** out your answers to help you think about gratitude

Psalm 136:1-26

- What do you think gratitude means? When are you most grateful?
- What stops youngsters to be grateful?
- What keeps you personally from being grateful?
- This whole Psalm is written about gratitude. What are some of the things psalmist David mentions that he is grateful for about God?
- This Psalm mentions the phrase “His love endures forever” 26 times! What does this phrase mean to you and why does David repeat it so many times?
- V.23 says “He remembers us in our low estate.” What is a time of your life that you have felt absolutely low that God showed you he cares for you?

Colossians 3:17

- Why does God want us to give thanks to him in everything we do?
- What is one way you can show your gratitude to God?
- What does it mean to you to have a “Heart that is always thankful?”

**Challenge:** These challenges are for you to complete today!

- Display your Gratitude today by telling your family how grateful you are for them and **WHY**.
- Pray for someone new today

Date:

### 3. Being Productive for God

**Read:** Proverbs 12:24, 13:4; 2 Thessalonians 3:6-12

**Memory Scripture:** Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

**Summary:** We are called to be productive. The Bible is littered with scriptures calling us to work diligently, not only so we can provide for ourselves, but because our hard work also glorifies God.

#### **Questions for thought:**

Proverbs 12:24, 13:4

- What benefits are there to being diligent?
- What are some things that can happen if we are lazy?
- How does being on top of things make our lives easier?

2 Thessalonians 3:6-12

- Why are we to call each other to be productive?
- How does our laziness affect those around us?
- What sort of example do we set when we are lazy?

Colossians 3:23-24

- What does it mean to do something with all your heart?
- According to this verse, we are to do our work as though we were doing it for God Himself. In light of this, how should we respond when someone asks us to do something?
- How should we treat our parents, teachers, and bosses?

#### **Challenge:**

- Think of some things you can do around the house today that is different from normal chores
- Pray for someone new today.

Date:

## 4. Building your Faith

**Read:** Hebrews 11:1-39, Romans 10:17, Psalm 20:6-8

**Memory Scripture:** Hebrews 11:1 Now faith is being sure of what we hope for and certain of what we do not see. (NIV)

**Summary:** According to scripture, effective faith trusts the *unseen* in our lives. Jesus' plan is to reveal himself through his word in our lives and other's lives. Faith trusts the unseen and it is built and maintained with focus on God, the unseen, in order to be strong. This "building" is done through an intimate relationship with the word of God, being certain of the promises there, and sharing his word.

### **Questions for thought:**

#### **Faith is Not Built by Seeing God, but By Trusting God**

Hebrews 11:3

- Do you believe that what is seen was created by the unseen? Do you believe seeing God will build your faith? (Matthew 16:3-5)
- Do you know that while many do not believe in God, modern physicists agree the universe was created by the unseen? (Google: "M-theory")
- Why do we like to focus on the "seen" instead of God, things that are easily perceptible? Can we hide from an unseen God? (Genesis 3:8, Psalm 139:7-9)
- If God can create reality out of something that is undetectable to our senses (the unseen), is there a limit to what God can do?

#### **Faith is Built by Hearing and Sharing God's Word**

Romans 10:17

- If you had to rate your relationship with scripture (1-10) what would you rate it and why?
- How consistent are you in reading your Bible? How does this impact your faith?
- According to this scripture how can you increase your faith?

Hebrews 11:1

- Would you define your faith as being confident and certain? Why or why not?
- Do you share your faith regularly? Why or why not?

When you share your faith do you feel confident or certain about what you're sharing?

#### **Faith makes a Visible Impact**

Hebrews 11:2-39

- This scripture repeats the phrase "by faith \_\_\_ was accomplished." It almost as if the writer sees faith as a vehicle for action, a way to get where we are going. Why do we prefer the belief aspects of faith over the vehicle aspects of faith? Is it harder to believe or live out the word?

Psalm 20:6-8

- How can we be certain of victory in life?

### **Challenge:**

- Share your faith with someone.
- Pray for someone new today!

Date:

## 5. Electronics and Social Media

**Read:** Galatians 5:13-18, Hebrews 12:1-3

**Memory Scripture:** 1 Corinthians 6:12 ‘Everything is permissible for me,’ – but not everything is beneficial. ‘Everything is permissible for me’ – but I will not be mastered by anything. (NIV)

**Summary:** We live in a world of electronics and social media. With the advent of smartphones and social networking they are now an ingrained part of our culture. Every demographic is engulfed in it and the results have been more bad than good. Studies are showing that regular social media users are showing increased unhappiness, loneliness, and depression and a decrease in sociability and relational communication. One researcher put it “technology celebrates connection, but encourages retreat.” None of these things are inherently evil or wrong, but left unchecked, they lead to a new form of slavery and isolation.

### **Questions for thought:**

Galatians 5:13-18

- God wants us to be free. How would you define freedom? How do you think God defines it?
- What do we tend to do with our freedom? Why do you think this is?
- V.14-15 Paul says the goal of freedom is to build real and loving relationships, not to bite and devour each other. When texting or on social media (we’ll say SM), it is hard express emotion, sarcasm or inflection and we are detached from seeing how what we say and write really affects people. This is why bullying is such a problem and it is easy for things to be misconstrued or feelings to get hurt. Would you say your use of texting and SM is used more towards “serving in love” or “biting and devouring?” How do you know? Would others say the same?
- If we spend a lot of time writing, reading, or listening to things that “biting and devouring,” what do you think the result will be in our minds, hearts and relationships?
- V.16 Paul directs the entire church to “live by the Spirit.” What do you think this means? Why would it keep us from our sinful nature?
- V.16-18 Paul spends the next verses explaining choices. With whatever we do, we have a choice to live by the Spirit or the flesh (sinful nature, human nature, animal nature). How does this correlate to our use of smartphones and SM?

Hebrews 12:1-3

- The Bible tells us that in our race to be spiritual, it’s not just about what is definitely sinful, but also what weighs us down (hinders us) from running the race. How can our devices and SM be a hindrance to our race with God?
- Questions to consider:
  - How much time do you spend on your phone/social media in a day? (minutes/hours?)
  - Is there anything on your social media pages you wouldn’t want your parents or small group leader to see?
  - Do you spend more time texting than you do in actual conversations?
  - Would the content of what you are searching online be considered a help or a hindrance?
- If you are going to fix your eyes on Jesus, how will you deal with these hindrances?

### **Challenge:**

- Think through your phones and SM. Are there things you need to throw off (friends, pictures, messages, maybe even YOUR ACCOUNT)? Do so TODAY! Let’s fix our eyes on Jesus!
- Pray for someone new today!

Date:

## 6. Freedom in God

**Read:** Galatians 5:1, John 8:31-36, Romans 6:15-18

**Memory Scripture:** Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

**Summary:** In the world having freedom is being able to do anything you want. Freedom in God is being free from guilt, worries, bitterness and fear. Being able to live life to the fullest. Paul was a perfect example, even when he was thrown in prison he still praised God. There was nothing the Pharisees or any soldier could do to Paul to make him stray away from God. Philippians 1:21 “For to me, to live is Christ and to die is gain.” If anyone would killed Paul they would be doing him a favor. He would be going to heaven; Paul did not fear death because death had no hold on him. Paul was free from fear and of guilt. Paul had the freedom to live because he lived in a way that pleased God and that no law was against (Galatians 5:22). Freedom in God

### **Questions for thought:**

John 8:31-36

- What does Jesus say makes us slaves?
- He tells the Jews who were listening what it takes to be free. What is it? How does it free us?
- Jesus is telling the Jews who believed him that he wanted them to be free. That’s why he calls us to be disciples. What does Jesus tell them that it takes to be a disciple? Why would that lead us to freedom?

Romans 6:15-18

- Paul tells the church that they are now “under grace.” What does grace mean to you? What does grace have to do with freedom?
- Paul then says that we are to “offer ourselves” into slavery. Is being a slave to righteousness the same as being slaves to sin? Why or why not?
- What does being slaves to sin lead to?
- Why do you think he uses the word “slavery” to refer to righteousness?
- Being a slave to sin you have no rights but you could only be a slave to righteousness if you choose to be, what do you think about this?

Galatians 5:1

- What is the sin that burdens you?
- Who is the only one that can set us free? What does this mean for you?

### **Challenge:**

- Write down one thing that you want to be set free from. Discuss it with your parents and your small group leader and talk about how Jesus can set you free from it.
- Pray for someone new today!

Date:

## 7. Honoring Your Father and Mother

**Read:** Ephesians 6:1-4, Proverbs 1:8

**Memory Scripture:** Colossians 3:20 Children, obey your parents in everything, for this pleases the Lord.

- **Summary:** This quiet time is to show the importance of honoring and obeying your parents. Throughout the quiet time you will learn why God commands you to obey both your father and mother.

### **Questions for thought:**

Ephesians 6:1-4

- Why do you believe this commandment is so important? Why is it right?
- What does it mean to show someone honor? How do we do this with our parents?
- Paul says that if we hold to this commandment there is a promise. What is it? How will honoring our parents accomplish this?
- What have you noticed about your life when you don't obey your parents? How do you feel about life?
- (Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.) Why do you think this is part of the scripture?
- Why does God want us to learn the "training and instruction of the Lord" from our parents and not someone else?

Exodus 21:17

- Do you believe this punishment is too extreme? Why?
- Do you see the importance of obeying your mother and father? Explain.
- What point do you think Moses is trying to get across?

### **Challenge:**

- Take the time to show your parents you appreciate them by making a card or something to show your gratitude.
- Make your relationship stronger by obeying them and respecting them today! (this last part of the challenge should be a lifelong commitment to always respect, love and obey your parents)
- Pray for someone new today!

Date:

## 8. Humility

**Read:** Philippians 2:3-4, Proverbs 11:2, 1 Peter 5:5-6

**Memory Scripture:** James 4:10 Humble yourselves before the Lord and he will lift you up.

**Summary:** To live as Jesus did, we need to be humble in the ways we think, speak, and act. God is constantly showering us with blessings and grace; we need to be like him by not being prideful. We shouldn't let pride get in the way of living our lives to glorify Him.

### **Questions for thought:**

Humble Through Thoughts (Philippians 2:3-4)

- Paul says that we need to value others above ourselves. Are you thinking of others more than yourself? Why or why not?
- How can we be humble through our ways of thinking?

Humble Through Words (Proverbs 11:2)

- What are some ways we can be prideful with the things we say?
- Why do you think it's important to be humble when we speak?
- How will you show humility through your words today?

Humble Through Actions (1 Peter 5:5-6)

- In this scripture, Peter suggests to submit ourselves to elders. Who are our elders and what does submission to them look like?
- Why do you think submission is important for humility?
- What do you think he means by "clothing ourselves" in humility?
- In what ways will you live like Jesus and satisfy the needs and interests of others?

### **Challenge:**

- Do something nice around the house for your parents that they won't expect
- Compliment five people without expecting anything in return
- Pray to God about how you can grow in your humility through your thoughts, words, and actions

Date:

## 9. Integrity

**Read:** Ephesians 4:25, Genesis 39

**Memory Scripture:** Psalm 25:21 May integrity and uprightness protect me, because my hope LORD, is in you.

**Summary:** Integrity is a character quality that does not compromise truth. Walking with integrity is one of the best ways to prove that you walk with God.

### **Questions for thought:**

Ephesians 4:25

- In what ways does your dishonesty affect others?
- Think of a time when a lie caused a significant damage in your life, how can you prepare yourself in the future to prevent the situation?
- What does speaking truthfully have to do with integrity?
- Paul tells us to be truthful because we are all part of one body. Integrity thinks of the whole rather than just the individual. What are some times that you have seen someone show this kind of integrity?

Genesis 39

- Joseph had so much integrity that Potiphar put him in charge of the entire house. Why do you think Potiphar trusted him so much?
- In the story, Joseph stands his ground when he is tempted by Potiphar's wife and then flees from the situation completely. How do you decide if you should flee from a situation or stand your ground if you know it is not the right thing to do?
- How can we show integrity through peer pressure, and why do we think choosing sin is the "easier" route to choose rather than doing what is right?

### **Challenge:**

- If there is anyone you have been dishonest with lately take time to apologize today.
- Think of something that you should flee from and cut out of your life that will help you grow in your integrity. Talk to your parents or mentor/small group leader about it
- Pray for someone new today

Date:

## 10. Loving Others

**Read:** 1 John 4:7-11,19-21, 1 Corinthians 13:5,8, John 13:1-15, Isaiah 54:10

**Memory Scripture:** John 13:34 A new command I give you: love one another. As I have loved you, so you must love one another.

**Summary:** Everybody wants to be loved, even God. Millions of people are desperately hoping to find someone who will love them unconditionally for who they are, and we ALL see these hurting people every day. Some of them can even be in your own family! The only hope for change is by remembering the One who loved unconditionally. Body broken, blood poured out, He changed the world, FOREVER. Loving others starts with the choice to lay down your life and to touch the hearts of His creations. Jesus is willing to teach us through His word.

### **Questions for thought:**

#### **Unfailing Love**

Isaiah 54:10

- What can represent the mountains and hills in your life that can be shaken?
- God tells his people that His love for us will never be shaken. What does this mean to you?

John 13:1-15

- Vs 1. Jesus worked hard to show his love. Why?
- Vs 13-14 Our Lord and Teacher washed people's feet when he could have been living in heaven, but instead he gave up heaven for you. What is the main thing that stops you from loving others? If this is how Jesus loved the disciples, what does this mean for us?

#### **This is His Commandment**

1 John 4:7-11,19-21

- Building convictions: According to God's Word, why should we love others? List at least four reasons.
- Vs 21. What is the definition of the word "command?" Why does Jesus make love a command?

#### **Love that Lasts**

1 Corinthians 13:5,8

- V5. What does it mean that love is not self-seeking? Examine the way you have loved people lately. Is it Biblical love or self-seeking love? Would they say it was self-seeking?
- V8. Love never gives up. You would never want anyone to give up on you. What are some ways you can give up on others or not be there for each other? What would it look like to not fail in your love for someone? Remember God's love never fails on you (Isaiah 54:10)

### **Challenge:**

- Laying down your life for someone or washing someone's feet is not an easy task. These actions are thoughtful and show the extent of your love (John 13:1). Think about something you can do to demonstrate your love today: Whether its cleaning the kitchen, spending some quality time with your friends, giving a gift (sending a scripture), giving your parents a hug, or complimenting your brother/sister. The little things make a huge difference.
- Pray for someone new today

Date:

## 11. Miracle in a Manger

**Read:** Luke 1:26-38, 2:1-20, Matthew 1:18-25

**Memory Scripture:** Luke 1:37 For nothing is impossible with God. (NIV 84 version)

**Summary:** These passages describe the plans that God had for Mary and Joseph as they lived on faith against the social and cultural norms of their time. Both followed God's will above all else and found favor in His eyes. In this time period, pledged to be married was taken as seriously, as if already married. For a woman to have a child outside of marriage was considered adultery and would be stoned to death. Mary should have been stoned but because of their faith, they were able to bear the Son of God and change the world.

### **Questions for thought:**

- What do you think Mary was thinking as the Angel was telling her that she would give birth to the Son of God?
- In Matthew 1:19-20 Joseph had doubts that Mary didn't commit adultery and conceive a child. He was going to divorce her but then an angel of the Lord told him that it was going to be the son of God and he should keep his plans to be married to Mary. Have you ever had any doubts in life? Read Luke 1:37
- The angel Gabriel said that Mary was highly favored by God. Why do you think she was highly favored? What was she doing to please God? Journal some ways that you can find God's favor.
- It was foretold that Jesus would be born of a virgin woman and that is exactly what happened. Have you ever had a prayer that God answered exactly what you asked? Think about one thing in your life that seems impossible.

### **Challenge:**

- Pick something that you could consider impossible that you will pray to God for. Pray consistently about changing that impossible thing becoming a possible one.
- Pray for someone new today

Date:

## 12. Perseverance

**Read:** Genesis 32:22-30, James 1:2-4

**Memory Scripture:** James 1:4 NIV Let perseverance finish its work so that you may be mature and complete, not lacking anything.

**Summary:** Perseverance is something very important with our relationship with God. Without it, we won't have a relationship with God or others that will last.

### **Questions for thought:**

James 1:2-4

- Why do you think that God wants us to persevere? Why is it important?
- What is the process for perseverance in this scripture? Why is suffering part of it?
- What does perseverance lead to? How does it do that?
- What is something in your life right now that you need to persevere in? Explain

Genesis 32:22-30

- How does Jacob show perseverance? What was he persevering for?
- We fight to persevere when we have a greater goal in mind. What in your life is worth wrestling and persevering for?
- What sins are you struggling with this week? What can you do to persevere through those struggles?
- Jacob wrestled with God until daybreak without resting, how long will you wrestle to overcome your hardships?

### **Challenge:**

- If you're struggling with things like anger, purity, emotions, or gossip, wrestle with God through His Word. Take time to study out what the Bible says about that topic today.
- Pray for someone new today!

Date:

## 13. Prayer

**Read:** Luke 11:1-2 & Psalm 63: 1-8

**Memory Scripture:** Psalm 100:4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

**Summary:** Prayer is a time when we go to God and talk to him. But many times when we pray we turn into that one friend who calls only when he needs something. Things like exams come up, it becomes really easy to focus on the things we want and it is reflected in our prayers. Prayer is not only a time for asking but also a time for praising, a time to remember how vast and powerful God is, after all he listens to each and every one of our innumerable prayers.

### **Questions for thought:**

Luke 11:1-2

- Why do you think Jesus starts off his prayer with praising God? (v.2)
- Why is it easy to forget to praise God in our prayers?

Psalm 63: 1-8

- David says his soul longs for God. What makes your soul long for God?
- What are some of the things that David praises God for?
- David was in a desert while he wrote this psalm. Now deserts are categorized by scorching heat and limited water sources. Put your self in David’s shoes would you be praising God during this time? Why or why not? Why could he praise God in this situation?
- What are some things about God that amazes you? Whether it is the ocean, his love, or the sky.

**Challenge:** We pray for ourselves 364 days a year lets devote one day to praising God, “the maker of heaven and earth.”

- Praise God in prayer today for at least 30 minutes. . Don’t ask him for anything just praise him. (Need praising ideas refer to the last question.)
- Pray for someone new today

Date:

## 14. Purity

**Read:** 1 Corinthians 6:18-20 & 1 Thessalonians 4:3-8

**Memory Scripture:** 1 Thessalonians 4:7 For god did not call us to be impure but to live a holy life.

**Summary:** When we are impure we must first remember that we are rejecting the very God that sent his son to die on across for us so that we may live, the very God that loves us unconditionally. The plans God has for us are so great but just as Jesus lived a pure life on earth to be able to do Gods work, we must do the same to be able to move forward with gods great plans for us. We must learn to have control over our body and desires.

### **Questions for thought:**

1 Corinthians 6:18-20

- In v.18 it talks about sinning against our own body when we are impure, why is it so important to keep our body clean from all impure filth?
- When we go to church to praise God on Sundays we make sure we are dressed appropriate, smell appropriate, and act appropriate out of respect to our God, and making sure these things don't cause a distraction to others in there worship time with God.
- Paul says our body is a temple. What are temples for? What respect do we show to temples?
- If your body is a temple that God gave us, what are things that you listen to or watch that would disrespect God's temple?
- How can you change some of these things to help you with a lifelong challenge like staying pure?
- How might these things affect those around you when you're trying to reach out to others to let them know about God?
- What is the price paid v.20 is talking about? (Meditate on the answer)

1 Thessalonians 4:3-8

- V3. Look up the word "sanctified." Why does God desire this for us?
- V4. What would this control look like in your life, in the efforts of being holy and honorable?
- V7. How does impurity hinder our living a holy life?
- V8. If we want to live to please god, what kind of actions can you take to help you remember that by going through with impurity, you are rejecting God?

### **Challenge:**

- If there is anything that you consider impure or wouldn't take into the temple of God, get rid of it TODAY. Talk to your small group leader and get help to make your temple pure.
- Pray for someone new today

Date:

## 15. Putting God First

**Read:** Matthew 6:31-33, Matthew 6:19-21, Proverbs 3:6, James 4:4-7

**Memory Scripture:** Proverbs 3:6 In all your ways acknowledge him, and he will make your paths straight.

**Summary:** God understands and knows what our needs are, and wants to have a relationship with us, but we need to “Put God First” for him to reveal his plans for our lives.

### **Questions for thought:**

Matthew 6:31-33

- According to this scripture what happens when we seek God first?
- What kind of life would you have if you always put God first?
- Are you seeking God’s kingdom? If so, how? (Give examples) If not, why not?

Matthew 6:19-21

- What kind of treasures do you store up? Are they Earthly or are they in Heaven?
- Right now, where would you say your heart is? What are your desires/treasures?

Proverbs 3:6

- How are you acknowledging God?
- What path are your current actions and thoughts leading you to?
- What kind of path do you think God wants to lead you to? What can we expect on God’s path?

James 4:4-7

- V.4 What kind of friend would you say you are?
- Why does James say we need to choose God or the world? Why not both?
- Up to now on your day-to-day life, who have you really chosen? How do you know?
- V.7 How do we resist the world (devil)?

### **Challenge:**

- Before you watch TV, get on your phone/computer, or play video games, call a friend that you go to school with and share your faith with them
- Pray for someone new today

Date:

## 16. Resisting the Devil

**Read:** Romans 7:14-25, 1 Peter 5:8-11

**Memory Scripture:** 1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”

**Summary:** Satan is constantly attacking us, tempting us, and hunting for us, but through the power of God, we can be protected and be strong against him. Through this quiet time, you will gain strength and become stronger in defeating Satan and learning how to do the good you want to do.

### **Questions for thought:**

Romans 7:14-25:

- Paul is describing the spiritual battle we all go through. Have you ever felt trapped by your sin? Describe what it has felt like.
- Why do we sometimes let sin take over us, when we KNOW that what we are doing is wrong?
- Paul describes our sinful nature like it's a parasite that is living inside of us. We hate it and don't want it, but we can't seem to shake it off. Why are we unable to get rid of our sinful nature ourselves?
- V21. Paul says that even when he wants to do good, evil is right next to him. Describe a time when you have felt that.
- V25. What ultimately is the answer for this struggle? Have you been trying to fight without this?

1 Peter 5:8-11:

- How do lions hunt? Why would Satan be described as a roaring lion?
- The scripture tells us to be Alert and Sober minded, what does this mean? Why do we need to be this if we are going to be protected from Satan?
- In verse 9 it says to “Resist him.” How do we resist Satan? What are ways that you can practically resist Satan with your own personal battles?
- What are some ways that you can stand firm with faith?

### **Challenge:**

- Memorize the scripture and another that is specific to your battle so that when Satan attacks you, you'll be able to stand firm. Ask for help if you are having a hard time.
- Pray for someone new today!

Date:

## 17. Security in God

**Read:** Judges 6:1-16; Joshua 23:14b-14c

**Memory Scripture:** Joshua 23:14b-14c You know with all your heart and soul that not one of all the good promises the Lord your God gave you has failed. Every promise has been fulfilled; not one has failed.

**Summary:** The Israelites had been living in a bunch of sin after being delivered from slavery. Because of this, the Lord allowed the Midianites to oppress them for SEVEN years. At last, once the Israelites realize what they have been indulging in, they turn to God for help and he uses Gideon to save his people, yet again.

### **Questions for thought:**

V. 2-6:

- In life today, what are some things that oppress us spiritually?
- Why are we unwilling to let go of these things that weigh us down?
- What can we say are the “Midianites” in our life?

V. 13-16:

- At what points in our life do we start to question God?
- What makes us question God in the first place?
- What did God do to encourage Gideon and in what ways does he encourage us today?
- What are some other promises God gives us in our life?

### **Gideon’s Character:**

Gideon was nothing special. He was a simple “wheat thresher”, yet God chose him (V.12, 14, & 16) to save his people; he even promises to be with him and guarantees him to be successful. Despite these promises, Gideon still felt insecure and afraid, and he even questioned God (V. 13 & 15). He felt small and weak, and he expresses all this to God. Later on in the chapter, he even tests God by asking for a sign. After he was able to trust in God’s promises for him, Gideon had security and had no reason to fear. In the same way, we can all feel scared in our obstacles of life, such as reaching out to others on campus or standing up for what is right in God’s eyes. However, we can be secure in God and his promises, for he is with us.

### **Challenge:**

- Write out some things you are having a hard time trusting God in and take time to pray about them.
- Pray for someone new today

Date:

## 18. The Temple of God

**Read:** 1 Corinthians 6:12-20

**Memory Scripture:** Romans 12:1 I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.

**Summary:** Our physical health is an important part of making our lives count. Let's look at the right motivation for getting healthy – what God's says about the importance of your body.

### **Questions for thought:**

**1. God expects me to manage my body.**

“Everything is permissible for me, but not everything is beneficial. ...I will not be mastered by anything ...” (verse 12). Your body is a gift from God. He loans it to you and it's your responsibility to manage it well.

- What are some things you doing with what God given you that would make Him proud?
- Do you feel like you have room to improve? If so, how?

**2. My body is God's property.**

“The body is not meant for sexual immorality, but for the Lord ...” (verse 13). Our culture teaches us that we can do whatever we want with our bodies. But God created our bodies, so we don't have a right to share them with anybody we want.

- What are some radical ways that we can fight against what culture teaches us?

**3. My body is connected to the body of Christ.**

“Do you not know that your bodies are members of Christ himself?” (verse 15). God considers sins against the body to be in a special class because your body is connected to the body of Christ.

- Knowing that our sin affects others around us, focus on one specific sin that you can work on that directly affects the body of Christ.

**4. The Holy Spirit lives in my body.**

“Do you not know that your body is a temple of the Holy Spirit ... ?” (verse 19). Your body is God's temple. When you don't take care of your body, you are vandalizing God's temple.

- Considering that our body is God's temple what and radical steps will you make to make sure that you don't and nobody else "vandalizes" your body?

**5. Jesus bought my body on the cross.**

“You were bought at a price. Therefore honor God with your body” (verse 20). If you want to know how much you're worth, look at the cross. Jesus says, “You are infinitely valuable.”

- When you buy something expensive you protect it with your life! What in your daily life are you going to change? Why?

### **Challenge:**

- What's something in your diet right now that you know you need to cut out?
- What's something you can do to exercise this week?
- Now tell someone about it today so that they can hold you accountable and help you make some great progress!
- Pray for someone new today.

Date:

## 19. True Friendships

**Read:** Hebrews 10:24-25, Philippians 2:3-7, Colossians 3:13

**Memory Scripture:** John 15:13 Greater love has no one than this: to lay down one's life for one's friends.

**Summary:** Friendships are becoming more superficial rather than connecting on a deeper level. Some people start to become friends with others based solely on their looks or popularity rank. Jesus, however, shows us a perfect example of a true friend by being forgiving, humble, encouraging, and loving. Building true friendships requires us to follow Jesus' footsteps.

### **Questions for thought:**

#### **True Friends Encourage Each Other**

Hebrews 10:24-25

- Think of a friend who needs some encouragement and love right now. What can you do to show them that you care?
- God encourages us to "not give up meeting together"(v.25). What can happen to us if we stop spending quality time with one another?
- True friends encourage and challenge us to be the best we can be. Have you asked any of your friends to keep you accountable with something you're struggling in? Why or why not?

#### **True Friends are Humble**

Philippians 2:3-7

- How do you think our friendships would look like if we look not on our "own interests but... to the interests of others"(v.4)?
- Why do you think God advises us to have a humble mindset?
- Jesus "made himself nothing"(v.7) in his relationship with God. What are three ways we can imitate that?

#### **True Friends Forgive**

Colossians 3:13

- What can hinder us from forgiving a friend that we think have done us wrong? What are some ways to fix the conflict?
- God forgives us despite the fact we constantly disobey Him and listen to our sinful nature. He doesn't want to give up a relationship with us because He knows there are greater things in store. How can this example relate to forgiving our friends especially when it is difficult?
- Why is forgiveness important in a true friendship? What can rise to surface if we do not forgive our friends?

### **Challenge:**

- Arrange a day to spend time with someone you're not that close to in the ministry and start building a true friendship with them.
- Pray for someone new today.

Date:

## 20. What's Coming Out of Your Mouth?

**Read:** 1 Samuel 25:1-35 & James 1:19-27

**Memory Scripture:** Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**Summary:** In 1 Samuel we see Abigail in a very difficult situation, where she could have decided to a lot of different things especially with her words. She is one of the few examples we have of someone in the old testament who shows us very plainly (David specifically mentions her words being what made such a difference) a great example of how we can use our words to have an great and incredible impact on those around us.

In James there is so much written not just about how we speak, but how we use our words and the words of God in our interactions with others. He particularly talks about our speech in vs.19 & 26 and the surrounding scriptures help us see all the areas of life our speech effects.

What we say has the opportunity to damage, like we see so much in our culture, in our schools, our friends/friendships and even in the bible or it has the opportunity to please God (James 1:20), help people (1 Samuel) and have a religion of worth (James 1:26).

### **Questions for thought:**

1 Samuel 25:1-35

- What could have Abigail done that would have been easier but not helpful? That you are tempted to do/that you do when you are in a difficult/hard situation?
- Who and how did she benefit herself and others by the words she spoke to her servants? To David?
- What does Abigail do to that sets a practical example of Ephesians 4:29 & James 1:19-27
- How many times does David refer to Abigail's words/what she said? What effect did he say her words had?
- What would have happened if Abigail didn't use her words in the beneficial way she did?
- What are the positive and negative effects you see your words having on yourself and those around you?

James 1:19-27

- Why do you think James refers to being quick to listen and slow to speak along with being angry?
- When is it hardest for you to follow vs.19 and why?
- A "tight reign" refers to keeping in control of a horse & the direction it goes, how do you think that applies to how you keep control of what you say?
- Would you consider yourself to be a religious person? If someone only looked at a document of everything you say in a day/week/month/year would they think you were? Why?
- How can you follow vs.22 in how you speak? After reading James 1 and Ephesians 4?
- What are the consequences of not following the direction given about our speech?

### **Challenge:**

- Use your words to specifically encourage/build up 5 people today (not through social media, either in person or actually talking on the phone).
- Pray for someone new today