



MAKING JESUS LORD



From the Moving Toward Maturity Series



Barry St. Clair

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The usage of the pronouns "his/he/him" has been used throughout this book for the sake of continuity and uniformity. The reader should assume these references refer to both male and female.

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SPECIAL THANKS

To Rod Minor and Debbie Hayes for originally working on this project with me.

To Burt Stouffer and Ernest Pullen for designing and packaging the *Moving Toward Maturity* Series.

To my late wife Carol and my children Scott and Cameron, Katie and Bart, Jonathan, and Ginny, who have loved me and encouraged me in my ministry.

To Lawanna, my wife, my fellow struggler in death and life, and my heart's companion for the second half of my life.

To the Lord Jesus Christ for teaching me the realities in this book.

A WORD FROM THE AUTHOR

Jesus Christ has made positive changes in my life. He can change your life too. And He can use you to change others!

Just make yourself AVAILABLE, and Jesus can:

- > Help you know Him better.
- > Work in your life to make you a more mature Christian.
- > Motivate you to share Christ with others.
- > Use you to help other Christians grow toward maturity.
- > Make you a spiritual leader.

My goal for you is: "Just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness" (Colossians 2:6-7).

When that is happening in your life, then just as $2 \times 2 = 4$, and $4 \times 4 = 16$, and on to infinity, so Jesus can use you to multiply His life in others to make an impact on the world. How? One Christian (like you) leads another person to Christ and helps him grow toward maturity. Then the new Christian can lead another person to Christ and help him grow to maturity. And so the process continues. God gives you the tremendous privilege of knowing Him and making Him known to others. That is what your life and the *Moving Toward Maturity* series are all about.

The *Moving Toward Maturity* series includes five discipleship books designed to help you grow in Christ and become a significant part of the multiplication process. *Spending Time Alone with God* is the second book in the series. The other books are:

Moving Toward Maturity Series

Following Jesus (Book 1)

Making Jesus Lord (Book 3)

Giving Away Your Faith (Book 4)

Influencing Your World (Book 5)

God's desire and my prayer for you is that the things you discover on the following pages will become not just a part of your notes, but a part of your life. May all that's accomplished in your life be to His honor and glory.

A handwritten signature in black ink, appearing to read "Danny". The signature is written in a cursive, flowing style with a large initial 'D' and a long, sweeping tail.

PURPOSE

This book will help you discover why it is important to have Jesus as Lord. It will teach you to make decisions about making Jesus Lord in various areas of your life.

A disciple is a learner and a follower. As you learn to make Jesus Lord, you will learn about Jesus Christ and how to become more like Him. When that happens, you will be able to say with the Apostle Paul:

We Christians have no veil over our faces; we can be mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like Him (2 Corinthians 3:18, TLB).

Before you begin doing the Bible studies in this book, make the commitment to let Jesus Christ bring to completion all He wants to do in your life. Remember: God cares more about what is being developed in your life than about what you write in this book.

Each chapter of this book is built on an athletic theme. That does not mean the book is only for athletes! The Apostle Paul uses these same athletic themes often in challenging us to make Jesus Lord – 1 Corinthians 6:19, 1 Corinthians 9:24-27, and Philippians 3:12-14. Whether or not you are an athlete, let the practical reality of the athletic theme challenge you.

USES FOR THIS BOOK

1. **SMALL GROUPS:** You can use this book as a member of an organized group (Discipleship Group) led by an adult leader.* Each person in this group signs the commitment sheet on page 11, and agrees to use the book week by week for personal growth.
2. **INDIVIDUALS:** You can go through this book on your own, doing one lesson each week for your own personal growth.
3. **DISCIPLINING YOUNGER STUDENTS:** After you apply each session in this book to your own life, you can help a younger person or younger group through *Spending Time Alone With God*.

*The *Leader's Guide* for the *Moving Toward Maturity* series can be purchased from Reach Out Youth Solutions. See the order information in the back of this book.

A helpful resource to assist you in spending time with God each day is
Time Alone with God Notebook.

Contact Reach Out Youth Solutions at www.reach-out.org
or at 1-800-473-9456.

PRACTICAL HINTS

(How to get the most out of this book)

If you want to grow as a Christian, you must get real with God in prayer and apply the Bible to your life. Sometimes that's hard, but this book can help you if you will:



1. Begin each session with prayer.
Ask God to speak to you.



2. Use a Bible that's easy to read.
Try the *New International Version*.



3. Work through the entire session.
 - > Look up the Bible verses.
 - > Think through the answers.
 - > Write the answers.
 - > Jot down any questions you have.
 - > Memorize the assigned verse(s).
(Use the Bible memory verses in the back of the book. Groups should select a single translation to memorize, in order to recite the verse(s) together.)



4. Apply each session to your life.
 - > Ask God to show you how to act on what you're learning from His Word.
 - > Obey Him in your relationships, attitudes, and actions.
 - > Talk over the results with other believers who can encourage and advise you.

IF YOU'RE IN A DISCIPLESHIP GROUP

- > Set aside two separate times each week to work on the assigned session. If possible, complete the whole session during the first time. Then during the second time (the day of or the day before your next group meeting), review what you've learned.

- > Take your Bible, this book, the *Time Alone with God Notebook* and a pen or pencil to every group meeting.

PERSONAL COMMITMENT

I, _____, hereby
dedicate myself to the following commitments:

1. To submit myself daily to God and to all that He wants to teach me about growing as a follower of Jesus.
2. To attend all weekly group meetings unless a serious illness or circumstance makes that impossible. If I miss more than one meeting, I will withdraw willingly from the group if it is determined necessary after meeting with the group leader.
3. To complete the assignments without fail as they are due each week.
4. To be actively involved in my local church.

I understand that these commitments are not only to the Lord but to the group and to myself as well. With God's help, I will do my very best to completely fulfill each one.

Signed _____ Date _____

GET
READY...
GET
SET!



Discovering Jesus' credentials

This was the first day of practice. At first I felt scared and kind of awkward. But Coach gave us a talk about being a team. You know, after we practiced for a while, it felt pretty good. But I've got a long way to go!

Can you recall the first day you started something new (a class, a sport, playing a musical instrument, etc.)? How did you feel?

Name one talent you have that you're really proud of.

How long have you been doing it? How did you get to be good at it? Write a short paragraph that describes your learning process from the point you started until now.

Did you learn on your own, or did someone teach you?

Who contributed to your learning process?

COACHING CREDENTIALS

Having Jesus as Lord of your life is kind of like having a teacher or coach to help you. What did Nicodemus say that Jesus was? (John 3:2)

Jesus Christ wants to teach you everything you need to know about

following Him. Why is He qualified to do that? Let's look at His teaching credentials for being Lord of your life.

1

He Created You

Let's discover how Jesus Christ was in on the creation of the world and, more specifically, your creation.



Read John 1: 1-5, substituting "Jesus Christ," for "the Word" (Jesus is the Living Word of God). Compare Colossians 1:15-16 to John 1:1-5 and describe how Jesus Christ was in on the creation of the world, and more specifically, your creation.



Read Psalm 139:13-16. Since Jesus created you, He knows how you work best. What does Jesus Christ know about you?

**Jesus Christ made you,
and He knows all about you.**

2

He Identifies with You

Picture in your mind a story where the two main characters are a wicked leader (Evil Ruler) and a brave lad (Fearless Young Man). The people in the country where this story takes place have been starved, cheated, and oppressed by Evil Ruler. Fearless Young Man has grown up under Evil Ruler's reign and decides to save his people by overcoming Evil Ruler.



John 1:14 tells what Fearless Young Man (Jesus) did.
Describe it in your own words.

Jesus Christ came to earth as one of us. Through His death, He crushed Satan's rule on this earth forever. And because He lived here for 33 years, He knows what we go through every day. We can be sure that "we do not have a high priest [Jesus Christ] who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are" (Hebrews 4:15).



Read Luke 4:1-13 and find out how Jesus faced the same temptations you face. What were they?

**Jesus had struggles
just like you have.**



He Redeemed You
Redeemed means to "rescue."



Read 1 Corinthians 6:20; Romans 14:9 to discover how Jesus rescued you?

Another definition for *redeem* is "to recover ownership by paying a specified sum," or "to ransom." If a gang kidnapped your best friend, how much would you pay as a ransom to get him back?

How much of a ransom did Jesus pay for you?



Jesus has paid to regain ownership of your life, so He has the right to be the Lord of your life.

**Jesus redeemed
you at an
expensive price!**

JESUS' RESPONSIBILITIES AS LORD

"OK," you say, "I can see that Jesus is qualified to teach me and be Lord of my life, but what is a *lord* supposed to do anyway?" Three Greek words in the New Testament describe Jesus' role as Lord. Let's look at what each one means.

- > **Despotes** (master) - A master had "unlimited power." Jesus has unlimited power over the entire universe. But you have to give Him unlimited power in your life.
- > **Basileus** (monarch) -This word is more commonly used in the Orient to mean "all power and authority." A monarch's word is law. And because Jesus is God, He is always the powerful authority - the Boss. He desires to be the Boss of your life.
- > **Kurios** (lord) -A lord, in this sense of the word, is the "owner." Wisdom and love are suggested in this word. Jesus is not a brutal dictator, but a wise and loving Lord. He wants to handle your life with wisdom and care.

Now let's put all of these ideas together. Keep the meanings of these three words for *lord* in mind, and write your own definition of what it means for Jesus Christ to be Lord.



What does that definition mean to you personally?

Jesus

wants to become Lord in your life. How does that take place?

As you go through these sessions of *Making Jesus Lord*, you will focus on some very specific areas of your life: dating and sex, parents, attitudes, habits, thoughts, friendships, temptation, and material possessions. You will learn how the lordship of Jesus Christ affects each of those areas. You can do two things to get ready to acknowledge Jesus as Lord of your life.



1

Desire

Often desire comes when we get desperate! Psalm 63: 1, "O God, You are my God, earnestly I seek You; my soul thirsts for You, my body longs for You, in a dry and weary land where there is no water."



Are you to the place where you are tired of running your own life? Are you to the point where you are willing to let go and let God take over?

The more we see who Jesus really is, the more the desire develops in us to please and worship Him. You will begin to see Jesus more clearly throughout the rest of *Making Jesus Lord*. But right now, evaluate where you stand as far as wanting Jesus to be the Lord of your life:

Are you tired of running your own life? _____ Why?

What things do you know about Jesus that cause you to want to give yourself to Him as Lord?

What doubts do you have about making Jesus the Lord of your life?

Whatever your desires are at this moment, stop right now and pray that God would give you the desire to make Jesus the Lord of your life. Write your prayer here:

Decide



When Paul realized on the road to Damascus who Jesus was, he said: "What shall I do, Lord?" In Acts 22:10 Jesus told him: "Get up and go into Damascus. There you will be told all that you have been assigned

to do". What did Paul do? He decided to obey!



In Acts 26:19-20 look at his response: "I was not disobedient to the vision from heaven. First to those in Damascus, then to those in Jerusalem and all Judea, and to the Gentiles also, I preached that they should repent and turn to God and prove their repentance by their deeds".



You need to nail down your own decision to obey! Do it by faith, realizing that He will increase your desire to make Him Lord as time goes by. In your own words, let Jesus know that you have decided to make Him the Lord of your life. After you have committed to make Jesus your Lord, fill out the statement below.

Today, _____ (Date), I asked Jesus to be Lord of my life.

Signed: _____

Complete this session by memorizing Psalm 63:1.



ASSIGNMENT

1. One of your assignments for this week (and throughout this book) is to spend time alone with God every day. Each day read and study a short passage from the Gospel of Mark. This week, during your daily time alone with God, use the following Bible readings. Record your observations in your *Time Alone with God Notebook*.

Order a new *Time Alone with God Notebook* to help you continue having focused, powerful times with God every day. (Order at www.reach-out.org or call 1-800-473-9456.)

Day 1: Mark 1:1-11

Day 2: Mark 1:12-13

Moving Toward Maturity Series

Day 3: Mark 1:14-15

Day 4: Mark 1:16-20

Day 5: Mark 1:21-34

Day 6: Mark 1:35-38

Day 7: Mark 1:39-45

2. Complete *Session 2*.

S E S S I O N 2



Looking at the costs and benefits

Today the coach told me that I have the potential to be really good if I practice and get more rest (which means I'll have to get to bed earlier).

I was really excited to hear that until I realized that I might have to give up hanging out with my friends and staying out late on school nights.

When you make Jesus Lord, you face similar choices. You lose something in order to gain something else. In this session, you will take an honest look at the price you will pay, and discover many benefits to making Jesus Lord of your life.

PAYING THE PRICE



Look up **Matthew 16:24-26**. Paraphrase these verses in your own words.

Those are pretty strong words, aren't they? Let's take a closer look at what Jesus is really asking us to do.



Deny Yourself

What does it mean to deny yourself? It means that you get rid of the "I, me, mine" approach to life. The world teaches, "Look out for number one." But Jesus says to deny yourself. What does that mean?

- > You do need to focus on Jesus.
- > Jesus has taken over the responsibility of looking out for you.
- > You don't need to focus on, get hung up on, or worry about yourself.
- > Jesus will use your life to bring glory to Himself.



Name one specific way that you are still looking out for number one.



Take Up Your Cross

Jesus took up His cross by becoming an obedient servant to His Father.

How can you carry your cross?



What do you discover in Philippians 2:5-11 about how Jesus did that?

When you take up your cross, you can:

- > Give up anything and everything that doesn't honor Jesus.
- > Endure suffering. What kind of suffering? The kind of pressure and pain you endure to get your body into shape.



How does God want you respond to suffering? (James 1:2-4)



What does God promise to do when you suffer? (1 Peter 5:10)



What is the result of suffering for Christ? (Romans 8:17)



Follow Jesus

After experiencing the first book in this series, *Following Jesus*, summarize what it means to you to follow Jesus.

When you follow Jesus you:

- > Enter a relationship with Him and become His friend.
- > Go in the same direction as Jesus.
- > Submit to His authority in your life.
- > Obey Him.

**It costs you
your life to
make Jesus Lord!**

GOOD DEALS

Yes, it costs you your life to make Jesus Lord. Many times people ask: "What do I have to give up before I can become a follower of Jesus? Can I still smoke, drink, and mess around if I make Jesus my Lord?" A better question would be, "What do I have the privilege of giving up in order to follow Jesus?"

Just as a sleek, fast car can really move with the right person behind the wheel, you can move down the road of life in the right direction with mega-horsepower when Jesus is in your driver's seat. Having Him in the driver's seat allows you to live life at its very best.

When Jesus takes control, He offers these good deals.



Good Decisions

Another way of saying "Jesus is Lord of my life" is to say "I am in the center of God's will for me." When we have decisions to make, God will give us specific guidance.



How does Proverbs 3:5-6 apply to one big decision you are facing right now?



Great Satisfaction

How do your mouth and body feel when you are really thirsty?

Jesus makes us thirsty and then quenches our thirst.



According to John 4:10-14, how does He do that?

Jesus is “a river of life” flowing out of you. He satisfies your thirst.

In what way do you need satisfaction right now? Be specific.



Winning in Life

Think of a time when you won something. How did it feel? From I Corinthians 15:57 what do you discover about winning?



Now read Romans 5:17. What victories are in store for those who make Jesus Lord?



Bright Future

Life can get tough: broken homes, low grades, and people who hate you, to name a few.

Name one tough thing that is discouraging to you.



What does 2 Timothy 2:11-12 say will happen if we hang tough in tough times?

No matter how bad your situation looks right now, all followers of Jesus have a bright future.



Changed Character

God has called us to the unique destiny He has for us. That destiny centers around becoming like Jesus. Through the Holy Spirit, God gives us the character of Jesus.



What does Romans 8:28-29 tell you about your destiny and character?



Reread Matthew 16:24-26. By making Jesus Lord, you "lose your life" (so to speak) because you turn everything over to Him. But in doing so, you gain real Life and all of the positive benefits that go along with it. That's when you're really livin'!

**You lose in
order to gain!**

In the “lose in order to gain” category where does your “stuff” fit in?

What do you think of when you hear the word “materialism”? After checking a dictionary, write your definition here.



From now on, every session will conclude with a Life Change sheet to help you bring God's truths about Jesus' lordship into your own life.

The following page contains a Life Change sheet dealing with the issue of material possessions. Work through that sheet, thoroughly studying the Scriptures and answering the questions that follow.

Complete this session by memorizing Matthew 16:24.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings.

Day 1: Mark 2:1-12

Day 2: Mark 2:13-17

Day 3: Mark 2:18-28

Day 4: Mark 3:1-12

Day 5: Mark 3:13-19

Day 6: Mark 3:20-30

Day 7: Mark 3:31-35

2. Complete Session 3.

LIFE CHANGE

Material Possessions (My Stuff)

Matthew 6:19-34

(See "How to Study a Passage of Scripture on page 108. Use the space below to record your comments.)

My weaknesses with material possessions are:

My strengths with material possessions are:

Action

Based on Matthew 6:19-34, I need to make Jesus Lord of my material possessions by:

I will take the following specific step of action to begin regarding my material possessions:

Prayer partners _____
will pray with me about this.

S E S S I O N 3

WHAT'S THE DIFFERENCE?



Encountering God's greatness

Today the coach said, "Eighty percent of the people in the world don't know what's happening, 15 percent watch what's happening, and 5 percent make things happen." I really want to be part of that 5 percent, but I'm not sure where to start.

Have you ever thought about the difference between someone who achieves success and someone who does not? Think of someone you consider successful. Write his or her name here.

What do you think makes that person successful?

Somewhere along the way successful people realize that they are special. Jesus knew He was special. Why is Jesus so special? For starters, He is God!

When the Bible refers to God, He might be called the Father, the Son (Jesus), or the Holy Spirit. God is three persons in one, and one person in three. That's kind of mind-boggling, isn't it?



The word to describe all three persons of God is the Trinity, or Godhead. Let's look at some illustrations to get a rough understanding of the Trinity.

Triangle. Each side of this triangle is equal, but distinct from the other two sides. A person can be a father, son, and husband at the same time, so, too, God has three identities in one – Father, Son, and Holy Spirit.

God has three identities in one – Father, Son, and Holy Spirit.

H₂O. Imagine you are taking the SAT and see the following question. What would your answer be?

Which of the following has the chemical compound H_2O ?

- (A) Water
- (B) Steam
- (C) Ice
- (D) All of the above

You science experts would select (D) without a blink. You know that H_2O is a chemical compound with three different forms. This is a beautiful mystery. Ice is no more and no less H_2O than water or steam, yet the three compounds look quite different. In a similar manner, God reveals Himself in different ways, yet the Father, the Son, and the Holy Spirit are equal parts of the one God.

WHAT IS GOD LIKE?

If you really want to know what a person is like, don't just look at his outward appearance. Look deeper inside to see what kind of *character* he has. Is he dependable? Honest? Loving? If he is a loving son, he will be a loving husband and a loving father.

God is like that. His character as the Father, Son, and Holy Spirit is the same, just expressed differently. Let's look at some of His qualities in order to begin to grasp how really special He is.



God Is Great

Take a map of the world and spend several minutes pinpointing and listing some of the countries you have never seen. Then find your state. Then find your city.

God created our world and the universe. Our galaxy is only one of many, many galaxies contained in the universe. Our solar system is one of many in our galaxy. Planet Earth is one of the planets in our solar system. So your state is a small part of a country on a continent that is a small part of a planet in a galaxy that is only a small part of the universe that God created. Get the picture?



Psalm 145:3 says it this way: "Great is the Lord and most worthy of praise; His greatness no one can fathom."



Look at Isaiah 40 and list some of the ways God is great.
verse 12

verses 15-17

verses 21-22

verse 23

verses 25-26



God Is Consistent

He never changes. You could pull out some of your old grammar school pictures to see how you have changed. But your changes haven't all been physical. Sure, you're a lot taller and stronger than you used to be. But you're probably a lot more mature as well. List a few ways you are more mature now than when you were in grade school.

But God never changes. He can't mature the way we do because He is already perfectly mature. He told Moses, "I AM WHO I AM" (Exodus 3:14) which means, "I am the self-existent One who never changes." Take a closer look at some of God's consistencies.

His truth is consistent. Think of a time when you said something you wanted to take back.



Read Psalm 119:89, Isaiah 40:8, 45:23, and John 14:6 to discover that God never has to take back anything He has ever said or done. What do those verses tell you about God's truth?

His purpose is consistent. Why is it that God never needs to reverse His plans?



Read Numbers 23:19 and Hebrews 7:21 to discover the answer.

3

God Is Holy

A.W.Tozer said" Holy is the way God is. To be holy He does not conform to a standard. He is that standard. He is absolutely holy with an infinite, incomprehensible fullness of purity that is incapable of being other than it is" (*The Knowledge of the Holy*, Harper and Row).

That is quite a statement. Rephrase it in your own words.



Study Isaiah 6:1-8. Based on that passage, what do you think holiness is?

How did Isaiah respond to God's holiness?

What does God want us to be?

Why?

To be "holy" means to be "set apart." We are set apart because we belong to God.



Look at **Ephesians 1:3** to discover how God sees you.

Say this out loud until it sinks in:
"I am holy in God's sight."



Romans 6:11 tells us what we have been set apart *from* and what we are set apart *for*.

I am set apart *from* _____

I am set apart *for* _____

LIVING HOLY



Ephesians 2:1-6 describes how God set you apart from sin. Describe it in your own words.

**Because we have died to sin and
are alive to God, we are holy.
Now we begin to live that way.**



Ephesians 4:25-5:8 describes some practical ways to become who we already are – holy. The following chart shows what we need to put off from our old sinful personality and what we need to put on our new personality in Christ.

MAKING THE CHANGE

From	->	To	->	Because
Falsehood		Truthfulness		We're all members of one body
Wrong anger		Controlled anger		You should not give the devil a foothold
Stealing		Useful labor		You can share with those in need
Unwholesome talk		Words that build others up		You can benefit those who listen
Bitterness and rage		Kindness and compassion		You are not to grieve the Holy Spirit
Brawling and slander		Forgiveness		Jesus forgave you
Sexual immorality, impurity, and greed		Love		You are holy
Obscenity, foolish talk, and coarse joking		Thanksgiving		You are the light of God

Perhaps you see several areas listed above that you feel need to change in you. Ask the Holy Spirit to change you.

A common issue that all students face is the next to the last category: "Sexual immorality, impurity, and greed." Specifically, how is your dating and sex life? Use the Life Change sheet at the end of the chapter to discover how to make Jesus Lord in dating and sex.



Complete this session by memorizing 1 Peter 1: 15-16.



ASSIGNMENT

1. Have a time alone with God every day, using the following Bible readings:

Day 1: Mark 4:1-12

Day 2: Mark 4:13-20

Day 3: Mark 4:21-34

Day 4: Mark 4:35-41

Day 5: Mark 5:1-20

Day 6: Mark 5:21-43

Day 7: Mark 6:1-6

2. Complete Session 4.

LIFE CHANGE

Sex and Dating

2 Corinthians 6:14, 1 Thessalonians 4:3-8

My weaknesses in sex and dating are:

My strengths in sex and dating are:

Action

Based on 2 Corinthians 6:14 and 1 Thessalonians 4:3-8, I need to make Jesus Lord in my sex and dating life by:

I will take the following specific step of action regarding my dating and sex life:

Prayer Partners

_____ will pray with me about this.

S E S S I O N 4

TOTAL
CONFIDENCE



Growing in faith

The coach said today that if I can develop more confidence, I can probably make the first team. I want to be the best I can be! But how can I become more confident?

What does it take to develop confidence in a sport?

What does it take to develop confidence as a follower of Jesus?

Let's see if we can discover where we can find our confidence.

GOD'S FAITHFULNESS

Our confidence builds when we discover God's faithfulness to us.



Read Psalm 117 at least five times and see what you discover about God's faithfulness.

**“Praise the Lord, all you nations;
extol Him, all you peoples. For great
is His love toward us, and the
faithfulness of the Lord endures
forever. Praise the Lord.” (Psalm 117)**



What does Lamentations 3:22-23 tell us about God's faithfulness?



Study the following verses and list some things that God is faithful to do for us.

The two words
"never fail"
describe God's
faithfulness.

1 Corinthians 1:9 _____

1 Corinthians 10:13 _____

2 Thessalonians 3:3 _____

1 John 1:9 _____

God's faithfulness to us
will inspire faith in us.

Let's say you really need some help in algebra, and a fellow student offers to meet you after school and help you. If he didn't show up, how would you feel? If he didn't show up two or three times, would you keep trying to meet with him?

But if he made it to every meeting and helped you, wouldn't you begin to think, "Hey, here's someone I can count on?" Faith in God develops in the same way. God is faithful. He always has been and always will be. And He has proven to us that He can be trusted. As we begin to understand and experience His faithfulness, we begin to have faith in His faithfulness.

When God says He will do something, He always does it.

How has God proven Himself faithful to you? Give some specific examples.

How can you give Him additional opportunities to prove Himself faithful?

Because God is faithful, we can put our faith in Him.

OUR FAITH



What is the biblical definition of faith? (Hebrews 11:1)

Faith is believing in your mind, your feelings, and your actions that God will come through.

A man walks across Niagara Falls on a tightrope. People applaud. He walks across it again with a wheelbarrow. People get really excited. Do those people have faith that the tightrope walker can stay on the rope? The tightrope walker asks for a volunteer to get in the wheelbarrow to go across the Falls. If the volunteer gets in, he has faith. If he does not get in, he does not have faith. Faith isn't sitting back and watching others. It works only when we take action and only when risk is involved.

When you sit down in a chair, do you worry about whether or not it will hold you up? Of course not. Why? Based on the evidence and our experience, a chair's purpose is to hold us up when we sit on it. As long as we're standing, we are not exercising any faith. Faith comes when someone sits down, relaxes, and puts all of his weight on the chair. Sitting down is one of many simple acts of faith we take every day. Everyone has faith - in something. But what is really important is the *object* of our faith.

Jesus is the only object of your faith who will never let you down.



Faith Is Confidence



Reread Hebrews 11:1. What do you think the following phrases refer to?

"What we hope for ..."

"What we do not see ..."

How can we "be sure" of such things?

2

Faith Is Intellectual Belief

Faith is not confidence in ourselves, other people, or anything else besides Jesus Christ. His faithfulness is the only thing we can "be sure" of, the only object we can have confidence in.



Read Hebrews 11:6. What must we believe intellectually in order to have faith?

What is God's response when we meet those requirements?



Abraham was known for his faith. **Read Romans 4:18-21.** What does it mean to be "fully persuaded"?

Are you fully persuaded that God can do what He promises? Why or why not?

3

Faith Is Action

Intellectually, faith is not just believing some facts with our minds. Rather it is being fully persuaded that the promises of God are true no matter what the circumstances or what other people say. We know that God will fulfill His promises.



Read Mark 11:22-24. According to those verses, how does faith become an action?

Without action, faith does not exist. Faith is total trust in God – putting into action what we believe.

Through learning to totally trust God, we reach our maximum potential personally and, through that, give glory to Him.

You put into practice what you believe every day. All the rest is just religious talk.



Look again at Romans 4:20-21. How does our potential and God's glory fit together according to these verses?



Now jot down one thought from each of the following faith verses on how you can reach your maximum potential and give glory to God through your life.

Romans 10:17

Hebrews 11:8

Hebrews 13:7

1 Peter 1:6-7

2 Peter 1:5-9

Putting faith into action always creates tension. We have to move out of our comfort zone and into the realm of the impossible. Faith in action means that if God doesn't come through then we are doomed to failure.

One

of the most important characteristics of a friendship is faithfulness - being able to be counted on. In order for a friendship to succeed, faith in the other person is essential. To make this lesson on faithfulness and faith personal to your own life, work through the Life Change sheet on the issue of "Friendships." Think about how God's faithfulness and your faith can make you better friends with Him and with other people.



Complete this session by memorizing Hebrews 11:1.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings.

Day 1: Mark 6:7-13

Day 2: Mark 6:14-29

Day 3: Mark 6:30-44

Day 4: Mark 6:45-52

Day 5: Mark 6:53-56

Day 6: Mark 7:1-23

Day 7: Mark 7:24-30

2. Complete Session 5.

LIFE CHANGE

Friendships

1 Samuel 18:1-5

My weaknesses in friendships are:

My strengths in friendships are:

Action

Based on 1 Samuel 18:1-5, I need to make Jesus Lord of my friendships by:

I will take the following specific step of action to strengthen my existing friendships and/or develop new ones.

Prayer Partners

_____ will pray with me about this.

S E S S I O N 5

ABSOLUTELY
TRUE



Proving Jesus' claims

Today I got so discouraged. Someone started a rumor that I had cheated on a test. Coach heard about it. He wasn't sure who to believe. He said that if it is true I will be off the team. But it's not true.

People talk about Jesus Christ. Some curse Him. Some doubt Him. You hear negative comments and rumors about Him at school all the time. What people say isn't true, but these words stir up doubts about Jesus. Let's look at some rumors about Jesus and then examine the truth about Him. Then we can know for sure that Jesus was who He said He was, and now is who He says He is.

PROOF POSITIVE



Rumor

Jesus Christ was merely a good teacher.

Truth

Jesus is more than just a good teacher. Only one person has ever fulfilled the Old Testament prophecies referring to the "Messiah" -- Jesus Christ.



Look up the prophecies below and see how they were fulfilled.

PROPHECIES ABOUT JESUS THE MESSIAH

Prophecy	Fulfillment	What Happened?
Psalm 16:9-11	Acts 2:25-32	
Psalm 22:1	Matthew 27:46	
Psalm 34:20; 22:16-18	Matthew 27:35; Luke 23:33; John 19:33-37	
Psalm 110:1	Acts 2:34-36; Hebrews 1:3	
Isaiah 53:7	Luke 23:8-9	
Isaiah 53:9	Luke 23:33, 50-53	

These are only a few examples. Jesus Christ fulfilled over 300 prophecies from the Old Testament. So He is obviously much more than a good teacher. In C.S. Lewis' classic book, *Mere Christianity* (Macmillan), he says:

A man who was merely a man and said the sort of things Jesus said wouldn't be a great moral teacher, he would either be a lunatic on the level with a man who says he is a poached egg, or else he would be the devil of Hell; you must make your choice.

Either this was and is the Son of God, or else a madman or something worse. You can shut Him up for a demon, or you can fall at His feet and call Him Lord and God. But don't come up with any patronizing nonsense about His being a great moral teacher. He hasn't left that alternative open to us.



Rumor

The prophecies that Jesus fulfilled were written during or after the time of Jesus.

Truth

In *Evidence That Demands a Verdict*, Josh McDowell points out that the Greek translation of the Hebrew Scriptures (known as the Septuagint) was completed by the year 250 B.C. So there had to be at least a 250 year gap between the written prophecies of Christ and their fulfillment.



Read 2 Peter 1:20-21. What further proof does that passage provide regarding prophecies about Jesus?

Evidence clearly indicates that Jesus was born many years after the prophecies about Him were written.



Rumor

Jesus wasn't really God. He was just another great religious figure.

Truth

Like C.S. Lewis said, no great religious figure would ever have made the claims Jesus made unless they were true. What were some of Jesus' claims, and what evidence did He provide to prove He was telling the truth?



Look up the following passages, and then decide if Jesus supported His claims to be God.

JESUS' CLAIMS

Claim	Evidence	Your Observations
John 6:35	John 6:1-14	
John 7:37	John 2:1-11	
John 8:12	John 9:1-25	
John 11:25-26	John 11:38-44	



Read Matthew 3:16-17. Someone else believed Jesus' claims to be God - His Father. What support did God the Father provide for Jesus' claims?



Read Matthew 14:25-32. Other people believed Jesus was God. What did those people say about Jesus?

Jesus backed up every claim He made to be God!



Rumor

Jesus is equal to Muhammad, Confucius, Buddha, and other great religious leaders.

Truth

If you go to the graves of Muhammad, Confucius, or Buddha, you will find their bodies enshrined there. But that's not true of Jesus Christ. His grave is empty. Why? Because Jesus Christ was raised from the dead and ascended to His Father in heaven. Examine the following proofs.

Jesus prophesied His resurrection.

PROOF OF JESUS' RESURRECTION

Proof	Evidence	Your Observations
Jesus prophesied His resurrection	Luke 18:31-34	
Jesus' tomb was empty	Matthew 27:51-28:7	
Jesus appeared to people after His death (make a list)	Matthew 28:1, 8-10	



Rephrase Luke 18:31-34 in your own words.

Jesus' tomb was empty.



Read Matthew 27:57 - 28:7. What proof of Christ's resurrection do those verses provide?

Jesus appeared to people after His death.



Read the following passages and make a list of those who saw Jesus alive after His death.

Matthew 28:1, 8-10

Matthew 28:16-20

Luke 24:1-16, 28-31

Luke 24:34

Luke 24:36-43

John 20:14

John 20:26-28

John 21:1-14

I Corinthians 15:3-8

Because of the proof of His resurrection, no comparison of Jesus to other religious leaders is possible. They don't compare.

5

Rumor

Jesus was a Jew who died 2,000 years ago. He doesn't have anything to do with my life today.

Truth

This truth is up to you. From your personal experience, how can you prove that Jesus is who He said and that He is still alive today?

Jesus changes lives today because He is alive today.

TRUST AND OBEY

The one factor that allowed Jesus to be who He was and do what He did was His perfect obedience to His Father. We can learn from the example that Christ has set for us. Look at these examples.

- > Jesus was obedient in baptism (Matthew 3:13-17).
- > Jesus was obedient in every detail of His life (John 6:38).
- > Jesus was obedient even in death (Matthew 26:36-46).

Determine from the above passages what motivated Jesus to obey His Father.

Define obedience as you see it expressed in Jesus' life.



The greatest factor that will lead you to power and purpose in your life is your obedience to God. When you obey Jesus Christ, He becomes Lord of your life. From that obedience, very positive benefits occur.

You Will Be Wise



Read Matthew 7:24-27 and rewrite this parable to apply to your own life.

You Will Experience God's Love



Look at John 14:23. What does that verse say to you?

You Will Know Jesus Better



Read John 14:21 to find out how that happens.

You Will Be an Overcomer



What promise does **1 John 5:3-4** hold for those who keep God's commandments?

Name one issue where you struggle to obey Jesus Christ.

Perhaps my toughest test of obedience happened while I was in college, playing basketball on a scholarship. One day, while reading the Bible, I came across Matthew 6:33: "Seek first His kingdom and His righteousness, and all these things will be given to you as well." When I read that verse, I realized that playing basketball was more important to me than following Jesus Christ. I struggled with the thought of not playing ball. I had played basketball since I was in first grade. The summer before my senior year in high school, I practiced eight hours a day. Basketball was my life.

I didn't want to quit, but I kept thinking, "What comes first, basketball or Jesus Christ?" One Saturday my parents and I talked, cried, and prayed about my decision, and I knew that I needed to quit basketball. I did.

After making that decision, I discovered how Jesus really takes care of us when we obey Him. I thought that quitting basketball would leave a big void in my life. As soon as I quit, God put me in touch with a person who got me involved in working with students. Then a year and a half later, God gave me the opportunity to play basketball again for a team that traveled all over the country playing major colleges and universities. But in addition to playing basketball, we shared our faith in Jesus Christ with the crowds of people who came to the games. That summer I played on a similar team all over the Orient. I gave up basketball to seek Jesus first, and He gave basketball back to me! That's just like God. He blesses our obedience.

You probably know of several tough areas where you need to start obeying Jesus Christ. Let's take just one - your parents - and make it really personal to your life right now. Work through the Life Change sheet. Focus your thoughts on how your obedience to your parents will help you obey Jesus.



Complete this session by memorizing John 14:21.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings:

Day 1: Mark 7:31-37

Day 2: Mark 8:1-13

Day 3: Mark 8:14-21

Day 4: Mark 8:22-26

Day 5: Mark 8:27-30

Day 6: Mark 8:31 - 9:1

Day 7: Mark 9:2-13

2. Complete Session 6.

LIFE CHANGE

My Parents **Ephesians 6:1-4**

My weaknesses in my relationship to my parents are:

My strengths in my relationship to my parents are:

Action

Based on Ephesians 6:1-4, I need to make Jesus Lord of my relationship with my parents by:

I will take the following specific step of action to obey my parents:

Prayer Partners

_____ will pray with me about this.

S E S S I O N 6

GO
FOR
IT!



Changing your attitudes

Today during practice, one of the guys cursed me out because he got ticked off at me. I wanted to punch his lights out. It's hard to have the right attitude about people like him.

How would you respond in a similar situation?

Why?

**Your attitudes
determine your actions.**

Your attitudes determine your actions just like your genes determine what you look like. This story demonstrates the relationship between attitudes and actions. A guy named Steve Trass ran away from home and got a job in a lumber camp. He had lived a sheltered life and was kind of a sissy. One day he wrote home: "I hate this place. It's the worst place I've ever seen. The men are crude and nasty. I feel out of place."

But one night everyone in the camp went to town to get drunk - except for Steve. After the men had left, some guys from another lumber camp came to raid Steve's camp. Steve was scared. He didn't know what else to do so he grabbed a nearby axe handle and turned out the light. As soon as the strangers came through the door, he started swinging. *Thud! Thud! Thud!*

Pretty soon the men from the other camp retreated. When Steve turned on the light, he saw seven bodies lying on the floor. That night he wrote home again: "I love this place. This is a place for men who are brave and strong. I am going to stay and make my fortune." This time he signed his letter "Your son, Axe Handle Trass." That one experience radically changed his attitude!

ATTITUDE CHECK

Do you have attitudes that need to change? Maybe you recognize these attitudes:

- > "I hate school."
- > "Gotta make my move on that girl!"
- > "My teacher came over on the *Mayflower!*"
- > "This stuff tastes like dog food."
- > "My parents have no right to tell me what to do."
- > "Shut up."

If you use these expressions (or worse), *you need an attitude change.*

But don't exchange one bad attitude for another. You need positive attitudes. Even better, you need Jesus' attitudes. Jesus sets the pace on attitudes. Let's take a look at some of His attitudes in Philippians 2:5-11 and ask God to give those to us.



Jesus Didn't Strive for Ambition and Success

Jesus gave up His own hopes and dreams for His Father's hopes and dreams.



Read Philippians 2:3. What two negative attitudes do you discover there?



How do you struggle with those attitudes?

What positive attitude will replace those negative ones?



Philippians 2:6 describes how Jesus displayed that positive attitude. How did He do it?

Jesus "made Himself nothing." That means He poured out His own desires just like a glass of water. He did that so He could be filled with His Father's desires.



We need to pour out ourselves, and ask God to fill us with His desires.

Specifically, in what way can this attitude change the way you act toward one other person?

2

Jesus Gave Up His "Rights" to Serve Others

What does Philippians 2:7 say about Jesus' "rights"?

Read Mark 10:45. What do you learn about Jesus' attitude of giving up His rights and serving?

Many servants in Old Testament times were *hired servants*. They were paid wages and had certain rights. But in New Testament times they had *bond servants* - someone who had no rights and was only the property of a master. Jesus is called a *bondservant*. He voluntarily gave up His rights in order to do exactly what His Master wanted Him to do.



Look up Philippians 1:1 and 2 Corinthians 4:5. The word for “servants” here is really “bondservant”. That’s what the Apostle Paul called himself. Who was his master?



In our society we think we deserve certain rights. Do we? Defend your answer.

How do we develop Jesus' servant attitude? By giving up our "rights." Since the last Life Change sheet was about parents, let's apply having a servant attitude to your parents. Practically, how can you serve them?

1. *Look at life from your parents' perspective.* How does your father feel about his job right now? His friends? His age? His relationship with your mom?

What about your mom? How does she feel about her life? Her feelings of self-worth? Your dad? Does she ever feel lonely?

2. *Ask your parents' advice on your problems.* What decisions are you making now that require the advice of your parents?

Can their advice help?

Why do you resist their advice?

3. *Show appreciation for your parents.* These suggestions will get you started.

- > Take them out to dinner and you pay (not fast food).
- > Pick up your clothes.
- > Clean up your room.
- > Remember their birthdays and anniversary.
- > Take out the trash.
- > Vacuum the house.

What will you do this week to show appreciation for your parents?

4. *Pray for your parents.* Make sure you remember your parents during your daily time alone with God. What specific prayers will you pray for your parents?

5. *Ask forgiveness from your parents when you do something wrong.* Does tension exist between you and your parents? Have you caused any of it? If so, go to them and ask forgiveness. Practice saying this out loud: "I was

wrong. (Explain how.) Will you forgive me?" After you rehearse your apology several times, ask for your parents' forgiveness.

6. *Tell your parents you love them.* People are different. Your parents might respond positively, negatively, or indifferently when you say "I love you." But either way, it's important that they know you love them. And don't just say it, show it.

You can tell if you have a servant's attitude by the way you react when someone treats you like a servant.



Jesus Gave Up His Life for Death on the Cross

Read Philippians 2:8. Jesus struggled to be "obedient to death" in the Garden of Gethsemane (Matthew 26:38). The Bible pictures Jesus with "sweat . . . like drops of blood" as He was struggling to obey His Father.



Read Matthew 26:39. Did Jesus want to die?

Why did He decide to willingly give up His life?

You will never learn to live until you learn to die.



Name one specific situation or one area of your life to which Jesus wants you to die. (Dig deep. Be honest.)

4

Jesus Knew He Would Be Victorious



Read Philippians 2:9-11. What two rewards did God give Jesus as a result of Jesus' attitudes?



Read 1 Peter 5:5-6. What is the one most important attitude needed to be a winner?

**Humility: go through the
Cross to get to the Resurrection.**



Personally, how do you think God wants to develop humility in your life?

Everything we do costs something (time, money, energy, etc.). The question we have to answer is whether or not we want to pay the price. If a football team wants to get to the state championship in December, they must practice in the sweltering heat of August. If a student wants to make the grades to get in one of the best colleges, she has to give up certain activities and study every night. If we want to develop attitudes like Christ, we must humble ourselves before Jesus as Lord. Then His exciting promise that He will exalt you, lift you up, and make you a winner in life will come true.



Are your attitudes like those that Jesus displayed? Do you need to change some of your attitudes? Your attitudes will determine your actions. To make this lesson personal, complete this session's Life Change sheet on "Attitudes," doing a Bible study of the passage of Scripture and then answering each question.

Complete this session by memorizing Philippians 2:5.



ASSIGNMENT

1. Have a time alone with God every day this week using the following Bible readings.

Day 1: Mark 9:14-29

Day 2: Mark 9:30-32

Day 3: Mark 9:33-37

Day 4: Mark 9:38-41

Day 5: Mark 9:42-50

Day 6: Mark 10:1-12

Day 7: Mark 10:13-16

2. Complete Session 7.

LIFE CHANGE

Attitudes

Philippians 2:5-11

My weaknesses in my attitudes are:

My strengths in my attitudes are:

Action

Based on my study of Philippians 2:5, I need to make Jesus Lord of my attitudes by: _____

I will take the following specific step of action to reflect more of the attitudes of Jesus in my life:

Prayer Partners

_____ will pray with me about this.

S E S S I O N 7



Living in the power of the Holy Spirit

This week has been the toughest yet. I have taken a beating in practice every day. I wish I had more strength and power.

I had a roommate in college who could be more than a little intimidating on the basketball court. I was a skinny six-foot guard, but he was a 6'4", 210-pound All-American. We used to play one-on-one. I would come back to the dorm exhausted and humbled after spending much of our playing time with the ball stuffed down my throat.

My roommate would beat me time after time, and his victories took their toll as I began to lose my confidence. One afternoon, I was sitting in my room thinking about possible ways to beat him. I fell asleep and the next thing I knew, I was dreaming that Michael Jordan (the best basketball player who ever lived) was stuffed inside my body. I still looked like me on the outside, but inside I had become the best basketball player in the world.

The next day my roommate and I went to the gym to play our usual one-on-one. I decided to play it cool, so I dribbled the ball off my knee one time so he wouldn't suspect anything. But then I thought, OK, Michael baby, get loose! I turned around and shot a perfect jump shot. It stripped the net. The next time I got the ball, I dribbled downcourt, put the move on my roommate, and slam dunked it right over his head. When he got the ball, I made him eat it . . . and I didn't even ask if he wanted salt and pepper on it. He never knew what hit him, because I obviously wasn't playing my normal game.

Have you ever wished you could be stronger than your normal self?
When?

Jesus has given believers an edge in the game of life. He has stuffed the Holy Spirit down inside of us. What good does that do?

**Having the Holy Spirit is
the “extra ability” we need
to face life each day.**



Check out Ephesians 3:20-21, God's promise to you:
"Now to Him [Jesus] who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us [the Holy Spirit], to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!"

The Holy Spirit gives us the power to live supernaturally!

POWER FACTS

What do you know about the Holy Spirit? Let's look at some of the "power facts" about Him.

1

The Holy Spirit Is God

He is the third person in the Trinity. Remember the diagram from Session 3?



Look up the following verses and record the evidence that shows that the Holy Spirit is God.

Matthew 28:19-20

John 14:26

I Corinthians 12:13

2

The Holy Spirit Existed Before Time

How do the following verses confirm the Holy Spirit's ministry before time and in the Old Testament?

Genesis 1:2

Haggai 2:5

3

The Holy Spirit's Work Was Evident in Jesus' Life and Ministry

How do the following verses verify the Holy Spirit's work in Jesus' life and ministry?

Luke 1:35

Luke 4:1

Luke 4:14-21

John 1:32

Romans 8:11

Hebrews 9:14

4

The Holy Spirit Inspired the Bible

Read and summarize what the following Scripture verses say about the Holy Spirit's role in writing the Bible.

John 16:13

Acts 1:16

2 Peter 1:21

Does the fact that the Holy Spirit was the source of knowledge for all of the Bible writers give you more confidence in God's Word? Why?



The Holy Spirit Helps Us to Believe in Christ

Read John 14:15-18. How does the Holy Spirit bring us to Christ?

From this passage, can unbelievers possess the Holy Spirit?

What is the unforgivable sin? (Matthew 12:31-32)

How does the unforgivable sin impact non-believers? Believers?



The Holy Spirit Comes to Live Inside of Us

What do these verses say about a believer's relationship to the Holy Spirit?

John 7:37-39

I Corinthians 12:13

2 Corinthians 3:6

Galatians 4:6

Ephesians 1:13-14



The Holy Spirit Changes Our Lives

The following verses show us how the Holy Spirit living in us will make us more like Christ.

Ezekiel 36:26-27

John 14:26

Acts 1:8

Romans 8:13-16

1 Corinthians 12:4-11

Galatians 5:22-23

Philippians 3:3

THE POWER PACT

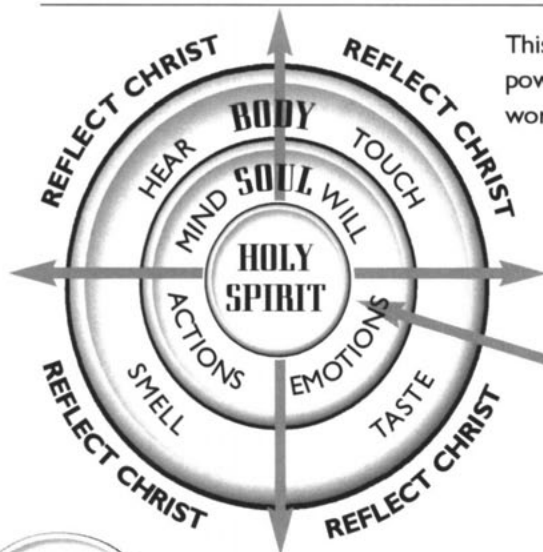
After we received Christ, our bodies became the temple of the Holy Spirit (1 Corinthians 3:16).



Paraphrase 2 Corinthians 3:18 and describe the work of the Holy Spirit in your life.



From Romans 8:1-11 explain what happens when the Holy Spirit fills us.



This diagram helps us see the power of the Holy Spirit working inside of us.



So why do you need to be filled with the Holy Spirit?
Be specific.

Is there anything in your life preventing you from being filled with the Holy Spirit?

The following steps will help us learn to be filled with the Holy Spirit daily. That daily filling gives Jesus control of our lives. Pray through each of the following steps. Ask God to fill you with His Holy Spirit.



1 Recognize that the Holy Spirit lives within you permanently because you have asked Christ into your life.



Read 1 Corinthians 6:19-20 and describe how the Holy Spirit works inside your body.



What do you need to do as a result? Why?



2 Repent of any sin in your life. Do certain things in your life displease God? Jesus provided forgiveness and deliverance from sin on the cross. His forgiveness becomes real when you confess your sin to Him (agree with God about it).



1 John 1:9 is His promise to you.



What sin(s) do you need to confess right now?

3

Renounce your desires in order to follow God's desires.



What does Galatians 2:20 tell you about how God will change your desires?



What desires do you control now that you need to turn over to the Holy Spirit?

4

Realize that God wants you to be completely controlled by His Spirit. This is the heart of allowing Jesus to be your Lord.



In Ephesians 5:17-18 what command does God give?



How can you obey that command?

5

Release the fullness of the Holy Spirit into your life.



From Galatians 3:14 what promise do you have from God about receiving the Holy Spirit?



Just as you received the Spirit of God into your life when you became a believer, receive the filling of the Spirit now by faith. *Do it now.*

Write a prayer here, asking God to release the Holy Spirit into your life.

Now that you understand how the Holy Spirit can change your life and give you more supernatural power, let Him do that. Again, the Life Change sheet will examine just one area where most people need to change. As you think through your "habits," complete the study from Ephesians and answer all the questions.



Complete this session by memorizing Ephesians 5:18.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings.

- Day 1: Mark 10: 17-31
- Day 3: Mark 10:35-45
- Day 5: Mark 11: 1-14
- Day 7: Mark 11:20-26

- Day 2: Mark 10: 32-34
- Day 4: Mark 10:46-52
- Day 6: Mark 11: 15-19

2. Complete Bible Study 8.

LIFE CHANGE

Habits

Ephesians 5:1-18

My weaknesses in my habits are:

My strengths in my habits are:

Action

From my study of Ephesians 5:1-18, I realize that I need to make Jesus Lord of my habits by:

I will take the following specific step of action to "put off" my bad habits and "put on" a habit that honors God.

Prayer Partners

_____ will pray with me about this.

S E S S I O N 8



Throwing off the hindrances

Last night we played our biggest rival, and I ran out of steam during the third quarter. I really feel like I let the team and the coach down.

Monday I'm going to ask Coach how I can build up my endurance so I can finish stronger than I started.

Paul once challenged the Galatian church: "You were running a good race. Who cut in on you and kept you from obeying the truth?" (Galatians 5:7) The writer of Hebrews tells us to "throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out before us" (Hebrews 12:1). What hinders us from running the race with endurance? Let's look at some common hindrances and then see how we can "throw them off."

HINDRANCES TO SERIOUS "RUNNERS"

A list of those hindrances is found in Galatians 5:19-21. Let's take one group at a time and see how they hinder Jesus' control of our lives.

1

Sexual Immorality, Impurity, and Debauchery

Today the majority of adolescents participate in casual sexual relationships. If you are a virgin, you might even be an outcast in the eyes of the people at school. But what does God think about sexual purity?



Read I Thessalonians 4:3-6. What do we need to avoid?

What do you need to do instead? Why?



Why is sex outside of marriage such a problem? When we don't wait for the proper person, time, and place (marriage), our focus is more on, "I need to gratify my sexual desires" than, "This is an expression of my love for you." We use the other person to fulfill our own selfish motives. By learning to control our sex lives, we will be able to respond with genuine love and concern for the other person. A lack of control in this area indicates that sex is more important than Jesus or the other person.

2

Idolatry and Witchcraft

Idolatry is giving ultimate worth to someone or something other than God.



Exodus 20:4 is God's second commandment. What does He tell us?

Some of our idols seem innocent enough. We may not even know we have them. Others are more easily identified.



Three common idols entice many students today. (Of course, there are many, many more.)

- > *Popularity.* It's no problem being popular. The problem is placing popularity above Jesus. Popularity becomes an idol when recognition, a relationship with a guy or girl, or a friendship become more important than following Jesus.

What does the Bible say about popularity? (Galatians 1:10) What happens to you when you put too much emphasis on trying to please others?

- > *Pride.* Ego makes us think we are more important than we really are. What does Peter encourage us to replace pride with? (1 Peter 5:5)

Pride is subtle. It creeps in and often we don't even know it. We can know it's an issue when we find ourselves talking about ourselves. It shows up as a focus on "me." How does pride show up in you?

- > *The Occult*. Satan is constantly at work trying to destroy God's purpose for our lives.

Do you read your horoscope? Do you experiment with a Ouija board? What about video games that feature witches, vampires, and evil spirits? This is serious business! What warning are we given in Leviticus 19:31?

3

Hatred, Discord, Jealousy, Fits of Rage, Selfish Ambition, Dissensions, Factions, and Envy

These are all negative emotions that keep us from living in harmony with other people.



1 Peter 3:8-9 offers quite a contrast. What do you discover in these verses about how to handle negative emotions?



Look at a couple of specific examples that show how our emotions can affect us negatively. How do these affect you?

- > *Bitterness*. With all of the hurt that goes with broken homes [and unfulfilled expectations], it's easy to see that hurt turns to anger. Then anger leads to bitterness.

Students experience so much bitterness today. It eats away at you and can lead to suicide and murder. According to Hebrews 12:15, what happens when we remain bitter over a period of time?

Are you bitter toward someone? What does God want you to do about it?

- > *Envy and jealousy.* It's easy to look at someone else and know you could have what he or she has. You can find some good advice on handling envy and jealousy in Proverbs 14:30. Summarize that advice. (Use *The Living Bible* if possible.)

Are you envious or jealous of the accomplishments and prosperity of another person?



Drunkenness, Orgies, and the Like

Fun is good but, the party spirit and pleasure seeking moves way beyond fun. Often it is a pill to kill the pain. It promises people a way to escape the hurt in their lives. Drugs, alcohol, television, the Internet, and video games have become popular ways to escape.



2 Timothy 3:4 show us the shift in priorities from God to pleasure. What do you see in this verse that describes your friends at school?



Look at these two examples and determine how they affect you.

- > *The Party Spirit.* People have tried to escape reality with the party spirit for centuries. Read Proverbs 23:29-35 to discover one popular way people tried to escape reality during Bible times.

What are the results of trying to escape reality in that manner?

Are you sucked into the party spirit? If so, what do you need to do about it?

- > *Pleasure*. The overwhelming desire for pleasure expresses itself in buying. We acquire clothes, cars, stereos, CDs, and a thousand other things. A person who overemphasizes seeking pleasure is manipulating his outward circumstances in order to be happy.

Read Proverbs 21:17 to discover what happens when we love pleasure too much?

Are you a pleasure-seeker? If so, what do you need to do about it?

THROWING OFF YOUR HINDRANCES

What is the one hindrance listed above that interferes with your relationship with Jesus Christ?





Read Galatians 5:16-17. What is the key to throwing off that hindrance?

Before we can run a good race, we have to learn to walk by the Spirit.

In the last chapter, we learned how to be filled with the Spirit. But how do we "walk by the Spirit" every day?

1

Be Filled Continually with the Holy Spirit (Ephesians 5:18)

As we ask the Holy Spirit to fill us, He will bring to light an area of our lives that needs to be changed. Walking in the Spirit takes place when we yield that area to the Lord day by day. We continue to allow the Holy Spirit to shed light on us and change us in that area. We can pray continually, "Lord, fill me and change me."

2

Do Not Quench the Holy Spirit (1 Thessalonians 5:19)

What does it mean to "quench" the Holy Spirit? To quench means to throw water on a fire. We throw water on the fire of the Holy Spirit in our lives when we choose not to do what He directs us to do.

For example, when we are prompted by the Spirit to call a friend, but don't, we've quenched the Spirit. We quench the Holy Spirit when we choose not to obey Him. His prompting is always for our own good, or the good of others.

3

Do Not Grieve the Holy Spirit (Ephesians 4:30)

The Holy Spirit is grieved whenever we deliberately choose to sin.

For example, when we know it's not right to date a non-believer, but we choose to do it anyway, we grieve the Spirit. By doing so, we say yes to sin and no to God. When we do this, the Holy Spirit stops in His tracks and we lose the active presence of God speaking to us, leading, and guiding us.

GETTING BACK ON TRACK



What do we do when we know we're no longer walking with the Spirit? We're not filled with the Spirit. Or we have quenched or grieved the Spirit? We get back on track by breathing spiritually. Physical breathing comes naturally for us.

We've been breathing all the time we have been working on this session, but we haven't even noticed it. We exhale, ridding our lungs of all their

carbon dioxide impurities. Then we inhale to take in the life-giving oxygen our bodies need.

In a similar way, spiritual breathing keeps our spiritual lives healthy. After we practice it, it will become like our physical breathing - a natural process, only it works supernaturally.

We *exhale* by confessing. Confession means we agree with God. We identify specific sin. Then we confess that sin.

We *inhale* by asking the Holy Spirit to fill us (Ephesians 5:18). The great thing about breathing is that we do it all the time. If we undertake a particularly difficult task, like running a mile, we breathe harder than normal. Spiritual breathing works the same way.

God gives us all of the Holy Spirit we need to deal with the circumstances we face. By doing so, we live in God's presence continually.

walking

by the Spirit is a big step you can take toward getting in shape spiritually. Are you walking in the Spirit? To make this session personal in your life, work through the Life Change sheet on "temptation." Review Galatians 5:19-21 and specifically name some of the temptations that hinder you from walking with the Spirit.

**MAKING IT
PERSONAL**



Complete this session by memorizing Galatians 5:16.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings:

Day 1: Mark 11:27-33

Day 2: Mark 12:1-12

Day 3: Mark 12:13-27

Day 4: Mark 12:28-34

Day 5: Mark 12:35-40

Day 6: Mark 12:41-44

Day 7: Mark 13

2. Complete Session 9.

LIFE CHANGE

Temptation

James 1:2-4; 12-22

My weaknesses in the area of temptation are:

My strengths in the area of temptation are:

Action

From my study of James 1:2-4, 12-22, I need to make Jesus Lord over my temptations by:

I will take the following specific step of action to prepare myself to overcome any temptation and walk by the Spirit:

Prayer Partners

_____ will pray with me about this.

S E S S I O N 9



Changing your life

Now that we are moving toward the end of the season and the playoffs, I can look back and see how I've improved. I feel great, even though I also see a need to keep getting better. But what's next? When will I know I've arrived?

Hopefully you have experienced similar feelings of "What's next?" or "When do I know I've arrived?" Jesus has changed many areas of your life, but you may wonder, "How does my life continue to change?"

CHANGED STATUS

When you decided to follow Jesus, huge changes occurred. Most of them took place inside of you. Most of them you didn't even know had taken place. You weren't just changed - you were totally rearranged!



Read Romans 6:1-11. What is the visual image that Paul gives here? (Hint: see verse 3).

Describe what happens to a person physically when he/she is baptized.

Make a list of the changes that take place in us when we are "baptized" into Christ?

Study this diagram. It's the truth about who you are and how Jesus is changing your life.

CHANGED STATUS

Christ died (6:3)

When you received Christ, you died.

Christ was buried (6:4)

When you received Christ, you were buried.

Christ was raised from the dead (6:4)

When you received Christ, you were raised from the dead.

Repeat the following phrases over and over until you have memorized them.

**Christ died, and I died.
Christ rose, and I rose.
I am in Christ. Christ is in me.
Now I have a new identity.**

You may say, "I don't *feel* dead," or "I don't *feel* alive!" On the first sunny day of summer you may not *feel* the sun burning your skin. But the next day you can both see and feel the change that has taken place.

Here's where faith comes in. Note how the Apostle Paul gives us three steps of action to live out what we have discovered in Romans 6:1-11.

- > "Know" what God says about you (Romans 4:6,9). He says that because of Christ, your old self (selfishness and sin) is dead and your new self (Christ living in you) is alive.
- > "Count" yourself as dead to sin and alive to God (Romans 6: 11). Because what you "know" is true, you can count on it. As surely as $2 + 2 = 4$, God's promise that you died and are now alive with Christ is true. Count on it!
- > "Offer" yourself to God (Romans 6:13, 14). Because of what you "know" and "count on", you choose NOT to offer yourself to sin but you offer yourself to God (God's choices). You will make decisions as a result of what you "know" and can "count on" regarding who you are in Christ.

All of that may seem new and strange to you. But it is the heart of the Gospel, it is spiritual reality.



Read Romans 5-8 over and over and let that reality sink in.

Check out Ephesians 2:1-6 to see how Paul expressed the same idea in Ephesians.

CHANGED STATUS - 2

Before we became believers

After we became believers

Dead in transgressions and sins
(Ephesians 2:1),

Alive with Christ (Ephesians 2:5),

Gratified our cravings
(Ephesians 2:3).

Raised us up and seated us with
Christ in heaven (Ephesians 2:6).

CHANGED THINKING AND ACTING

How does the “new you” on the inside become the “new you” on the outside too? The old self (the one before we became a believer), learned how to think and act a certain way. But that old self died. Since we have become believers and received a new self, we begin to think and act differently. How?



Study Colossians 3:1-4, and fill in the missing words.

CHANGED THINKING

**Christ was
raised (3:1)
(3:4).**

**Christ is seated
above (3:1-2).**

**Christ will
appear**

You were _____

Set your _____

You will _____

on things _____

with Him in _____

How much do we change? Completely! Totally! Absolutely! After we become a new person because of Jesus living inside of us, we will begin to notice outward changes.



After reading Ephesians 4:20-32, make a list of changes that Christ is making in you.



Write in your own words how you are changing.

Our outward changes depend on our inner mindset - learning to think a new way. This quote breaks down the process for us.

**Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a lifestyle.
Sow a lifestyle, reap a destiny!**

In other words, our thoughts determine our destiny.

A.W.Tozer said, "The most important thing about you is what you think about Jesus, because what you think about Jesus will determine who you are and how you behave."

How can you sow thoughts that will eventually reap a destiny? *Putting off* and *putting on*.



Reread Ephesians 4:20-24 and underline the words "putting off" and "putting on." What do you put off and put on?

Putting Off

When we exercise, we sweat. When we sweat, our clothes begin to stink. If we act like slobs, we continue to wear our sweaty clothes for several days until they get really rank. But if we act like a self-respecting person, we take off those clothes, take a shower, and put on clean clothes.

We need to "put off" stinkin' stuff just like we would put off rank, smelly, stinking clothes.



Read Colossians 3:5-9. What is some of the stinkin' stuff that needs to be put off?



List the stinkin' stuff in your life from the list above. Be honest.

What happens if we decide *not* to put off those things? Imagine you are a fish and you see an absolutely gorgeous worm dangling down in the water. You swim up to look at the worm. *Hmmmm*, you think, *it looks pretty good*,

but I'd better stay away. I've been told that there is usually a hook tied to a string which is tied to a pole at the end of that worm.

You swim away, but you can't get that big, fat, juicy worm out of your mind. You keep imagining how good that worm would taste, so you swim back and look at it again. You think, *No, looks good but I'd better pass.* Yet you continue to swim around it and around it again - checking out the situation.

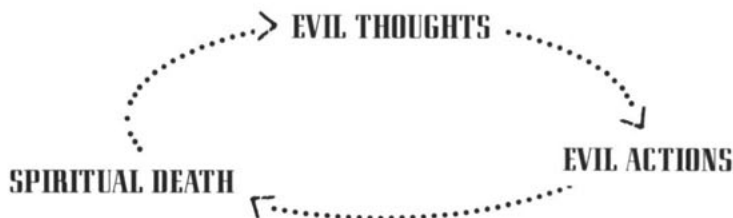
The more you swim, the better that worm looks. You think, *I can just feel it going down my throat and how good it will taste.* Finally, *chomp* - you take the bait, you're hooked, and you're dead.



James 1: 13-15 describes that process:

- > Source of evil thoughts (Satan's hook) - James 1:13
- > Lure (the worm) - James 1:14
- > Initiator (the fish) - James 1:14
- > Enticement (temptation) - James 1:14
- > Birth of Sin (taking the bait) - James 1:15
- > Growth of Sin (getting hooked) - James 1:15
- > Death (dinner tonight) - James 1:15

Once we reach the "Birth of Sin" stage, we are caught in a cycle like this one:



We can't control the source (Satan). Sometimes we can't even control the lure (the bait) he tosses at us. But we can control our thoughts about it.



According to Colossians 3:1-2, how do we control our thoughts?

Why does that work? (Colossians 3:3)

Putting On



Read Colossians 3:12-17. As our minds are renewed, positive changes take place in our lives. Make a list of the items in our wardrobe because Christ lives in us.



According to Philippians 4:8 we will put on these things when we "think on these things." What kinds of things do we need to think about?

How can we learn to think on these things? Follow these practical suggestions.

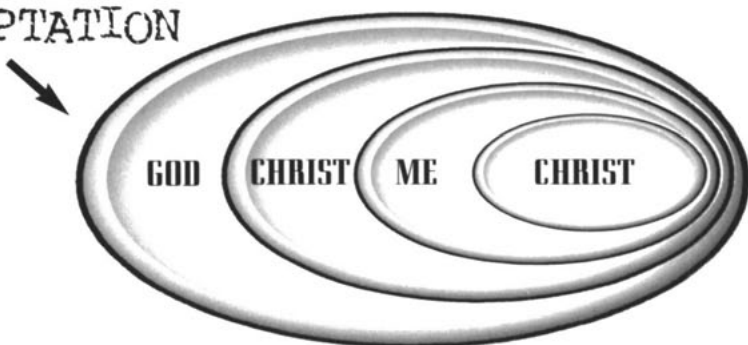
1. *Develop a habit of consciously thinking about your life in Christ.* Repeat this statement every day:

Christ died, and I died.
Christ rose, and I rose.
I am in Christ. Christ is in me.
Now I have a new identity.

2. *Memorize Scripture.* Keep memorizing God's Word. It will renew your mind. Review the verses we have memorized. They will help you keep your mind on "things above."

3. *Resist temptation.* Temptation is all around us. But because we are new creatures in Christ, we can resist temptation. God protects us.

TEMPTATION



Remember: Your life is hidden with Christ in God (Colossians 3:3). We can think of ourselves as protected from temptation without and within. When we are tempted, we have Jesus Christ living inside of us.

- > We are *dead* to sin (and dead people don't respond).
- > We are *alive* to Christ, so we can ask Jesus to deal with any temptation we face.
- > If we give in and sin, we have Jesus' blood shed on the cross to forgive us of our sin.

Wow! So when some sinful thought comes to mind, when we are afraid, lonely, or pressured, **THINK ON THESE THINGS!**

To make this session specific for you, select one area of your life (refer back to the list from Colossians 3:5-9 or Ephesians 4:25-32) and work through the Life Change sheet.



Complete this session by memorizing Colossians 3:1.



ASSIGNMENT

1. Have a time alone with God every day this week using the following Bible readings.

Day 1: Mark 14:1-2

Day 2: Mark 14:3-9

Day 3: Mark 14:10-11

Day 4: Mark 14:12-16

Day 5: Mark 14:17-21

Day 6: Mark 14:22-26

Day 7: Mark 14:27-31

2. Complete Session 10.

LIFE CHANGE

Thoughts and Actions

Colossians 3:5-9 or Ephesians 4:25-32

My weaknesses with my thought life are:

My strengths with my thought life are:

Action

From my study of Colossians 3:5-9 or Ephesians 4:25-32, I need to make Jesus Lord of my thoughts and actions by:

I will take the following specific step of action to rid myself of this sinful thought and/or action.

Prayer Partners

_____ will pray with me about this.

S E S S I O N 1 0

WHO
OWNS
YOU?



Making your choices

Today was the final game of the year. As I look back, it's encouraging to see how much I've improved. All of the hard work has really paid off. After the game, one of the college coaches offered me a scholarship. I'm really honored and excited. That will take me to the next level and be even more of a challenge!

Making Jesus Lord does not insure that our lives become easier. In fact, the challenges usually get tougher. The farther we go with Christ the more Satan wants to “take us out.” But we have a promise as we move ahead.



Write Philippians 4:19 in your own words.



Matthew 13:44-46 offers two parables that describe what it means to make Jesus Lord. What parallels do you see between these two parables and the opening illustration about accepting the scholarship?

**Making Jesus Lord works this way:
Jesus hands us a blank check in
exchange for a blank sheet of paper.**

A LIVING SACRIFICE

The blank check Jesus gives us represents everything we need to have life at its very best. Check out these verses to discover some of the promises included in Jesus' "blank check."

Romans 8:32

Ephesians 1:3

2 Peter 1:3

In return for the blank check, Jesus wants us to give Him our lives as a blank sheet of paper - with no limits. He can write on it whatever He desires for us.



Romans 12:1-2 explains how the process works. Paul's first word is "Therefore," so he is referring back to what he had been saying in the earlier chapters of Romans. (Anytime we see "therefore" we need to ask what the "therefore" is there for!)

He is saying that in light of this fantastic relationship that we have with Jesus, and because of everything Jesus has done for us, we get to "offer your bodies as living sacrifices" back to Him. What do you think that means?

When Paul says "offer your bodies," he means for us to put all of who we are - mind, feelings, desires, and physical abilities – at Jesus' disposal. He means that we offer ourselves to God, just as sacrifices were put on the altar in the Jewish Temple. A dead animal was offered to God as a sacrifice in an act of worship. Here Paul says we are to offer our bodies as "living sacrifices."



How do we present our bodies on the altar?

- > We choose to lay our lives on the altar daily. We choose daily to die to ourselves.
- > We let God remove anything that competes with Jesus' desires for us.
- > But also Paul says we are a *living* sacrifice. Christ lives in us and we are alive.

What kind of "living sacrifice" are we to be? (Romans 12:1)



Romans 12:9-21 offers several ways to present our bodies to Christ. What are they?



How do you think God wants you to present your body as a living sacrifice?

A CHANGED LIFE

When we make the daily decision to "offer your body as a living sacrifice," then we can live every day "on the altar." As we learn to think of ourselves as a living sacrifice, we know that Jesus living inside us, is changing us every day.



Look at Romans 12:2 and describe how this change occurs.

- > "Do not conform any longer to the pattern of this world" tells us that we can resist temptation and that our outside behavior will match our inside desire to please Jesus when people pressure us to do something wrong.
- > "Be transformed by the renewing of your mind. This is the practical key that opens the door to a changed life. If our thinking doesn't change, our actions won't change either.

- > "You will be able to test and approve what God's will is - His good, pleasing, and perfect will." When we are receiving the blank check of promises from Jesus and give Him the blank sheet of our lives, then we will find ourselves in the most wonderful place – the center of the will of God! Our relationship with God and our lives on this earth go from "good" to "pleasing" to "perfect." Life keeps getting better and better and better!



How do you see Romans 12:2 working out in your life?

GOD'S TROPHY



Look at Romans 8:28-29 to bring together all we have discovered. What do those verses say?



What do those verses tell you about yourself?

God promises to use every circumstance in our lives for good when we are called according to His purpose (which we are). His purpose is for us to be conformed to the likeness of His Son. In other words, God wants us to become like Him in every aspect of our lives.

The issues we have worked on using the Life Change sheets have helped us focus on some specific issues in our lives that need to change. But those changes are already present inside of us, because the Holy Spirit lives in us and is constantly making those changes.



In light of that thought, describe what **2 Corinthians 3:18** says.

The Christ-like qualities that result from those inward changes will begin to be reflected in our behavior more and more as we continue to invite Jesus to be Lord of our lives.

Were you ever awarded a trophy? A trophy is special to the person who receives it because it represents an achievement. We are God's trophy. He is achieving something inside of us by making us more like Him. Our lives reflect God to others. When people see us, they also see Jesus.

A trophy belongs to the person who's name is on it, and that person can do whatever he wants with his trophy. You are God's trophy. He owns you. And He has something very special He wants to do with you!

Take a few minutes and look back over the past ten weeks to see what you have discovered about Jesus' lordship in your life and where Jesus has been working to change you. Record your thoughts here.



Review the Life Change sheets from the past nine weeks. Ask yourself: *What has God already done to change me?* Now look at the *Action* sections and determine any further action God might want you to take on each issue. Select the issue and action that is most important for God to work on in your life *right now*. (Use the chart on page 107 to record your answers).

In prayer, ask God what He wants you to do next.

Complete this session by memorizing Romans 12:1-2.



ASSIGNMENT

1. Have a time alone with God every day this week, using the following Bible readings.

- Day 1: Mark 14:32-42
- Day 2: Mark 14:43-65
- Day 3: Mark 14:66-72
- Day 4: Mark 15:1-15
- Day 5: Mark 15:16-47
- Day 6: Mark 16:1-14
- Day 7: Mark 16:15-20

The next book in the *Moving Toward Maturity* series, *Giving Away Your Faith*, will help you learn how to communicate the life-changing person of Jesus Christ to others. Order it from www.reach-out.org or call 1-800-473-9456.

LIFE CHANGE

Topic

**What God Has
Already Done?**

**What God Is Leading
Me to Do Now?**

Material Possessions

Dating and Sex

Friendships

Parents

Attitudes

Habits

Temptation

Thought Life

How to Study a Passage of Scripture

OBSERVE (Use the *Title* and *Key Verse* sections of your Bible Response sheet.)

Pray for the Holy Spirit to speak to you, then read the passage several times. Read with an open mind, ready to receive and obey what God has to teach you.

INTERPRET (Use the *Summary* section of your Bible Response sheet.)

Step 1 -- Read the verses before and after the passage in order to understand its setting and context.

Step 2 -- Ask yourself these questions about the passage: *Who? What? When? Where? Why? How?* Then write your insights in an outline.

Step 3 -- Look up unfamiliar terms in a dictionary or Bible dictionary.

APPLY (Use with the *Personal Application* section of your Bible Response sheet.)

Step 1 -- Look for:

- | | |
|-------------------------|-----------------------|
| -> Promises to claim | -> Commands to obey |
| -> Attitudes to change | -> Actions to take |
| -> Challenges to accept | -> Examples to follow |
| -> Sins to confess | -> Skills to learn |

Step 2 -- Describe how the passage applies to you by asking yourself these questions: "How can I make this passage personal?" "How can I make it practical?" "How can I make it measurable?" Be specific.

MEMORIZE

Find a verse or passage of Scripture that speaks to you personally, and memorize it. During the *Moving Toward Maturity* series, concentrate on memorizing the verses as they are assigned. You will find specific steps to Scripture memory on page 101 of *Spending Time Alone with God*.



BIBLE MEMORY VERSES

Each memory verse on these cards is printed in the *New International Version* (NIV). The verses correspond with the sessions in this book.

ALWAYS CARRY THESE VERSES WITH YOU.

Use what helps you most:

- > Put a rubber band around them.
- > Carry them in an envelope.
- > Place them in your wallet or pocketbook.
- > Put them on the visor of your car.
- > Carry them in your Bible.
- > Daily review each verse you've learned.
- > Have someone check your progress each week.
- > Apply each verse to your daily life.

1. SEEKING GOD

Psalm 63:1

O God, You are my God, earnestly I seek You; my soul thirsts for You, my body longs for You, in a dry and weary land where there is no water. (NIV)

2. COST OF DISCIPLESHIP

Matthew 16:24

Then Jesus said to His disciples, "If anyone would come after Me, he must deny himself and take up his cross and follow Me." (NIV)

3. HOLINESS

1 Peter 1:15-16

But just as He who called you is holy, so be holy in all you do; for as it is written: "Be holy, because I am holy." (NIV)

4. FAITH

Hebrews 11:1

Now faith is being sure of what we hope for and certain of what we do not see. (NIV)

5. OBEDIENCE

John 14:21

Whoever has my commandments and obeys them, he is the one who loves Me. He who loves Me will be loved by My Father, and I too will love him and show Myself to him. (NIV)

6. ATTITUDES

Philippians 2:5

Your attitude should be the same as that of Christ Jesus. (NIV)

7. HOLY SPIRIT

Ephesians 5:18

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. (NIV)

8. LIVE BY THE SPIRIT

Galatians 5:16

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. (NIV)

9. THINK

Colossians 3:1

Since then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. (NIV)

10. LIVING SACRIFICE

Romans 12:1-2

I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God -- which is your spiritual worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is -- His good, pleasing, and perfect will. (NIV)

Barry St. Clair desires to influence as many teenagers as possible to follow Christ. As the president of Reach Out Youth Solutions, he speaks to thousands of students each year and has written more than 20 books, including the Moving Toward Maturity series. Barry travels all over the world equipping youth leaders, parents and students. Through his leadership, thousands of churches have implemented strategies for Jesus-focused youth ministry. Barry played on the #3 basketball team in the country and has run the Boston Marathon. He and his wife, Lawanna, have eight children and live in Atlanta, Georgia.



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- Discover Jesus' credentials
- Encounter Jesus' greatness
- Prove Jesus' claims
- Weigh the costs and benefits
- Grow in faith
- Change your attitudes
- Throw off hindrances
- Live in the power of the Spirit
- Exchange your life for Jesus' life
- Make daily decisions

Other books in the Moving Toward Maturity series are:

- *Getting Started*
- *Following Jesus*
- *Spending Time Alone with God*
- *Giving Away Your Faith*
- *Influencing Your World*
- *Time Alone with God Notebook*
- *Leader's Guide*