

Get Ready!

Daily Disciplines

By: Rebecca Dauksas



Text

Luke 10:38-42 and scriptures highlighting disciplines in the life of Christ

Key Quest Verse

“Rather he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.” Titus 1:8 (NIV)

Bible Background

We are using the term of daily disciplines as actions that a disciple of Jesus will practice. As his disciples we want to establish habits that increase our understanding and cause us to reflect on God and His Son while training us in righteousness. Some of these are study of Scripture, prayer, worship, evangelism, service, stewardship, solitude and Scripture application. We will look at a portion of the Bible background for each of these disciplines.

Christ Jesus set the ultimate example of a disciplined life. Throughout the Gospels Jesus uses the Old Testament Scriptures in his conversations and his teaching. He referred to the Old Testament numerous times. (Matthew 4:4-10; Luke 2:46-47, 52; Mark 7:6).

Jesus set out the basic principals of prayer in the Lord’s Prayer in Matthew 6:9-13. He also taught his followers to pray humbly (Luke 18:14) and continue to pray and not give up (Luke 18:1). Notice in Luke 6:12 that Jesus prayed all night to God.

Christ understood the importance of worship and service to the One True God according to Luke 4:8. Jesus based this on the command of Deuteronomy 6:13. Yet, he taught the Samaritan woman an even better way to worship God in spirit and in truth (John 4:20-24).

Jesus states the importance of reaching the masses with the Good News. He wants us to share the news of the coming Kingdom with others to bring them hope. (Mark 10:29-30,16:15; John 4:35.)

He explained the importance of stewardship of our talents and gifts. He said, *“From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked”*. (Luke 12:48b NIV)

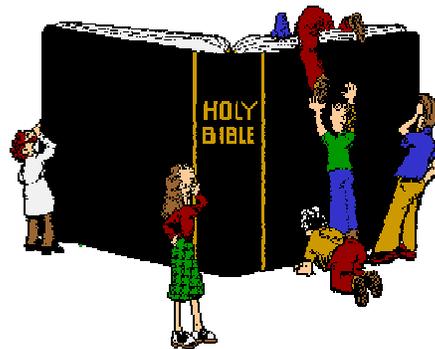
In Mark we see that Christ also spent time alone with God or in solitude. *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”* (Mark 1:35 NIV)

Jesus was our perfect example because he put God’s commands into action. He not only knew what the Scriptures said, but he lived it. He stated, *“I tell you the truth, anyone who has faith in*

*Get Ready!**Daily Disciplines*
*-continued-***Bible Background**

me will do what I have been doing. He will do even greater things than these, because I am going to the Father.” John 14:12 (NIV) We must put the Scriptures we read into action and this action is defined as Scripture application.

In Luke 10:38-42 Christ commends Mary for choosing his teaching above being busy with the activities that were going on around them. Mary sat at the Lord's feet listening to what he said while her sister Martha worked at completing the preparations that needed to be made for her guests. Martha and Mary were the sisters of Lazarus and friends of Jesus. They lived in Bethany, a village that was less than two miles from Jerusalem (John 11:18). Lazarus was raised from the dead by Jesus in John 11:1-45. In this passage the resurrection is explained to Martha and the authority of Jesus is stated. (John 11:24-26)



Get Ready!**Lesson Quest**

What I want my students to:

Know: That there are habits that they should follow as true disciples/followers of Christ

Feel: Joy that God will bless their efforts by growing them into stronger Christians

Do: Daily invest their time and energy into spiritual disciplines

Leader's Devotion

Discipline. Even the word sounds like hard work. Yet when I think about my own life, a lot of good has resulted from discipline. I am reminded of the words from Hebrews, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” (12:11 NIV) I think that is the key, being trained by discipline.

Discipline is often associated with punishment and while that is one definition, we want to define discipline as training that corrects, molds or perfects. This training and obedience gives us the opportunity to open ourselves to God’s control, leading and teaching.

As the disciples of Christ, we practice certain habits just as our Savior did. Some of those habits include the study of Scripture, prayer, worship, evangelism, service, stewardship, Scripture application, and solitude. We can define these as some of our spiritual or daily disciplines. As teachers, we know the value of each of these, but the consistent practice of each one over time is where we may encounter difficulty. I have started days with high expectations of hours spent filled with spiritual disciplines, but that is before the washing machine breaks, the dog needs to go out, the phone rings or that little tickle in my throat turns into a full blown cold. There are thousands of distractions in our world and our teens have these as well. We want to motivate our students to decide to be committed and dedicated to the disciplines that Christ practiced.

The goal for our Teens is that they will begin to incorporate some of these disciplines into their lives which may help them build a closer relationship with our heavenly Father.

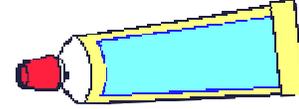
We want to teach our students that every Christian follows these disciplines throughout life because we continue to grow in our spirituality. And surprisingly, these disciplines are not a burden, but a joy.

Get Set!

Option A

Materials: Toothpaste, paper plate

Procedure: Squeeze the tube of toothpaste on the plate. Ask, what is the best method to get the toothpaste back in the tube? (Let the students answer.) It would be so difficult to do.



(Demonstrate this, make it fun.) After the toothpaste is squeezed out, it is almost impossible to get it back into the tube. In the same way, we have things in our life that we should use wisely, like our words. Using discipline with ourselves is a very important quality. Being disciplined means that we are developing our self-control. We don't say everything that pops into our minds. We decide if we should speak and what we should say. We don't say mean things to others just to see their reaction. Also, we should not say negative things to our family members just because we are in a habit of this behavior. The book of James states that *"if anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless."* (James 1:26 NIV)

James along with the other New Testament writers understood discipline. They endured hardships on every side to keep preaching the truth about Jesus Christ being the Son of God. They suffered persecution from the Roman government and many Jewish religious leaders, but they continued to spread the message of the gospel. They also continued to grow spiritually while teaching other Christian followers to grow as well. They followed the ultimate example of a perfect person, Jesus Christ. They were true disciples of Christ. We will also consider how we can be true disciples of Christ as we continue to grow through daily disciplines.

GO TO THE BIBLE STORY

Option B

Materials: A High School or College Diploma (or some other certificate or award that took discipline to achieve)

Procedure: (Tell the class about what the object means to you and why it is important.) This represents a lot of study time and shows that I gained knowledge in a variety of subjects. It took a lot of work, but it is worth it. How important do you think it is to study the Word of God, the Bible? Why? Jesus Christ knew the Old Testament Scriptures. He understood them, taught others from them, and even avoided temptation by quoting them. The book of Luke tells us that Jesus was 12 years old when he was in the temple courts, sitting among the teachers, listening to them and asking them questions. Even at this young age "everyone who heard him was amazed at his understanding and his answers." (Luke 2:46-47) Jesus continued to grow in wisdom. (Luke 2:52) He was preparing for a life that God would use to impact the world. He was prepared for every opportunity that came his way. How can we also use the Word of God to prepare for the opportunities in our life? Let's check out some things that will help us to really sink our teeth into the Word of God.

GO TO THE BIBLE STORY

Get Set!



Bible Story

Materials: Student Class Notes Sheet (one for each student), pencils

Optional :The Everlasting Kingdom of God Worksheet (to be used with the discipline of Evangelism—gaining knowledge in an area of Good News from the Bible to share with others)

You may have heard of daily or spiritual disciplines. What do you think those might be? We are using the term of daily disciplines as actions that a disciple of Jesus will practice. As his disciples we want to establish habits that increase our understanding, cause us to reflect on God and His Son while training us in righteousness. There is a story in the New Testament book of Luke that teaches us that Christ wants us to spend time with him and his Father. Lets turn to Luke 10:38. (Read verses 38-42.)

From this we see it is important for us to spend time learning and listening to God and Christ. Our time with them is too important to ignore. Notice what Jesus said about Mary’s choice to listen to his teaching. (Read verse 42 together and discuss.)

We will use the term of daily disciplines to describe the activities that help us focus our thoughts and energy on things of God. Of course there are many disciplines that we can follow as disciples of Christ. We will only focus on a few of these disciplines including study of Scripture, prayer, worship, service, evangelism, stewardship, solitude and Scripture application.

As followers of Jesus, it is important that we practice the same habits that Jesus did. He gave his daily life to God. He was able to handle whatever life threw at him because he relied on God and he daily invested his time and energy into spiritual disciplines.

Christ Jesus set the ultimate example of a disciplined life. The Gospels state that Jesus read, understood and had memorized Scripture (Luke 2:46-47, 52; Mark 7:6). It was a part of his conversations and his teaching. He referred to the Old Testament numerous times. It directed his actions as we see in his use of it to resist temptation (Matthew 4:4-10). It was a part of his life.

Jesus also taught his disciples how to pray (Luke 11:1-4), to pray humbly (Luke 18:10), continue to pray and not give up, etc. Prayer time was a part of our Lord’s life as well. *“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”* Luke 6:12 (NIV)

Christ understood worship and service to the One True God. Christ knew that God was the only one who is truly worthy of our worship and service. (Read Luke 4:8).

We see from this verse that we should serve God. How could a person serve God by serving others? Let’s see what Paul and Timothy wrote about service to others from 2 Corinthians 9:12-13. (Read verses.)

Jesus taught others how to acceptably worship God in spirit and in truth (John 4:20-24).

Get Set!



Bible Story

Jesus states the importance of reaching the masses with the Good News. (Mark 10:29-30; John 4:35) It was Christ himself that commanded, "Go into all the world and preach the good news to all creation". (Mark 16:15 NIV) This is called evangelism. Have you ever thought of yourself as an evangelist? You have a unique group of people in your life, your friends, fellow students at school and family, that can be impacted by the way you live and what you say. This is important to Christ. He said himself, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent." Luke 4:43 (NIV) If Jesus was sent to preach the good news of the Kingdom of God, we need to do the same. Teacher's Note: You may want to review the Worksheet The Everlasting Kingdom of God with your students immediately following the lesson. The students may feel motivated to share the good news and this will give them some more information about the good news of the Kingdom of God.

Christ also explained the importance of stewardship of our talents and gifts. He said, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked". (Luke 12:48b NIV) In Mark we see that Christ also spent time alone with God or in solitude. "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1:35 NIV) Why do you think solitude is important?

We see that Jesus possessed all of these disciplines, therefore as Christians, we should do them also. When we read the Bible and put what we read into practice, it is called Scripture application. Jesus was our example and he said that if we have faith in him, we would do what he did. "I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father." John 14:12 (NIV)

Now that we know more about a few of the spiritual disciplines, we need to find ways to incorporate them into our lives. Which disciplines are you going to concentrate on improving? Have the students choose personal disciplines that they would like to work on. Help them set reasonable goals that they can reach in the disciplines. Use the worksheet tools to assist your students. Have your students write down their goals and follow up with them to see if they are reaching their goals or if they need further assistance.



Student Class Notes



Daily Disciplines

What are daily disciplines?

We are using the term of daily disciplines as actions that a disciple of Jesus will practice. As his disciples we want to establish habits that increase our understanding, cause us to reflect on God and His Son while training us in righteousness. We will only focus on a few of these disciplines including study of Scripture, prayer, worship, service, evangelism, stewardship, solitude and Scripture application.

1. Why is the study of Scripture important? _____

2. Why is prayer important? _____

3. Why is worship of God important? _____

4. How is God served when we serve others in His Name? _____

5. Are you an evangelist? _____ Why? _____

For you personally, what is the greatest Good News of the Bible that you would like to share with others? _____

6. We are all gifted with abilities from God. Is there some talent or gift that you would like to develop to use in God's service? _____

7. Why is solitude important? _____

8. Are the Scriptures of the New Testament clear on how we should live and directions on how to live like Jesus Christ? _____ Explain.

9. What disciplines would you like to develop? _____

How will you measure your progress in this area? _____

Go!**Fruit Smoothies****COOKING**

Materials: Blender or large food processor, cups, napkins, 2 pitchers, mixing spoon, straws, spoons

Ingredients: 1 can frozen orange juice

3 cans water

Mix orange juice with water in pitcher

1 1/2 c. frozen mashed bananas

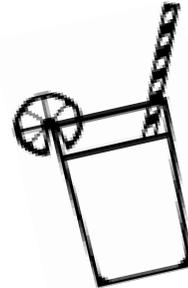
1 1/2 c. frozen peach slices

1 1/2 c. frozen strawberries

1 cup milk

6 tablespoons honey

In a blender, place approximately 1/3 of each ingredient (including juice); cover and process until smooth. Pour into a pitcher. Repeat. Stir. Serve immediately.



Teacher's Note: You can substitute another type of juice or any type of fruit depending on the taste of your class. We used frozen fruit in bags, but you can also freeze seasonal fruit. You can add more chilled water for a thinner smoothie or more milk for a creamy smoothie.

Quest Connection

As we added each ingredient to the smoothies, it added a new level of color and flavor. Each ingredient also added nutrition that our bodies need. For instance, the bananas added potassium, the fruit added Vitamin C and the milk added calcium. When we have a balanced diet we need a variety of foods to keep our bodies healthy. In the same way, we have different disciplines because each adds special spiritual elements to who we are. Study of the Scriptures builds us up because it teaches us how to live, prayer gives us comfort and security because we know that God is over all things and He listens to our requests, evangelism gives us the opportunity to share the joy of being a Christian with others, etc. Each discipline works together to build us into strong Christians.

Close

Just as the ingredients are added and blended together to make a complete recipe, we want to make sure that we are daily adding the ingredients to nourish our spiritual life. The ingredients may include prayer, Scripture study, Scripture application, worship, etc. God will bless our efforts. He assures us that He will give us the strength to serve Him. Let's read Psalm 28:7 together. *"The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song."*

Go!**Teen to Teen****DISCUSSION**

The following thoughts were written by a 17 year old senior in High School. He daily reads his Bible and shares his faith with the other students around him. We are going to read this and then discuss it. What disciplines do you see in this devotion?

Quest Connection**Self Disciplines**

Psalms 119:9-11 *“How can a young man keep his way pure? By living according to your word. I seek you with all of my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”* How many times in your life do you wake up and say, “Today I am going to live for God,” but always end up stumbling in your walk. You try to walk in righteousness, but are short of your goals. That can be really frustrating a lot of the time. You try and try, but nothing seems to work. Maybe you count to ten in your head or imagine yourself far away on a peaceful beach. Anything to help you keep control and do what is right. God knows who you are, and He knows your ways. Jeremiah 1:5 says, *“Before I formed you in the womb I knew you.”* God knows not only who you are and how you work, but He knows your limitations and weak points. He knows what things grate on your last nerve and what will drive you over the edge. So what has He done? He has given us an answer to our question of how. We know that we sin and we try to fix it, but we always seem to fall short and just mess up again. King David knew the same struggle that you go through everyday. He knew what it was like to try his hardest and still come short. He asked how he could do better and succeed in keeping his path straight and his way pure. The answer is simple. It is so simple in fact, that most of us overlook it. We must, M. U. S. T., live according to God’s Word, the Bible. Well you are probably thinking, “Well duh. That’s a no brainer. I already knew that.” That is the obvious part. We all know to live according to God’s laws and commands, but how can you be sure of His commands? How can you tell if you are doing what God desires for you to do or whether you are sinning? You have to know His commands. David continues to say *“I have hidden your word in my heart that I might not sin against you.”* Hiding God’s Word in our hearts, how do we do that? Well, surgically implanting a Bible into your chest is one way, although I do not recommend it. To hide God’s Word in your heart means to know what it says and treasure its meaning. What David is saying is that you read God’s Word and put what it says into action. Take the truths that are found throughout the Bible and apply them to your personal life. God’s Word is the only way you can know the truths of God and find His purpose for you. When you are struggling to stand on your own two feet and cannot take the steps you know God wants you to take, read His Word. Reading and knowing His Word will give you the strength to stand and the motivation to step out for Him. *“How can a young man keep his way pure? By living according to your word...”* *“I have hidden your word in my heart that I might not sin against you.”* (Psalm 119:11)

Close

Read together or individually. Have a time of discussion.

Go!**Memory Verse Frame****ARTS & CRAFTS**

Students will build a memory verse frame to hang in their rooms. This will allow them time to memorize special verses at their own pace.

Materials: One of the My Daily Bread Worksheets or let the students create their own Memory Verse Page from a Bible subject of interest to them.

8 1/2" X 11" Picture frames for each student, hot glue gun, hot glue sticks, assortment of twigs, bark or dried moss.

Procedure: Students can break the twigs and bark into smaller pieces. Hot glue the natural items to cover the picture frame. Insert the Daily Bread Worksheet in picture frame to display. Students can take home to display on their bedroom wall (or any place where they can review the verses during the week).

Ask the students to set a reasonable goal for learning the verses. Perhaps 2 weeks.

Objective: To help students develop a plan to memorize Scripture.

***Teacher's Note:** If you chose not to do the craft, copy the Worksheets for the students to take home to memorize. Have them highlight the verses they remember and plan something special for those that memorize all the verses.

Quest Connection

Christ appreciated the importance of the Scriptures. He understood, quoted and taught from them. We are going to create a Memory Verse Frame. You can take this home with you and place it on your wall. Plan a time during the day to read through the verses. You will be surprised how quickly you will become familiar with the verses listed. You will also notice that when you have memorized them, that you will think about them at other times. Just like Christ you can use the Scriptures of God to guide your actions. When you have finished memorizing this page, just write another page of verses. Select any Scripture verses that you would like to be able to remember. Copy them on another piece of paper and put it into your frame.

Close

Read Matthew 4:4. Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4

The Scriptures are so important. Christ said that in addition to our physical food, we also need our spiritual food from God—Our Daily Bread. God gives the Bible to us to guide our lives. The Scriptures show us the future, how to live today, give us hope, guide our actions, show us the difference from right and wrong, explain who God is, recount the life of Jesus Christ and much more. We want to know what God has written to us. He is speaking to us through His Word. We want to be sure that we are listening.

Go!**Pray without Ceasing****CHRISTIAN LIVING**

Materials: Worksheet titled The Power of Prayer (there are enough prayer slips on one page for 3 students).

Optional Activity: Cover an empty soup can with a square piece of cloth (13" X 13"). Rubber band it at the top, and cover the rubber band with a piece of yarn. We called these our God Cans.

Objective: These God Cans will remind the student that God can always listen to their prayers. They can always trust Him to understand their fears and worries. They can talk with God at any time and any place. The cans will remind students to pray and give them a place to keep their prayer slips (from Worksheet).

Materials for God Cans: Soup cans (one for each student), pieces of scrap cloth (13" X 13"), rubber bands, and yarn.

Quest Connection

We know that prayer is simply talking with God. We are told that we should “pray without ceasing.” There is no required place or time for talking with God. He wants the interaction with us. He loves us and wants us to communicate with Him. Our prayers can be formal and recited together in a worship service or they may be thoughts that we direct to God as we walk down the hall of our schools. The important thing is to make sure that we spend time communicating with God. There are many prayers recorded in the Bible. In fact, Jesus taught his followers many things about prayer including how to pray (Matthew 6:9-13), that prayers should not be said just for the attention or praise from others (Matthew 6:5-7), that we should always pray and not give up (Luke 18:1) and we should pray humbly before God (Luke 18:14).

Let’s look at a few ways that we can describe the different parts of prayer.

Worship and Praise

As God’s people we want to offer Him our praise, worship, honor, and adoration. Let’s look at a prayer in Psalm 145 that expresses these feelings toward God. (Read Psalm 145:1-13)

Confession

God will forgive us, if we admit to Him that we have failed to live as we should. Our humble prayer for forgiveness will be granted. (Read Luke 11:4 and 1 John 1:9)

Thanksgiving

We are grateful to God for all the gifts He gives us. He gives us every blessing that we receive everyday and promises even more incredible blessings in His coming Kingdom. (Read 1 Chronicles 16:8-11; Psalm 106:1 and Jeremiah 33:11)

Go!



Pray without Ceasing

Requests

Prayer requests are asking God for something. This is where we have a tendency to focus when we talk to God. It is natural to ask God for things because He is over all, but we need to make sure that we are not selfishly focusing only on ourselves. We can ask God to make us desire what is best for us and for our hearts to be turned toward Him. We can be assured that God hears our prayers when we are also asking for His will to be done. We must realize that we live in a world that has many troubles, sin and pain. God may not take us out of the surrounding circumstances, but He does promise that He will be with us and give us the strength to get through it. God gives us hope because He promises that as His children we will live a perfect and eternal life in His Kingdom. We know that we may have tough situations to go through in this life, but we are looking forward to our perfect life in the Kingdom of God.

Paul the Apostle gives us a great example of a prayer request that is focused on the spiritual well being of other Christians. Let's read the prayer of Paul recorded in Ephesians 1:15-21. (Other prayer requests Scriptures: Psalm 119:36-37, 169-170)

From our Worksheet The Power of Prayer, we want to cut the paper to form prayer slips. Each slip represents a portion that you can add to your daily prayers. You will have seven slips of paper. Take the slips home with you. When you pray, draw a slip of paper and include this part of prayer into your personal prayers. Use the blank slips of paper for anything that you feel lead to pray about.

Close

We have been reminded of how important prayer is because we always need to be connected to God. We can give Him our worship because He is holy, we can be completely honest with Him about our struggles, we can give Him our troubles and cares, and we can thank Him for all the blessings He gives us now and all the many ways He will bless us in the future. We share our time with God because we love Him and He loves us. This week make time to pray to God.

Here are some thoughts from the Scriptures about prayer.

Philippians 4:6 (NIV) "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

1 Tim. 2:1 (NIV) "I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—"

Close in prayer.



Go!


Stare Down
GAME

Materials: Pens, slips of paper, prize (candy)

Procedure: Have students write their names on a sheet of paper and place in a pile. The teacher draws the first two students to play. They sit down facing each other. The first one to move, smile, blink, etc. is eliminated. The teacher draws another name to face the remaining student. Play through all the players until you have one winner. Reward the winner with a prize.

Quest Connection

How difficult was it for you to keep from laughing during the game? How about blinking? Were you distracted by the other students in the room?

Now I want you to compare this game to self-control? Of course, the game is just for fun, but think about the times when you have to act a certain way that is completely opposite of how you feel like reacting. Developing self-control is very important for each of us as Christians. We have to use self-control in our lives all the time. We have to be in control of our actions. Silently, think about the areas of your life where you have the least amount of self-control. Are you controlled when you are angry? Do you exercise self-control in your language and what you say? Do you show self-control around your friends? What about when you are exposed to something that is sexually provocative? How do we develop self-control? Lets go to the New Testament book of Titus chapter 2 verse 11-14. (Read and discuss. The students may want to understand grace. Its definition is a gift freely given from God; unmerited favor of God bestowed on sinners. Its highest expression is in the redemption provided by Christ’s death. God’s grace is extended to us freely because of His great love for us.) **In this chapter we are told to be self-controlled, but thankfully God will fill us with His power to give us the control that we need. We do not have to do it alone. He gives us self-control in tough situations.**

Close

Lets review our Key Quest Verse together.

“Rather he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.” Titus 1:8 (NIV)

Our verse is describing what a leader of the church should be like. We want to look to the highest goals to be the best Christians we can. Self-control and being disciplined are great characteristics that we want to develop in our own lives. In your own minds, consider how you can develop more self-control in areas of your life. (Give the students time to think. Close with prayer.)

Go!**Our Best Friends****MUSIC****Materials:** Worksheet Our Best Friends (a copy for each student)**Quest Connection**

The lyrics of hymns and worship songs can encourage us to keep going, lift our spirits and teach us about God. There is a very old hymn that has encouraged many Christians through the years. It was written in 1857 as a poem by Joseph Scriven. When he was later asked who wrote the words to the poem he had on his wall he said, "The Lord and I did it between us." The poem was "What a Friend We Have in Jesus."

(Read the words of What a Friend We Have in Jesus from the Worksheet)

Joseph Scriven (1819-1886) learned early in life to give his grief to the Lord. On the eve of his wedding day, his bride was found drowned. This crushed him. He left his homeland of Ireland and moved to Port Hope, Canada. He found Jesus to be his best friend and decided to give his life to be a friend and a help to others. He became known as the "Good Samaritan of Port Hope." He wrote the poem "What A Friend We Have in Jesus" as an encouragement for his sick mother. We, like Scriven's mother, are reminded again that we have a friend who wants to know our cares, grief, burdens, temptations, trials, sins, pain, and sorrows. Jesus is that friend.

Jesus referred to the brother of Mary and Martha, Lazarus, as his friend. He also told the disciples that "you are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you". (John 15:14-15 NIV) How incredible that Jesus Christ is our friend if we do what he commands! We are also told that Abraham was called God's friend. (James 2:23 NIV) How encouraging to know that our best friends can be the God of the Universe and Jesus Christ His son!

Close

God uses music to speak to our hearts. Are you listening to the true meaning of the Christian songs that you hear? Open up your heart to what He may be saying to you.

The Everlasting Kingdom of God Name _____



If your parents came home and told you that your family was moving. You would have a lot of questions about your new home. Where is it? When will we move? What is my room like? Does it have a pool? God knows that we have questions about our future home in the Kingdom of God. He has given us some incredible descriptions of what it will be like. Some describe the 1,000 year reign of Christ and others describe the final, eternal Kingdom. Here are just a few scriptures that answer some of our ques-

tions. Fill in the blanks. (NIV translation)

ف--- Daniel 2:44 "In the time of those kings, the God of heaven will set up a kingdom that will _____, nor will it be left to another people. It will crush all those kingdoms and bring them to an end, but it will itself endure forever."

ف--- Daniel 7:27 "Then the sovereignty, power and greatness of the kingdoms under the whole heaven will be handed over to the _____, the people of the Most High. His kingdom will be an everlasting kingdom, and all rulers will worship and obey him."

ف--- Rev. 11:15 "The seventh angel sounded his trumpet, and there were loud voices in heaven, which said: "The kingdom of the world has become the kingdom of our Lord and of his Christ, and he will reign _____ and ever."

ف--- Isaiah 2:2-4 "In the last days the _____ will be established as chief among the mountains; it will be raised above the hills, and all nations will stream to it. Many peoples will come and say, "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob. He will teach us his ways, so that we may walk in his paths." The law will go out from Zion, the word of the Lord from Jerusalem. He will judge between the nations and will settle disputes for many peoples. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore."

ف--- Matthew 6:10 "your kingdom come, your _____ be done on earth as it is in heaven."

ف--- Matthew 5:5 "Blessed are the meek, for they will inherit the _____."



The Everlasting Kingdom of God (continued)

ثف--- Habakkuk 2:14 “For the _____ will be filled with the knowledge of the glory of the Lord, as the waters cover the sea.”

ثف--- Zechariah 8:22 “And many peoples and powerful nations will come to _____ to seek the Lord Almighty and to entreat him.”

ثف--- Rev. 21:1-4 “Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud voice from the throne saying, “Now the dwelling of _____ is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more _____ or mourning or crying or pain, for the old order of things has passed away.”

ثف--- Rev. 22:1-5 “Then the angel showed me the river of the water of _____, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the _____. No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. They will see His face, and his name will be on their foreheads. There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.”



Additional Verses on the Kingdom:

ثف--- Isaiah 65:17-25 _____

ثف--- Isaiah 66:22 _____

ثف--- Isaiah 11:6-10 _____

My Daily Bread

*My spiritual food for my place in God's family.
Take a few minutes everyday to memorize the exciting verses
that show us that we can be God's children.*



"Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household, [20] built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. [21] In him the whole building is joined together and rises to become a holy temple in the Lord. [22] And in him you too are being built together to become a dwelling in which God lives by his Spirit." Ephesians 2:19-22 (NIV)

"If I am delayed, you will know how people ought to conduct themselves in God's household, which is the church of the living God, the pillar and foundation of the truth." 1 Tim. 3:15 (NIV)

"Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory." Romans 8:17 (NIV)

Consider Abraham: "He believed God, and it was credited to him as righteousness." [7] Understand, then, that those who believe are children of Abraham." Galatians 3:6-7 (NIV)

"Be imitators of God, therefore, as dearly loved children." Ephesians 5:1 (NIV)

"For you were once darkness, but now you are light in the Lord. Live as children of light ." Ephesians 5:8 (NIV)

"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. [2] Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is." 1 John 3:1-2 (NIV)

"This is how we know that we love the children of God: by loving God and carrying out his commands." 1 John 5:2 (NIV)



My Daily Bread

My spiritual food concerning the second coming of Jesus Christ. Take a few minutes everyday to memorize the exciting verses that assure us that Jesus will return again. (NIV)

“For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.” 1 Thessalonians 4:16

“I know that my Redeemer lives, and that in the end he will stand upon the earth.” Job 19:25

“For as lightning that comes from the east is visible even in the west, so will be the coming of the Son of Man.” Matthew 24:27

“At that time the sign of the Son of Man will appear in the sky, and all the nations of the earth will mourn. They will see the Son of Man coming on the clouds of the sky, with power and great glory. [31] And he will send his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of the heavens to the other.” Matthew 24:30-31

“I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?” Luke 18:8

“And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.” John 14:3

“Men of Galilee,” they said, “why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven.” Acts 1:11

“Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed.” 1 Corinthians 1:7

“For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.” 1 Corinthians 11:26

“But each in his own turn: Christ, the firstfruits; then, when he comes, those who belong to him.” 1 Corinthians 15:23

“Look, he is coming with the clouds, and every eye will see him, even those who pierced him; and all the peoples of the earth will mourn because of him. So shall it be! Amen.” Revelation 1:7

The Power of Prayer

Cut the slips of paper. Each represents a portion that you can add to your daily prayers. Take the slips home with you. You will have seven slips of paper. When you pray, draw a slip of paper and include this part of prayer into your personal prayers. You can use the blank slips of paper to write down something that you feel lead to pray about.

Worship & Praise—tell God why you honor and adore Him	Worship & Praise—tell God why you honor and adore Him	Worship & Praise—tell God why you honor and adore Him
Confession—ask for forgiveness of any sins that may be hurting your relationship with the Lord	Confession—ask for forgiveness of any sins that may be hurting your relationship with the Lord	Confession—ask for forgiveness of any sins that may be hurting your relationship with the Lord
Thanksgiving—thank God for something that you have experienced or received today	Thanksgiving—thank God for something that you have experienced or received today	Thanksgiving—thank God for something that you have experienced or received today
Requests—present your requests to God and ask that His Will will be done	Requests—present your requests to God and ask that His Will will be done	Requests—present your requests to God and ask that His Will will be done
Today I want to pray for _____	Today I want to pray for _____	Today I want to pray for _____
Today I want to pray for _____	Today I want to pray for _____	Today I want to pray for _____
I thank You and pray for my church, my family and my school.	I thank You and pray for my church, my family and my school.	I thank You and pray for my church, my family and my school.

Each sheet contains enough slips for three students for one week.



Our Best Friends

The two songs below stress the importance of the closeness in the relationship of the believer with God and His Son, Jesus. They meet our every need. We can be encouraged by the lyrics because they remind us that we are loved and have the Greatest friends in the world in our God and our Savior. What Christian songs encourage you in your faith? _____

What a Friend We Have in Jesus Written by Joseph Scriven

*What a Friend we have in Jesus, All
our sins and griefs to bear!
What a privilege to carry Everything
to God in prayer!
O what peace we often forfeit, O what
needless pain we bear,
All because we do not carry Every-
thing to God in prayer!*

*Have we trials and temptations? Is
there trouble anywhere?
We should never be discouraged, take
it to the Lord in prayer.
Can we find a friend so faithful who
will all our sorrows share?
Jesus knows our every weakness, take
it to the Lord in prayer.*

*Are we weak and heavy laden, cum-
bered with a load of care?
Precious Savior, still our refuge take
it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take
and shield thee, thou wilt
find a solace there.*

Composed by
Charles C. Converse



Draw Me Close Written by Kelly Carpenter

A D
Draw me close to you
E A
Never let me go
E D
I lay it all down again
F#m F#m7 Dmaj7 E
To hear you say that I'm your friend

A D
You are my desire
E A
No one else will do
E D
Cause nothing else could take your place
F#m F#m7 Dmaj7 E
To feel the warmth of your embrace
A E7sus
Help me find the way,
E A D E
bring me back to you

(chorus)
A E D
You're all I want
A E D E7sus E7
You're all I've ever needed
A E D
You're all I want
E7sus E D
Help me know you are near

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bum: Draw Me Close, 25 Top Vineyard
Worship Songs

Journal Page

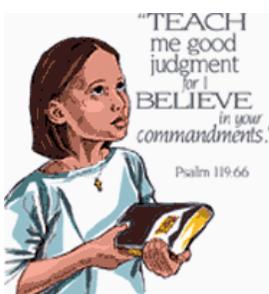
Take a few minutes to read the story of Mary and Martha in Luke 10:38-42.

Do you identify more with Mary or Martha? _____ Why? _____

Siblings sometimes have disagreements, just like Mary and Martha. What are positive ways that you can resolve conflicts with your family members? _____

Christ praised Mary for her decision to listen to him. Do you think that God will help us develop the right balance of being busy and spending time developing spiritual lives?

How can we make ourselves available for Him to accomplish this in us? _____



In Training

Christ said that “A student is not above his teacher, but everyone who is fully trained will be like his teacher.” (Luke 6:40) We have learned about many of the behaviors of Christ that we call daily disciplines. Being a follower of Christ means that we imitate his behavior. You are Christ’s student. What have you learned from Jesus lately?

How will you apply this in your life? _____

Read Hebrews 5:11-6:2 (NIV) According to these verses what have the mature trained themselves to do? _____

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

Hebrews 12:11 (NIV)



