

PARTICIPANT WORKBOOK

**A Student
Discipleship Course**

2:52
**EQUIPPING STUDENTS
WITH BIBLICAL TRUTH**

VINTAGE **VS** STUDENTS

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YOUR NAME:

CONTACT:

START DATE:

INTRODUCTION

Being a teenager and a student is an important season of life. It's a time where we grow and mature as we begin to understand independence, responsibility, and how to face real-world challenges. Studies show that the years spent in middle school and high school are the most personally formative years of our entire lives.

2:52 is a discipleship course that equips middle school and high school students with the objective truth of God's Word to help them grow in wisdom, and favor with God and man just like Jesus did in Luke 2:52.

HOW TO REFLECT & WRITE

Let's be real: have you ever sat through a class or read through a book, and realized: "I have no idea what I just read." This happens to us when we don't take the time to summarize what we're hearing and capture our own thoughts about it.

This is why we find it so important to **Reflect & Write**.

Reflecting is a great way to pause and examine what you've been learning about. When you reflect, you get to re-hash the topic and view it through the lens of past experience or prior knowledge and get a grasp on the content.

Writing helps give the topics you're learning meaning and personal value. When you jot down your own thoughts, it helps you clarify the information and get a firm understanding.

If you find yourself struggling to Reflect & Write, that may be a good indication that you need to re-read or re-listen to that book or video.

It's our hope that throughout this course, you'll be able to get a grip on these topics and take them to heart. And when you do this, it'll impact your life as a Christian and a leader.

HOW TO USE THIS WORKBOOK IN A GROUP SETTING

This discipleship course is designed to be completed individually with the help of a team member, or in a small group-based, in-person format.

To fully apply the content to your life, you need to bring other people along with you. Discipleship and accountability are the keys to making any spiritual discipline become a living part of your faith.

After completing the study guide, take a few moments to **Reflect & Write**. Once completed, move on to the **Small Group Discussion Questions** found on the following page. As you discuss, be “real” and open with those in your group.

Session One

BUILT TO LAST

The Bible is more than a history book or a library of ancient text: it serves as the foundation for us as Christians. Building our lives on God's values rather than the world's values is like building a house on rock versus on sand: one is solid and sturdy, one is wavering and leads to downfall. In this session, we'll talk about why the Bible can be trusted and how you can apply its truth to your life.

Session One Teaching & Complete Study Guide

BUILT TO LAST

*Fear of the LORD is the foundation of wisdom.
Knowledge of the Holy One results in good judgment.*

Proverbs 9:10

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Matthew 7:24-27

BUILT TO LAST

1. You are _____ something.
(1 Corinthians 3:10-11)
2. The rain pours on _____. (John 16:33)
3. The difference is the _____. (Matthew 7:25)

The Foundation Determines Three Things:

- a. How _____ you can grow.
 - b. How _____ you can go.
 - c. How _____ you can handle.
4. The foundation is the _____.
(Matthew 24:35)
5. The Bible is the message about _____.
(John 1:14)

I have given them your word. And the world hates them because they do not belong to the world, just as I do not belong to the world. I'm not asking you to take them out of the world, but to keep them safe from the evil one. They do not belong to this world any more than I do. Make them holy by your truth; teach them your word, which is truth.

John 17:14-17

"For my thoughts are not your thoughts, neither are your ways my ways... As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Isaiah 55:8-9

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness ...

2 Timothy 3:16

Why is the Bible the best foundation?

1. The Bible is _____.
2. The Bible is _____.
3. The Bible is _____.

Notes, thoughts, and questions:

Session One

REFLECT & WRITE

1. Make a list of some of the “foundations” people build their lives on. Why are these foundations shaky?

2. Have you ever found it difficult to trust the Bible? How do you think your life would look different if you fully trusted the Bible and allowed it to be a foundation for your life?

Session One

SMALL GROUP DISCUSSION QUESTIONS

1. Have you grown up learning about the Bible in Sunday school, or are you new to learning and understanding the Bible? What aspect of the Bible challenges you the most? (Is it difficult for you to read? Do you struggle to understand the order of events/timeline?)
2. What foundations have you recognized people build their lives on? (Examples: Money, Fame, Talent, Achievements, worldly affirmation, relationships, etc.)
3. How do you think your life would look different if you fully trusted the Bible and allowed it to direct your life?
4. Have you ever heard the Shema prayer before? Did this session give you a fresh perspective? How does it apply to your relationships with God and others?

Session Two

FIGHT FOR YOUR MIND

Our minds play a bigger role than we think. Oftentimes, success in life isn't just about talent, or even skill: it's about how we think and the attitudes we adopt. In this session, we break down the power of the mind and find biblical solutions to the temptations and mind-traps we face.

Session Two Teaching & Complete Study Guide

FIGHT FOR YOUR MIND

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:3-5

There is a real and _____ fight for your mind.

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God. You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you.

Romans 8:5-9

TWO ARMIES ON THE BATTLEFIELD

1. The _____ is our sinful nature.
2. The _____ represents God's active presence in our lives.

The Enemy's Only Weapon is a _____ You Believe.

A lie is anything that opposes what God says is _____.

...He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

John 8:44

Truth is _____, or it is revealed, it is not invented or reinvented.

WHY LIES ARE SO DANGEROUS:

1. They are _____.
2. They fill in the _____.
3. They play with our _____.

HOW TO CAPTURE A LIE

1. Know Your _____: The Word of God

Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Ephesians 6:17

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning

the thoughts and intentions of the heart.

Hebrews 4:12

2. Know Your _____: How God defines you.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3:1

3. Know Your _____ Family: God given relationships.

So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Ephesians 4:11-15

Notes, thoughts, and questions:

Session Two

REFLECT & WRITE

1. What is the Enemy’s greatest weapon against us? Have you ever found yourself believing lies about who you really are? (I’m not enough. I’m not old enough to be a leader. I’m never going to get over this addiction. I’m not worthy of being loved.) If so, write one of them down.

2. Next, do these three things:
 1. Find a verse or passage from the Bible that combats that lie, and write it out
 2. Next, write down a few names that represent your identity in Christ (chosen, child of God, renewed, etc.
 3. Lastly, write down the names of two trusted believers or leaders in your life, who can encourage and uplift you.

Session Two

SMALL GROUP DISCUSSION QUESTIONS

1. Before you completed this session, were you aware of the “war within your mind”? Have you ever taken the time to think about how you think?
2. Have you found yourself believing a lie from the enemy? Briefly share a personal example or story of a time when you believed a lie from the enemy.
3. During the Reflect & Write, which verses/scripture were you able to find to help you replace the lies with truth? Did you find this process (of finding scripture) to be encouraging? If it was difficult, explain why.
4. Is there a person in your life who can help remind you of the truth in the moments you begin believing a lie?

Session Three

SOUL WEIGHT

When we decide to follow Christ, our spirit is transformed, and we're empowered to live a different life than we did before. But it's not enough to have your spirit be born again, we must deal with our soul and body, too. In this session, we'll break down the truth of who we really are – spirit, soul, & body – and how we can live more like Christ from the inside-out.

Session Three Teaching & Complete Study Guide

SOUL WEIGHT

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 1:27

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

1 Thessalonians 5:23

THE WHOLE YOU

1. You are a _____.

“For God is Spirit, so those who worship him must worship in spirit and in truth.”

John 4:24

2. You have a _____.

Truly my soul finds rest in God; my salvation comes from him.

Psalms 62:1

3. You reside in a _____.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by

God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!

Psalms 42:5

WHY IS OUR SOUL SO HEAVY?

1. We carry the weight of _____.
2. We carry the weight of _____.
3. We carry the weight of _____.

“and he became deeply troubled and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.”

Mark 14:33-34

HOW DO WE DEAL WITH SOUL WEIGHT?

1. Empower your spirit to _____.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Hebrews 4:12

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:5

2. Trust in God's _____ for the past.

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

Romans 8:1-2

3. Trust God's _____ in the present.

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

John 10:10

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Matthew 6:33

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Philippians 1:6

4. Trust in God's _____ for the future.

Notes, thoughts, and questions:

Session Three

REFLECT & WRITE

1. We all have moments of intense “soul weight”. How do you typically handle pain, anxiety, or everyday difficult circumstances? Are there certain things you do, actions you take, or people you run to manage your soul?

2. Imagine being able to physically sit across the table from your soul and talk to it as if it were a tangible person; If it was experiencing anxiety/worry/ discouragement/weariness, what would you say to uplift your soul?

Session Three

SMALL GROUP DISCUSSION QUESTIONS

1. What's the heaviest thing you've ever lifted?
2. What is your knee-jerk reaction when dealing with emotional pain, anxiety, or everyday difficult circumstances? Do you have any healthy or unhealthy habits when these moments come?
3. Think back to the past: to the moments when your soul felt heavy. Looking back, identify how God may have used that experience to prepare you for the future.
4. Creating daily affirmations is one easy and simple way to reset your soul and focus your attention back on God. What is one biblical truth you can speak over yourself each day to help you with this?

Session Four

HIGHS & LOWS

Jealousy. Joy. Anger. Sadness. Happiness. Revenge. Lust. We've all been "in our feelings" before, but what do we do then? Our emotions are real, but they are rarely true. In a world that says, "follow your feelings", we need to know how to replace the lies we find ourselves believing with the truth of God's Word. In this session, let's unpack the truth about these mind monsters and how to process them in a healthy, God-honoring way.

Session Four Teaching & Complete Study Guide

HIGHS & LOWS

...“The most important commandment is this: ...you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”

Mark 12:29-30

UNDERSTANDING OUR EMOTIONS

1. Emotions are neither good nor bad – they are _____.

2. God has _____.

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

Hebrews 4:15

3. Our ability to feel is a _____.

AVOID THE _____:

Emotionalism say all that matters is

_____.

Stoicism says feelings aren't

_____.

WHY WE NEED TO ADDRESS UNHEALTHY EMOTIONS:

1. Our feelings are often _____.

*There is a way that seems [or feels] right to a man,
but its end is the way of death.*

Proverbs 14:12

*Why, my soul, are you downcast? Why so disturbed
within me? Put your hope in God, for I will yet praise
him, my Savior and my God.*

Psalm 42:5

2. We don't want to be _____.

*Like a city that is broken into and without walls is a
man who has no control over his spirit.*

Proverbs 25:28

3. We want to _____.

*To be controlled by human nature results in death; to
be controlled by the Spirit results in life and peace...
Those who obey their human nature cannot please
God.*

Romans 8:6,8

4. We want to _____.

*They get lost and die because of their foolishness and
lack of self- control.*

Proverbs 5:23

From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires.

1 Peter 4:2

HOW TO MANAGE UNWANTED EMOTIONS:

1. _____ it.

My thoughts are restless, and I am confused.

Psalms 55:2

2. _____ it.

Examine me, O Lord, and test me! Evaluate my inner thoughts and motives!

Psalms 26:2

Ask Yourself Three Questions:

- What's the _____ I'm feeling this?
- Is it _____?
- Is what I'm feeling _____?

3. _____ it.

Sometimes we need to _____ what we're feeling.

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

Philippians 2:5

Sometimes we need to _____ what we're feeling.

Don't waste your pain; channel it.

Notes, thoughts, and questions:

Session Four

REFLECT & WRITE

1. In this session, we talked about the difference between emotionalism and stoicism. Do you more often find yourself leaning towards “my feelings are all that matters”, or do you typically lean towards “my feelings don’t matter at all”? Are you outward about your emotions, or do you tend to bottle it up on the inside?

2. Is there an emotion in particular that you struggle with the most (anger, fear, jealousy, anxiousness, resentment, etc.)? Think about that emotion and write your response to the following questions: “What’s the real reason I’m feeling this?”, “Is it true?”, and “Is what I’m feeling helping me or hurting me?”

Session Four

SMALL GROUP DISCUSSION QUESTIONS

1. In the Disney movie “Inside Out”, there are several characters that represent the following emotions: Joy, Anger, Sadness, Disgust, and Fear. If you’ve seen this movie, which emotion do you relate to the most?
2. Do you more often find yourself leaning towards “my feelings are all that matters”, or do you typically lean towards “my feelings don’t matter at all”? Are you outward about your emotions, or do you tend to bottle it up on the inside? (Stoicism vs. Emotionalism)
3. Talk about a moment when you allowed your emotions to “sit in the driver’s seat” and drove you to make poor decisions. Would the outcome have been different if you stopped to ask any of the following questions: “What’s the real reason I’m feeling this?”, “Is it true?”, and “Is what I’m feeling helping me or hurting me?”

Session Five

SWEAT EQUITY

Diligence can be defined as “a careful and persistent work or effort.” The matter of the fact is: it takes hard work to get where you want to go. However, if we’re able to apply diligence and biblical stewardship in our everyday lives and in our finances: we’re unstoppable. In this session, we break down a few tactics to help us be better stewards and how to maintain “the grind” in a healthy way.

Session Five Teaching & Complete Study Guide

SWEAT EQUITY

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Isaiah 55:8-9

The way to experience God’s blessing is to find out what he blesses and _____!

THINGS GOD NEVER BLESSES

- God doesn’t bless _____.
- God doesn’t bless _____.
- God doesn’t bless _____.

_____ : the quality of persevering, being careful in your work, being industrious.

“Lazy hands make a man poor, but diligent hands bring wealth.”

Proverbs 10:4

REALITIES ABOUT DILIGENCE

1. Diligence is a _____ behavior.

Lazy people sleep soundly, but idleness leaves them hungry.

Proverbs 19:15

2. Wisdom and Diligence are two sides of the _____ coin.

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

James 1:22-25

3. Diligence is about _____ not personality.

"The soul of the sluggard desires and has nothing."

Proverbs 13:4

4. Diligence gives you _____.

"Diligent hands will rule..."

Proverbs 12:24

5. Diligence _____ you how to be a disciple.

Jesus said, "... You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them." In other words, he said, out there in the world where people

don't know God, everybody wants to get to be the boss so they can give orders. But he says, "Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."

Mark 10:42-45

Notes, thoughts, and questions:

Session Five

REFLECT & WRITE

1. God will never bless fear, unforgiveness, or envy. What is something that God always blesses (What was the key topic of this session)? What's the difference between a skill and a talent?

2. Next, write down 2 areas of your life that you've "slacked" in. Then, write an action step that reflects diligence for each of those areas.

Session Five

SMALL GROUP DISCUSSION QUESTIONS

1. Procrastination: it happens to even the best of us. Share about a time you procrastinated on an assignment, project, or task.
2. Using your own words, define diligence.
3. What's an example of a skill you've had to master over time? Is natural talent enough to succeed in life?
4. What are two areas of your life that you've "slacked" in? What's an actionable step you can take to pursue diligence in each of those areas?

Session Six

LOVE, SEX, & DATING

Love - just think about that word. That one word can make a heart flutter uncontrollably. It can make the toughest man blush. It can make jocks cry and girls jump for joy. The world is almost obsessed with this thing called love. In this session, let's look at the truth about sex, the dangers of sexual immorality, and the purpose of marriage.

Session Six Teaching & Complete Study Guide

LOVE, SEX, & DATING

_____ is the creator of Love, Sex, and Marriage.

IS IT LOVE OR INFATUATION?

1. Infatuation is based on _____. Love is based on _____.

“But I say, love your enemies! Pray for those who persecute you!”

Matthew 5:44

“In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.”

Ephesians 5:28

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.”

1 Corinthians 13:4-7

2. Infatuation seeks to _____. Love seeks to _____.

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.”

1 John 3:16

3. Infatuation focuses on _____. Love focuses on _____.

4. Infatuation is built on _____. Love is built on _____.

Find a good spouse, you find a good life— and even more: the favor of God!

Proverbs 18:22

How to Date God’s Way:

1. Start _____.

Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

2 Corinthians 6:14

2. Test _____.

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

Proverbs 13:20

3. Guard _____.

Promise me, O women of Jerusalem, not to awaken love until the time is right.

Song of Solomon 8:4

4. Avoid _____.

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:18-2

WHAT IS MARRIAGE?

But from the beginning of the creation, God ‘made them male and female.’ ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’; so then they are no longer two, but one flesh. Therefore what God has joined together, let not man separate.”

Mark 10:6-9

1. Marriage is _____ plan.
2. Marriage is between one _____ and one _____ with God for life.
3. _____ was designed by God for marriage.

Notes, thoughts, and questions:

Session Six

REFLECT & WRITE

1. What are some differences between love and infatuation? Has there ever been a person in your life who was 'infatuated' with you, but didn't truly 'love' you (based on the definitions we learned in this session)?

2. In this session, we learned a four-step process for dating God's way. First, rewrite that four step process using the blanks below. Then, summarize this four step process using your own words (3-4 sentences).

_____ > _____ > _____ > _____

Session Six

SMALL GROUP DISCUSSION QUESTIONS

1. How have movies, television, and social media influenced your perspective on love, sex, dating, and marriage?
2. What are some of the differences between infatuation and love?
3. If you've been in a relationship, have you ever experienced pressure to compromise the following order: start spiritual, test relationship, guard emotional, avoid physical?

Session Seven

EPIC FAIL

Nobody's perfect. We all make mistakes and miss the mark: on assignments, on tests, in our relationships, with our parents. But what are we supposed to do when we fail? In this session, let's take a look at the life of Peter and learn what it means to fail forward and make the most of our mistakes.

Session Seven Teaching & Complete Study Guide

EPIC FAIL

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

John 16:33

THREE REASONS WE FAIL:

1. _____ are at fault.
2. _____ are at fault.
3. _____ one is at fault.

THREE STAGES OF FAILURE:

But Peter said, "Man, I do not know what you are saying!" Immediately, while he was still speaking, the rooster crowed. And the Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how He had said to him, "Before the rooster crows, you will deny Me three times."

Luke 22:60-61

1. The _____.
2. The _____.

So Peter went out and wept bitterly.

Luke 22:62

3. The _____.

So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, son of Jonah, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Feed My lambs." He said to him again a second time, "Simon, son of Jonah, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Tend My sheep." He said to him the third time, "Simon, son of Jonah, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?" And he said to Him, "Lord, You know all things; You know that I love You." Jesus said to him, "Feed My sheep."

John 21:15-17

THREE STEPS TO FAILING FORWARD:

1. Make a _____.

And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble."

James 4:6

2. Move _____.

And we know that all things work together for good to those who love God, to those who are called according to His purpose.

Romans 8:28

3. Keep moving _____.

For a righteous man may fall seven times and rise again, but the wicked shall fall by calamity.

Proverbs 24:16

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

Notes, thoughts, and questions:

Session Seven

REFLECT & WRITE

1. True OR False: Did Jesus say, “Here on earth you will have many trials and sorrows.” Who was the main character we studied in this session, and what was his “epic fail?”

2. Where in your life have you “epic failed” (This can be a fallout between you and a friend, an off comment you gave to a teacher or coach, an ugly disagreement between you and a parent)? Describe this situation (what exactly happened):

3. Next, describe the pain you've felt stuck in, and then write down a few ways you can find purpose in it and move forward.

Session Seven

SMALL GROUP DISCUSSION QUESTIONS

1. Talk about a moment when you “epic-failed” hilariously or embarrassingly. This could be a time when you tripped and fell walking on a flat surface, tried to make a joke that wasn’t funny, “goofed” on a school assignment, etc.
2. Talk about a moment when you “epic failed” seriously. This can be a fallout between you and a friend, an off comment you gave to a teacher or coach, an ugly disagreement between you and a parent?
3. “Epic Fail” is about acknowledging our failures and growing from them. What practical steps could you take to make a change & move forward in an area or situation you’re currently failing?

Session Eight

CHURCH FAMILY

The local church is more than a building or an activity; it's a family we can belong to. The relationships and connections we make play a critical role in helping us become who God has created us to be. In this session, we break down the importance of the local church and the power of community.

Session Eight Teaching & Complete Study Guide

CHURCH FAMILY

God describes the church as a _____, a household.

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household,

Ephesians 2:19

WHAT MAKES A HEALTHY CHURCH FAMILY?

1. A healthy church values _____.

While Jesus was still speaking to the crowds, His mother and brothers stood outside, wanting to speak to Him. Someone told Him, "Look, Your mother and brothers are standing outside, wanting to speak to You." But Jesus replied, "Who is My mother, and who are My brothers?" Pointing to His disciples, He said, "Here are My mother and My brothers. For whoever does the will of My Father in heaven is My brother and sister and mother."

Matthew 12:46-50

Why Structure?

1. Structure provides _____.

2. Structure provides _____.

3. Structure provides _____.

“The thief comes only to steal and kill and destroy; ... I have come that they may have life and have it to the full.”

John 10:10

2. A healthy church fights for _____.

“If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If the person still refuses to listen, take your case to the church.

Matthew 18:15-17

2. A healthy church embraces _____.

THREE RELATIONSHIPS

1. Everyone needs a Paul who is _____.

Even if you had ten thousand guardians in Christ, you do not have many fathers, for in Christ Jesus I became your father through the gospel.

1 Corinthians 4:15

2. Everyone needs a Barnabas who is _____.

The news about them reached the ears of the church at Jerusalem, and they sent Barnabas off to Antioch. Then when he arrived and witnessed the grace of God, he rejoiced and began to encourage them all with resolute heart to remain true to the Lord; for he was a good man, and full of the Holy Spirit and of faith And considerable numbers were brought to the Lord.

Acts 11:22-24

3. Everyone needs a Timothy who is _____.

I am writing to Timothy, my true son in the faith. May God the Father and Christ Jesus our Lord give you grace, mercy, and peace.

1 Timothy 1:2

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

Notes, thoughts, and questions:

Session Eight

REFLECT & WRITE

- 1. Do you currently live your life as if the church is a family, or do you treat it like an event, service, or a building? Would you identify the church as a safe place where you can be yourself? Do you feel like you have to pretend to be someone you're not, or put on a mask to "get by"?

2. Review the “Three Relationships” fill-in-the-blanks. With that in mind, complete this Relationships Matrix by filling in the blanks with names of your Paul’s, Barnabas’, and Timothy’s.

Paul _____	Paul _____	Paul _____
Barnabas _____	Me	Barnabas _____
Timothy _____	Timothy _____	Timothy _____

Session Eight

SMALL GROUP DISCUSSION QUESTIONS

1. Did you grow up in church, or is “church” new for you? What does it mean for the church to be a family, rather than a building, activity, or event?
2. What are the benefits of having structure in a family? Have you noticed these benefits in your own family when there is structure present?
3. Are there any changes you can make to your attitude, demeanor, or lifestyle that might make it easier for others to “open up” to you? How can you be more than church-goer, but a trustworthy and compassionate Christian in every day life?
4. This session outlined three relationship types all Christians should have: Paul’s, Barnabas’, and Timothy’s. After reflecting and writing, which of these relationship types was the toughest to identify? Briefly share about one of the names you listed and why you placed them in that spot.

Session Nine

WINNING HABITS

The English paper is due Tuesday. You're serving in Vintage Kids for Mid-Week Service on Wednesday. Also, there's a football game on Friday. As a student, you have a lot going on and it can be easy to lose track of everything on your plate. In this session, let's talk about how to apply wisdom when it comes to setting goals and managing our time.

Session Nine Teaching & Complete Study Guide

WINNING HABITS

TWO WORLDVIEWS COLLIDE:

_____ Worldview - an outlook or system of thought attaching prime importance to human rather than divine or supernatural matters.

_____ Worldview - is an overarching view of the world based on God's revealed truth, the Bible, which directs our life in the world.

For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you. This gives you assurance of sharing his glory.

Colossians 1:27

The secret to your success is _____ work in you.

God changes our _____ by changing the way we _____.

*Don't copy the behavior and customs of this world, but let God transform you into a new person **by changing the way you think**. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Romans 12:2

*Now may the God of peace make you holy in every way, and may your **whole spirit and soul and body** be kept blameless until our Lord Jesus Christ comes again.*

1 Thessalonians 5:23

_____ in living results in the works of the
_____.

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

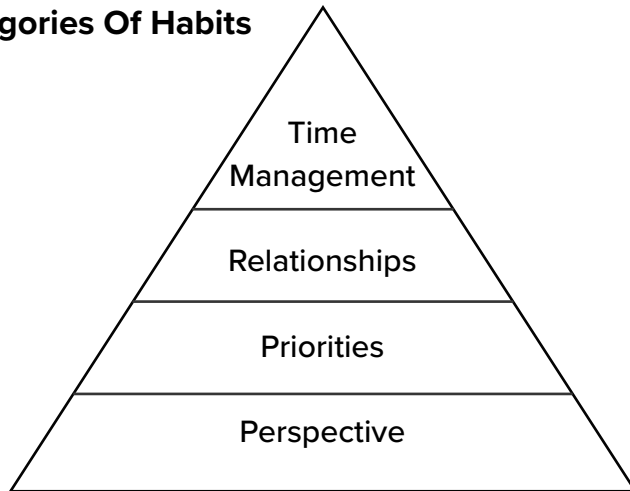
Galatians 5:19-21

_____ out living results in the fruit of the
_____.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Galatians 5:22-23

Four Categories Of Habits



HABIT ONE: Change Your Perspective

*Fear of the LORD is the foundation of wisdom.
Knowledge of the Holy One results in good judgment.*

Proverbs 9:10

*“Lord, remind me how brief my time on earth will
be. Remind me that my days are numbered— how
fleeting my life is.*

Psalms 39:4

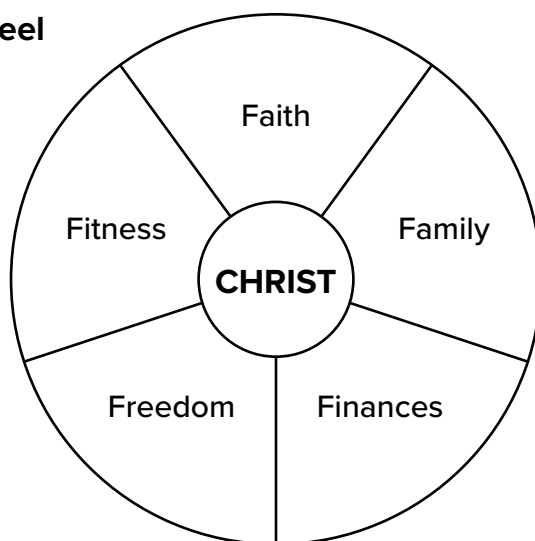
Eternal Perspective orders our _____.

HABIT TWO: Order Your Priorities

*I discipline my body like an athlete, training it to do
what it should. Otherwise, I fear that after preaching
to others I myself might be disqualified.*

1 Corinthians 9:27

Priorities Wheel



Your priorities determine your _____.

HABIT THREE: Choose the Right People

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer. A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and shared everything they had.

Acts 2:42-44

"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

Ecclesiastes 4:12

God uses _____ to grow people and
_____ to grow us.

Three Relationships

1. Every Christian needs a Paul who is _____.
2. Everyone needs a Barnabas who is _____.
3. Everyone needs a Timothy who is _____.

HABIT FOUR: Manage Your Time

Teach us to number our days, that we may gain a heart of wisdom.

Psalm 90:12

Basics of Time Management:

“But don’t begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it?”

Luke 14:28

1. Look ahead to see what’s coming.
2. Plan your week before your week
3. Audit your time.

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

James 1:5

Notes, thoughts, and questions:

Session Nine

REFLECT & WRITE

1. What's the difference between a biblical worldview and a humanistic worldview? As you've been completing 2:52, have you noticed yourself beginning to see the world with an eternal perspective? Which one of the following areas can you make a priority in the next 3 months: Faith, Family, Finances, Freedom, Fitness?

2. Do you consider yourself a “planner”, or do you prefer to live “off the cuff”? Before completing this session, had you ever noticed that time management is something that is encouraged in scripture? What is one thing coming soon that you need to begin preparing for now?

The Better Planner™ is a personal planner designed to help you map out all the different aspects of personal growth and develop WINNING HABITS. To learn more about this resource, visit:
churchsherpa.com/better-planner

Session Nine

SMALL GROUP DISCUSSION QUESTIONS

1. What's the difference between a biblical worldview and a humanistic worldview?
2. In what areas of life do you struggle by living "outside-in"? Have you allowed your flesh to direct your thoughts, emotions, or impulses? (Galatians 5:19-21)
3. Name one way you could better prioritize one of the following areas: Fitness, Faith, Finances, Freedom & Family.
4. Think about the different relationships and friendships you have; think about your "bubble." Are there friendships within your bubble influencing you to become less like Christ? Are there mentors and spiritual leaders that are NOT in your bubble, that could disciple you and point you towards Jesus?

Session Ten

HONOR FIRST

What does it mean to honor authority? What does the Bible say about how we treat others, our teachers, parents, pastors, and friends? What do we do when they are less than honorable and how can we honor God above it all? Discover the rewards of honor as your relationships develop over time.

Session Ten Teaching & Complete Study Guide

HONOR FIRST

Then He went out from there and came to His own country, and His disciples followed Him. And when the Sabbath had come, He began to teach in the synagogue. And many hearing Him were astonished, saying, "Where did this Man get these things? And what wisdom is this which is given to Him, that such mighty works are performed by His hands! Is this not the carpenter, the Son of Mary, and brother of James, Joses, Judas, and Simon? And are not His sisters here with us?" So they were offended at Him. But Jesus said to them, "A prophet is not without honor except in his own country, among his own relatives, and in his own house."

Mark 6:1-2

_____ - to attach weight or great value, to be made heavy, to be glorious.

PRINCIPLES OF HONOR

1. Honor is _____.

Now He could do no mighty work there, except that He laid His hands on a few sick people and healed them. And He marveled because of their unbelief. Then He went about the villages in a circuit, teaching.

Mark 6:5-6

2. What we honor we _____.

3. Honor goes _____.

4. God commands _____.

WHO DO WE HONOR?

1. _____.

“Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.

Exodus 20:12

2. Those in _____.

Pay your obligations to everyone: taxes to those you owe taxes, tolls to those you owe tolls, respect to those you owe respect, and honor to those you owe honor.

Romans 13:7

3. _____ and _____.

The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching.

1 Timothy 5:17

It is difficult to live a life of honor when you aren't _____.

You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!

Psalm 22:23

Notes, thoughts, and questions:

Session Ten

REFLECT & WRITE

1. In your own words, what is “honor”? Who is someone in your life that honors others well? Is there a person in your life who you should honor, but you haven’t?

2. How can you honor God with all of your heart, soul, mind and strength? Is there an area of your life where you’ve ran from God and haven’t trusted his Word?

Session Ten

SMALL GROUP DISCUSSION QUESTIONS

1. Using your own words, define honor.
2. Talk about an experience in which you were honored (treated as more than ordinary).
3. Honor can be difficult, especially when there is conflict within a relationship. Why is it important to honor a parent, teacher, coach, mentor, or pastor even when you disagree with them?
4. Name a person in your life who deserves more honor than you've given them.