

# EDGE STUDENT MINISTRIES

January 3 - April 11, 2010

# The Playbook

(How to Get From Where You ARE to Where You WANT to Be)

## What it is:

A 14 week sermon series (broken into 3 parts) and interactive experience to help the students of Edge move "Out of the Wilderness and Into the Promised Land" regarding the 'problem areas of their lives'.

## How it Works:

Students Listen to the Weekly Sermons and then do the Weekly Action Steps. We take the Journey together as a youth ministry by making resolutions about our individual issues and taking the weekly action steps to learn how God helps us break bad habits and build good habits in our lives.

<u>Date</u>	<u>Title</u>	<u>Weekly Action Steps</u>
<b>The PLAYBOOK (chapter 1)</b>		
Jan. 3	Game Plan	Assessment & Making
Resolution		
Jan. 10	Offense	Memorize plays
Jan. 17	Defense	What we really believe
Jan. 24	Crowd Noise	Practice what God says is true
Jan. 31	Fanatic	Practice what God says is possible
Feb. 7	Tailgating	Review who we really worship
<b>FUEL for Life (chapter 2)</b>		
Feb. 14	Relationships	Practice love and dependance
Feb. 21	FUEL Weekend	Practice obedience & gratitude
<b>APPS for Life (chapter 3)</b>		
Feb. 28	Spiritual Disciplines	Review why we tend to fall
Mar. 7	Moral Boundaries	Practice resisting lies & temptations
Mar. 14	Faith	Practice taking our pain to God
Mar. 21	Wise Choices	Practice making right choices
Mar. 28	Ultimate Authority	Practice submitting to authority
April 11	Others First	Practice putting others first

# THE PLAYBOOK

Habits of Your Life	Egypt Not Ready to Deal with This	Red Sea Desire to Begin	Wilderness Not There Yet (Rarely OR Sometimes)	Promised Land Consistent Lifestyle (Often OR Always)
<b>Good Spiritual Habits</b>				
Practicing Daily Bible Reading (Devotions)				
Practicing Daily Confession & Repentance				
Practicing Daily Prayer for Self & Others				
Experiencing God's Love & Forgiveness				
Practicing Forgiveness of Others				
Attending Church Regularly				
Participating in a Small Group/Ministry Team				
Serving others in Church or the Community				
Overcoming Worry & Anxiety				
Experiencing Contentment				
Experiencing Truth & Purity in Thought Life				
Reaching out to Unbelievers				
<b>Good Relational Habits</b>				
Experiencing Healthy Friendships				
Experiencing Harmony in your Family				
Experiencing Sexual Purity				
Experiencing Good Communication				
Learning from a Mentor or Coach				
Mentoring or Coaching Other People				
Treating Everyone with Respect				
<b>Good Personal &amp; Professional Habits</b>				
Managing Time: (Balance work, home, etc)				
Managing Time: (On time & meeting deadlines)				
Managing Money: (Living on 80% or less)				
Managing Money: (Saving 10% or more)				
Managing Money: (Giving 10% or more)				
Managing Talents: (Excelling at Work)				
Managing Talents: (Enjoying Hobbies)				
Managing Integrity: (Being Honest)				
Managing Integrity: (Submitting to Authority)				
<b>Good Health Habits</b>				
Eating Right Foods (Quality & Quantity)				
Regular Exercise (3/week or more)				
Sufficient Sleep each Night (7-8 hours)				

# CHAPTER 1

## THE PLAYBOOK

### Game Plan

week 1

#### Navigating to a Better Life

**Intro:** Philippians 3:10-14

To Successfully Navigate our Way to a Better Life, We Must Understand 4 Things About the Journey to the Promised Land:

- 1. It is Commanded & Guaranteed by God:** Joshua 1:1-4, 9a
- 2. It Requires God's Presence & Our Courage:** Joshua 1:5-8:

The Promised Land is not an 'end to battle' but an 'end to wandering'!

- 3. It Means God Leads & We Follow:** Joshua 3:1-13:

The Jordan = The 'Obstacles' we think block our entrance into the 'Promised Land'

- 4. It Requires Progressive Victory & Constant Humility:**  
Deuteronomy 7:22-23; 8:6-20:

### Game Plan

week 1

#### Navigating to a Better Life

Philippians 3:10-14

#### Week 1: Action Step: (Navigating to a Better Life)

- 1. Monday:**
  - A. Review the Journey Chart & Sermon Notes from this past Sunday and Complete the Assessment tool dealing with the various habits of your life.
  - B. **Pick ONE habit area** that you want to focus on for the next 12 weeks.
  - C. Write a 2-3 sentence description of what 'life would be like' if (on this issue) you moved from where you are now (Red Sea, Wilderness, etc.) into the 'Promised Land' in your daily experience.

- 2. Tuesday – Sunday:** Memorize & Daily Meditate on **Philippians 3:10-14:**

*I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, <sup>11</sup> and so, somehow, to attain to the resurrection from the dead. Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

# Offense

## week 2

(The Believer's Battle Plan for Entering the Promised Land)

For Believers to **move out of** Egypt, through the Wilderness, & get established in the Promised Land, they must follow God's Battle Plan!

**One of the most STABLE forms in the world is a Triangle.** This geometric shape is used for things like camera tripods where stability is crucial so that the camera does not move. There is something special about 3 points being connected together, it creates a uniquely strong and stable base on which things can firmly stand.

**God's Battle Plan involves 3 Points of Action**, and when these are put into practice simultaneously, they provide great stability for the Believer to move into the Promised Land and HOLD their position.  
**(Romans 1:20-25, 32) (Hebrews 12:1-3)**

1. Reckon
2. Worship
3. Resist

When we **CHOOSE**, in the **power of the Holy Spirit**, to do these 3 things, we begin to experience the blessings and freedom of the 'Promised Land'. Not only are we able to 'maintain' our freedom but we can escape deception and resist being driven back by the enemy into a 'Wilderness Experience'.

**Let's look at each of these 3 Points of Action:**

- 1. First, we must RECKON or believe what is true.**  
(John 8:31-32) (Romans 4:18-25) (Romans 6:8-14) (Philippians 4:8)
- 2. Then, we must WORSHIP God continuously.**  
(Psalm 95:1-7) (Colossians 3:1-4) (Proverbs 3:5-10) (Psalm 100:1-5)
- 3. Finally, we must RESIST sin and Satan despite the suffering that it causes in our soul.**  
(1 Peter 5:6-11) (1 Peter 4:1-2) (Hebrews 12:4-11) (Psalm 18:28-36)

# Offense

## week 2

(The Believer's Battle Plan for Entering the Promised Land)

## Week 2: Action Step: (3 Choices of Change)

- 1. Monday:**
  - A. Using the ONE issue you selected last week to focus on for this Journey, assess yourself on the 3 Action Points below to clarify in your own mind where you are and what you need.

### Reckon

1-----5-----10

I Don't know the truth about God & this issue

I Know the truth but Forget Easily or Struggle Believing it

I Know the truth about God & this Issue and I constantly focus on it Believing it Strongly

### Worship

1-----5-----10

I Don't Worship God & Don't Understand What Worship is

I Try to Worship God but Forget & I'm Easily Distracted by other things

I Worship God Continuously on this Issue & Draw on His Strength & Presence

### Resist

1-----5-----10

I Don't Resist the enemy On this Issue and/or Don't Understand How to Resist

I Try to Resist the enemy on this Issue but easily Give in when it becomes Painful, Inconvenient, or Exhausting

I Resist the enemy constantly on this Issue & the Suffering it causes drives me Closer to Go

- B. Review the Battle Plan Handout & Sermon Notes from this past Sunday.
- C. Make a list of 'actual decisions/changes you need to implement' in order to experience the '2-3 sentence description' you wrote last week regarding the habit area you have chosen to focus on.

- 2. Tuesday – Sunday:** Memorize & Daily Meditate on **Hebrews 12:1-3:**

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. <sup>2</sup>Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup>Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.*

# Defense

week 3

## I Reckon So: (Reckon = Believe God)

To reckon means that We believe it because God said so, we count on it, we step out in faith on it, and we live knowing it is true!

I'm a New Creation in Christ, the old has gone (been defeated) and the new has come (been empowered); THEREFORE...I'm no longer controlled by (helpless against) the sinful nature; BECAUSE...I have been crucified with Christ, I died with Him, I'm dead to sin; BECAUSE...God spiritually circumcised me (cut off sin's authority in my life) by the Cross; AND NOW... I'm alive to God, united with Him in His resurrection, filled with His Spirit, so that I'm in Him, spiritually seated with Him in Heaven at the right hand of the Father; THEREFORE...I am free, I can obey God, I participate in the divine nature, He will not allow me to be tempted beyond what I can bear, and the enemy must flee when I resist because I am God's Servant, His Child, His Friend, and His Ambassador.

Mark 9:17-29:

John 6:28-29:

Hebrews 11:1-2:

Romans 4:18-25:

Romans 6:8-14:

**A.** Accept Our New Identity: (We are New Creations & Free in Christ)

**B.** Accept Our New Ability: (We are Seated with & Indwelt by Christ)

# Defense

week 3

## Week 3: Action Step: (Reckon = Believe God)

1. **Monday: Capture Your Thoughts:** When you consider the 'habit area' you have chosen to work on, what 'thoughts' do you find yourself thinking about:

**God:**

**Yourself:**

**The Issue:**

\*Highlight any thought 'you know is not true' even though you yourself thinking it.

2. **Tuesday – Sunday: Daily read aloud the statements below about what it means to 'Reckon':**

**To reckon means that We believe it because God said so, we count on it, we step out in faith on it, and we live knowing it is true!**

I'm a New Creation in Christ, the old has gone (been defeated) and the new has come (been empowered); THEREFORE...I'm no longer controlled by (helpless against) the sinful nature; BECAUSE...I have been crucified with Christ, I died with Him, I'm dead to sin; BECAUSE...God spiritually circumcised me (cut off sin's authority in my life) by the Cross; AND NOW...I'm alive to God, united with Him in His resurrection, filled with His Spirit, so that I'm **in** Him, spiritually **seated with** Him in Heaven at the right hand of the Father; THEREFORE...I am free, I can obey God, I participate in the divine nature, He will not allow me to be tempted beyond what I can bear, and the enemy must flee when I resist because I am God's Servant, His Child, His Friend, and His Ambassador.

# Crowd Noise

week 4  
(Accept our New Identity)

To reckon means that we believe because God said so, we count on it, we step out in faith on it, and we live knowing it is true!

## A. We Choose to Believe We Are New Creations in Christ

2 Corinthians 5:17:

### 1. We are God's Servants

1 Corinthians 6:19-20:

### 2. We are God's Friends

John 15:15-16:

### 3. We are God's Children

Romans 8:15-17:

1 John 3:1-3:

### 4. We are God's Ambassadors

2 Corinthians 5:18-21:

## B. We Choose to Believe We Are Free in Christ

Galatians 5:1:

Romans 6:1-7:

Romans 6:8-14:

# Crowd Noise

week 4  
(Accept our New Identity)

## Week 4: Action Step: (Accept your New Identity)

### 1. Monday:

A. For each 'thought you highlighted last week', write out what you believe God says about it in the Bible. If you are not sure what God says about it, ask a godly person you trust.

B. Check-in with Yourself:

**Review the progress** you are making on the 'actual decisions/changes you need to implement' in order to experience the '2-3 sentence description' you wrote last week regarding the habit area you have chosen to focus on. **Thank God & Celebrate** what is 'going well'...continue to practice the 'Reckon, Worship, Resist' process for what is still frustrating to you.

### 2. Tuesday – Sunday: Practice Who You Are in Christ.

Read aloud & Meditate on the following verses. Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.

**Tuesday:** 2 Corinthians 5:17

**Wednesday:** 1 Corinthians 6:19-20

**Thursday:** Romans 8:15-17 & 1 John 3:1-3

**Friday:** 2 Corinthians 5:18-21

**Saturday:** Galatians 5:1 & Romans 6:1-7

**Sunday:** Romans 6:8-14

# FANatic

week 5  
(Accept our New Ability)

## A. We Choose to Believe We Are Seated with Christ

Ephesians 2:1-10:

Psalm 110:1:

## B. We Choose to Believe We Are Indwelt by the Holy Spirit of Christ

John 14:15-20:

Ephesians 3:16-21:

2 Peter 1:3-4:

1 Corinthians 2:12-14:

# FANatic

week 5  
(Accept our New Ability)

## Week 5: Action Step: (Accept your New Ability)

1. Monday:
  - A. Make a list of every aspect of your life where you have made progress in the last 5-10 years.
  - B. What did you do to make this progress?
  - C. How does this encourage you?
2. Tuesday – Sunday: Practice What is True about your Ability.  
Read aloud & Meditate on the following verses.  
Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.
  - Tuesday: Ephesians 2:1-10
  - Wednesday: Psalm 110:1
  - Thursday: John 14:15-20
  - Friday: Ephesians 3:16-21
  - Saturday: 2 Peter 1:3-4
  - Sunday: 1 Corinthians 2:12-14

# Superbowl

week 6  
(Who's on the Throne)

**To worship means that by the power of the Holy Spirit, we Honor God in our daily lives by Loving God Supremely, Depending on God Constantly, Obeying God Immediately, and Praising God Gratefully.**

We rest in the promises of God, align our lives with God's Word, love God with all our being, focus our heart and mind continuously on God, and offer our lives to God.

## John 6:1-15:

## John 4:24:

God is spirit, and his worshipers must worship in spirit and in truth.

## Psalms 95:6-7:

Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care.

**A. Align Our Priorities with God:** (Practice Love & Dependence)

**B. Offer Our Lives to God:** (Practice Obedience & Gratitude)

# Superbowl

week 6  
(Who's on the Throne)

## Week 6: Action Step: (Worship = Honor God)

### 1. Monday:

A. Read Psalm 95:6-7 and John 4:24 and summarize in your own words what it means to worship God. Recall a time when you felt like you worshipped in such a way that you really connected to God. As you think about that time, what would you say was the 'key(s)' to such an effective time of worship? **\*Note:** If you've never had such an experience, write down what you 'hope or expect' it would be like.

B. What are some practical things you can think of to 'honor someone'? How can you apply that to God?

### 2. Tuesday – Sunday: Memorize & Daily Meditate on the statement below & on Psalm 63:1-5:

**To worship means that by the power of the Holy Spirit, we Honor God in our daily lives by Loving God Supremely, Depending on God Constantly, Obeying God Immediately, and Praising God Gratefully.**

'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. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.' **Psalm 63:1-5**

# CHAPTER 2

## FUEL for LIFE

### Relationships

week 7  
(Align our Priorities with God)

#### A. We Align Our Priorities by Loving & Trusting God

Mark 12:28-31:

Proverbs 3:5-10:

Romans 8:28:

#### B. We Align Our Priorities by Focusing & Depending on God

Hebrews 12:2:

Colossians 3:1-4:

Matthew 6:31-34:

# Relationships

week 7  
(Align our Priorities with God)

## Week 7: Action Step: (Align Our Priorities)

### 1. Monday:

- A. **Write down the 3 MOST important 'earthly' things in your life.** If you start really loving God first and foremost, how does your life regarding these 3 things need to change in terms of what you do, what you think, and how you feel?

### 2. Tuesday – Sunday: Practice Love & Dependence towards God.

Read aloud & Meditate on the following verses.

Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.

**Tuesday:** Mark 12:28-31

**Wednesday:** Proverbs 3:5-10

**Thursday:** Romans 8:28

**Friday:** Hebrews 12:2

**Saturday:** Colossians 3:1-4

**Sunday:** Matthew 6:31-34

# FUEL Weekend

week 8  
(Offering our Lives to God)

## A. We Offer Our Lives by Daily Obeying God

Romans 12:1-2:

1 Samuel 15:22-23:

John 13:34-35; 15:12-13:

1 Corinthians 6:19-20:

## B. We Offer Our Lives by Showing Gratitude to God

Psalms 100:1-5:

Philippians 4:4-5:

Psalms 146:1-10:

Psalms 150:1-6:

# FUEL Weekend

week 8  
(Offering our Lives to God)

## Week 8: Action Step: (Offer Our Lives to God)

### 1. Monday:

A. What does it mean to 'honor God with your body' at home, at work, and in the community?

B. Read Psalm 150:1-6 out loud and then Make a list of all the things you are 'thankful' for today.

### 2. Tuesday – Sunday: Practice Obedience & Gratitude towards God.

Read aloud & Meditate on the following verses.

Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.

**Tuesday:** 1 Corinthians 6:19-20

**Wednesday:** Romans 12:1-2

**Thursday:** John 13:34-35; 15:12-13

**Friday:** Psalms 100:1-5

**Saturday:** Philippians 4:5

**Sunday:** Psalms 146:1-10

# CHAPTER 3

## Apps for Life

week 9  
(Spiritual Disciplines)

**To resist means that we take our stand with God and we continuously fight to reject the world, the flesh, and the devil.**

We resist lies about God, His Character, His Ability, and His Love for us... We resist temptations to Disagree with God, Disobey God, Dishonor God, or Ignore God... We resist the tendency to quit obeying or to compromise when we are suffering.

**Matthew 4:1-11:**

**Ephesians 6:10-18:**

**James 4:7:**

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

**A. Guard Our Minds:** (Resist the Lies & Temptations of the Enemy)

**B. Embrace Our Suffering:** (Resist the Urge to Quit When We're Suffering)

# Apps for Life

week 9  
(Spiritual Disciplines)

## Week 9: Action Step: (Resist = Stand with God)

### 1. Monday:

Using the Scale below, RE-ASSESS yourself in terms of how you are able to practice the Battle Plan which we call the 3 Choices of Change.

#### Reckon

1-----5-----10

I Don't know the truth about God & this issue

I Know the truth but Forget Easily or Struggle Believing it

I Know the truth about God & this Issue and I constantly focus on it Believing it Strongly

#### Worship

1-----5-----10

I Don't Worship God & Don't Understand What Worship is

I Try to Worship God but Forget & I'm Easily Distracted by other things

I Worship God Continuously on this Issue & Draw on His Strength & Presence

#### Resist

1-----5-----10

I Don't Resist the enemy On this Issue and/or Don't Understand How to Resist

I Try to Resist the enemy on this Issue but easily Give in when it becomes Painful, Inconvenient, or Exhausting

I Resist the enemy constantly on this Issue & the Suffering it causes drives me Closer to Go

### 2. Tuesday – Sunday: Daily read aloud the statements below about what it means to 'Resist':

**To resist means that we take our stand with God and we continuously fight to reject the world, the flesh, and the devil.**

We resist lies about God, His Character, His Ability, and His Love for us... We resist temptations to Disagree with God, Disobey God, Dishonor God, or Ignore God... We resist the tendency to quit obeying or to compromise when we are suffering.

# Apps for Life

week 10  
(Moral Boundaries)

## A. We Resist the Lies of the Enemy in our Hearts & Minds

2 Corinthians 10:3-5:

John 8:42-44:

Philippians 4:6-8:

## B. We Resist the Temptations of the World, the Flesh, & the Devil

1 John 2:15-17:

Ephesians 4:26-27:

James 1:13-15:

1 Corinthians 10:12-13:

# Apps for Life

week 10  
(Moral Boundaries)

## Week 10: Action Step: (Guard Our Minds)

### 1. Monday:

A. What 'negative emotions' are you feeling right now?

B. What thoughts about God, yourself, or others are 'causing these feelings'?

C. Are these thoughts 'true according to the Bible' or not?

### 2. Tuesday – Sunday: Practice Resisting Lies and Temptations.

Read aloud & Meditate on the following verses.

Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.

**Tuesday:** 2 Corinthians 10:3-5

**Wednesday:** John 8:42-44

**Thursday:** Philippians 4:6-8

**Friday:** 1 John 2:15-17

**Saturday:** 1 Corinthians 10:12-13

**Sunday:** Ephesians 4:26-27

# Apps for Life

week 11  
(Faith)

## We Resist the Urge to Quit When We're Suffering

### 1 Peter 5:6-11:

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you. <sup>8</sup> Be self-controlled and alert. **Your enemy the devil prowls around** like a roaring lion looking for someone to devour. <sup>9</sup> **Resist him**, standing firm in the faith, because you know that **your brothers throughout the world are undergoing the same kind of sufferings.** <sup>10</sup> **And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.** <sup>11</sup> To him be the power for ever and ever. Amen.

### Matthew 16:24-26:

Then Jesus said to his disciples, "If anyone would come after me, **he must deny himself and take up his cross and follow me.** <sup>25</sup> For whoever wants to save his life will lose it, but whoever loses his life for me will find it. <sup>26</sup> What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

### 1 Peter 4:1, 12-14, 19:

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, **because he who has suffered in his body is done with sin.** <sup>2</sup> As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God... **Dear friends**, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But **rejoice that you participate in the sufferings of Christ**, so that you may be overjoyed when his glory is revealed. <sup>14</sup> If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you... So then, **those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.**

### Hebrews 12:3-11:

**Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood.** <sup>5</sup> And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."<sup>7</sup> Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? <sup>8</sup> If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. <sup>9</sup> Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! <sup>10</sup> Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. <sup>11</sup> **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.**

### 1 Corinthians 9:27:

No, I beat **my body and make it my slave** so that after I have preached to others, I myself will not be disqualified for the prize.

# Apps for Life

week 11  
(Faith)

## Week 11: Action Step: (Embrace Our Suffering)

### 1. Monday:

A. When you are suffering, why do you think you tend to 'quit doing right' or compromise with sin?

B. Read and Meditate on Hebrews 12:2 below:

*Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

Go back and re-read the 2-3 sentence description you wrote in week #1 about how good life would look after you 'moved into the Promised Land' on the habit area you have been focusing on?

**All this week stay focused on the 'joy that comes with the change you are making instead of the 'pain and suffering' that also accompanies change.**

### 2. Tuesday – Sunday: Practice Taking Our Pain to God When We're Suffering.

Read aloud & Meditate on the following verses. Personalize them by inserting your name where possible in each verse. Each day, recall the verse to mind as often as possible.

**Tuesday:** 1 Peter 5:6-11

**Wednesday:** Matthew 16:24-26

**Thursday:** 1 Peter 4:1, 12-14, 19

**Friday:** Hebrews 12:3-11

**Saturday:** 1 Corinthians 9:27

**Sunday:** Job 13:15

# Apps for Life

week 12  
(Wise Choices)

## Luke 17:11-19:

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy met him. They stood at a distance <sup>13</sup> and called out in a loud voice, “Jesus, Master, have pity on us!” When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed. **One of them, when he saw he was healed, came back, praising God in a loud voice.** <sup>16</sup> He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. <sup>17</sup> **Jesus asked, “Were not all ten cleansed? Where are the other nine? <sup>18</sup> Was no one found to return and give praise to God except this foreigner?” <sup>19</sup> Then he said to him, “Rise and go; your faith has made you well.”**

### A. We Remember to Celebrate God & Appreciate His Blessings

#### 1 Thessalonians 5:16-24:

**Be joyful always; <sup>17</sup> pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.**

Do not put out the Spirit’s fire; <sup>20</sup> do not treat prophecies with contempt. <sup>21</sup> Test everything. Hold on to the good. <sup>22</sup> Avoid every kind of evil. <sup>23</sup> May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> The one who calls you is faithful and he will do it.

### B. We Continue to Pursue God & Desire His Presence

#### Philippians 3:7-14:

But whatever was to my profit I now consider loss for the sake of Christ. **What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord,** for whose sake I have lost all things. I consider them rubbish, that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God and is by faith. <sup>10</sup> **I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, <sup>11</sup> and so, somehow, to attain to the resurrection from the dead.** Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> **Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.**

# Apps for Life

week 12  
(Wise Choices)

## Week 12: Action Step: (Return and Give Thanks)

### 1. Monday:

- A. List all the progress you have made on the habit area you selected 12 weeks ago and spend time alone thanking God and giving Him the credit and the glory for how you have grown.
- B. Ask God to open the door this week for you to share what He has done for you over the last 12 weeks with another person in your family, at work or in the community. Be watching for the opportunity and ‘Go for it!’

# Apps for Life

week 13  
(Ultimate Authority)

Romans 13:1-2, "Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves."

When someone tells you what to do, the issue is not what it's who.

It becomes an issue of Trust

**The Critical Question: Am I submitting to the ultimate authorities God has placed over me, and am I ultimately submitting to God?**

**Can I trust You?**

**Submission**

**Influence**

**Authenticity**

**Consistency**

**Giftedness**

**Relationship**

**Respect**

**Maximum Freedom is found under God's authority!**

# Apps for Life

week 13  
(Ultimate Authority)

## Week 13: Action Step: (Respecting Authority)

### 1. Monday:

- A. Read Nehemiah 1:1-2:18:
- B. What was the Relationship between Nehemiah's position in King Artaxerxes' court and God's ultimate plan for Nehemiah?

### 2. Tuesday:

- A. Read Matthew 22:15-22:
- B. What is the principle that Jesus was getting at when He made His statement about the denarius to the Pharisees? If you were going to teach this passage, how would you state the principle?

### 3. Wednesday:

Answer and think about this: As a leader, how do you respond to authority? Do you find it difficult to stay under authority?

### 4. Thursday:

What is the relationship between what God may ultimately want to do *through* you and the authorities He has placed *over* you?

### 5. Friday:

What have you learned from current or past authorities and how do you relate that to God?

### 6. Saturday:

What are some characteristics that may be misinterpreted as "rebellion" to people in authority over you?

Bonus Thought: How is your relationship with your parent(s)? How does that effect your relationship with God?

# Apps for Life

week 14  
(Others First)

Philippians 2:3-11

<sup>3</sup>Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. <sup>4</sup>Each of you should look not only to your own interests, but also to the interests of others.

<sup>5</sup>Your attitude should be the same as that of Christ Jesus:

<sup>6</sup>Who, being in very nature God,  
did not consider equality with God something to be grasped,

<sup>7</sup>but made himself nothing,  
taking the very nature of a servant,  
being made in human likeness.

<sup>8</sup>And being found in appearance as a man,  
he humbled himself  
and became obedient to death—  
even death on a cross!

<sup>9</sup>Therefore God exalted him to the highest place  
and gave him the name that is above every name,

<sup>10</sup>that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

<sup>11</sup>and every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.

When you make yourself nothing, you are really something.

1. Don't allow ambition or conceit to drive your decisions.
2. View others as more important than yourself.
3. Look out for the interest of others.
4. Follow Christ's example of humility.

Four words to help you practically put "others first":

**Listen**

**Remember**

**Ask**

**Pray**

# Apps for Life

week 14  
(Others First)

## Week 14: Action Step: (Putting others first)

### 1. Monday:

A. Read Phil. 2:3-8:

B. Do you think Jesus was born with the heart of a servant or was it something He developed?

### 2. Tuesday:

What does Paul mean when he says you must "consider" others better than yourself?

### 3. Wednesday:

What does Philippians 2:4 say about your purpose in life?

### 4. Thursday:

A. Read John 13:2-17:

B. What did Jesus mean when He said, "No servant is greater than his master"?

C. How difficult is it for you to always put others first?

### 5. Friday:

Think of the people you will see over the course of the day. How can you symbolically "stoop" to serve them?

### 6. Saturday:

Can you think of some opportunities for service or sharing about Jesus that you may have missed because you were "too busy" or "didn't want to get involved"?

Bonus Thought: How can you practically put other people first in your family and school?