



**TEENAGE
CONSTRUCTION
ZONE
COMPANION BIBLE
STUDY**

TREY TALLEY



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SALVATION

Question: Where do you stand with God?

Answer:

- Ⓐ I don't know.
- Ⓑ Heaven, baby!
- Ⓒ I'm pretty skeptical about that whole thing.

The Bible says that you are either on the road to Heaven or the road to Hell. There are no other choices. But how do you know which road you are on? Lets look up verses from the book of Romans to find out.

“For all have sinned and fall short of the glory of God.” (Romans 3:23)

“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”
(Romans 6:23)

First, it is important to realize that we are all sinners. If you are a human, then you are a sinner. It's that simple.

The punishment for sin is death. And this doesn't mean that you stop breathing. No, this death means that we are spending our life on Earth without God and our life after Earth - all eternity - in Hell.

Fortunately, Jesus is the Son of God. He was perfect from birth, and He lived a perfect life. Therefore, he could pay the price for our sin, a price that we could never pay ourselves.

Salvation

“But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.”
(Romans 5:8)

God knows you have sinned. In fact, He knows every sin you have ever committed, but He is willing to forgive you. You can call on Him by faith, and He will save you from your sins and the death that you deserve. You can have an eternal life in heaven instead.

“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”
(Romans 10:9)

“Everyone who calls on the name of the Lord will be saved.” (Romans 10:13)

If you would like to receive God’s gift of eternal life, you may want to voice a prayer like the one below.

“Dear Jesus,

Thank you for living, dying, and rising from the dead so that I could be saved. You are God, and I know that I have sinned against you. Thank you for allowing me to see my sin and the need for you as my Savior. I receive your salvation and forgiveness of sin. Thank you for making me a child of God.”

Congratulations, if you have believed what we have just gone over, then you are saved! What does the book of Romans have to say about you now?

“Therefore, there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)

“Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him!” (Romans 5:9)

Salvation

That's right, your sins are forgiven. Jesus saved you from an eternity in Hell, separated from God.

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:38-39)

Once you are saved, your sins are totally forgiven, you are a child of God. Let someone know about your salvation! Don't keep the greatest news in your life a secret.





INSTRUCTIONS



Teenage Construction Zone is written as a tool for public schools as well as church groups. If you are using the book in a Christian environment and would like to further substantiate the key points in the book, this is for you.

This Bible study is designed as a companion to Teenage Construction Zone: Building a Strong Foundation for a Great Life.

If you are doing this Bible study on your own, you should:

1. Commit to starting and finishing the book.
2. Read one chapter at a time.
3. Complete the questions for each chapter after you have read the chapter.

Instructions for leaders of small groups, youth groups, and Sunday Schools:

1. This material was designed as a twelve week course.
2. The Bible study is designed to be completed in a group setting the following week, not as home work.
3. Students should be assigned one chapter a week but should wait to answer the questions in class.
4. The leader should read the chapter to be taught before class and circle key paragraphs that could be used to strengthen the points of the book. During class refer back to the

book and have students read key sentences or paragraphs. Encourage students to mark or circle points in the book that they find particularly interesting.

5. The leader should also read the questions to be answered before class, so that they will have a well rounded understanding of the chapter, the scriptures, and the questions to be used.
6. During class, alternate between reading selections from the book, the verses, and the questions.
7. At the end of each chapter an “Exercise” has been assigned to help apply the principle to their life. Depending on how much time you have, you can use several methods to do this:
 - Allow ten minutes or more of silence at the beginning of class for the students to read the scriptures and answer the questions on their own, then lead the group by reading key points from the book, scriptures and questions. Open it up for discussion as you see fit.
 - Allow several five minute periods of silence to complete one, two, or three questions. Then stop them and go over the reading selections from the book, scriptures and question. Open it up for discussion as you see fit.
 - Read a selection from the book, the scripture and the questions out loud. Then allow students to discuss and answer out loud. Keep control, and be ready to direct the conversations down the right track.



THE FOUNDATION OF YOUR LIFE WEEK 1

“[You are] built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.” (Ephesians 2:20-22)

1. We as Christians should be even more cautious while we build, because according to this Scripture, what are we building?

2. Read the verse again. Believers are joined together in the work of Christ. This project takes all types of people to complete the job. Are you doing your share? Could you do more? What are some things you could do to help others grow stronger in Christ?

Group Discussion

“Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” (Psalm 25:4-5)

Really think for a moment about what you are using as your blue print to live life. Where did you learn to act the way that you do? Why do you act the way you do? Discuss possible blueprints that you or others are using to guide you through life.

3. As we build, what should we use as our supreme blueprint for life?

Have you ever tried to put something together without reading the directions? It usually doesn't work. Some people try to build their lives without ever reading the instructions. Are you reading the Bible as you build or are you expecting to have a great life without reading the Instruction Book?

4. What if your prayer each day included Psalm 25:4-5? Would you be more likely to rely on God? God wants to be your teacher and guide in life. Will you let him?

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” (Galatians 6:7-8)

“The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for

lack of discipline, led astray by his own great folly.” (Proverbs 5:22-23)

5. How do these verses relate to Chapter 1’s idea of “building your life.”

6. Can you give an example of reaping and sowing in your own life? Give an example of when your actions had an obvious consequence.

“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.”

(Mathew 7:24-26)

7. How do we make sure that our lives are built on rock and not sand?

Group Discussion

Can bad things happen to Christians? Then what is the benefit of being a Christian if we can get hit with the same storms?

“...make the most of every opportunity.”
(Colossians 4:5b)

“And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God...” (Colossians 1:10)

8. Are you “making the most of every opportunity”?
Are you living a life that will “please him in every way”?

9. According to Jake, how many bad choices did it take to destroy his foundation? _____

Exercise: List three things about your foundation that could use a little strengthening.

1. _____

2. _____

3. _____





YOUR FUTURE IS IN YOUR HANDS

WEEK 2

“Unless the Lord builds the house, its builders labor in vain.” (Psalm 127:1a)

1. Building in vain means living for earthly pleasure instead of seeking God. Can you think of people who build in vain? Do you personally build in vain sometimes?

Give two examples:

1. _____

2. _____

“Since, then you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.” (Colossians 3:1-2)

2. As we think about what we want our lives to be like, we should not just consider what we want out of life, but what God wants out of our life. We do this by setting our _____ and our _____ on things above. This takes continual effort to do. In this life it is quite easy to get absorbed into earthly living, and not on things above.

How often do you look to God for advice? Are your heart and mind set on what God wants with your life or just what you want?

“... I urge you to live a life worthy of the calling you have received.” (Ephesians 4:1)

3. Is it enough to live our lives in order to please ourselves, our friends, or parents? Why?

Group Discussion

“For we brought nothing into the world, and we can take nothing out of it.” (1 Timothy 6:7)

We are on earth for a matter of years. We will be in eternity forever. Yet many Christians build for success only in this life. Discuss why that happens to so many.

“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’” (Hebrews 13:5)

“People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.” (1 Timothy 6:9-10)

4. Is wanting to make money wrong? Remember this verse doesn't say that "money is a root of all kinds of evil." Instead it says, "the _____ of money is a root of all kinds of evil." How can obtaining riches quickly turn into sin?

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Mathew 6:19-21)

5. Having goals and dreams is fine, as long as they don't become your all consuming drive. It is important to remember that one day you will be gone, and everything you have worked hard for will be left here. With that in mind, what are your goals for this life?

Exercise

Before continuing, complete the Goal Exercise portion from Chapter 2 on the space provided on the next page.



Goal Exercise



YOU ARE SHAPING YOUR LIFE! WEEK 3

Group Review

Briefly look over last week's lesson. What changes did the discussion bring in your life, your actions, your thoughts, or your relationship with God?

“If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man's work. If what he has built survives, he will receive his reward. If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames.”
(1 Corinthians 3:12-15)

1. Some Christians build their lives with things that will not matter in eternity. These things will be “burned up.” What are some things in your life that are not going to last in eternity?

2. What are some things in your life that will last in eternity?

3. When people run out from a house fire, do they get to bring much with them? Why does Paul use this analogy to compare some Christians who are entering Heaven?

“Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.” (1 Corinthians 15:58)

4. Everyone goes through tough times. What are some practical things that you can do in order to help you stand firm?

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.” (1 Timothy 4:12)

Group Discussion

Do you think some young Christians use their youthfulness to excuse sin in their lives? Do you ever do the same?

5. How can you set an example for others in your: Speech?

Life?

Love?

Faith?

Purity?

“Be very careful, then, how you live—not as
unwise but as wise, making the most of
every opportunity, because the days are evil.
Therefore do not be foolish, but understand what
the Lord’s will is.” (Ephesians 5:15-17)

6. We are commanded to be wise builders, by understanding what the _____ is. We can find his will through his word, through prayer, and through fellow believers.

“A man reaps what he sows. The one who sows to please his sinful nature, from that nature, will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. 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 6:7b-10)

7. No matter how tiresome doing good may seem, it is worth it. If you don’t give up you will reap a great _____. For a farmer, a good harvest was the reward of a lot of labor like planting, weeding, fertilizing, and watering. If they did all of those things, then they

could expect a great harvest. As you continue to do good works in all areas of your life, you can expect a harvest of good things as well.

“At the end of your life you will groan, when your flesh and body are spent. You will say, ‘How I hated discipline! How my heart spurned correction! I would not obey my teachers or listen to my instructors. I have come to the brink of utter ruin in the midst of the whole assembly.’” (Proverbs 5:11-14)

8. This is the opposite of a good harvest. Do you ever hate discipline or not obey people in authority like your parents, church leaders, teachers, or police? If so, change immediately, or reap the harvest.

Exercise

Look back over your Goal Exercise Worksheet. In light of what you have learned, do you think that your goals would line up with God’s plan for your life? If not, spend a moment writing in the changes.





FRIENDS: THE CONSTRUCTION CREW WEEK 4

Group Review

Briefly look over last weeks' lesson. In what ways were you challenged to build a better life? Be specific.

“But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.”
(1 Corinthians 5:11)

“Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.”
(Proverbs 22:24-25)

1. Why do you think the Bible warns us not to hang around immoral people?

2. Give an example of this in your life or someone else's life.

Group Discussion

“Don’t you know that a little yeast works through the whole batch of dough?” (1Corinthians 5:6b)

Yeast is used in baking to make the bread rise. A tiny amount is tossed into the dough, yet the effects of it are tremendous. How can you relate yeast to sinful people around you?

“Do not be misled: “Bad company corrupts good character.” (1Corinthians 15:33)

3. Give a specific example of how being around someone caused you to act in a way that you shouldn’t have.

Group Discussion

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? ... What does a believer have in common with an unbeliever?”
(2 Corinthians 6:14-15)

How could allowing unbelievers to be your best friends be dangerous to your Christian walk?

“I urge you, brothers, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them. For such people are not serving our Lord Christ, but their own appetites.” (Romans 16:17-18a)

4. What does this passage say to do about people who are trying to teach you the wrong way to live?

“...many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. But our citizenship is in heaven.” (Philippians 3:18b-20a)

5. As a Christian you are a _____ of heaven. Make sure that you don't pick up the lifestyles of those that are just living for what this temporary life has to offer.

“Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.” (Proverbs 29:25)

“Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.” (Galatians 1:10)

6. Some people live their lives to please their friends. How do you avoid doing this?

“And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone.” (1 Thessalonians 5:14)

“A friend loves at all times...” (Proverbs 17:17)

7. Give an example of when being a loving friend might involve some controversy.

Exercise

Sometimes being a real friend can be hard. Your friend might even get upset, but if you are being obedient to God then you have done the right thing.

Make a list of the five friends that influence you the most. This week pay more attention to how much they influence you.

1. _____
2. _____
3. _____
4. _____
5. _____





STANDARDS FOR LIVING WEEK 5

Group Review

Briefly look over last weeks' lesson. Did you try to be more aware of the how your friends influenced you? Think of an example where a friend influenced you to do, say, dress, or act a certain way.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.”

(Galatians 5:22-24)

1. What are other types of behavior that should be found in a Child of God? What do these fruits look like in day to day life?

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Romans 12:2)

2. Is it easier for you to be conformed to the world's standards, or transform to God's standards? _____

Explain why.

Group Discussion

Conforming to our surroundings is virtually automatic, unless we take intentional steps to keep it from happening. What are some practical real life things that we can do to continue transforming into who God wants us to be and not conforming to who the world wants us to be?

“Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”
(2 Timothy 2:22)

3. Evil desires are very common. As teenagers these desires can seem even more appealing, but this verse says to _____ from them. Not only are we supposed to do this, but we are to _____ righteousness, faith, love, and peace as well. The easiest way to get away from evil is to pursue good.

“Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.” (Proverbs 4:26-27)

4. Walking with God means staying focused on what he would have you do. It's easy to swerve off the road when you're not looking straight ahead. What are some things or people that have caused you to swerve or want to swerve?

Group Discussion

“Test everything. Hold on to the good. Avoid every kind of evil.” (1 Thessalonians 5:21-22)

How should we test everything?

“He whose walk is blameless is kept safe, but he whose ways are perverse will suddenly fall.”
(Proverbs 28:18)

5. People fall or thrive based upon their standards for living. According to this verse if you are _____ you are kept safe, but if you are _____ you will fall.

Exercise

This chapter was about setting your morals and standards. Find some time this week and do some serious thinking about what your morals and standards are going to be. Make sure to use the word of God, and the example of Godly people in your life to establish them.





FOUNDATION BREAKERS: DRUGS AND ALCOHOL WEEK 6

Group Review

Last week's lesson talked about peer pressure. Did you witness peer pressure taking place in your life or anyone else's life. Think of an example to share.

“Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.” (Proverbs 20:1)

1. Anyone who is “led astray” by alcohol is not _____.

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18)

2. Anything such as alcohol or drugs can easily lead to all types of sin. Instead of being filled and controlled by such substances, we as Christians are to be filled and controlled by the _____.

Group Discussion

Just because the Bible doesn't mention a specific substances like drugs and cigarettes, is it okay for us to do it? Why or why not?

“For he chose us in him before the creation of the world to be holy and blameless in his sight.”
(Ephesians 1:4)

3. Is it enough to be blameless in our friends’ or even parents’ sight? It is important to understand that God sees everything we do and everything we think. Our goal should not be to just be blameless in people’s eyes but in the eyes of God.

4. Analyze your own life. Have you put proper boundaries up between you and foundation breakers? If not, do some serious thinking about setting boundaries up that God would be proud of.

“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”
(1 Corinthians 10:13)

5. What are some things in your life that help you resist sin? Be specific.

Group Discussion

“I applied my heart to what I observed and learned a lesson from what I saw” (Proverbs 24:32)

Do you think the people you hang around could be an influence on how often you are tempted by alcohol or drugs?

Exercise

If you are currently using alcohol or drugs, make it your goal this week to stop and to get someone to help you stop.

If you are tempted to use alcohol and drugs, figure out what that temptation is and think about away to cut it out of your life this week.

If you are not currently in an environment that makes you feel tempted to try alcohol or drugs, think up some ways to protect yourself if the temptation ever arises.





SEX AND EFFECTS WEEK 7

Group Review

Last week's lesson was on Foundation Breakers. Explain the connection between alcohol and drugs and the term "foundation breakers."

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body."
(1 Corinthians 6:18)

"She caught him by his cloak and said, 'Come to bed with me!' But he left his cloak in her hand and ran out of the house." (Genesis 39:12)

1. What is the best way to avoid sexual immorality?

2. While all sin is bad, sexual sin is somehow a little different than other sins in that it is against our own _____. Something about this causes this sin to cause incredible emotional and psychological pain.

“Do you not know that your body is a temple 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 body.” (1 Corinthians 6:19-20)

3. A great question to ask yourself when determining how far is too far is, “Would I be honoring God with my body if I did that?” Remember, you are not your own, you are actually _____, and your body is the temple of the _____.

Group Discussion

Do you think getting involved physically with someone could fool them into believing that they are more compatible than they really are?

“But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.” (Ephesians 5:3)

4. There should not even be a _____ of sexual immorality in our lives. Is being a technical virgin acceptable to God?

5. If you are ever being pressured to do something by someone of the opposite sex, even if it is kissing, should you break up with them? Explain.

6. Would it be more or less difficult for a Christian dating a non-Christian to remain pure until marriage? Why?

“Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”
(Colossians 3:5)

7. What are some practical things that you can do to “put to death” these attributes of your sinful nature?

Group Discussion

What are some of the benefits for saving yourself for marriage?

“For a man’s ways are in full view of the Lord, and he examines all his paths.” (Proverbs 5:21)

8. God sees everything. You are never hidden from God. He looks at our hearts, our thoughts and our actions. It is important to remember that just because nobody is around and you might be alone with that special someone, you are still “in full view of the_____.”

Exercise

Why would the wrong person, wrong place, or the wrong mindset contribute to a teenager having sex before marriage. Take a moment to review each one.





STANDARDS FOR LOVING WEEK 8

Group Review

Why would the wrong person, wrong place, or the wrong mindset contribute to a teenager having sex before marriage? Take a moment to discuss each one.

1. Where do most peoples' standards for loving come from?

“...treat younger men as brothers...and younger women as sisters, with absolute purity.” (1 Timothy 5:1-2)

2. Do you think of your peers as brothers and sisters? Of course you would not look at a brother or sister lustfully, but the Bible says that we should treat everyone of the opposite sex in that manner. Remember, even if you have a boyfriend or girlfriend, they are not yours. They are God's property.

Group Discussion

“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices,

holy and pleasing to God—this is your spiritual act of worship.” (Romans 12:1)

A sacrifice to God in the Old Testament was something that was totally consumed by fire. Every part of it was given to the Lord. Why does Paul say here that we are to be living sacrifices? How could this verse apply to setting your standards for loving?

“Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.” (1 Thessalonians 4:4-8)

3. In order to be obedient to God, you should learn to _____ your body, and not let it control you. Even if the people you’re around don’t expect you to live a pure life, it doesn’t matter. God, your creator has called you to be pure and holy!

4. If you decide to reject this teaching, then who, according to this passage, are you rejecting? _____

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” (Mathew 26:41)

1. What does Jesus say to do to avoid falling into temptation?

Spend a moment in prayer today on this topic. Pray that you will not give in to temptation and will set the standards for love that Jesus himself would approve of.

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? ... What does a believer have in common with an unbeliever?”

(2 Corinthians 6:14-15)

2. We looked at this verse earlier and related it to our friendships, but how does this verse relate specifically to a potential girlfriend/boyfriend?

Group Discussion

Do you believe it is easier for you to influence a non-Christian boyfriend/girlfriend or for them to influence you? Why?

“A wife of noble character is her husband’s crown,
but a disgraceful wife is like decay in his bones.”
(Proverbs 12:4)

“Charm is deceptive, and beauty is fleeting; but a
woman who fears the Lord is to be praised.”
(Proverbs 31:30)

3. Is it easy to desire someone for the wrong reasons?
God challenges us to look beyond the exterior of a person,
and find out who they really are on the inside.

Exercise

Reread the escalation portion of this chapter. Where are you going to draw the line? When you have set these boundaries, find an accountability partner and let them know about them. Make a commitment to check up on each others’ physical relationships when they become a temptation.





THE DECEPTION OF SUICIDE WEEK 9

Group Review

Why would the wrong person, wrong place, or the wrong mindset contribute to a teenager having sex before marriage? Take a moment to discuss each one.

Group Discussion

Why do you think teenagers become completely consumed by a few specific problems?

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” (Psalm 9:9)

“Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge.” (Psalm 62:5-7)

“God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)

1. From the verses above, list some things that God is called.

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”
(2 Corinthians 4:17-18)

2. Everyone goes through hard times. The early Christians were tortured and tormented, yet they kept their eyes on Jesus. No matter what problems you face you'll get through them a lot easier and faster when you focus on God and not the problem. What are some things you can do when times are bad to keep your eyes on God?

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.”
(Philippians 4:12-13)

3. When people rely only on themselves to make it through problems, they often fall short. Who does the passage above say to rely on for strength?

“I always pray with joy...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Philippians 1:4b-6)

4. Difficult times will come into your life, but Christ is more than able to get you through them. You can be “_____ of this.”

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

5. We make our problems even bigger when we dwell on them. Instead, as Christians, what should we do according to the verse above?

6. What does the verse say will happen when we do that?

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me

were written in your book before one of them came to be.” (Psalm 139:13-16)

7. God has a plan and purpose for your life. Do you sometimes forget that you were wonderfully made? You are so special that he even sent Jesus to die for all of your sins. That way you can confess your sins to him, believe in Jesus, and be saved. _____ designed you that way!

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

8. Some people allow past sins to get them extremely depressed. What does this verse say that God does when we confess our sins?

Group Discussion

Some people think that they have done things that God would never forgive. Is there any truth behind this? What advice would you give to someone your own age who is struggling to forgive themselves for something they’ve done in the past?

9. If you ever have a friend that struggles with suicidal feelings, what are some things that you could do or say to help?

Exercise

Even if you're not facing any troubles at the moment, come up with a plan this week of what to do and who to talk to if you ever begin feeling depressed and discouraged. Write it down and keep it somewhere safe for when trouble strikes.





HEALTH AND FITNESS

WEEK 10

Group Review

Last week, you came up with a plan to get help when you begin having suicidal thoughts. Share your plan with everyone else and take notes on any useful suggestions that someone else may have.

“The heart of the discerning acquires knowledge; the ears of the wise seek it out.” (Proverbs 18:15)

1. According to this passage the discerning and the wise seek what? _____ When it comes to health and fitness, you need to seek out sources of good information. Look into how you should eat and how much you should exercise. Don't leave it up to your teachers or parents. Take it upon yourself.

Group Discussion

“Like a city whose walls are broken down is a man who lacks self-control.” (Proverbs 25:28)

“It is God's will...that each of you should learn to control his own body in a way that is holy and honorable...” (1Thessalonians 4:3-4)

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” (2 Timothy 1:7)

Why do you think the Bible has so much to say about self-control and self-discipline? How can God help?

2. Do you think it should be easier or more difficult for a Christian to maintain healthy habits when it comes to exercise and fitness? Why?

3. Everyone struggles with discipline at some time. What should we do when we are struggling? List at least two things that you could do spiritually.

1) _____

2) _____

List at least two things you could do practically (like get a friend to hold you accountable).

1) _____

2) _____

“Do you not know that your body is a temple 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 body.” (1 Corinthians 6:19-20)

4. It is important to understand that you are not just taking care of your body for the sake of looking good. You are taking care of your body because it is actually _____'s property. The _____ is living in there with you!

Group Discussion

How does realizing that your body is the temple of God affect your decisions regarding health and exercise?

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:8)

5. Godliness comes first, but physical training is still of some value. What are you currently doing for exercise?

6. Set some realistic goals for your health and fitness. As this chapter stated, there are many ways to exercise and stay in shape. Find something that works for you. Take a moment and jot down some ideas that come to mind.

Exercise

Do something to change the healthiness of your lifestyle this week. Research some nutrition facts and apply them, change what you eat, and/or pick up and exercise routine if you don't already have one. Fulfill one of the goals you set for question 6 or start down the road to get there.





SEE NO EVIL, HEAR NO EVIL, SPEAK NO EVIL WEEK 11

Group Review

Last week's lesson was about health and fitness. Why is it important to maintain our health as a Christian?

“I made a covenant with my eyes not to look
lustfully at a girl.” (Job 31:1)

1. Is it acceptable in our society to look but not touch?

2. Is it acceptable for you as a Christian to look but not touch?

3. What are some ways to keep yourself from looking at evil on the internet?

“The tongue has the power of life and death.”
(Proverbs 18:21a)

4. Think about what you talk about on a daily basis. Are your words helping or hurting the people around you?

“Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.” (Colossians 3:16)

5. What must dwell in us if we are to help others with the words of our mouths? _____.

How do we increase the word of God that is in our minds and hearts?

Group Discussion

“Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.” (Ephesians 5:4)

What is “coarse joking” and how could coarse joking hurt someone’s feelings? Think of examples in your own life, or others, where someone has joked too harshly resulting in someone getting hurt.

“Avoid godless chatter, because those who indulge in it will become more and more ungodly.”
(2 Timothy 2:16)

6. Give some examples of “godless chatter.”

“A gossip betrays a confidence; so avoid a man who talks too much.” (Proverbs 20:19)

7. How do you deal with someone who gossips too much?

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

“The Lord detests the thoughts of the wicked, but those of the pure are pleasing to him.” (Proverbs 15:26)

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.” (Philippians 4:8)

8. The Bible gives us strict commands about what we are supposed to think about. If it is not noble, _____, pure, _____, admirable, _____, or praiseworthy, then don't allow it in your brain.

9. What are some things that interfere with you keeping your thoughts fixed on Jesus?

Group Discussion

What are some practical standards you can apply to these three areas of your life.

See?

Hear?

Say?

Exercise

This week be more observant of what you are watching, listening to, or saying. Identify potential problem areas and take steps to change.





WORTH THE WORK

WEEK 12

Group Review

Why is it important to guard what we see, hear, and say? What was the fourth monkey that I added and why is it important?

“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.” (Philippians 3:12)

1. In this life, can you ever get to a point where you are absolutely perfect? Explain.

2. Paul, the person who wrote these verses, had a horrible past, but an amazing future. He went on to write two thirds of the New Testament. Do you think “forgetting what is behind and straining toward what is ahead” was very important to him? How and why should this be an important principle or your life?

“Commit to the Lord whatever you do, and your plans will succeed.” (Proverbs 16:3)

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”
(Colossians 3:17)

3. Whether its athletics, band, walking down the hallway, homework, talking to friends, or anything else, you should do it all in the name of _____.

You are not just representing yourself, you are representing Jesus. Strive for excellence in every part of your life as if you were doing it not just for a coach, parents, teachers, or friends, but for Jesus himself.

“How can a young man keep his way pure? By living according to your word. I seek you with all 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. Praise be to you, O LORD; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.”
(Psalms 119:9-16)

4. I like to call this passage “The Cure to Stay Pure.” The writer looks at the evil all around him and says, “How can a young man keep his way pure?” We could easily ask the same question today. We could also answer it the same. What was his answer to his question?

5. How can you live the word if you don't know the word, and how can you know the word if you don't read the word! Write down the last part of the last sentence of the verse above.

I _____ not _____ your _____.

6. Consulting God's word is something that we should do on a daily basis. When was the last time you read your Bible?

Group Discussion

What are some practical things that we can do to keep from neglecting Gods word, so that we can live a pure life?

“Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.” (1 Corinthians 9:24b-25)

7. Live with purpose and intentionality. Your purpose is to bring God glory through your life. In the end that is all that is going to matter. This life is temporary, but eternity is forever. Make sure your working for a _____ that lasts.

Group Discussion

In the section Foundation Inspection you are challenged to truly examine your foundation thus far. Do you think this type of inspection is common amongst teenagers? Why or why not? Do you believe that it should become an important part of your life?

Exercise

What you build is up to you! Spend some time this week looking back over some paragraphs in the book that really applied to you. Also look back over your Goal Exercise and this workbook. The best way to get something in your head is through repetition. Review and apply.

