



Welcome to Let's Go. We're going to walk you through every step you need to take to get your dads & kids bible study going.

### **BEGINNING & ORGANIZING YOUR FIRST DADS & KIDS BIBLE STUDY**

- Pray. Ask the Lord to help you make this Bible study happen: "Lord Jesus, Your word says that you could have no greater joy than to hear that your children are following the truth (3 John: 4). I know it's my job to help them do that. Will you help me find other dads and their sons (daughters) who will do this Bible study with me and my son (daughter)?"
- Ask God to give you the name of 3-4 dads who will commit to do this with you to form your core group. Ask Him to give you favor when you talk with them.
- Once you have a core group, begin inviting other guys. There are several ways to go about doing this:
  1. Talk it up at your son's soccer game
  2. Have your daughter invite her friends and follow up with their dads
  3. Send a letter or e-mail to your son or daughter's class (sample letter & e-mail are provided below)
- Decide on a day for your first Bible study. We find that before school works best.
- Decide on a home where you'll meet (at least for the first couple of get-togethers).
- Decide on the lesson series that you want to do for your group. [Click here for lesson series summaries](#). The lessons are written for kids and designed to be taught by dads. The lesson summaries will help you choose the right one for the subject and age appropriateness for your group.

There are two ways to get the lesson material (there's no charge either way):

1) Mail in or fax your request for Bible study materials ([link](#)). Our address is:

Practice Ministries  
8117 Preston Rd Suite 300 West  
Dallas, TX 75225

Our fax number is: 214-706-9002

2) Download any or all of our material off the website: ([link](#))

- **You're just about set.** You've got your core group, your first meeting day and home to meet in, and the lesson series you want to do.
- Next, decide who will lead the first lesson. You can
- ONE MORE VERY IMPORTANT MATTER needs to be taken care of. You have a leader. You now need a feeder. There's some kind of magical relationship between donuts, kids and Bible study. Have someone agree to bring enough donuts for the kids... and maybe for the dads.



- You are ready for your first Dads & Kids Bible Study. On study day, open the doors, pray that the donuts arrive before the kids, and have fun!



## PRACTICE MAKES PERFECT

Over the years we've helped organize hundreds of Bible studies, and we've come up with what we think is a pretty good recipe that will help your families get the most out of your study.

Here's a suggested outline for how to make your first Bible study go smoothly:

- Invite Jesus to attend your Bible study. Ask for His power and presence to work in and through each person gathered.
- If it's a morning study, have some donuts (donuts are key) and juice. If it's an evening study, have some light snacks before study begins.
- Start fairly promptly as some may have time constraints.
- We find that study works best when the kids sit with their dads.
- Introduce yourself and then have the kids introduce themselves especially if there are some who do not know each other.
- Begin the Bible study with an opening prayer. Ask if one of the kids or dads will pray - but don't push too hard, since it may be uncomfortable or intimidating at first - even among the dads. One idea is to assign the opening and closing prayer to one of the dads and their child, so that they have time to get ready.
- As the group gets more comfortable with each other, we find that rotating the prayer around from week to week is a good way to get the kids and dads involved.
- Give a short description about the day's lesson
- Lead-off with the discussion question & discuss it for a bit. Encourage your dads to participate in the discussion. We find that often dads will not say anything because it's "a study for the kids." But their participation is important.
- Go through the lesson at a comfortable pace for the group. If you don't finish - it's ok.
- End the study lesson promptly at the time mentioned. Twenty minutes of study is plenty. You may find that at times, less is better.
- Encourage the dads and kids to do the corresponding Exploring the Bible worksheet each week, and leave time in your study for each child to give their answers.
- Encourage the kids to practice the quality or character trait emphasized in the day's lesson during the week. Challenge them to share with the group at the next study about any situations where they had an opportunity to put into practice what they learned.
- Here's a wonderful way to end each lesson: have each dad get with his child (or boy or girl he brings with him whose father is not there) and ask them to pray with each other. We have found that this is a wonderful way for a dad and child to learn to pray for each other. You may suggest that they ask each other what they would like prayer for that day.

Try the above recipe the first few times, and then if you need to, adjust it to meet your group's needs.

### Sample Bible Study Agenda

7:10 - 7:20 a.m.	Fellowship over donuts and juice
7:20 - 7:40 a.m.	Bible study lesson
7:40 - 7:50 a.m.	Exploring the Bible review
7:50 - 7:55 a.m.	Prayer between each dad and his child
7:55 - next study	Practice what you've learned



## SAMPLE INVITATION LETTER

Thursday, May 28, 2009

Hi Moms & Dads,

I'm putting together a 3rd Grade Boys & Dads Bible Study., and want to invite you and your son to do this with me and my son \_\_\_\_\_. We'll begin on \_\_\_\_\_ (date) at 7:00 a.m. and will meet in my home, \_\_\_\_\_ (address) before school.

We'll plan on doing this every week through-out the school year. Come join us for donuts and a look at how God wants us to practice living every day. Dads, if you and your son or daughter are interested, please contact me – this will be the best morning of our week!\*

Sincerely,

Name                      phone number                      e-mail address

Dads, if you're unable to participate, your son or daughter is welcome. We'll be using a lesson series called \_\_\_\_\_ through Practice Ministries. If you'd like to know more about Practice Ministries please go to their website: [www.practiceministries.org](http://www.practiceministries.org)



## SAMPLE E-MAIL TO CORE GROUP PROSPECTS

Hi Jim,

I'm putting together a dad-daughter Bible study with my daughter Amy, and want to know if you and Sarah want in. We'll be meeting once a week at my home before school on Thursday mornings at 7:00 a.m. and be done in time to take the kids to school. We'll be using a lesson series through Practice Ministries ([www.practiceministries.org](http://www.practiceministries.org)).

I hope that you'll want to do this with us – let me know.

Bill



## Practice Ministries Lesson Series Summaries

### **Campfire Devotions Volume 1 (K-2<sup>nd</sup> Grade)**

Developed for Y Guides & Princess Tribes; toothpaste, banana splits & LifeSavers are all part of the fun games, stories and short lessons to help you instill morals and values like honesty encouragement, and purity in your children. They'll like the lessons, and you'll like what they learn. 10 Lessons.

### **Campfire Devotions Volume 2 (K-2<sup>nd</sup> Grade)**

We're back with more games & stories. Invisible ink, popcorn and Twinkies help your kids learn important lessons like kindness, how to handle anger and standing up for what's right in a way that they'll enjoy and remember. 10 Lessons.

### **Ten Commandments 1 (3<sup>rd</sup> – 4<sup>th</sup> Grade) \*      Also available in Spanish**

We start off with how God's call to Abram leads to the nation of Israel receiving the Ten Commandments. Then we'll have some fun with: "It's Cool In The Furnace", "Statue Of Limitations", "My God's Bigger Than Your god"... & more! 26 Lessons. \*

### **Heroes of the Bible (3<sup>rd</sup> Grade +) \***

At first, Moses said, "No!" Gideon said, "Why me?" and Jonah said, "I'm gettin' outta here!" Heroes? You bet! We'll meet these and 18 other men and women whose achievements, qualities and courage made them heroes then and make them heroes today! 29 Lessons. \*

### **Bible Beauties (4<sup>th</sup> Grade +) \***

Patty Proverbs and the "Good-For-You-Friend-Club," Tabitha and "Show & Tell," and "Daddy's Girl" are some of the great girls and women you'll meet in this series. Just for girls? No way – they have something to say to the guys too! 24 Lessons. \*

### **Christian Character (4<sup>th</sup>-6<sup>th</sup> Grade) \*      Also available in Spanish**

"A" is for Attitude, "B" is for Benevolence, "C" is for Christ-Like, & 15 more character qualities help you learn the alphabet a whole new way! 29 Lessons. \*

### **Ten Commandments 2 (5<sup>th</sup> Grade +) \***

It's more fun with the Ten Commandments: "Ten Ways To Be Totally Cool", "Gunk In Your Gas", "This Space Reserved For God," "TV - Guide!" & more! 30 Lessons. \*

### **Training Camp (5<sup>th</sup> Grade +) \***

"Under Construction", "God's Game Plan", "Walk This Way, Please", "Just Say Yes - To God"! It's a workout at spiritual training camp! Selected proverbs put you and the kids through exercises in wisdom, morals, ethics, discipline, perseverance & more. 28 Lessons. \*

### **Christian Apologetics (7<sup>th</sup> Grade +) \***

How do you know God exists? What's the difference between Biblical Christianity & other religions? Is the Theory of Biological Evolution a proven fact? We'll give you the answers you and your kids need to know! 25 Lessons. \*

### **Lesson & Letters (7<sup>th</sup> Grade +)      Also available in Spanish**

"Success The Old Fashion Way", "How To Win friends & Influence People", "Swimming Against The Current"; "Completely Changed, Changed Completely", "Having A Good Time By Having A Good Life". Lessons from Daniel & Paul help us live a Christian life in today's world. 20 Lessons.

### **T.E.A.M.: (5<sup>th</sup> Grade +)      Also available in Spanish**



At any level of athletic competition the physical prize competed for doesn't last. There is, however, a higher prize to pursue, one that won't spoil or fade away. You have the chance to build your own athletic department based on God's definition of success and everyone from the Athletic Director to the coach to the parent to the athlete to the supporting community can have a part in it. 7 Lessons + 30 devotions featuring Olympic athletes.

\* Also includes Thanksgiving, Christmas, Easter, Prayer & Story-Time lessons



## PRACTICE MINISTRIES BIBLE STUDY CURRICULUM

### SAMPLE LESSON BOOK

1 Lesson from each of Practice Ministries 11 lesson series plus corresponding worksheets

<u>Lessons</u>	<u>Lesson Series</u>	<u>Suggested Age</u>
Good-For-You-Friend-Club	Bible Beauties	4 <sup>th</sup> Grade +
Sticks & Stones	Campfire Devotions 1	K-2 <sup>nd</sup> Grade
Intro to Christian Apologetics	Christian Apologetics	7 <sup>th</sup> Grade +
Attitude	Christian Character	4 <sup>th</sup> Grade +
Jesus Christ	Heroes of The Bible	3 <sup>rd</sup> Grade +
Success	Lessons & Letters	6 <sup>th</sup> Grade +
What's Life All About?	Let's Talk	7 <sup>th</sup> Grade +
Introduction to Athletic Competition	T.E.A.M.	5 <sup>th</sup> Grade +
To Pray Or Not To Pray	Ten Commandments 1	3 <sup>rd</sup> – 4 <sup>th</sup> Grade
Ten Ways To Be Cool	Ten Commandments 2	5 <sup>th</sup> Grade +
Training Camp	Training Camp	5 <sup>th</sup> Grade +

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## LESSON 1: STICKS & STONES

### What We're Talking About **Encouragement**

#### Activity

You'll need a tube of toothpaste, a toothbrush, and some newspaper. Squeeze all of the toothpaste out of the tube onto the paper. Now offer to give any of the kids \$10 if he or she can put all of the toothpaste back into the tube (relax - your money is safe - it can't be done).

OR

Go to your local library and find the book, Chrysanthemum, by Kevin Henkes, and read the story to the kids in your group.

#### What's The Point?

**Once said, hurtful words can't be taken back.**

#### Camp Fire

I remember getting teased when I was growing up. Sometimes the teases were easy to take, and I said something like, "I'm rubber you're glue, whatever you say sticks to you." And sometimes, I would say, "Stick and stones may break my bones, but words will never hurt me."

But you know what? I can still remember what it felt like to be called a name I didn't like. You know what else? Those words hurt.

#### Sticks And Stones

(Ephesians 4:29)

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs..."

**Question: Have you ever heard, "Sticks and stones may break my bones but words will never hurt me?" Is that statement really true?** [I think it's only half-true. Sticks and stones can hurt you, but some words can really hurt more can't they?].

**Question: What kinds of words can hurt a person?** [Insults, making fun of that person].

**Question: What kinds of words could hurt someone if they were said not directly to a person, but about them?** [Gossip - damaging a person's reputation or character, pointing out a person's faults in front of others].

One of the quickest ways to make someone angry is by saying something that stirs up their emotions. King Solomon of Israel, the wisest man who has ever lived knew this. King Solomon wrote many of the Proverbs in the Bible. One of the Proverbs says,

**"...a harsh word stirs up anger." (Proverbs 15:1).**

**Question: Can you remember a time when someone made you really mad? What was it that made you so mad?** [Probably something that someone said to you that you didn't like].



The Bible says that hating and insulting and putting down people is not the kind of attitude that God wants you to have. The reason that insulting and teasing words hurt so much is that once those words are put into someone's mind, they stay there and can be remembered.

Remember the toothpaste? Once hurtful words have been said, you can't take them back.

**Question: Instead of hurting people with our words and actions, what should we do?**  
[Instead of hurting people with our words and actions, we should encourage people with our words and actions].

**Question: What does encouragement mean?** [Encouragement means to help give someone hope or courage or confidence].

The Bible says, “**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs...**” (Ephesians 4:29).

**Question: How will you encourage someone today?**

Good Words To Remember

**May the words that I say help you today! (Ephesians 4:29).**



## LESSON # 1: INTRODUCTION TO CHRISTIAN APOLOGETICS

### Today's Lesson Verse

**“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give a reason for the hope that you have. But do this with gentleness and respect...” (1 Peter 3:15).**

### Lesson Aim

Begin to learn how to present the truth of Christianity

### Discussion Question

**Why do you believe Christianity is true?**

### Introduction To Christian Apologetics

(Text: 1 Peter 3:15)

**“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give a reason for the hope that you have. But do this with gentleness and respect...” (1 Peter 3:15).**

**Question: What is apologetics?** [An apology is a way of explaining what you believe and why you believe it]. Apologetics is a way to present the facts so the truth can be known.

**Question: What is Christian apologetics?** [Christian apologetics is simply presenting the facts about Christianity so that the truth of & about Christianity can be known].

**Question: How does learning how to present the truth of Christianity help you?** Learning how to present the truth of Christianity:

- Helps you know and understand the truth about Christianity
- Helps you tell people the truth about Christianity
- Helps give you confidence in your Christian faith because Christianity is based on reasonable, logical evidence

### Understanding The Truth About Christianity

**“I am the way, the truth, and the life...” (John 14:6).**

To understand the truth of and about Christianity, we need to define a few terms, because when these terms come up in our discussions throughout this study, our definitions need to be the same.

### Christians & Christianity

**Question: What is a Christian?** [A Christian is a person who has opened the door of his or her life to Jesus Christ and asked Him to enter in as Savior. A Christian puts his or her full trust and confidence in that what Jesus Christ did on the cross is the only way to become a part of God's family.

**Question: What is Christianity?** [Christianity is Christians guided and empowered by the Holy Spirit, making choices and living according to what Jesus says is true].

There are two things to remember about Christianity:

- You cannot “do” Christianity. Birth is not something you experience second hand. You cannot be born without going through the process of actually being born. Likewise, you cannot be a Christian without going through the process of becoming a Christian.



- You can't join Christianity. For example, you can join the Boy Scouts and become a Boy Scout, and you can join your school band and become a band member. But you can't become a Christian by joining a church or an organization.

*Christianity comes about by being a Christian.*

### The Truth About Truth

**"...If you hold to my teaching, you really are my disciples. Then you will know the truth and the truth will set you free" (John 8:31-32).**

**Question: When we say that something is true, what does that mean?** [What is true is fact]. And facts are reliable and accurate.

**Question: What is truth?** [Truth is the opposite of error]. Truth is the way something really is.

There are some rules you need to understand about the truth and what the nature of being true is:

- Truth is knowable. Therefore, since some truth is knowable, it is possible to know at least some of the truth about God.
- Truth is absolute or pure. In other words, there is only one way something really is. For example, a traffic light cannot be green and red at the same time.
- What is true is and always will be true, i.e.:  $1 + 1 = 2$ .
- What is true is true for all people at all places at all times, i.e.:  $1 + 1 = 2$ .
- There may be a difference between what is true and what people perceive to be true, i.e.: At one time, people thought the earth was flat. But that does not change the fact that the world is and always has been round.
- There may be a difference between what is true and what people want to be true, i.e.: Jesus is God. Members of faiths and religions that are not Christian do not want to believe that Jesus is God.
- Facts are facts regardless of the way people feel about them, regardless of what people believe about them or want to believe about them.
- Truth is always the opposite of error.
- Anything opposed to the truth is false.

**Question: Since anything opposed to the truth is false, and if the Christian view of God is true, then what does that mean about all opposing views of God?** [All opposing views of God are false]. Therefore, if the Christian view is true, then we can be certain that:

- The God of the Bible exists
- Jesus is the Eternal Son of God, the promised Messiah of Whom the Bible speaks
- The Bible is true - all of it
- Jesus is the only way to have a personal relationship with God restored

Everyone wants to know that what he or she believes in is true, especially when it comes to belief in and about God.

What we will do in the next few lessons is establish the truthfulness of Christianity through reasonable, logical evidence.



## LESSON # 1: INTRODUCTION TO CHRISTIAN APOLOGETICS

### Opportunities to Explore the Bible

#### 1) What is a Christian?

\_\_\_\_\_ (Revelation 3:20).

#### 2) What is Christianity?

\_\_\_\_\_ (John 14:15-17).

#### 3) Why is it important to learn how to present the truth of Christianity?

- \_\_\_\_\_ (1 Peter 3:15)
- \_\_\_\_\_ (John 8:31-32).

#### 4) What does the Bible say about truth?

\_\_\_\_\_ (John 8:31-32).

#### 5) Truth is the opposite of error. If the Christian view of God is true, then...

\_\_\_\_\_

### Good Words To Remember

**“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give a reason for the hope that you have. But do this with gentleness and respect...” (1 Peter 3:15).**

## LESSON # 1

### The "GOOD-FOR-YOU-FRIEND-CLUB"

#### Today's Lesson Verse

**"A wife of noble character who can find? She is worth far more than rubies. <sup>11</sup> Her husband has full confidence in her and lacks nothing of value. <sup>12</sup> She brings him good, not harm, all the days of her life" (Proverbs 31:10-12).**

#### Character Quality

#### **Being a Good Friend**

#### Introduction

Florence Nightingale was born in England in 1820. She had every privilege available but was bored with her life and wanted to do something useful. As she became a young woman she felt most content when she was caring for the poor and sick near her home. At age 33 she became a nurse in a nearby hospital.

When England and France entered into war against Russia, the British government asked Florence to lead a team of nurses to Crimea (now Turkey). There she spent the days and nights trying to improve the way sick and wounded soldiers were care for. Florence used her own money to buy clean clothes, food and medical supplies for the soldiers. All of her time was spent helping others.

A friend summed up her life: "To give less than every ounce of strength would not have been enough for Florence – would not be what God expected of her. For God was the only master she would acknowledge...the work she did was His work. In that thought was all the reward, all the pleasure she desired. Her only thought was, 'Thy will be done.'" (Adapted from Hero Tales, by Dave & Neta Jackson, Bethany House, 1997, pp. 117-126).

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How'd you like to have a friend like Flo? How'd you like to *be* as a good a friend as Flo? You can! The "Good-For-You-Friendship-Club" awaits you!!

#### The "Good-For-You-Friend-Club

(Text: Proverbs 31:10-31)

**<sup>10</sup> "A wife of noble character who can find? She is worth far more than rubies. <sup>11</sup> Her husband has full confidence in her and lacks nothing of value. <sup>12</sup> She brings him good, not harm, all the days of her life. <sup>13</sup> She selects wool and flax and works with eager hands. <sup>14</sup> She is like the merchant ships, bringing her food from afar. <sup>15</sup> She gets up while it is still dark; she provides food for her family and portions for her servant girls. <sup>16</sup> She considers a field and buys it; out of her earnings she plants a vineyard. <sup>17</sup> She sets about her work vigorously; her arms are strong for her tasks. <sup>18</sup> She sees that her trading is profitable, and her lamp does not go out at night. <sup>19</sup> In her hand she holds the distaff and grasps the spindle with her fingers. <sup>20</sup> She opens her arms to the poor and extends her hands to the needy. <sup>21</sup> When it snows, she has no fear for her household; for all of them are clothed in scarlet. <sup>22</sup> She makes coverings for her bed; she is clothed in fine linen and purple. <sup>23</sup> Her husband is respected at the city gate, where he takes his seat among the elders of the land. <sup>24</sup> She makes linen garments and sells them, and supplies**

the merchants with sashes. <sup>25</sup> She is clothed with strength and dignity; she can laugh at the days to come. <sup>26</sup> She speaks with wisdom, and faithful instruction is on her tongue. <sup>27</sup> She watches over the affairs of her household and does not eat the bread of idleness. <sup>28</sup> Her children arise and call her blessed; her husband also, and he praises her:<sup>29</sup> "Many women do noble things, but you surpass them all." <sup>30</sup> Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised. <sup>31</sup> Give her the reward she has earned, and let her works bring her praise at the city gate."

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Ever notice how you begin to talk alike or pick up habits or mannerisms from your friends? Soon, you become friends with the friends of your friends. Besides your parents, your friends are the people you will have the biggest influence on, and who will have the biggest influence upon you. Life is lousy if you're a hermit. What you want is to be and to choose a "Good-For-You-Friend."

### The Secret Password

**10 "A wife of noble character who can find? She is worth far more than rubies" (Proverbs 31:10).**

A wife of noble character? What's up with that in a kid's Bible study? We're not going to talk about marriage today, but about friendships and setting a foundation for being a member of the "Good-For-You-Friend-Club" (hereafter referred to as "The Club").

Like any good club, there is a password to get in. And the password to get in The Club is:

### **NOBLE**

When Proverbs was written, a ruby was one of the most precious & rare gems of that day, and the Bible says that a person with a noble character is more precious than a ruby.

**Question: What does the word "noble" mean?** [Another word for noble is "virtuous." And having virtues is different from having values, even if they're good values].

**Question: What is the difference between values and virtues?** [Values (what is important or right according to people) can change with culture (i.e.: kind of music listened to), a court decision (i.e.: abortion), or what's popular (i.e.: fashion, hair style). But virtues are those God-given values or "what-ers" – whatever is true, noble, right, pure, lovely and admirable that can be instilled in us and put into practice (Philippians 4:8)].

So what does the Bible tell us about how to become "virtuous"? We must first meet and get to know Jesus Christ, and then reflect His character. Patty Proverbs, our Proverbs 31 Tour Guide is now going to give us 5 good characteristics or virtues to put into practice to qualify for membership in The Club.

### 5 Characteristics For Membership In The "Good-For-You-Friend-Club"

#### Good judgment

**"Her husband is respected at the city gate, where he takes his seat among the elders of the land" (Proverbs 31:23).**

One of the characteristics to practice building in your life is good judgment in selecting friends. And the one quality to look for in a friend is godly character.

The Bible says, **"Do not be yoked together with unbelievers..." (2 Corinthians 6:14) rather be "...the salt of the earth...[and] the light of the world" (Matthew 5:13-14).**

Many people take this first Bible verse to mean that you should not have any friend that is not a Christian. Not at all! What it does mean is that you should not get your values from a non-believer or let your lifestyle be heavily influenced by non-believers. Rather, you should be the one to “season” the lives of your unbelieving friends, and let Jesus’ light shine through you before them, so they may “catch” your beliefs and lifestyle.

#### Kindness

**“She opens her arms to the poor and extends her hands to the needy” (Proverbs 31:20).** Another good characteristic to build into your life and to look for in a friend is kindness.

**Question: What’s so important about being kind?** [The first reason is because it’s important to God. Kindness ranks right up there with the biggies on God’s All-Star Attitude List: **“Love, joy peace, patience, kindness, goodness, faithfulness, gentleness and self-control” (Galatians 5:22-23)**].

Jesus said, **“Love the Lord your God with all your heart and with all your soul and with all your mind.”**<sup>38</sup> **This is the first and greatest commandment.**<sup>39</sup> **And the second is like it: ‘Love your neighbor as yourself’ ” (Matthew 22:37-39).**

Loving someone is about as important a thing to God as anything we can do. The apostle Paul puts it this way: **“Love is kind” (1 Corinthians 13:4).** So being kind to someone is loving them.

The Bible says, **“Greater love has no one than this, that he lay down his life for his friends” (John 15:13).** God may never ask you to physically lay down your life for another person. But laying down your life also means giving up those parts of you that are not encouraging and not helpful to others. Laying down your life may mean: picking the worst kick-ball player in your class first at recess, or inviting the most unpopular girl in your class to join in with your group.

#### Godly Morals & Ethics

**“Do not merely listen to the word, and so deceive yourselves. Do what it says” (James 1:22).**

Another characteristic found in a Club member are Godly morals and ethics. Ethics are what you do based upon your morals. If your morals say that honesty is right, being ethical says it’s not enough just to know that honesty is right, you need to follow through and say or do what is honest. By knowing and living according to what God says is right, you’ll be wise, and will be trusted by others. And that’s the best foundation for a good friendship.

#### Wisdom

**“She speaks with wisdom, and faithful instruction is on her tongue” (Proverbs 10:26).**

Another characteristic is to build in your life and look for in others is wisdom. Wisdom comes from knowing what God says is right and then doing it. The Bible says that, **“The fear of the Lord is the beginning of wisdom, but fools despise wisdom and discipline” (Proverbs 1:7).** The Bible also says that you can learn wisdom. It comes by putting God’s words into practice in your life. The alternative? Being a fool, and that’s not a nice person to be.

#### Watch-Care

**“She watches over the affairs of her household and does not eat the bread of idleness.”<sup>28</sup> Her children arise and call her blessed; her husband also, and he praises her” (Proverbs 31:27-28).**

Another characteristic to develop in your life and look for in others is watch-care. The words, “to be blessed” literally mean, “to be sent down the right road.” Who wants to go down the wrong road? Wouldn’t it be good to know that you and your friends are “going down the right road?”

The Bible says, “**Wounds from a friend can be trusted...**” (**Proverbs 27:6a**). Ever been told something by a friend that you needed to hear for your own good? It’s called “watch-care.” Provide watch-care for your friends: challenge them to practice what you learned in Bible study today; talk to them if they begin to lie or cheat or experiment with alcohol or drugs, caution them if they’re spreading gossip, especially if it’s mean-spirited or if what is said would hurt someone.

One of the toughest things to do today is to lead a godly life. We live in a society that often times encourages us to live in a way that opposes God’s ways and values. Those ways are often times attractive but can be very dangerous. One of the best ways you can be a “Good-For-You-Friend” is to watch out for each other.

So c’mon. Join The Club. Be a “Good For You Friend.” And when you choose a friend - make sure he or she will be one for you!

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Part 2 of “Good-For-You-Friends”: Patty Proverbs goes on a treasure hunt!

## LESSON # 1

### THE GOOD FOR YOU FRIEND CLUB

#### Read Proverbs 31:10-31

Ever notice how you begin to talk alike or pick up habits or mannerisms from your friends? Soon, you become friends with the friends of your friends. Besides your parents, your friends are the people you will have the biggest influence on, and who will have the biggest influence upon you. Life is lousy if you're a hermit. What you want is to be and to choose a "Good-For-You-Friend."

#### Opportunities to explore the Bible:

##### 1) List 5 "whatevers" God wants you to have in your life:

\_\_\_\_\_ (Philippians 4:8).

Many people take this first Bible verse to mean that you should not have any friend that is not a Christian. Not at all! What it does mean is that you should not get your values from a non-believer or let your lifestyle be heavily influenced by non-believers. Rather, you should be the one to "season" the lives of your unbelieving friends, and let Jesus' light shine through you before them, so they may "catch" your beliefs and lifestyle.

##### 2) The Bible says, be "...the salt of the earth...[and] the light of the world" (Matthew 5:13-14). How can you be salt and light today?

\_\_\_\_\_ (Romans 12:9-21)

The Bible says, "**Greater love has no one than this, that he lay down his life for his friends**" (John 15:13). God may never ask you to physically lay down your life for another person. But laying down your life also means giving up those parts of you that are not encouraging and not helpful to others

##### 3) How can you lay down your life for someone today?

\_\_\_\_\_

The words, "to be blessed" literally mean, "to be sent down the right road." The Bible says, "**Wounds from a friend can be trusted...**" (Proverbs 27:6a). Ever been told something by a friend that you needed to hear for your own good? It's called "watch-care."

##### 4) Is there someone that you know who needs watch-care? How can you provide watch-care for that person today?

\_\_\_\_\_

One of the toughest things to do today is to lead a godly life. We live in a society that often times encourages us to live in a way that opposes God's ways and values. Those ways are often times attractive but can be very dangerous. One of the best ways you can be a "Good-For-You-Friend" is to watch out for each other.

Be a "Good For You Friend." And when you choose a friend - make sure he or she will be one for you!

#### Good Words To Remember

**"A [girl] of noble character who can find? She is worth far more than rubies" (Proverbs 31:10).**



## LESSON # 1: ATTITUDE

### Today's Lesson verse

**“Each of you should look not only to your own interests but also to the interests of others” (Philippians 2:4).**

### Character Quality

#### **Attitude**

### Discussion Question

**What chores or responsibilities do you have at home? How do you feel about doing them?**

### Introduction

The following is an excerpt from President George W. Bush' speech a couple of months following the September 11, 2001 attack on the Pentagon & World Trade Center:

“Americans have responded magnificently with courage and caring. We've seen it in our children who have sent in more than \$1 million for the children of Afghanistan. We have seen it in the compassion of Jewish and Christian Americans who have reached out to their Muslim neighbors. We've seen it as Americans have reassessed priorities: parents spending more time with their children and many people spending more time in prayer and in houses of worship.

We have gained new heroes, those who ran into burning buildings to save others: our police and our firefighters.

Those who battle their own fears to keep children calm and safe: America's teachers.

Those who voluntarily place themselves in harm's way to defend our freedom: the men and women of the armed forces.

And tonight we join in thanking a whole new group of public servants who never enlisted to fight a war, but find themselves on the front lines of a battle nonetheless: those who deliver the mail, America's postal workers.

We also thank those whose quick response provided preventative treatment that has no doubt saved thousands of lives: our health care workers.

Countless Americans gave blood in the aftermath of the attacks. New Yorkers opened their homes to evacuated neighbors. We are waiting patiently in long security lines. Children across America have organized lemonade and cookie sales for children in Afghanistan. And we can do more.

Courage and optimism led the passengers on Flight 93 to rush their murderers to save lives on the ground - led by a young man whose last known words were the Lord's Prayer and, "Let's roll."

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What do all these men and women have in common? They're all servants. That's what we'll be talking about today: Having the attitude of a servant.



### Attitude

(Text: Philippians 2:3-11)

**“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.”**

**Question: How would you define attitude?** [A way of thinking or feeling or emotion toward something or someone].

**Question: What is a servant?** [Someone who serves or helps others].

**Question According to the Scripture passage we just read, what should our attitude toward ourselves be?** [Humble, a servant].

**Question: How should our attitude toward other people be?** [Consider others interests, consider others before yourself].

**Question: What should our attitude toward God be?** [Obedience].

**Question: What does obedience mean?** [The dictionary says it means to do what someone in charge says]. But I'd like for you to hear another definition of obedience.

When the Bible talks about being obedient, it means, “getting to know and be like Jesus.” Isn't that a much cooler meaning? It's more than following a bunch of rules - do this or do that. Think about it for a moment. When you learned to ride a bike, you had training wheels, then when it was time to take those off, you probably wobbled a bit, but you were good enough to do it on your own. Then, the more you rode, the better you became. In fact, they say once you learn how, you never forget.

It's the same thing with practicing obedience. As you practice God's instructions, you get good at them; in fact, you get so good at them, you don't even think about them. It's kind of like learning how to ride that bike well. Obeying God changes you into being more like His Son Jesus.

Listen to these next two stories and try to identify the peoples' attitudes toward themselves and others.

In the Olympic Games held in Atlanta, GA, in 1996 there was an incident involving a runner in the finals of the men's 100 meter dash competition. Linford Christie of Great Britain was the defending champion in this event from the Olympics held in Barcelona, Spain in 1992 and was expected to challenge for the gold medal in Atlanta.

In Olympic competition, if a runner starts before the starting gun fires, it's called a false start and all the runners have to start over. If a runner false starts twice, he or she is disqualified and



cannot continue to compete in that race. Mr. Christie false started twice and was disqualified from the gold medal race. He became very angry and refused to leave the track for several minutes, insisting that he should be allowed to run. He delayed the start of the race and upset the other runners by his display of poor sportsmanship.

**Question: What was Mr. Christie's attitude toward himself?** [He was very important].

**Question: What was his attitude toward the other competitors?** [They were less important than he was].

In the Gospel of Mark, Mark tells us a story about Jesus and two of his disciples: "**Then James and John, the sons of Zebedee, came to him. "Teacher," they said, "we want you to do for us whatever we ask."** <sup>36</sup> "What do you want me to do for you?" he asked" ...<sup>41</sup> When the ten heard about this, they became indignant [angry] with James and John. <sup>42</sup> Jesus called them together and 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. <sup>43</sup>Not so with you. Instead, whoever wants to become great among you must be your servant, <sup>44</sup> and whoever wants to be first must be slave of all. <sup>45</sup> For even the Son of Man [Jesus] did not come to be served, but to serve, and to give his life as a ransom for many" (Mark 10:35-45).

**Question: What were the two disciples' attitudes toward themselves?** [Their needs and wants came first].

**Question: What was their attitude toward the other disciples?** [Their needs and wants were less important than theirs].

**Question: What does Jesus say that the correct attitude toward others is?** [To be a servant first].

**Question: Imagine going up to your parents, your teacher, your coach, or all of your friends and saying to them, "I want you to do for me whatever I ask?" What would their reaction be?**

Jesus wants you to know that the most important attitude is the one of being a servant, to help others first, and to look not only to your own interests, but also to the interests of others.

**Question: How can you practice being a servant today?**



LESSON # 1  
"A" IS FOR ATTITUDE

**Read Philippians 2:3-11**

Background

In the Book of Philippians the apostle Paul tells us that our attitude should be the same as that of Jesus, who took the nature of a servant.

Opportunities to Explore the Bible

**1) Find the Book of Galatians in the Bible. There are 9 attitudes listed in Galatians 5:22-23. Copy them in the spaces below:**

---

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**2) Choose one attitude and write down in the space below how you can practice that attitude this week:**

- \_\_\_\_\_
- \_\_\_\_\_

**3) "Each of you should look not only to your own interests, but also to the interests of others" (Philippians 2:4). How can you practice looking to the interests of others this week?**

- \_\_\_\_\_
- \_\_\_\_\_

Good Words To Remember

**"Each of you should look not only to your own interests but also to the interests of others" (Philippians 2:4).**



## LESSON # 1: JESUS CHRIST

### Today's Lesson Verse

**“Be imitators of God...” (Ephesians 5:1).**

### Questions

**Who is one of you heroes? Why is he or she your hero?**

### Introduction

The following is an excerpt from President George W. Bush' speech a couple of months following the September 11, 2001 attack on the Pentagon & World Trade Center:

“Americans have responded magnificently with courage and caring. We've seen it in our children who have sent in more than \$1 million for the children of Afghanistan. We have seen it in the compassion of Jewish and Christian Americans who have reached out to their Muslim neighbors. We've seen it as Americans have reassessed priorities: parents spending more time with their children and many people spending more time in prayer and in houses of worship.

We have gained new heroes, those who ran into burning buildings to save others: our police and our firefighters.

Those who battle their own fears to keep children calm and safe: America's teachers.

Those who voluntarily place themselves in harm's way to defend our freedom: the men and women of the armed forces.

And tonight we join in thanking a whole new group of public servants who never enlisted to fight a war, but find themselves on the front lines of a battle nonetheless: those who deliver the mail, America's postal workers.

We also thank those whose quick response provided preventative treatment that has no doubt saved thousands of lives: our health care workers.

Countless Americans gave blood in the aftermath of the attacks. New Yorkers opened their homes to evacuated neighbors. We are waiting patiently in long security lines. Children across America have organized lemonade and cookie sales for children in Afghanistan. And we can do more.

Courage and optimism led the passengers on Flight 93 to rush their murderers to save lives on the ground - led by a young man whose last known words were the Lord's Prayer and, "Let's roll."

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On September 11, America and many around the world were reintroduced to something that has all but vanished: Heroes. Firemen, police officers and other rescue workers sacrificed their lives so that others could have the chance to live. Men and women in the armed forces are defending our country all over the world. Postal workers are putting aside fears and delivering the mail.

Where else can we find heroes? At first, Moses said, “No!” Gideon said, “Why me?” and Jonah said, “I'm gettin' outta here!” Heroes? You bet! In this lesson series, we'll meet these and other men and women whose achievements, qualities and courage made them heroes then and make them heroes today.



Jesus Christ  
(Philippians 2:6-11)

**<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."**

**Question: What is it that makes someone a hero?** [A hero is a person who is admired for his qualities & achievements or one that has great courage].

We're going to use this definition of the word "hero" as we apply the "hero test" to the men & women that we call "Heroes of the Bible." We're going to talk about their qualities, achievements and their courage that made them heroes then and why they are still heroes today.

**Question: Who is the first hero mentioned in the Bible?** [Jesus Christ].

The Bible says, "In the beginning was the Word, and the Word was with God, and The Word was God. He was with God in the beginning" (John 1:1-2).

**Question: Who is the Word?** [Jesus Christ].

**Question: If Jesus Christ is the Word, and the Bible says that the Word is God; whom does that make Jesus?** [Jesus Christ is God].

**Question: Have you ever thought of Jesus as a hero? What reasons can you think of why Jesus is a hero?** [Let's look at His achievements, His qualities and His courage]:

His Achievements:

Jesus has achieved quite a few things since the beginning of time. In the Book of Revelation, it says, "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things" (Revelation 4:11). The Scriptures also tell us that, "Jesus created all things and he holds all things together" (Colossians 1:16). In other words, without Jesus' permission, nothing - not the world, or you or I, would exist or keep from falling apart.

The Bible also says, "Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written" (John 21:25).

**Question: What other achievements can you think of that Jesus did?** [Miracles, healing, teaching, and His sacrifice for you and me].

Jesus has achieved and continues to achieve great accomplishments. But achievements are only part of our definition of a hero. Let's look at His qualities.

His Qualities:

**Question: How can we know what God's qualities are?** [We can read about them all throughout the Bible]. We can know God's qualities through Jesus Christ because "He is the image of the invisible God" (Colossians 1:15).

**Question: Is there another place we can look?** [Our lesson verse says, "So, God created man in His own image." (Genesis 1:27).]



**Question: What's another word for image?** [Another word for image is reflection or mirror or likeness].

God created you to have or reflect the same characteristics and qualities He has. When you draw or paint or build something, you create it the way you want it to be. When God creates, He creates the way He wants His creation to be.

**Question: What are some of the qualities God has that He wants you to have?** [Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, & self-control]. Jesus has all of these qualities and He wants you to have them as well.

His Courage:

The night before Jesus was crucified, Jesus and His disciples were at a place called Gethsemane, on a mountain called The Mount of Olives. The Gospel of Luke tells us, **“He withdrew about a stone’s throw beyond them, knelt down and prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” An angel from heaven appeared to him and strengthened Him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground” (Luke 22:41-44).**

**Question: What is “the cup” that Jesus asks His Father to take from Him?** [Enduring the crucifixion and the separation from His Father that would last for a short while].

**Why was Jesus about to be crucified?** [Not for anything that he had done, but it was God’s plan that He would become a sacrifice for all of the wrong thoughts, attitudes and acts of all people who ever lived or will ever live].

The Bible says, **“For God so loved the world that He gave His only Son, that whoever believes in Him shall not perish but have eternal life” (John 3:16).** God knew that we needed a savior, and that’s why He sent Jesus to us.

The Bible also says, **“This is how we know what love is: Jesus Christ laid down his life for us” (1 John 3:16).** God sent Jesus to us, and Jesus willingly died for us.

Jesus displayed more courage than any general in battle or any athlete competing with pain and injury by laying down his life for you and for me. There have been and there are a lot of heroes in our world. In fact, the Bible is full of them. We’ll meet many of them during the school year. But Jesus is truly the greatest hero the world has known or will ever know.

**Question: How can you take time today to learn more about God’s qualities?**



## LESSON # 1: JESUS CHRIST

### Background

The dictionary defines a hero (or heroine for girl heroes) as: 1) One who is admired for his or her achievements and qualities. 2) One that has great courage.

The first hero mentioned in the Old Testament is Jesus Christ. The Bible says, **“In the beginning was the Word, and the Word was with God, and The Word was God. He was with God in the beginning.”** (John 1:1-2). Jesus Christ is the Word. Jesus Christ is God.

A person’s qualities are one reason why you choose to have him or her as a hero.

### Opportunities to Explore the Bible

#### 1) Who is one of your heroes?

---

#### 2) Write down 3 qualities that you admire about your hero:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You can know God’s qualities through Jesus because **“He is the image of the invisible God.”** (Colossians 1:15).

3) Look up the passages of Scripture listed below and write down the quality or characteristic of God described in the verse. The first letter of each quality is underlined to help you know that you found the correct word.

Psalm 145:13	<u>F</u>	Proverbs 12:22	<u>I</u>
Matthew 20:26	<u>S</u>	Luke 6:35	<u>K</u>
Ephesians 4: 2	<u>P</u>	Ephesians 4:32	<u>F</u>
Ephesians 4:32	<u>C</u>	Ephesians 6: 1	<u>O</u>
1 Peter 2:17	<u>R</u>	1 John 5: 2	<u>L</u>

#### 4) Pick 3 of the above qualities and write down how you can practice them this week:

1. Servant \_\_\_\_\_
2. Kind \_\_\_\_\_
3. Loving \_\_\_\_\_

### Good Words To Remember

**“Be imitators of God”** (Ephesians 5:1).



## Question 1: What's Life All About?

**“...we can be mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like him and reflect his glory even more” (2 Corinthians 3:18).**

The word “glory” can be defined by magnificence or praise. It refers to something or someone’s worth. A person may accomplish brilliance as an artist, a teacher or an athlete, and his glory is the praise he draws for his accomplishment.

The Bible talks about God’s glory 275 times. So what is God’s glory and what does it have to do with you?

Moses spent a lot of time with God but wanted to know Him even better. So he asked God to reveal more of Himself. Moses asked God to show him His glory. Here’s what God said: **“I am the LORD, I am the LORD, the merciful and gracious God. I am slow to anger and rich in unfailing love and faithfulness. <sup>7</sup> I show this unfailing love to many thousands by forgiving every kind of sin and rebellion. Even so I do not leave sin unpunished, but I punish the children for the sins of their parents to the third and fourth generations” (Exodus 34:6-7).**

God’s glory goes beyond His accomplishments. God’s glory is all of Who He is - infinite abundance, wealth, splendor, majesty & perfection. God’s glory is 1) His worthiness to be praised and 2) the praise He draws from you.

The purpose of your life – today and tomorrow – right now and in 2 ½ hours – is to praise God. “God does not exist to make a big deal out of you – we exist to make a big deal out of him” <sup>1</sup>. Life is not about you. The Bible says, **“...there is only one God, the Father, who created everything, and we exist for him” (1 Corinthians 8:6).**

Your life is not about how good you are; but how good the God who made you is. It’s not about what you don’t have; it’s about what you do have. It’s not about what you get; it’s about what you give to God.

Your life is all about allowing God to work within you, to make you more and more like Him so that you will be a mirror that brightly reflect the glory of the Lord.

**Question: How do you allow God to work within you?** Less you and more Him. It means asking God to make lasting changes in you on the inside for His glory – not yours.

David Robinson is a 2x Olympic Gold Medalist in Men’s Basketball; 10x NBA All-Star; NBA MVP. Here’s what David has to say about playing basketball: “Every time I step on the court, I think about glorifying God...I just want to make sure people don’t think I’m great, but that they think about how great God is.”

### Good Words To Remember

**“He [Jesus] must become greater and greater, and I must become less and less” (John 3:30).**

<sup>1</sup> (Max Lucado – It’s Not About Me, pg 6)



Practice Session 1: What's Life All About?

Psalm 145

I will praise you, my God and King, and bless your name forever and ever. <sup>2</sup> I will bless you every day, and I will praise you forever. <sup>3</sup> Great is the LORD! He is most worthy of praise! His greatness is beyond discovery! <sup>4</sup> Let each generation tell its children of your mighty acts. <sup>5</sup> They will speak of your majestic, glorious splendor and your wonderful miracles. <sup>6</sup> Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. <sup>7</sup> Everyone will share the story of your wonderful goodness; they will sing with joy of your righteousness. <sup>8</sup> The LORD is kind and merciful, slow to get angry, full of unfailing love. <sup>9</sup> The LORD is good to everyone. He showers compassion on all his creation. <sup>10</sup> All of your works will thank you, LORD, and your faithful followers will bless you. <sup>11</sup> They will talk together about the glory of your kingdom; they will celebrate examples of your power. <sup>12</sup> They will tell about your mighty deeds and about the majesty and glory of your reign. <sup>13</sup> For your kingdom is an everlasting kingdom. You rule generation after generation. The LORD is faithful in all he says; he is gracious in all he does. <sup>14</sup> The LORD helps the fallen and lifts up those bent beneath their loads. <sup>15</sup> All eyes look to you for help; you give them their food as they need it. <sup>16</sup> When you open your hand, you satisfy the hunger and thirst of every living thing. <sup>17</sup> The LORD is righteous in everything he does; he is filled with kindness. <sup>18</sup> The LORD is close to all who call on him, yes, to all who call on him sincerely. <sup>19</sup> He fulfills the desires of those who fear him; he hears their cries for help and rescues them. <sup>20</sup> The LORD protects all those who love him, but he destroys the wicked. <sup>21</sup> I will praise the LORD, and everyone on earth will bless his holy name forever and forever.”

1) Write down a responsibility, activity or relationship. Beside each one, say how you will praise God today & tomorrow through that responsibility, activity or relationship.

Dad: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Lad or Lass: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) Dad: Write down and tell your children one thing what God has done for you (v 4).

\_\_\_\_\_

3) Lad or Lass: Write down one way how God has picked you up or helped you (v 14-15).

\_\_\_\_\_

4) Both: What verse from Psalm 145 do you want each other to pray for you this week?

Dad \_\_\_\_\_

Lad or Lass \_\_\_\_\_

Show & Tell

“He must become greater and greater, and I must become less and less” (John 3:30).



## LESSON 1: SUCCESS – THE OLD FASHIONED WAY

In the 1980s a series of Smith-Barney TV commercials ended with their trademark phrase: “We make money the old fashioned way – we earn it!” Working hard to earn success - it was good advice then and it’s still good advice today.

But the world today doesn’t tell you that. It tells you that you can have what you want now. Don’t want to wait for it? Fine! No payments and no interest for 2 years. Order stuff on the internet and put it on credit; never mind that the bill is coming later (that’s another lesson for another day). You can have what you want and enjoy it now! But what the world says today really isn’t that new. Consider what King Nebuchadnezzar of Babylon did 2,600 years ago:

**“During the third year of King Jehoiakim’s reign in Judah, King Nebuchadnezzar of Babylon came to Jerusalem and besieged it with his armies. <sup>2</sup> The Lord gave him victory over King Jehoiakim of Judah. When Nebuchadnezzar returned to Babylon, he took with him some of the sacred objects from the Temple of God and placed them in the treasure-house of his god in the land of Babylonia. <sup>3</sup> Then the king ordered Ashpenaz, who was in charge of the palace officials, to bring to the palace some of the young men of Judah’s royal family and other noble families, who had been brought to Babylon as captives. <sup>4</sup> “Select only strong, healthy, and good-looking young men,” he said. “Make sure they are well versed in every branch of learning, are gifted with knowledge and good sense, and have the poise needed to serve in the royal palace. Teach these young men the language and literature of the Babylonians” (Daniel 1: 1-4).**

Instant satisfaction. Instant enjoyment. That was King Neb’s mindset. “I’ll get what I want now and how I get it are just minor details. Why not? As long as it works for me, it’s OK!”

Daniel was an Israelite, living in the Southern Kingdom of Israel in the capital city of Jerusalem, swept up in an invasion and plopped smack-dab in the middle of a hostile and foreign world, forced to learn the ways and language of the culture so he could serve the king as an advisor. That’s how he spent his high-school years.

If Daniel lived in America today, he’d be an All-American. He was good looking, a good athlete, his family had money, he was on the dean’s list; and was probably voted most likely to succeed. He had it all and had it all going for him, and then he was spun out of control and crash –landed in a difficult situation. Daniel found himself in a culture that wanted to change him by getting Daniel to forget who he was and forget His God by changing Him into its image: **“Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah. <sup>7</sup> The chief official renamed them with these Babylonian names: Daniel was called Belteshazzar. Hananiah was called Shadrach. Mishael was called Meshach. Azariah was called Abednego” (Daniel 1: 6-7).**

You haven’t been dragged off into some foreign country, but there is a world around you trying to drag you into its way of thinking and doing things. The world today says, “Look out for # 1. There is no right or wrong except what’s right for you. Serve yourself and you’ll get ahead.” This is the world you live in. But remember – you don’t belong to the world. You belong to Jesus: **“I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word” (John 17:6).** You don’t have to give in to the world’s mind-set to succeed. Daniel 1:4 shows how you can survive and succeed in a world that hates God and still be faithful to God:

**“Select only strong, healthy, and good-looking young men,” he said. Make sure they are well versed in every branch of learning, are gifted with knowledge and good sense, and**



**have the poise needed to serve in the royal palace. Teach these young men the language and literature of the Babylonians.”**

Be healthy: Daniel took good care of himself physically.

Be knowledgeable: Early in life, Daniel learned wisdom – God’s definition of what’s right and applied it in making every-day decisions.

Be well versed in learning: He was a good student, taking advantage of his opportunity to be well educated. He worked hard at his studies.

Learn common sense: Daniel had good common sense. He made good decisions at the right time.

In short, Daniel took advantage of every opportunity to put himself into a position to succeed. What was the outcome of Daniel’s work ethic? **“Now God had given the chief official great respect for Daniel” (Daniel 1:9)**. Daniel was a favorite of the royal court – sort of a teacher’s pet – but in a good way. God gave Daniel certain gifts & abilities that led him into favor with the king’s officials for God’s purposes: **“God gave these four young men an unusual aptitude for learning the literature and science of the time” (Daniel 1:17)**. Where God wants you to succeed, he will give you special aptitude or understanding in those areas of study. It’s up to you to discover what area you’re gifted in and develop those abilities so you can serve God where He places you.

If you want to succeed and gain the respect of others, it’s no different today than it was in Daniel’s day 2,600 years ago. The Bible says: **“Work hard, but not just to please your masters when they are watching. As slaves of Christ, do the will of God with all your heart. <sup>7</sup> Work with enthusiasm, as though you were working for the Lord rather than for people” (Ephesians 6:6-7)**. Work hard. Work with enthusiasm. It doesn’t mean work more. It means giving your best effort while you’re studying or in the classroom. Take care of yourself physically so you can work hard. Take advantage of the opportunity of getting a good education. Use good judgment. Make decisions that will help you and not harm you. This gives you the best opportunity for success.

Above all, understand that God brings you into favor with others to accomplish His purposes. Wherever God places you, thank Him by reflecting His love and kindness to those around you. It will reflect well upon you, and that will lead to favor with others, and that leads to earning success the old fashioned way.



## PRACTICE SESSION 1: SUCCESS – THE OLD FASHIONED WAY

### Daniel 1:1-4

**“During the third year of King Jehoiakim’s reign in Judah, King Nebuchadnezzar of Babylon came to Jerusalem and besieged it with his armies. <sup>2</sup> The Lord gave him victory over King Jehoiakim of Judah. When Nebuchadnezzar returned to Babylon, he took with him some of the sacred objects from the Temple of God and placed them in the treasure-house of his god in the land of Babylonia. <sup>3</sup> Then the king ordered Ashpenaz, who was in charge of the palace officials, to bring to the palace some of the young men of Judah’s royal family and other noble families, who had been brought to Babylon as captives. <sup>4</sup> “Select only strong, healthy, and good-looking young men,” he said. “Make sure they are well versed in every branch of learning, are gifted with knowledge and good sense, and have the poise needed to serve in the royal palace. Teach these young men the language and literature of the Babylonians.”**

1) After Daniel was taken to Babylon he was given a new name. What does your name mean to you? When people hear your name, what do you want to be known for?

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2) What steps does Daniel 1:4 outline for being successful?

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3) Which one of these steps do you feel you’re doing a good job with? What steps do you feel you need to work on?

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4) Write down some steps you can take to shore up the area you need to work on.

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5) What is one way God helps you accomplish the purpose He has for you? (Daniel 1:17).

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6) Who allows you to gain favor with others? (Daniel 1:9).

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7) What practical advice does Ephesians 6:6-7 give you for success?

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8) What are some challenges you face as a Christian living in today’s culture?

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9) How can you make an impact on today’s culture for Jesus Christ?

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Good Words To Remember:

**“Work with enthusiasm, as though you were working for the Lord rather than for people” (Ephesians 6:7).**



## LESSON # 4: TO PRAY OR NOT TO PRAY

### **You Shall Have No Other Gods Before Me** (Worship God Alone)

#### Review

Last week's homework questions & memory verse

#### Today's Lesson verse

**"Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God just as he had done before" (Daniel 6:10).**

#### Character quality

Trustworthy / Commitment

#### Discussion Question

**When was a time you stuck to what you knew was right even if others disagreed?**

#### Introduction

Corrie Ten Boom was born in Holland in late the 1890's into a Christian family. Now just being born into a Christian family doesn't mean that you are automatically a Christian, but Corrie loved Jesus. Her family's faith was put to the test when Germany invaded Holland in 1940.

The Germans despised the Jewish people. They took their property and Jewish families were split up with men, women and children being shipped to work camps and concentration camps. Throughout Europe over five million Jews were murdered, all of this within the lifetime of many people alive today!

Corrie's family provided a hiding place in their home for Jews who were being persecuted (badly treated) during World War II. Her family was eventually betrayed, and in return for their kindness, at age 59 along with her family, Corrie was put into a concentration camp. Her father and sister had died in those camps.

On December 28, 1944, after ten months of being in a Nazi Germany concentration camp, Corrie Ten Boom was released. Corrie made a promise to God that if she were allowed to live, she would tell as many people about the love and forgiveness of Jesus as she could. Then God made her a promise: that she would reach far more people than she could imagine with the gospel message. For the next 30 years following her release she traveled to more than 60 countries, telling people about God's love and faithfulness through her experiences while in prison. Among the 9 books she wrote, the most well known is The Hiding Place, an account of her arrest and time spent in prison.

\*\*\*\*\*

Sometimes, it's hard to stand up for what is right. Our Bible story today is about a man named Daniel, a Jewish man who lived in a country called Persia (which is now Iran or Iraq). In this story, Daniel had a big decision to make.

#### To Pray Or Not To Pray

(Text: Daniel 6:1-23)

**"It pleased Darius to appoint 120 satraps to rule throughout the kingdom, <sup>2</sup> with three administrators over them, one of whom was Daniel. The satraps were made accountable to them so that the king might not suffer loss. <sup>3</sup> Now Daniel so distinguished himself among**



the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. <sup>4</sup> At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so.

\*\*\*\*\*

**Question: Why do you think the other governors tried to find things wrong with Daniel?**  
[Because they were jealous].

\*\*\*\*\*

They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. <sup>5</sup> Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."

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**Question: What are two qualities that Daniel had that made him so good at his work?**  
[Daniel was honest & careful].

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<sup>6</sup> So the administrators and the satraps went as a group to the king and said: "O King Darius, live forever! <sup>7</sup> The royal administrators, prefects, satraps, advisers and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or man during the next thirty days, except to you, O king, shall be thrown into the lions' den. <sup>8</sup> Now, O king, issue the decree and put it in writing so that it cannot be altered-in accordance with the laws of the Medes and Persians, which cannot be repealed." <sup>9</sup> So King Darius put the decree in writing.

<sup>10</sup> Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. <sup>11</sup> Then these men went as a group and found Daniel praying and asking God for help. <sup>12</sup> So they went to the king and spoke to him about his royal decree: "Did you not publish a decree that during the next thirty days anyone who prays to any god or man except to you, O king, would be thrown into the lions' den?"

\*\*\*\*\*

**Question: What was Daniel's custom each day?** [He prayed to God].

**Question: Why do you think Daniel continued to pray, even though he could get into trouble by doing it?** [He made a commitment to pray to God only, and it was more important for Daniel to please God rather than please other people].

\*\*\*\*\*

The king answered, "The decree stands-in accordance with the laws of the Medes and Persians, which cannot be repealed." <sup>13</sup> Then they said to the king, "Daniel, who is one of the exiles from Judah, pays no attention to you, O king, or to the decree you put in writing. He still prays three times a day." <sup>14</sup> When the king heard this, he was greatly distressed; he was determined to rescue Daniel and made every effort until sundown to save him.

<sup>15</sup> Then the men went as a group to the king and said to him, "Remember, O king, that according to the law of the Medes and Persians no decree or edict that the king issues can be changed." <sup>16</sup> So the king gave the order, and they brought Daniel and threw him into the lions' den. The king said to Daniel, "May your God, whom you serve continually, rescue you!"

\*\*\*\*\*

**Question: How did the king know that Daniel served God continually?** [By the way Daniel lived - by his actions and his commitment to God by praying - the king could see it!].



\*\*\*\*\*

<sup>17</sup> A stone was brought and placed over the mouth of the den, and the king sealed it with his own signet ring and with the rings of his nobles, so that Daniel's situation might not be changed. <sup>18</sup> Then the king returned to his palace and spent the night without eating and without any entertainment being brought to him. And he could not sleep.

<sup>19</sup> At the first light of dawn, the king got up and hurried to the lions' den. <sup>20</sup> When he came near the den, he called to Daniel in an anguished voice, "Daniel, servant of the living God, has your God, whom you serve continually, been able to rescue you from the lions?"

<sup>21</sup> Daniel answered, "O king, live forever! <sup>22</sup> My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, O king." <sup>23</sup> The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God."

\*\*\*\*\*

**Question: What choice was Daniel faced with after the law against praying to God had been passed?** [Keep God as the most important person in his life, or disobey God's law and make someone or something else more important than God].

The first commandment that God gave to Moses says, "**You shall have no other gods before me**" (**Exodus 20:3**). That means that God wants to be the most important person in your life. Daniel lived in a way that showed others that it was more important to obey God rather than to please others.

**Question: How can you make God the most important person in your life today?**



## Chapter 1

### Introduction to Athletic Competition

#### Foundation Verse

**“But we know that there is only one God, the Father, who created everything, and we exist for him” (1 Corinthians 8:6).**

Athletic competition has most likely been around longer than recorded history:

“Race you to that tree and back.”

“Hey - no fair - you went before I said, ‘Go!’ ”

So rules needed to be introduced. Then, somewhere along the line the person who could run faster, pick-up something heavier or jump farther became real important. Local competitions popped up. Bragging rights were introduced. Trash-talk started:

“Bet our guy can out run your guy.”

“Bring it on.”

Referees, umpires, and judges were employed to make sure the athletes and coaches follow the rules during the competition. Pretty soon, competitions inviting the best from neighboring cities and states and countries were staged. In 776 B.C., the Olympic Games in Greece began. Held every four years, the Games were so important that wars ceased so the Games wouldn't be interrupted. Entire people groups identified with their athletic champions. Training systems were developed. Industries developed. In 1937, “PF Flyers,” the shoe with the secret wedge built in so you can run faster and jump higher was introduced.

Today, hundreds of millions of people around the world participate in some kind of organized sports.

**Question: If you compete in some kind of athletic competition, why do you?** [Maybe it's for an ice cream cone after the game, or a certificate, or a medal. Maybe it's just to get better, earn recognition, or just have fun. Maybe it's to earn a scholarship or to earn a living]. Ultimately, we compete for a prize.

I want to tell you two short stories about athletic competition. As you read or listen to these stories, think about the kind of prize those involved are reaching for:

**South Oak Cliff High School in Dallas, TX forfeited its 2005-06 Class 4-A state basketball title because an ineligible player participated in the state tournament. The player was failing a class – in fact not even attending the class most of the time - but had his grade changed to passing. The actions of those involved cost the team its title.**

↓

For 12 years, Joel Edwards had been trying to pick up his first victory on the PGA tour. On the first hole of the first round in the 2001 Players Championship, he barely missed his putt for par. The ball sat 3 inches from the cup. As he was getting ready to tap the ball in, just before his putter hit the ball, Joel noticed the ball move ever so slightly. He followed through and tapped the ball in – a good start to a round of even-par 72.



As Joel prepared for day and round two, he didn't feel right. Was the ball rolling? Had he broken a rule by hitting a moving ball? "When it first happened, I knew there was a rule or something, but I didn't lose a ball, so I just blew it off."

Joel continued to play well enough to advance to the third round. But following that round, he decided he couldn't go on without doing something about the moving ball. Following his round, he went to the tournament director and told him the situation. The officials said they wouldn't penalize him unless he could say for certain that the ball was moving before he hit it.

"My dad taught me that you've got to stand for who you are, and if you don't do that then you're being dishonest with yourself. And if you're honest with yourself, you can go on and be the person you want to be." So, even though he couldn't remember if the club did touch the ball, Joel Edwards disqualified himself, shook hands with the officials and walked away, his head held high.

**Question: What do you notice about the prize each was pursuing?** The answer may surprise you. Both were pursuing a physical prize – a state basketball championship, a first place finish in a PGA golf tournament, fame, honor, glory, money. But for Joel Edwards, there was another kind of prize he was competing for - something longer lasting.

At whatever level of competition you participate in, the physical prize you compete for doesn't last. The glory of the moment that when you win the prize time stands still, and the recognition that comes with it, after awhile fades and becomes a memory.

There is, however, a higher prize to pursue, one that won't spoil or fade away – an eternal prize. The Bible says, "**Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step...**" (1 Corinthians 9:24-26).

**Question: So what's this eternal prize that you run with purpose in every step to gain?**  
[Fruit].

Fruit is what you produce. It comes about from what you do. God is very interested in what you do – including how you compete in sports. The fruit you produce can be life-giving and long lasting or it can be rotten and good for nothing. God wants you to produce the life-giving and long-lasting kind. And that's what this series is all about. Producing fruit that will bear eternal rewards by how you compete in athletics.

If I could show your school team, or club, or your select team, or your chamber league how to have the world's most successful athletic program, producing the world's most successful athletes year in and year out, would you be interested?

If so, then read on. It can be done, but not in the way that you're currently thinking. I want you to think about how you compete from a new perspective. I want you to think about competing with a new purpose. I want you to think about:

Who you compete for

**"But we know that there is only one God, the Father, who created everything, and we exist for him" (1 Corinthians 8:6).**

Why you compete

**"For an eternal prize..." (1 Corinthians 9:25).**

How you compete



**“With purpose in every step...” (1 Corinthians 9:26).**

In the ancient games, the prize was a perishable wreath. But the prize you’re training for is a crown – a reward that will never fade, never spoil, a prize that is reserved for you in heaven. This is the race of races for the prize of prizes. So if you’re ready – start training your life to produce good things forever!



Practice Session 1: Introduction to Athletic Competition

**“In his grace, God has given us different gifts for doing certain things well” (Romans 12:6).**

1) What abilities or skills, gifts, or talents do you have that allow you to compete well?

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2) Why do you think you have these skills, gifts, abilities and talents?

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(Romans 11:36).

3) Why do you compete?

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4) What do you enjoy about competing?

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5) According to the Bible, why should you compete?

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(1 Corinthians 9:25).

6) On a scale of 1-10, with 1 being about 10% and 10 being 100%, how much purpose do you put into training and competing?

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7) According to the Bible, how should you train and compete?

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(1 Corinthians 9:26).

8) How will following these 3 verses in your training and competing honor God?

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9) How will following these 3 verses in your training and competing make you a better athlete?

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Victory Stand

**“For everything comes from him and exists by his power and is intended for his glory” (Romans 11:36).**



LESSON # 4: TO PRAY OR NOT TO PRAY  
“God Wants To Be #1 In Your Life”

Read Daniel 6:1-23

Background

Daniel was a Jewish person who lived in a country called Persia. He had exceptional skills and was the king’s best and favorite worker. But some of the king’s other workers got jealous of Daniel and made some evil plans against him.

Opportunities to Explore the Bible

**1) The other administrators did not like Daniel. Why?**

\_\_\_\_\_ (Daniel 6:3).

**2) Daniel had exceptional qualities that helped him do a good job. What one thing in particular did he do to help him do a good job?**

\_\_\_\_\_ (Daniel 6:11).

**3) Daniel made a commitment to pray to God (Daniel 6:10). What does “commitment” mean?**

\_\_\_\_\_

**4) What was the penalty for breaking the king’s law?**

\_\_\_\_\_ (Daniel 6:7).

**5) What did Daniel do after hearing about the penalty?**

\_\_\_\_\_ (Daniel 6:10).

Daniel was trustworthy (reliable) and neither corrupt (dishonest) or negligent (careless). He also made a commitment to God that he would have no other gods before him. Nothing - or no one - was more important than the God he prayed to and who helped him. Daniel committed to make God the most important person in his life and to worship Him alone - even if it meant being thrown into a den of lions!

**6) Name one way this week you can practice being:**

- Reliable \_\_\_\_\_
- Honest \_\_\_\_\_
- Careful \_\_\_\_\_

**7) Who is someone who you can commit to pray for this week?**

\_\_\_\_\_

Good Words To Remember

“They could find no corruption in him because he was trustworthy” (Daniel 6:4 b)



## LESSON # 1

### TEN WAYS TO BE TOTALLY COOL

#### Today's Lesson verse

**“You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you” (John 13:13-15).**

#### Character Quality

#### **Respect for God & Others**

#### Discussion Question

**What would be on your top ten ways to be cool list?**

#### Introduction to the Ten Commandments

Suppose you walked into your gym class one morning and there was no coach or teacher to be found. All you find is a yellow post-it note on the bleachers that reads, “Do what you want to do.”

**Question: What kind of gym class would you have?** [A basketball game might be in the middle of a volleyball game, some people might sit down in the middle of a hockey game].

**Question: In this situation, which activity would be the right one to do?** [No one particular activity would be right or wrong. A standard - a guideline - would need to be established].

**Question: In this situation which person would have the right to say what game should be played?** [A person would need to be put in authority].

**Question: In this situation, what one thing is certain?** [Each person would do as he or she pleased].

**Question: Where can you find that kind of attitude today?** [A place the Bible calls “the world”].

**Question: What is this place that the Bible calls the world?** [The world is anywhere people choose not to follow God]. The world can be in your country, your city, your school - even your home. The world teaches you to look to your own interests rather than look out for the interests of others. The world places more importance on “doing your own thing” or “getting all you can” rather than on God’s truths.

The world has its own standards of what is right and what is wrong, and often times the world’s standards are in direct opposition to what God says is right.

**Question: Who determines the world’s definition of what is right and what is true?** [The world’s definition of what is right and acceptable and appropriate is always changing]. It can change with a court decision, with what the news reports say, with what’s popular or trendy.

For example: in June of 2002, acting on the complaint of a single person, two judges have ruled that the Pledge of Allegiance is illegal because it contains the words “**under God**.” Now, to date, the words “under God” in the pledge (which were added in 1954) have not been removed, but it’s possible that could happen; despite the fact, that the United States of America was founded by men who believed that this is a nation under God: We hold these truths to be self-evident, that all



men are created equal, that they are endowed by their **Creator** with certain unalienable Rights..." (Declaration of Independence, July 4, 1776).

**Question: Can you think of some examples of what the world says may be right, appropriate or acceptable?** [There is no absolute standard of truth. If you aren't caught lying or cheating, it's OK to do it. It's OK to have sex outside of marriage. If somebody does something wrong to you, you have the right to do it back. Any and every type of lifestyle is acceptable].

**Question: How is God's definition of what's right different?** [God's definition of what's right is always true and is always the same]. The Bible says, "All your words are true; all your righteous laws are eternal." (Psalm 119:160).

The world can't figure out what's cool and how to be cool, but God can and has!

**Question: How can you and I know God's definition of what's cool?** [God has set down His top ten ways in writing]. They're called the Ten Commandments but we're going to call them:

The Top Ten Ways To Be Totally Cool!  
(Text: Exodus 20:3-17)

Note: Have the group read the commandments one at a time, and after reading each commandment talk about what each one means. (The Ten Commandments are found in Exodus 20:3-17).

1. **You shall have no other gods before me.**  
Choose to please God rather than others. God knows how to give you the best life possible.
2. **You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them.**  
Get to know God by spending time with Him. Then you will know how He desires you to worship Him.
3. **You shall not misuse the name of the Lord your God.**  
Be Jesus' personal representative in everything you do.
4. **Remember the Sabbath day by keeping it holy.**  
Time out for time with God.
5. **Honor your father and your mother.**  
Be honoring so you can be honorable.
6. **You shall not murder.**  
Encourage and help others.
7. **You shall not commit adultery.**  
Remain pure in your body, thought, word and action.
8. **You shall not steal.**  
Do what is good for others.
9. **You shall not give false testimony against your neighbor (Do not lie).**  
Live truthfully.
10. **You shall not covet anything that belongs to your neighbor.**  
Be thankful.

**Question: Why is it cool to live by God's ways?** [Living God's ways help you be attractive where it counts. Living God's ways can help you become more successful in the classroom. Living God's ways can help you become a better athlete]. Living God's ways can help you with all these and more if you'll commit yourselves to living toward them.



**Question: Do the Ten Commandments themselves help you to live God's ways?** [The Ten Commandments are like a mirror. They can only show you how you're doing compared to the standard God has set for you to live by].

**Question: How then can you live the way the Ten Commandments tell you?** [Through the power of Jesus Christ in your life]. Only Jesus can give you the power to live differently than the world lives. The Bible says, **"Let the word of Christ dwell in you richly..." (Colossians 3:16)**. When His thoughts become your thoughts, His actions will become your actions.

Jesus came to show you and I by His example how to be really cool. But He also came to give you the power to be cool! As we go through our Bible study this year, let Jesus help you to live your life and be totally cool!



## LESSON # 1 TEN WAYS TO BE TOTALLY COOL

Read **Exodus 20:3-17**

Opportunities to Explore the Bible

**1) What are the two competing standards of what is right, good and acceptable?**

1. \_\_\_\_\_ (2 Corinthians 10:2).
2. \_\_\_\_\_ (Psalm 119:160).

**2) How are they different?**

\_\_\_\_\_  
\_\_\_\_\_

**3) Match these ten ways to be totally cool with their meaning:**

- \_\_\_\_\_ You shall have no other gods before me.
- \_\_\_\_\_ You shall not make for yourself idols.
- \_\_\_\_\_ You shall not misuse the name of the Lord your God.
- \_\_\_\_\_ Remember the Sabbath day by keeping it holy.
- \_\_\_\_\_ Honor your father and your mother.
- \_\_\_\_\_ You shall not murder.
- \_\_\_\_\_ You shall not commit adultery.
- \_\_\_\_\_ You shall not steal.
- \_\_\_\_\_ Do not lie.
- \_\_\_\_\_ You shall not covet anything that belongs to your neighbor.

- a) Encourage and help others.
- b) Be honoring so you can be honorable.
- c) Be thankful.
- d) Rest so you can do your best.
- e) Get to know God by spending time with Him.
- f) Choose to please God rather than others.
- g) Live truthfully.
- h) Do what is good for others.
- i) Remain pure in your body, thought, word and action.
- j) Be Jesus' personal representative in everything you do.

**4) Do the Ten Commandments themselves help you to live according to God's ways?**

\_\_\_\_\_

**5) How then can you live the way the Ten Commandments tell you?**

\_\_\_\_\_ (Colossians 3:16).

Good Words To Remember

**"Let the word of Christ dwell in you richly..." (Colossians 3:16).**



## LESSON # 1: TRAINING CAMP

### Today's Lesson Verse

**“The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline” (Proverbs 1:7).**

### Character Quality

**Wisdom (Knowledge of what is right and how to apply that knowledge correctly).**

### Discussion Question

**What types of events have you participated or competed in?  
How did you get ready for them?**

### Introduction to Proverbs

There are 66 books that make up the Old & New Testament in the Bible. The Roman Catholic and Eastern Orthodox canons add several other books, known as the Apocrypha. Proverbs is one of those books, and it is found in the Old Testament, right after the Book of Psalms. Proverbs are generally short sayings about virtues, or God's instructions about what is right and what is wrong. I like to call Proverbs a manual of morals and ethics.

**Question: What are morals & ethics?** [Morals are a measure or standard of what is right and wrong, or good and bad. Ethics are what you do based on your morals].

Here's an example:

Willie & Millie were having a discussion at their lockers before school Monday morning about what they did over the weekend. Willie mentioned that he bought lunch at McDonald's on Saturday, and handed the girl at the cash register a \$5 bill. When the girl gave him his change, she mistakenly handed him a \$10 bill instead of a \$1 bill. Willie said he was tempted to keep the \$10, but he handed it back to her and said that his change should really be only \$1.

Millie told a story about how her mom dropped her and two friends off at the movies Saturday afternoon. Her friends really wanted to go see the new blockbuster hit that just came out, but it was rated "R" and Millie said that she was not allowed to see it. Millie's friends finally convinced her to go with them. Millie said, "I know what I did was wrong, and that I'd get in big trouble if my folks found out that I went to that movie. So I told them I went to see "The Sound of Music."

**Question: In the example we just heard, what is the moral standard that Willie & Millie were talking about?** [Honesty]. Both Willie & Millie believe that honesty is right.

**Question: Who listened to their morals and did what was ethical, Willie or Millie?** [Willie. Both believe honesty is right, but only Willie followed through with his actions].

**Question: Why should you study Proverbs?** [You're in training]. You train your mind to learn in school; you train your body for athletic competition; you train your voice to sing. But there's another type of training that is even more important than academics, athletics or music.

**Question: What type of training?** [Spiritual training. Training in the knowledge of what's right and what's wrong according to God's standards].

**Question: Why do we need training in spiritual knowledge?** [You're in training for a spiritual competition]. You see the world's standards of what is right and what is wrong are in direct competition with the standard that God has set.



**Question: What does it mean for the world's standards to be in direct competition with God's standards?** [The world's standards mean anything that is in direct opposition to what God says is right or wrong]. The world's definition of what is right is always subject to change. It can change with a court decision, with what the news reports say, with what's popular or trendy.

**Question: How is God's definition of what's right different?** [God's definition of what's right is always true and is always the same]. The Bible says, **"Your word, O LORD, is eternal; it stands firm in the heavens. <sup>90</sup> Your faithfulness continues through all generations; you established the earth, and it endures. <sup>91</sup> Your laws endure to this day..."** (Psalm 119:89-91).

As people, we naturally lean toward the world's definitions. We want to do things our own way. That's why we need to be spiritually trained to do things God's way. Proverbs was written to help you spiritually train - to know what God says is right and wrong, and to do what is right.

#### The Purpose of Training Camp (Text: Proverbs 1:1-7)

**"The proverbs of Solomon son of David, king of Israel: <sup>2</sup> for attaining wisdom and discipline; for understanding words of insight; <sup>3</sup> for acquiring a disciplined and prudent life, doing what is right and just and fair; <sup>4</sup> for giving prudence to the simple, knowledge and discretion to the young--<sup>5</sup> let the wise listen and add to their learning, and let the discerning get guidance--<sup>6</sup> for understanding proverbs and parables, the sayings and riddles of the wise. <sup>7</sup> The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.**

The first statement that this Proverb tells us is that the following attributes will help you make good decisions in life. Let's talk about some of these briefly.

#### Wisdom

**"Those who are wise will shine like the brightness of heaven, and those who lead many to righteousness [doing what is right according to God], like the stars for ever and ever"** (Daniel 12:3).

**Question: What is wisdom?** [Wisdom is a deep knowledge of understanding what God says is right, and applying that knowledge correctly]. Many people have a knowledge of facts, but don't have the wisdom to make a correct decision. In our example, Millie had a knowledge that honesty is right, but she did not use wisdom in making a correct decision.

The Bible says that wisdom clearly starts with personally knowing God through Jesus Christ.

#### Discipline

**"My son, do not despise the LORD's discipline and do not resent his rebuke, <sup>12</sup> because the LORD disciplines those he loves, as a father the son he delights in"** (Proverbs 3:11-12).

**Question: What is discipline?** [Discipline is training by instruction or practice]. Our minds are trained by teachers in school. Our bodies are trained physically by coaches during workouts. Likewise, we need to be trained spiritually through instruction and practice.



**Question: What are some ways that we can be trained spiritually through instruction?** [We can be instructed through hearing or reading the Bible, learning Scripture verses, hearing Christian music].

**Question: What are some ways that we can be trained spiritually through practice?** [We can pray for a friend, give money or food to the poor, be a loyal friend, offer a kind word].

Doing What Is Just, Right And Fair

**“He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God” (Micah 6:8).**

To act justly is to do what is right. To be merciful is to be kind and forgiving. To walk humbly with God is to willingly say, “It’s more important for me to obey what you want to me to do Lord, than do what I want to do.”

Discernment

**“Your word is a lamp to my feet and a light for my path” (Psalm 119:105).**

**Question: What is discernment?** [Discernment is the power to understand between right and wrong]. Discernment can help us understand the difference between the world’s standards of right and wrong and God’s standards of right and wrong.

The Bible says that our very nature needs spiritual guidance. The Scriptures say, **“Surely I was sinful at birth, sinful from the time my mother conceived me” (Psalm 51:5).**

From the moment we’re born, we want to do things our own way. No one teaches us to do that. It’s who we are. It’s natural. That’s why we need to be spiritually trained to follow God’s ways and not the world’s ways.

The Beginning Of Wisdom

**“The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline” (Proverbs 1:7).**

**Question: What is the fear of the Lord?** [The fear of the Lord is awe or wonder or respect for God].

The Bible says that a deep respect for God is the beginning of knowing what is right and doing what is right. But the Bible also says that a person who despises God’s ways and His instruction and training is a fool.

**Question: Which person do you want to be?**



## LESSON # 1: SPIRITUAL TRAINING CAMP

Read Proverbs 1:1-7

Opportunities to Explore the Bible

**1) Why do you need training in spiritual knowledge?**

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**2) Why is God's definition of what's right different from the world's definition?**

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\_\_\_\_\_ (Psalm 119:89-91).

**3) Why does the Bible say you need spiritual guidance?**

\_\_\_\_\_ (Psalm 51:5).

**4) How does the Bible help guide you?**

\_\_\_\_\_ (Psalm 119:105).

**5) What is wisdom?**

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**6) What is the beginning of wisdom?**

\_\_\_\_\_ (Proverbs 1:7).

**7) What does the Bible call a person who despises God's instruction and training?**

\_\_\_\_\_ (Proverbs 1:7)

**8) What are some ways that you can be trained spiritually through instruction?**

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**9) What are some ways that you can be trained spiritually through practice?**

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Good Words To Remember

**"The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline" (Proverbs 1:7).**



Training Camp



Training Camp



### Request For Bible Study Materials

<u>Resource</u>		<u>Quantity</u>
<b>Apologetics</b> Leader Book Workbook	(Recommended Age: 7 <sup>th</sup> -9 <sup>th</sup> Grade)	_____ _____
<b>Bible Beauties</b> Leader Book Workbook	(Recommended Age: 4 <sup>th</sup> -6 <sup>th</sup> Grade)	_____ _____
<b>Campfire Devotions Vol. 1</b>	(Recommended Age: K-2 <sup>nd</sup> Grade)	_____
<b>Campfire Devotions Vol. 2</b>	(Recommended Age: K-2 <sup>nd</sup> Grade)	_____
<b>Christian Character</b> Leader Book Workbook	(Recommended Age: 4 <sup>th</sup> -6 <sup>th</sup> Grade)	_____ _____
<b>Heroes of the Bible</b> Leader Book Workbook	(Recommended Age: 4 <sup>th</sup> -6 <sup>th</sup> Grade)	_____ _____
<b>Lessons &amp; Letters</b>	(Recommended Age: Jr. High – Sr. High)	_____
<b>Let's Talk</b>	(Recommended Age: Jr. High - Sr. High)	_____
<b>T.E.A.M.</b>	(Recommended Age: 5 <sup>th</sup> Grade +)	_____
<b>Ten Commandments 1</b> Leader Book Workbook	(Recommended Age: 3 <sup>rd</sup> -4 <sup>th</sup> Grade)	_____ _____
<b>Ten Commandments 2</b> Leader Book Workbook	(Recommended Age: 4 <sup>th</sup> -6 <sup>th</sup> Grade)	_____ _____
<b>Training Camp</b> Leader Book Workbook	(Recommended Age: 6 <sup>th</sup> -8 <sup>th</sup> Grade)	_____ _____

Please send these resources to:

Name \_\_\_\_\_  
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(214) 706-9002 (fax)  
www.practiceministries.org



### Request For Bible Study Materials en Espanol

<u>Resource</u>		<u>Quantity</u>
<b>Christian Character</b>	(Recommended Age: 4 <sup>th</sup> -6 <sup>th</sup> Grade)	
Leader Book		_____
Workbook		_____
<b>Lessons &amp; Letters</b>	(Recommended Age: Jr. High – Sr. High)	
		_____
<b>Ten Commandments 1</b>	(Recommended Age: 3 <sup>rd</sup> -4 <sup>th</sup> Grade)	
Leader Book		_____
Workbook		_____
<b>T.E.A.M.</b>	(Recommended Age: 5 <sup>th</sup> -Grade +)	
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## Frequently Asked Questions

### [What is the best size of the group?](#)

We have found that with 10-12 couples in the group, you'll have 7-9 couples there each week, and that's a nice size. If you go much bigger than that, you lose some intimacy and there's not enough time to let everyone participate as much as they want.

### [What should the make-up of our group be?](#)

The age difference among the kids in the group probably shouldn't be much more than a school grade or so. We strongly suggest keeping your group either dads & girls or dads & boys. If your group gets too big, consider dividing in two, and let each group have room to accommodate more families. Consider having the groups meet on different days if it will help with schedule conflicts.

### [How often should our group meet?](#)

We suggest meeting once a week. That way it's easy to remember that, for instance, Tuesday is Bible study day, and you don't have to spend a lot of time reminding people when your study meets again. If you decide to meet every other week, make sure you have a good reminder system.

### [What's the best place for my group to meet?](#)

We find that meeting in a home works best, where a group can meet comfortably and relatively undisturbed. In the case where there's no home nearby or convenient to school, we suggest meeting in a room at a church or a classroom at school – we've never been turned down meeting at a school.

### [What is the cost of the materials?](#)

Practice Ministries does not charge for any of our materials – they're our gift to you.

### [How is the ministry supported?](#)

We send out a letter once a year in November to our participating families, giving them the opportunity to contribute financially if they are able and willing to do so. It's the only time we do this during the year. We hope to have on-line giving available soon.

### [What materials are available for our group?](#)

Most of our materials consist of a 1) Leader Book to teach the lesson from whichever lesson series you want to use 2) Workbook called Exploring The Bible which is a guide to help your families get ready for the study. Some of our series have the leader book and worksheets combined into one book (T.E.A.M.; Lessons & Letters; Let's Talk).

### [What about getting several groups going?](#)



In the Park Cities community in Dallas, for example, each spring we find two dads in each elementary school - one with a 2nd grade daughter & one with a 2nd grade boy - to be "contact dads" for their grade. Most of these dads will then begin inviting their son or daughter's friends, teammates, Y-Guide Tribe, etc. to participate. We'll then mail-out to the entire rising 3rd grade class inviting the dads & kids to participate.

#### [How is the ministry set up?](#)

We're a non-denominational 501 (c)(3) organization. Our director, Bill Zukoski, writes the curriculum and organizes the Bible studies, and oversees the day-to-day operations. Our board of directors keeps Bill accountable with lesson content and the finances.