

Training Camp



Welcome to Practice Ministries Bible studies for dads and kids. You're fulfilling one of the greatest privileges and responsibility a dad has - helping teach your kids God's Word - the Bible.

This booklet, [Exploring the Bible](#) is designed to help you and your family put God's truths into practice everyday. Each worksheet corresponds to the lesson in the leader book with the same number and title. Answers to the questions in this booklet can be found in the last section of the corresponding leader book. You can download any worksheet in this book by going to the Bible Study Materials page on our website at: **www.practiceministries.org**.

We're always looking for ways to make this material better for your family, so please contact us with any questions or comments you have. Here's how you can reach us:

E-mail us:
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LESSON # 1: SPIRITUAL TRAINING CAMP

Read Proverbs 1:1-7

Opportunities to Explore the Bible

1) Why do you need training in spiritual knowledge?

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

(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?

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?

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

Good Words To Remember

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

LESSON # 2: GOD'S GARDEN

Read Proverbs 8

Somewhere before the beginning of time, God set out to begin work on a garden. God created the earth - a garden that could sustain life.

Opportunities to Explore the Bible

1) What did God need to establish before He could create His garden?

2) With what did God choose to found the world upon? _____ (Jeremiah 10:12).

3) What is wisdom?

4) Why did God choose wisdom as the foundation of the world?

5) How does wisdom describe herself as God created the heavens and the earth? _____ (Proverbs 8:30).

God created us to work best when we operate according to His instructions. He created our mind to work best when it is filled with His knowledge. But often times, sin causes interference in our mind and we end up getting all kinds of wrong ideas about what we think is right and true that God never intended for us to have. God has appointed wisdom to teach us what is right and what is true.

6) How can wisdom help you live the way God originally intended for you to live? _____ (Proverbs 8:34).

7) Review Chapter 8. What are some advantages wisdom presents to you & me?

8) How can you practice attaining wisdom each day?

- _____ (Proverbs 8:33).
- _____ (Proverbs 8:34).

Good Words To Remember

“For wisdom is more precious than rubies, and nothing you desire can compare with her” (Proverbs 8:11).

LESSON # 3: WHAT'S IN A NAME?

Read Proverbs 3:1-4

Opportunities to Explore the Bible

1) What does it mean to be popular?

2) Popularity is what makes someone to be well liked. What is a true popularity?
_____ (Proverbs 3:4).

Read Luke 2:41-52

3) What role does wisdom play in Jesus' life as a young boy?
_____ (Luke 2:52).

4) How did Jesus gain wisdom?
_____ (Luke 2:46-49).

5) How can you gain a good name among those who know you?

- _____ (Proverbs 3:1).
- _____ (Proverbs 3:3).
- _____ (Proverbs 3:3).

6) How can you show people your love for them?

7) How can you be a loyal friend?

Good Words To Remember

"...The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart" (1 Samuel 16:7).

LESSON # 4: UNDER CONSTRUCTION (Part 1)

Read Proverbs 13:18 & Hebrews 12:11

Opportunities to Explore the Bible

1) What is discipline?

2) Discipline does not just happen. What is another word to describe discipline?

3) Why is discipline important in achieving your goal?

Suppose that you want to maintain a B average or higher this semester at school. In order to achieve this goal you need to mentally prepare and physically follow through.

4) What is one example of how to prepare mentally?

5) What is one example of how to follow through with your plan?

6) What are the benefits of mental & physical discipline?

7) What are examples of how discipline can help you achieve your goals for:

School

Athletics

Good Health

8) What is your goal as a Christian?

_____ (2 Corinthians 5:20).

9) How can discipline help you be a good representative of Jesus?

_____ (Hebrews 12:11).

10) What does the Bible say about those who ignore discipline?

_____ (Proverbs 13:18).

Good Words To Remember

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it” (Hebrews 12:11).

LESSON # 5: UNDER CONSTRUCTION (Part 2)

Read Proverbs 12:1 & John 17:14-18

Opportunities to Explore the Bible

1) What is the job description for a Christian?

_____ (2 Corinthians 5:20).

2) In order to do a good job of representing Jesus, what will you need?

_____ (Ephesians 6:4).

3) Why do we need training in spiritual knowledge?

_____ (John 17:17).

4) What is “the world” that Jesus refers to?

_____ (John 17:14).

5) What does Jesus mean when He says to be “in” the world but not “of” the world?

_____ (John 17:14).

6) What are some of the world’s values?

A person can have Jesus Christ in his or her heart, and yet still decide to live by the world’s values. That’s why we need to learn and practice God’s standards. One way we train spiritually is through spiritual discipline.

7) What is spiritual discipline?

8) What are some ways that you can train to be Jesus’ personal representative?

9) What does the Bible say about those who choose not to live by God’s standards?

_____ (Proverbs 12:1).

Good Words To Remember

“Whoever loves discipline loves knowledge, but he who hates correction is stupid”

(Proverbs 12:1).

LESSON # 6: GOD'S GAME PLAN: OFFENSE

Read 1 Kings 3:7-9

Opportunities to Explore the Bible

1) What did Solomon ask God to give him in order to do a good job of leading the people of Israel?

_____ (1 Kings 3:9).

God outlined a good game plan for Solomon to lead the people of Israel. God's game plan contains two elements:

1. An offensive strategy
2. A defensive scheme

Read Proverbs 3:5-7

2) What is the first offensive play in God's game plan?

_____ (Proverbs 3:5).

3) What is the second offensive play in God's game plan?

_____ (Proverbs 3:5).

4) What is the third offensive play in God's game plan?

_____ (Proverbs 3:6).

5) Why should you trust in God today?

_____ (Psalm 34:8).

6) Who or what should you rely upon to help you make good decisions?

_____ (Proverbs 13:20).

7) Why does God want us to rely on Him for understanding?

_____ (Psalm 119:160).

8) How can you know if some activity is ok to do or what someone tells you is right?

_____ (Psalm 119:9-11).

Good Words To Remember

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” (Proverbs 3:5-6).

LESSON # 7: GOD'S GAME PLAN: DEFENSE

Read Proverbs 3:5-7, Proverbs 4:25-27

Opportunities to Explore the Bible

1) What are some of the world's ways that distract you from living God's ways?

2) How can you be victorious over the world's distractions?

- _____ (John 16:33).
- _____ (1 John 2:15).

3) How can you recognize what is evil?

_____ (Psalm 119:104-105).

4) What does it mean to fear God?

5) What does it mean to shun evil?

6) What are four good defensive ways to avoid evil?

1. _____ (Romans 12:9).
2. _____ (1 Thessalonians 5:22).
3. _____ (Ephesians 4:27).
4. _____ (1 Corinthians 6:18).

7) What are ways to recognize some not so obvious evils?

8) Why is it important to stay away from even the little things that are wrong?

9) What is one of the items on the world's menu that you might be tempted to try?

10) How can you approach Jesus about this?

_____ (Hebrews 4:15-16).

Good Words To Remember

"Fear the Lord and shun evil" (Proverbs 3:7).

LESSON # 8 GOD'S GAME PLAN: SPECIAL TEAMS

Read Proverbs 3:21-22a, Ephesians 6:10-18

Opportunities to Explore the Bible

1) The Bible says that Christians are engaged in a battle. What kind of battle?

_____ (Ephesians 6:12).

2) What is one tactic that Satan uses to attack you?

3) What protection has God given us to protect us from spiritual attacks?

_____ (Ephesians 6:14-18).

4) How can you practice using God's armor this week:

Truth _____

God's standards of right _____

Peace _____

Faith _____

Word of God _____

Prayer _____

5) What are three ways to defend against the enemy's spiritual attacks?

1. _____ (John 8:44).

2. _____ (John 8:31-32).

3. _____ (Ephesians 6:18).

6) How can you know the truth?

1. _____ (John 8:32).

2. _____ (Psalm 119:11).

Good Words To Remember

"My son, preserve sound judgment and discernment, do not let them out of your sight; they will be life to you..." (Proverbs 3:21-22(a)).

LESSON # 9 GOD'S GAME PLAN: SPECIAL TEAMS

Read **Matthew 3:16-4:11**

Opportunities to Explore the Bible

1) In Matthew 4:3 Satan tried to get Jesus to become angry by mocking him, "If you are the Son of God..." Why does Satan try to get you and me to become angry?

2) In Matthew 4:3 what did Satan want Jesus to do? Why?

3) In Matthew 4:8 what did Satan tempt Jesus with? Why?

4) How did Jesus handle Satan's temptations?

_____ (Matthew 4:4, 4:7, 4:10).

5) What can you learn from how Jesus handled Satan's temptations?

_____ (1 Corinthians 10:13).

6) What are examples of an all-out blitz temptation you face today?

_____ (Galatians 5:19-21).

7) Why are temptations harmful?

_____ (Proverbs 4:12).

8) How can you use God's armor to stand up to sexual immorality?

_____ (Ephesians 6:14).

9) How can you use God's armor to stand up to impurity?

_____ (Proverbs 4:23).

10) Question: How can you stand up to peer pressure?

_____ (Proverbs 29:11).

Good Words To Remember

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ" (Philippians 1:27).

LESSON # 10 DO NOT OPEN 'TIL MARRIAGE

Read Proverbs 1:20-33, Genesis 2:19-25

Opportunities to Explore the Bible

1) What does Scripture warn you will happen if wisdom is ignored?

_____ (Proverbs 1:27).

2) God has given the gift of sex to whom?

_____ (Genesis 2: 24).

Read 1 Thessalonians 4:3-4

Being sexually impure rains down a storm of consequences that you have no control over.

3) What do you think that some of the consequences of adultery are?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

4) What do you think are some reasons why you should remain sexually pure?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

5) Why does God want you to listen to wisdom and remain sexually pure?

_____ (Proverbs 1:33).

Good Words To Remember

“but whoever listens to me [wisdom] will live in safety, and be at ease, without fear of harm” (Proverbs 1:33).

LESSON # 11 A LETTER FROM JOHN

Read Proverbs 3:21-24

Opportunities to Explore the Bible

1) What are different types of pollution you can think of?

Just as there is air and water pollution there are also types of pollution that make your mind and your body impure. Introducing impurities into your mind or body is called adultery.

2) Why is putting impurities into the air and water dangerous?

3) Why is putting impurities into your mind and body so dangerous?

4) How can you keep from ordering from the world's menu?

_____ (1 John 2:15).

5) What choices does God's menu offer? What kind?

_____ (Galatians 5:22).

6) Think of God's words as seeds. Think of your mind as fertile soil. How can God's words help keep you from introducing impurities into your mind and body?

God has given you the power to help you remain pure, but the decision is up to you. You are free to order items from the world's menu, but you are not free to choose how they will affect you. Or you can order from God's menu and have the best He can offer you.

7) Which menu will you order from?

Good Words To Remember

"My son, preserve sound judgment and discernment, do not let them out of your sight" (Proverbs 3:21).

LESSON # 12 FIRSTFRUITS (Part 1)

Opportunities to Explore the Bible

Read Genesis 4:3-7

1) Why was God pleased with Abel's offering?

2) According to the Scriptures then, in what way does God want you and I to give?

Read: Mark 12:41-44

3) Why did Jesus say that the poor widow had put more into the treasury than all the others?

Read: 2 Corinthians 8:1-5

4) What 3 things do you notice about the church in Macedonia's giving?

Read John 15:16-17

5) What is this fruit that Jesus mentions?

6) What is one specific way you can bear fruit with your money?
_____ (Matthew 15:35-36).

7) What is one specific way you can bear fruit with your possessions?
_____ (Matthew 6:20).

8) What is one specific way you can bear fruit through your knowledge?
_____ (Luke 2:52).

9) What is one specific way you can bear fruit through your abilities?
_____ (Colossians 3:23-24).

10) What is one specific way you can you bear fruit within & toward your family?
_____ (Deuteronomy 4:9).

Good Words To Remember

"Honor the Lord with your wealth, with the firstfruits of all your crops" (Proverbs 3:10).

LESSON # 13 FIRSTFRUITS (Part 2)

Opportunities to Explore the Bible

Read Malachi 3:6-12

1) What are examples you can think of how society has turned away from God?
_____ (Exodus 20:3-17).

2) What are the results of our society's turning away from God?

3) What is one promise you will commit to doing that will help society return to God?

4) How does God describe giving?
_____ (Malachi 3:10).

5) What do you think God means by, "there may be food in my house?"
_____ (Matthew 25:31-36).

6) With what attitude does God want us to give?

7) What is God's promise you if you will give wholeheartedly?
_____ (Malachi 3:10).

Read Deuteronomy 8:6-18

8) What is one way to remember what God has given to you?
_____ (Deuteronomy 8:10).

9) What does God want in return for giving you resources & abilities?
_____ (Deuteronomy 8:18).

10) How can you give your first and your best to God today?

Good Words To Remember

"Bring the whole tithe into the storehouse, that there may be food in my house"
(Malachi 3:10).

LESSON # 14 WALK THIS WAY PLEASE

Read Proverbs 10:9

Integrity is defined as a commitment to what is right. You can know what is right by knowing God's words that are contained in The Bible. Integrity says that you choose to make the right decision, and then follow through with making the right decision. But first, integrity must be learned and established.

The Promise Keepers organization lists seven promises to help people learn and practice integrity (This is the Practice Ministries kid version):

1. **Honor Jesus in your prayers, worship and be obedient to His Word.**
2. **Develop good friends who have the same values and who will encourage and help you to make good choices.**
3. **Practice living a life that pleases God.**
4. **Help strengthen your family by living according to values that God teaches you through the Bible.**
5. **Honor and pray for your church's pastor. Be active in your church and use the abilities God has given you to help strengthen your church.**
6. **Love people regardless of who they are or where they worship.**
7. **Show love for God and show love for your neighbor. Live your life in a way that would make others want to follow Jesus Christ.**

Opportunities to Explore the Bible

1) **Choose three of these promises and write one way you can keep each promise this week:**

- _____
- _____
- _____

2) **The Bible says that our integrity will be challenged by temptation. Name three things you can do to stand up to temptation:**

1. _____ (Ephesians 6:10).
2. _____ (Ephesians 6:18).
3. _____ (Ephesians 6:18).

Good Words To Remember

“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ” (Philippians 1:27).

LESSON # 15 BUILDING YOUR HOUSE

Opportunities to Explore the Bible

Read Psalm 139:13-16

1) What important truths does this verse tell you about yourself?

Read Matthew 7:24-27

2) What is important about the foundation of a house?

3) What is the rock that Jesus refers to in this story?

4) Why does Jesus say to build the foundation of your house on the rock?

5) What are some examples of sand that people base their lives on?

6) What does this passage tell you about how to build your life?

7) What three things does God guarantee about truth?

_____ (1 Timothy 2:3-4).

_____ (Psalm 119:160).

_____ (Malachi 3:6).

8) The house you are building is actually what?

_____ (1 Corinthians 6:19).

9) What building materials does this verse say to use in building your house?

_____ (Romans 11:33).

10) How should you furnish your house?

_____ (Proverbs 24:4).

11) What does the Bible say are rare and beautiful treasures?

_____ (Colossians 2:3).

Good Words To Remember

“By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures” (Proverbs 24:3-4).

LESSON # 16 A FRIEND LOVES AT ALL TIMES (Part 1)

Opportunities to Explore the Bible

Read 2 Corinthians 6:14-17a

1) What does this verse say about the relationship of right vs wrong, light vs dark?

2) What does God want you to learn from this verse?

3) What does this verse tell you about choosing friends?

4) What does it mean to be accountable?

When you make promises, God wants you to keep them. The Bible maintains that you are accountable to God for your thoughts, words and actions. God also says through the Scriptures that you and I are to help hold each other accountable to keep promises we make.

Dad: What area will you pledge to let your son or daughter hold you accountable?

Spiritual _____
Physical _____
Financial _____
Family _____
Other _____

Dad: How can your son or daughter help hold you accountable in this area?

Kids: What area will you pledge to let your dad (mom) hold you accountable?

Spiritual _____
Physical _____
Financial _____
Family _____
Other _____

Kids: How can your dad or family member help hold you accountable in this area?

LESSON # 17 A FRIEND LOVES AT ALL TIMES (Part 2)

Opportunities to Explore the Bible

1) What is the best way to be a leader?

_____ (John 13:14-15).

2) What are some ways that you can be a leader even though you are young?

_____ (1 Timothy 4:12).

3) What are some ways to be a young leader before God?

- _____ (Psalm 27:11).
- _____ (Psalm 139:24).
- _____ (Romans 14:19).

4) Dads, how can you be a leader in your:

- **Family?** _____
- **Business?** _____
- **Organizations?** _____

5) Boys (Girls), in what ways can you be a leader in your:

- **Family?** _____
- **School?** _____
- **Sports?** _____

6) Boys (Girls), why should you be accountable for your conduct or language around your younger brother or sister?

7) Dads, how do your words or actions toward your wife affect your children?

8) What are two reasons why leaders need accountability built into their lives?

9) What are two ways that you can help leaders be accountable?

1. _____ (1 Samuel 12:23).
2. _____ (2 Timothy 2:15-16).

Good Words To Remember

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

LESSON # 18 A FRIEND LOVES AT ALL TIMES (Part 3)

Opportunities to Explore the Bible

Read **Philippians 2:3-11**

1) What are some ways that Jesus shows you how to be a good friend?

2) How can you look to the interests of others?

3) What specific ways can you serve others?

Read **Proverbs 15:33**

4) How can you be humble?

Read **James 1:19**

5) Why is it important to be a good listener?

Read **1 Thessalonians 5:11**

6) How can you develop a positive attitude toward others?

Read **Romans 12:10**

7) How can you be a loyal friend?

Read **Ephesians 5:25, 1 Peter 3:7**

8) Dads - How does Jesus expect you to love your wife?

9) Dads - How can you be considerate & respectful toward your wife?

Read **Proverbs 12:22**

10) How can you be a true friend?

Good Words To Remember

“A friend loves at all times...” (Proverbs 17:8)

LESSON # 19 MADE TO ORDER (Part 1)

Opportunities to Explore the Bible

Read Psalm 139:13-16

1) What words in this passage let you know that you are highly valued by God?

2) What sorts of elements did God knit together into you?

Read John 9:2-11

3) Why did God create you the way He did, even if you're physically challenged?
_____ (John 9:3).

4) What is your inmost being? Why is it important to have one?

5) What significance does Psalm 139:16 hold for you?

6) For what purpose did God create you?
_____ (Ephesians 2:10).

7) Why did God create us to do good works?
_____ (1 Corinthians 12:25).

When an iron tool is sharpened after repeated use, it will remain honed and sharp, and useful for the purpose for which it was designed and created. If an iron tool is left unsharpened after repeated use, it will become dull and eventually useless for the purpose for which it was designed and created.

8) What does "As iron sharpens iron, so one man sharpens another" mean?

9) Who are people different from you who you can learn from?

Good Words To Remember

"As iron sharpens iron, so one man sharpens another" (Proverbs 27:17).

LESSON # 20 MADE TO ORDER (Part 2)

Opportunities to Explore the Bible

Read 1 Corinthians 12:14-21

1) Why do you need people who are different than you?

2) Who are people that may be “different “ than you that help meet your needs?

3) What is one reason why people who are “different” from you, i.e.: a person of another skin color or nationality tend to make you uncomfortable?

4) How can you become more comfortable with people who are different than you?

5) How can you begin to respect people who are different from you?

_____ (Philippians 2:13).

6) What are ways that you can respect differences among people?

- _____ (Psalm 139:13-16).
- _____ (Romans 12:6).
- _____ (1 Corinthians 12:4-7).
- _____ (1 Timothy 4:12).
- _____ (Philippians 2:3-4).

If you read the newspaper or watch the news reports, there are certain issues that are accepted by many people, which are morally wrong according to God’s Word and His standard for our society.

7) How can you respond when someone demands your acceptance of his or her views on these issues?

_____ (Galatians 1:10).

8) What should you keep in mind when responding to these individuals?

_____ (Romans 5:8).

_____ (Ephesians 2:8-9).

_____ (Luke 9:26).

Good Words To Remember

“As iron sharpens iron, so one man sharpens another” (Proverbs 27:17).

LESSON # 21 SALT & LIGHT (Part 1)

Opportunities to Explore the Bible

Read **Matthew 5:13-16**

Salt changes the flavor of the food it comes into contact with. The taste of salt is unmistakable; you immediately recognize it! Salt is of no use unless it mixes with food. While the salt itself remains unchanged by what it comes into contact with, the salt immediately influences what it is mixed with.

1) Why does Jesus compare you to salt?

2) How can you go into the world and tell people about God today?

3) How can you be God's flavor in your community today?

_____ (Romans 12:14-18).

4) What reason does Jesus give as to why some people cannot find Him?

_____ (John 8:12).

Before electricity was harnessed to produce light, a wick placed in a candle or a vessel of oil was burned to produce light. The lamp was merely the vessel to hold the light.

5) What does light do?

6) In what way are you Jesus' lamp?

7) Why does Jesus want you to take His light out into the world?

Good Words To Remember

"You are the salt of the earth... You are the light of the world" (Matthew 5:13-14).

LESSON # 22 SALT & LIGHT (Part 2)

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me’ ”

This is a wonderful opportunity for your Bible study to adopt a one time or an ongoing service project - to be salt & light in your community.

Being Salt & Light In Your Community

A great way to be salt and light in your community is by doing a project for someone or a group of people who can really use the help.

1) What are some anonymous projects that you think would be fun to do as a group?

2) What are some projects that are not so anonymous that you think would be fun to do as a group?

Here are some guidelines to help get your project going:

- ⇒ **Decide as a group what kind of project would be fun to do together**
- ⇒ **Decide on a group coordinator who will agree to make any calls that might be necessary, i.e.: where clothes can be dropped off, how sandwiches can be dropped off at a shelter, obtaining permission to clean up a nearby park.**
- ⇒ **Decide a day and time to get together to do the project**
- ⇒ **Line up transportation**
- ⇒ **If items as food have to be bought, decide who will do the shopping (consider using some of your allowance to attach some real meaning to the project).**

Good Words To Remember

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me’ ” (Matthew 25:35-36).

LESSON # 23 FROM THE HEART

Opportunities to Explore the Bible

Read Matthew 23:2-5a, 23-28

The Pharisees were the religious leaders of Israel. Along with the Jewish government officials, they set and enforced strict rules and regulations that the Jewish people were to follow without exception.

1) Why did Jesus speak so strongly against the Pharisees?

_____ (Matthew 23:3).

Read Mark 12:41-44

2) Who does Jesus praise in this story, the rich or the widow? Why?

3) What would Jesus say is the big difference between the Pharisees and the widow?

Although it is natural for you & I to look at the outward appearance, God says it is more important to look at the heart, the inward appearance.

4) What characteristic do you feel you would need to be popular at school?

5) What is the one thing about your best friend that you like?

You see, guys or girls, if you want to be truly attractive, if you want to be popular, it begins not with your outward appearance, but in your wellspring. It begins in your heart.

6) What are some ways that you can learn to have a heart after God's own heart?

- _____ (Matthew 5:43-44).
- _____ (Psalm 139:23).
- _____ (Job 22:22).

If you really want to be a guy or girl after God's own heart, to be a widow rather than a Pharisee; then really work at putting God's words in the very center of you. If you want them there and put them there, they will guide your attitudes, your thoughts and the reasons for your actions.

Good Words To Remember

"...The Lord does not look at the things a man looks at. Man looks at the outward appearance, but the Lord looks at the heart" (1 Samuel 16:7).

LESSON # 24 JUST SAY YES - TO GOD!

Opportunities to Explore the Bible

Read **Proverbs 23:29-35**

1) Unfortunately, what are ways some kids choose to handle their problems?

Drugs and alcohol are often ways that kids choose to escape troubles and pain in a difficult situation.

2) What is a better way to handle your problems and troubles?

_____ (John 16:33).

Read **Psalm 145**

3) How does Psalm 145 tell you that God can help you?

- _____ (verse 14).
- _____ (verse 16).
- _____ (verse 18).
- _____ (verse 19).
- _____ (verse 19).

Read **Isaiah 41:10**

4) What resources has God given you to strengthen and uphold you in tough times?

Don't kid yourself - you live in a world full of troubles. Jesus himself says that you will have troubles, so be prepared for them - don't let them catch you completely off - guard. The good news is that Jesus is stronger than world and its problems. Because Jesus is stronger than the troubles in this world, he can help you can overcome the problems that you face.

5) Do you know someone who is going through a tough time? How can you help?

6) Are you going through a tough time? How can you handle your difficult situation?

Good Words To Remember

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

LESSON # 25 THE BIBLE TELLS ME SO

Opportunities to Explore the Bible:

Here are some Bible passages to help you deal with various problems or situations:

Afraid: **“He said to his disciples, “Why are you so afraid? Do you still have no faith?” ” (Mark 4:40).** Jesus can help you sail through any storm.

Anger: **“My dear brothers, take quick note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires” (James 1:19-20).** Listen before you act.

Anxious or worried: **“Cast all your anxiety on him because he cares for you” (1 Peter 5:7).** God will carry anything that is too heavy for you.

Discouraged: **“he who began a good work in you will carry it on to completion until the day of Christ Jesus” (Philippians 1:6).** God is working to perfect you as a person.

Frustrated: **“In this world you will have trouble. But take heart! I have overcome the world” (John 16:33).** Jesus’ power is stronger than any situation you are facing & it’s available to you!

Lonely: **“Come near to God and he will come near to you” (James 4:8).** God will hang out with you if you invite Him.

Overwhelmed: **“Peace I leave with you; my peace I give to you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27).** Jesus will give you peace in the midst of a storm.

Purity: **“Man looks at the outward appearance, but the Lord looks at the heart” (1 Samuel 16:7).** Inward purity is more important than outward appearance.

Rejection: **“Whatever you do, work at it with all of your heart, as working for the Lord, not for men” (Colossians 3:23).** Do the absolute very best you can, and know that God will pleased whatever the outcome.

Temper: **“The fruit of the Spirit is: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...” (Galatians 5:22-23).** Eat some fruit!

Temptation: **“Because he himself suffered when he was tempted, he is able to help those who are being tempted” (Hebrews 2:18).** Jesus knows how to stand up to temptation the right way - ask Him for help.

Good Words To Remember

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

Training Camp

LESSON # 26: TV GUIDE

Read Ephesians 5:1-7, Philippians 4:8

This edition of **Exploring the Bible** is a guide to help you and your family measure the values of the TV shows and movies that you watch by Biblical standards.

- Pick 2 or 3 of your favorite shows or movies. While watching, rate your show according to the number of negative messages vs the number of positive messages you see and hear (examples are given in the chart below)
- Make a tic mark for every negative and for every positive message you see or hear
- Each negative mark counts -1 point
- Each positive mark counts +1 point
- At the end of the show, count up your marks. Rate your show either + or - by the number of marks over or under zero

Negative Values

Immorality

Anger

Lust

Evil desires

Greed

Obscenity

Positive Values

Honesty

Love, gentleness, peace, joy

Sexual purity, self-control

Kindness, goodness

Giving, sharing

Encouraging words, clean language

TV / MOVIE CHALLENGE *

<u>Show / Movie</u>	<u>Negative Messages</u>	<u>Positive Messages</u>	<u>Rating</u>
1) _____			
2) _____			
3) _____			

What did the results of the shows or movies you rated tell you about them?

What is one change that you'll make in your entertainment choices?

* Have your whole family do the ratings challenge. Compare results and talk about them after the show is over. Did everyone in your family rate the show the same way?

Good Words To Remember

“Set your minds on things above, not on earthly things” (Colossians 3:2).

LESSON # 27: A WORLD OF OPPORTUNITY

Opportunities to Explore the Bible

Read **Romans 5:3-5**

1) Match the attitude or virtue found in Romans 5:3-5 with its definition:

- Attitude you should have toward difficult circumstances
- Enduring through difficult circumstances
- Working steadily toward a purpose or goal despite set backs
- Moral or inner strength
- Expectation that something will happen in the future

a) Character b) Praise & rejoicing c) Hope d) Suffering e) Perseverance

2) You are practicing hard to earn a spot on your school basketball team. One month before the tryouts begin, you sprain your ankle in a pick-up game. The doctor says it will be at least 3 weeks before you can play again. How can Romans 5:3-5 help you toward your goal of making the team?

3) What if you don't make the team - how can you be successful in God's eyes?
God is more concerned with your attitude and the effort you make (Colossians 3:23).

4) What difficult circumstances have you or someone you know encountered?

Read **Hebrews 12:1-3**

5) How does the Bible say to persevere through these circumstances?

6) How did Jesus endure His difficult circumstances?

Read **James 1:2-3**

7) Why do you think God sometimes allow you to go through a difficult experience?

Good Words To Remember

"...suffering produces perseverance; perseverance, character; and character, hope..." (Romans 5:3-5).

LESSON # 28: TOUR DE PROVERBS

Opportunities to Explore the Bible

1) What are some ways that you can be wealthy?

- _____ (Proverbs 3:9-10)
- _____ (Proverbs 8:18-19).
- _____ (Proverbs 10:4).
- _____ (Proverbs 31:10).

2) According to these verses, what are ways that you earn respect or admiration?

- _____ (Proverbs 12:25).
- _____ (Proverbs 13:18).
- _____ (Proverbs 21:21).

3) In general, if you want to have a rewarding life, what kinds of things should you do?

_____ (Proverbs 19:17).

4) How can you be successful from God's point of view?

- _____ (Proverbs 6:9-11).
- _____ (Proverbs 11:1).
- _____ (Proverbs 27:23-24).
- _____ (Proverbs 16:3).

5) How can your life be an exciting adventure?

_____ (Proverbs 3:5-6).

6) How can America - or any nation - be great?

_____ (Proverbs 14:34).

7) What are some qualities that will allow you to have the best life possible?

- _____ (Proverbs 1:8).
- _____ (Proverbs 2:12-14).
- _____ (Proverbs 4:23).
- _____ (Proverbs 10:9).
- _____ (Proverbs 30:8-9).

Good Words To Remember

“Hold on to instruction, do not let it go; guard it well, for it is your life” (Proverbs 4:13).

THANKSGIVING
A TIME FOR THANKS & FOR GIVING

Read **Psalm 105:1-2**

Opportunities to Explore the Bible

1) Where does everything you have come from?

_____ (Psalm 24:1).

2) What has God given to us?

- _____ (John 3:16)
- _____ (John 10:10)
- _____ (1 Corinthians 2:9).

3) How can you be thankful even in difficult circumstances?

_____ (Genesis 50:20).

We have lots to be thankful for. But the second part of ThanksGIVING is the giving. The Bible says, **“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion [because you have to], for God loves a cheerful giver” (2 Corinthians 9:6-7).**

Since Thanksgiving opens up the “Holiday Season,” it’s a time when we naturally look for ways to give (Question 4 is an extension of Exploring The Bible Lesson 27).

4) How can you practice using your abilities, your time, and your money to give?

A brand new way I can use my abilities to help others

- In my community is: _____
- Outside my community is: _____

A brand new way I can use my time

- In the community is: _____
- Outside my community is: _____

A brand new way I can use my money

- In the community is: _____
- Outside the community is: _____

Good Words To Remember

“Make known among the nations what [the Lord] has done” (Psalm 105:2).

CHRISTMAS

Read **Luke 2:1-7**

Opportunities to Explore the Bible

1) When did Christmas begin?

_____ (Genesis 1:26).

2) God had a test for Adam & Eve. What was God's test?

_____ (Genesis 2:15-17).

3) What happened because of Adam's disobedience?

_____ (Romans 5:12).

4) What has God done about this?

_____ (John3:16).

Jesus called God "daddy. Jesus reminds us that what God wants is a real personal relationship with you, much like a loving father wants with his son or daughter

When we sin, we commit an offense against God. Because we're human, only a person could pay the penalty. But the offense is infinite because the offense is against an infinite God, and only God Himself could pay the penalty. That's why God sent His Son Jesus to do just that. Jesus, 100% human, lived a sinless, perfect life. Jesus, 100% God, has the capacity to take the sins of all and remove them from us.

When Jesus died, he took upon himself all the wrongs that you and I have done or ever will do. These wrongs have kept you separated from God. But the moment you decide to ask Him into your life, you are no longer separated from God. Jesus is the "Way" back to God that was promised to you long, long ago.

There is so much more to the story. But perhaps now, during this Christmas season, especially as gifts are exchanged, you will remember the greatest gift ever given - one given by God to all of us - Jesus Christ. He is the reason we celebrate Christmas.

Merry Christmas from Practice Ministries!!

Good Words To Remember

"God made him who had no sin to be sin for us, so that we might become the righteousness of God" (1 Corinthians 5:21).

Training Camp

EASTER

Read **John 3:16**

Background

On the night of the Last Supper, after Jesus broke bread and gave it to his disciples, and took the cup, gave thanks, and offered it to them, they went out to the Mount of Olives.

Opportunities to Explore the Bible

1) What did Jesus ask God to do three times in the Garden of Gethsemane?

_____ (Matthew 26:39).

2) After Jesus was arrested, what did the Roman soldiers do to Jesus in the palace?

- _____
- _____
- _____
- _____
- _____ (Matthew 27:27-31).

3) As Jesus was being crucified, what types of things did people say to him?

- _____
- _____
- _____
- _____ (Matthew 27:38-44.)

4) What was Jesus' response?

_____ (Luke 23:34).

Traditionally, the daily sacrifice at the temple in Jerusalem happened at 3:00 in the afternoon, including the day of the Passover. At that time, the priest stood at the highest point of the temple and blew the shofar, or ram's horn as a signal that they were ready to sacrifice the lamb. As Jesus hung on the cross, He heard the piercing blast of the shofar carry across the city. Jesus recognized that the time of His sacrifice had come. As the priest killed the Passover lamb, Jesus looked up into heaven and said, **"It is finished!" (John 19:30)**. At that moment, the Passover lamb and God's substitute - Jesus - our Passover Lamb - died at 3:00 p.m.

"It is finished!" And it is finished. There is nothing that you can add to God's salvation. It's God's gift to you. Jesus is the Lamb of God who takes away your sins and the sins of the world. Have you asked God's Son to forgive you for your wrong actions and attitudes? Have you accepted Jesus into your life as your Savior?

Good Words To Remember

"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).

Training Camp

STORY TIME

The thought of “telling your story” – how Jesus Christ came into your life, can be a little uncomfortable. Perhaps you’re afraid of failing or that you won’t know what to say. But if Jesus Christ is in your life, you do have a story to tell, and learning how to tell your story may be just what it takes to bring the good news of Jesus Christ into someone’s life.

So, here we go...if you’ve never thought much of how to tell someone your story, here are some ideas and suggestions for putting your story together.

Conversion

If you remember a specific time, place or event when you accepted Jesus Christ into your life, then perhaps “conversion” fits best. If conversion fits best, try shaping your story around these questions:

- What was your life like before you invited Jesus into your life?
- What led (events, conversation, etc.) you to accept Jesus as your Savior?
- How and when did you receive Christ as Savior? As Lord?
- How has Jesus changed your life?

Journey

If your faith seems more like a journey, then perhaps “Spiritual Journey” fits best. Try these questions:

- What have been some key events in which God has worked in your life?
- What experiences, circumstances or people helped develop your faith in Christ?
- How would your life be different without Jesus? (i.e.: lifestyle, attitudes, priorities, relationships, etc.).

Sharing The Gospel Through Your Story

Try fitting these questions in your story:

- How do you understand God’s purpose in creation? (Ephesians 1:5)
- How do you understand your purpose in life? (Matthew 22:27-29)
- How have you experienced sin in your life? (John 14:15)
- What are (were) the consequences of that sin? (Isaiah 59:2).
- How did you put your faith in Jesus Christ (the solution)? (Ephesians 2:8-9)
- How have you been reconciled to God (what were the results)? (Romans 5:11).
- What role has the church or others played for you? (1 Corinthians 12:27)

Putting Your Story Together

- What elements of your story might be interesting to someone else?
- What Bible verses might you include under each of the previous questions?
- What experiences in your life can form illustrations to help you tell your story?
- Write your story as if you were telling someone else
- Keep it between 3-5 minutes

