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## TEN COMMANDMENTS 2

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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](http://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:

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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?**

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**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?**

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**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 # 2 BOAST ABOUT THIS...  
“Be Jesus Christ’s Personal Representative In Everything You Do.”

Read **Jeremiah 9:23-24**  
**Proverbs 2:1-20**

Opportunities to Explore the Bible

1) **What is wisdom?** \_\_\_\_\_ (Proverbs: 2:9).

2) **Where does wisdom come from?** \_\_\_\_\_ (Proverbs: 2:6).

3) **What are two reasons that wisdom is desirable?** \_\_\_\_\_ (Proverbs 2:9-20).

4) **Where does strength come from?** \_\_\_\_\_ (Philippians 4:13).

5) **How do the Scriptures say you should be rich?** \_\_\_\_\_ (Colossians 3:16).

6) **If you’re going to boast about anything, what should you boast about?** \_\_\_\_\_ (Jeremiah 9:24).

7) **What are three qualities that God has that help us know who He is better?** \_\_\_\_\_ (Jeremiah 9:24).

8) **What is another word for kindness?** \_\_\_\_\_ (Ephesians 4:32).

9) **What is the true meaning of justice?** \_\_\_\_\_ (Zechariah 7:9).

10) **What does it mean to be righteous?** \_\_\_\_\_ (Exodus 15:26).

11) **How can you practice honoring God this week by:**  
Showing kindness \_\_\_\_\_  
Showing justice \_\_\_\_\_  
Being righteous \_\_\_\_\_

Good Words To Remember

“For it is not the one who commends himself who is approved but the one whom the Lord commends” (2 Corinthians 10:18).

LESSON # 3 LIVING BY EXAMPLE  
“Know How God Desires For You To Worship Him.”

Read **Romans 12:1**  
**Colossians 3:17**

Opportunities to Explore the Bible

1) What is worship?

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2) Why should you worship?

\_\_\_\_\_ (1 Chronicles 16:8).

3) How can you please God through your athletic abilities?

\_\_\_\_\_ (Colossians 3:17).

We live in a society that places an extremely high value on physical appearance - what it sees on the outside - an outward beauty. But God is more concerned with your inside beauty.

4) What is inside beauty?

\_\_\_\_\_ (Galatians 5:22).

5) Why do you not need to rely on your outward appearance for popularity?

\_\_\_\_\_ (Psalm 119:73).

6) What are some talents or abilities that you feel God has given to you?

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7) How can you express your love and devotion to God with your talents and abilities:

With Family \_\_\_\_\_

At School \_\_\_\_\_

At Church \_\_\_\_\_

In Activities \_\_\_\_\_

Good Words To Remember

“Whatever you do work at with all your heart, as working for the Lord, not for men” (Colossians 3:23).

LESSON # 4 PRIVILEGES & RESPONSIBILITIES (Part 1)  
“Honor Others So You Can Be Honorable”

Read Matthew 25:14 - 21

Opportunities to Explore the Bible

1) What is the servant’s privilege in this story?

\_\_\_\_\_ (Matthew 25:14-15).

2) What is the servant’s responsibility in this story?

\_\_\_\_\_ (Matthew 25:16).

The servants were given the privilege of being entrusted with something that was very valuable. Their master expected them to do a good job with what they were given to do. God tells us that with privileges come responsibilities.

3) What responsibility has God given to your parent(s) toward you?

\_\_\_\_\_

4) What are some ways that your parents take care of you?

\_\_\_\_\_

Read Deuteronomy 6:5-7

5) What are some of God’s instructions that He wants your parents to teach you?

\_\_\_\_\_ (Exodus 20:3-17).

6) What are ways that your parents teach you God’s instructions?

\_\_\_\_\_

\_\_\_\_\_

7) What is one reason that your parents teach you God’s instructions?

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

8) Pick 3 of the Ten Commandments (See lesson 1 in this book). How can you practice them this week:

With Your Family \_\_\_\_\_

At School \_\_\_\_\_

With Friends \_\_\_\_\_

Good Words To Remember

“Love the Lord your God with all your heart and with all your soul and with all your strength. These commands I give to you today are to be impressed upon your hearts” (Deuteronomy 6:5-6).

LESSON # 5 PRIVILEGES & RESPONSIBILITIES (Part 2)  
“Honor Others So You Can Be Honorable”

Read Ephesians 6:1-4

Opportunities to Explore the Bible

1) What is a privilege that you enjoy in your family?

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2) If you receive an allowance, what kinds of things do you do with it?

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3) In what way is your allowance a privilege?

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4) In what way is your allowance a responsibility?

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5) What is one way to be responsible with your allowance?

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6) Why would you want to give part of your allowance to God?  
\_\_\_\_\_ (Leviticus 27:30).

7) What is important to remember when you receive a privilege?

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8) What is the privilege that you receive from your parents?  
God’s words and instructions on how to live your life (Ephesians 6:4).

9) Why does God say to honor your father and your mother?  
\_\_\_\_\_ (Ephesians 6:1).

10) How can you honor your father or mother today?

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Good Words To Remember

Kids: “Children, obey your parents in the Lord, for this is right” (Ephesians 6:1).

Dads: “Fathers, do not upset your children; instead, bring them up in the training and instruction of the Lord” (Ephesians 6:4).

LESSON # 6 THE WORLD WE LIVE IN  
“Choose To Please God Rather Than Others”

Read John 17:14-18

Opportunities to Explore the Bible

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

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2) What are some examples of the world’s values?

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(Ephesians 5:3-4).

3) What does Jesus mean when He says that you and I are “not of the world”?

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(1 John 2:15).

4) Why did Jesus ask God to protect us from the world?

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(1 John 2:17).

God tells us that although we are surrounded by a menu of tempting choices the world offers, we are not to choose items from that menu. But God also gives us the freedom to make that choice. A person can have Jesus Christ in his or her heart, and yet still choose to live by the world’s values. That’s why you need to allow Jesus to help you live His ways and think His thoughts. Only Jesus can give you the power to live the way that you should - to live by His values and not the world’s.

5) Why should you honor (respect) those in authority (especially parents) who choose to live by the world’s standards?

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(1 John 5:3).

6) How can you honor someone in authority who is not honorable?

- \_\_\_\_\_ (Ephesians 4:32).
- \_\_\_\_\_ (Matthew 5:13-14).
- \_\_\_\_\_ (1 Timothy 2:1-2).

7) How can you practice living by Jesus’ values and not the world’s?

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Good Words To Remember

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



LESSON # 7 PRIVILEGES & RESPONSIBILITIES (Part 3)  
THE PRIVILEGE OF ETERNAL LIFE  
“Be Jesus Christ’s Personal Representative In Everything You Do”

Opportunities to Explore the Bible

1) What is eternal life?

\_\_\_\_\_ (Revelation 21:3).

2) Is eternal life a guaranteed right we have or is it a privilege?

\_\_\_\_\_ (Ephesians 2:8-9).

3) How can you receive this gift?

\_\_\_\_\_ (Romans 10:9).

4) In what 3 ways is God’s gift of eternal life a privilege?

1. \_\_\_\_\_ (Romans 5:8).

2. \_\_\_\_\_ (2 Thessalonians 2:13).

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

Read Acts 3:1-10

5) How is God’s gift of eternal life to you similar to Peter & John helping the crippled beggar?

\_\_\_\_\_ (Acts 3:3-4).

6) How are you and I similar to the crippled beggar?

\_\_\_\_\_ (Acts 3:6-7).

7) What responsibility do you have in return for the privilege of eternal life?

\_\_\_\_\_ (Luke 6:46).

God loves you very much. Because of His great kindness and mercy, even though you fail to live up to His standards, God wants you to be spiritually alive - to live in His presence and majesty forever. And the only way you can be spiritually alive is to reach out and accept the gift of eternal life that He offers to you.

Good Words To Remember

“But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgression [sin] - it is by grace you have been saved” (Ephesians 2:4-5).

LESSON # 8 PRIVILEGES & RESPONSIBILITIES (Part 4)  
A THANK YOU NOTE

**“Be Jesus Christ’s Personal Representative In Everything You Do”**

Read Acts 4:1-20

Opportunities to Explore the Bible

1) What is the purpose that God made you for?

\_\_\_\_\_ (Psalm 34:3).

2) Think about what a mirror does. What does it mean to bring glory to God?

\_\_\_\_\_

Read Psalm 139:13-14

3) How can you thank God this week for who He made you to be?

\_\_\_\_\_

Read 1 Peter 3:15

4) If a good friend asks you, “What’s this Jesus thing about,” what would you say?

\_\_\_\_\_ (Acts 4:12).

Read 2 Corinthians 5:20

5) What would you say is one of your responsibilities as a Christian?

\_\_\_\_\_

6) What are some ways that you can represent Jesus to others this week?

\_\_\_\_\_

7) What did the Jewish religious leaders notice about Peter & John?

\_\_\_\_\_ (Acts 4:13).

8) Question: How can you spend time with Jesus this week?

\_\_\_\_\_

Good Words To Remember

**“Glorify the Lord with me; let us exalt his name together” (Psalm 33:4).**

LESSON # 9 GUNK IN YOUR GAS (Part 1)  
“Remain Pure In Your Body, Thought, Word & Action”

Read Daniel 1:8-16

Opportunities to Explore the Bible

1) In what way does Daniel show respect for his body?  
\_\_\_\_\_ (Daniel 1:8).

2) How can you prevent gunk from getting into your body?  
\_\_\_\_\_

3) How is your mind like a computer?  
\_\_\_\_\_

4) How is your mind like fertile soil?  
\_\_\_\_\_

5) What happens when you plant truth seeds into your mind?  
\_\_\_\_\_

6) How can you prevent gunk from getting into your mind?  
\_\_\_\_\_ (Philippians 4:8).

7) What is adultery?  
\_\_\_\_\_

8) Why is adultery such a serious offense?  
\_\_\_\_\_ (1 Corinthians 3:16).

9) This week, how can you practice being pure with:  
God \_\_\_\_\_  
Others \_\_\_\_\_  
Yourself \_\_\_\_\_

Good Words To Remember

“...Keep yourself pure” (1 Timothy 5:22).

LESSON # 10: GUNK IN YOUR GAS (Part 2)  
DO NOT OPEN 'TIL MARRIAGE  
“Remain Pure In Your Body, Thought, Word & Action”

Read Genesis 2:19-25

Opportunities to Explore the Bible

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

\_\_\_\_\_ (Genesis 2: 24).

2) Why does God give the gift of sex to a man and a woman in marriage?

\_\_\_\_\_ (Genesis 2:24).

3) If sex within marriage unites a man and woman, what does sex before or outside of marriage do to a person or family?

• \_\_\_\_\_ (1 Thessalonians 4:3).

• \_\_\_\_\_ (Genesis 2:24).

Read 1 Thessalonians 4:3-4

Being sexually impure can ignite a series of consequences that you have no control over.

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

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

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

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

Good Words To Remember

“...Keep yourself pure” (1 Timothy 5:22).

LESSON # 11: GUNK IN YOUR GAS (Part 3)  
A LETTER FROM JOHN  
“Remain Pure In Your Body, Thought, Word & Action”

Read Galatians 5:22  
1 John 2:15

Opportunities to Explore the Bible

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

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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 impurity into the air and water dangerous?**

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

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**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?**

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God has given you the power to help you remain pure and stay gunk - free, 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?**

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Good Words To Remember

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

LESSON # 12 HOW DO YOU KNOW GOD EXISTS? (Part 1)  
“Choose To Please God Rather Than Others”

Opportunities to Explore the Bible

**1) How does the Bible say God has made himself plainly known?**

\_\_\_\_\_ (Romans 1:19-20).

**2) Match the evidence that God exists with the Bible verse**

- a) \_\_\_\_\_, \_\_\_\_\_ The design of nature
- b) \_\_\_\_\_ The order of the universe
- c) \_\_\_\_\_ A belief in a supreme god among all people groups
- d) \_\_\_\_\_ A universal belief of moral laws
- e) \_\_\_\_\_, \_\_\_\_\_ Creation of life itself
- f) h) \_\_\_\_\_ Jesus Christ

- 1) Genesis 1:21
- 2) Psalm 19:1-4
- 3) Psalm 46:10
- 4) Psalm 139:13-14
- 5) Proverbs 8:25-29
- 6) Hosea 14:9
- 7) John 1:14
- 8) Romans 1:19-20

**3) What is our best answer to how we know that God really exists?**

\_\_\_\_\_ (John 1:14).

Good Words To Remember

**“...since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God’s invisible qualities - His eternal power and divine nature - have been clearly seen, being understood from what has been made, so that men are without excuse” (Romans 1:19-20).**

LESSON # 13 IS JESUS CHRIST GOD? (Part 2)  
“Choose To Please God Rather Than Others”

Read Matthew 26:57-64

Opportunities to explore the Bible

**1) Jesus claimed to be:**

- 1) \_\_\_\_\_ (Matthew 26:63-64)
- 2) \_\_\_\_\_ (John 10:30-33)
- 3) \_\_\_\_\_ (Exodus 3:13-14, John 8:58)

**2) Jesus’ claims were either true or false. If Jesus’ claims are false then he was:**

- A Liar because \_\_\_\_\_
- A Hypocrite because \_\_\_\_\_
- A Demon because \_\_\_\_\_
- A Fool because \_\_\_\_\_
- Crazy because \_\_\_\_\_

- a) He only thought that he was God.
- b) He told others to live truthfully when he did not.
- c) He told others to trust in him for their eternal destiny.
- d) Jesus knew that he was not God.
- e) His claims led to his crucifixion.

If Jesus’ claims that he is God are true, then you have two choices:

- 1) Reject Him as Savior and Lord and be willing to accept the consequences.
- 2) Accept Him as Lord and Savior.

If you choose to do nothing and make no decision, then you have accepted the first choice. If you have never considered making a decision to ask Jesus into your life, please consider accepting Him as your Savior today. This is the most important decision that you or anyone will ever make, for the results of your decision affect you not only now but forever & forever.

Good Words To Remember

**“I have come to give [you] may have life, and have it to the full” (John 10:10).**

LESSON # 14 IS JESUS CHRIST GOD? (Part 3)  
“Choose To Please God Rather Than Others”

Jesus claimed that he was the Son of God, equal with God, that he was God! But His claims must stand on the evidence of His resurrection

Opportunities to Explore the Bible

1) If Jesus was not resurrected, what does Paul say about us?

\_\_\_\_\_ (1 Corinthians 15:14).

2) What is the truth about the resurrection of Jesus Christ?

\_\_\_\_\_ (1 Corinthians 15:20).

3) Where was Jesus’ body laid after he was crucified?

\_\_\_\_\_ (John 19:38-42).

4) What did the Jewish religious leaders do to make the tomb secure?

\_\_\_\_\_ (Matthew 27:62-66).

5) What did Mary see on Sunday at the tomb? What did Peter & John see?

• \_\_\_\_\_ (John 20:2-7).

• \_\_\_\_\_ (John 20:2-7).

Some people cannot accept the fact that Jesus Christ was raised from the dead and have introduced theories to try to explain why the tomb was empty that first Easter morning.

6) What evidence suggests that Mary went to the right tomb?

\_\_\_\_\_ (John 20:1-3).

7) What evidence suggests that Jesus really did die on the cross?

\_\_\_\_\_ (John 19:31-35).

8) What evidence suggests that the disciples did not steal the body?

\_\_\_\_\_ (John 20:6-7).

9) What evidence explains why the Jewish authorities did not produce the body?

\_\_\_\_\_ (Matthew 28:11-15).

The resurrection of Jesus Christ happened. Because of His resurrection, Jesus’ claims that He is God are true. And because Jesus Christ is indeed God, then we know that the all of the Bible is true. Jesus Christ is the only avenue to a relationship with God, the only source of forgiveness for your sins. He is the only way to salvation.

Good Words To Remember

“I am the way and the truth and the life. No one comes to the Father except through me” (John 14:6).



LESSON # 15: STICKS AND STONES  
“Encourage And Help Others”

Read Matthew 5:21-22

Opportunities to Explore the Bible

1) What did Jesus say is worse than murder?

\_\_\_\_\_ (Matthew 5:21-22).

2) Why do you think that Jesus would say it is bad to be angry with someone?

• \_\_\_\_\_ (Proverbs 29:22).

• \_\_\_\_\_ (James 1:19).

3) What’s one of the quickest ways to cause someone to become angry?

\_\_\_\_\_ (Proverbs 15:1).

4) What does the Bible say that our words should do?

\_\_\_\_\_ (Ephesians 4:29).

5) What does encouragement mean?

\_\_\_\_\_

6) Who is one person you know that needs to be encouraged this week?

\_\_\_\_\_

7) What is one thing that you can do to encourage this person during the week?

\_\_\_\_\_

Good Words To Remember

“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).

LESSON # 16: RESERVED FOR GOD  
“Know How God Desires For You To Worship Him.”

Read Colossians 1:15-18

Opportunities to Explore the Bible

1) What is an idol?

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2) Why is it dangerous to make people or things more important than God?

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3) Why does God want to be more important to you than anyone or any thing else?  
(Colossians 1:16).

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4) Why did God create you with a “reserved for” space?  
(Colossians 1:18).

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Sometimes you & I remove the “reserved for God” sign from His parking space and allow other things to park there. When you allow God to be removed from His reserved parking space, what you allow to go into that space becomes an idol – even if it’s something that’s generally a “good thing.”

5) What are some things that people try to fill their “reserved for God” space with?

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6) What happens when you allow idols to park in God’s space?

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7) How can you keep even good things like sports and friends from becoming more important than God?

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Read Colossians 1:9-12

8) How can you practice giving God first place in your life every day?

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Good Words To Remember

“Jesus is the image of the invisible God, the firstborn over all creation” (Colossians 1:15).

LESSON # 17: STAY ON THE TRAIL  
“Know How God Desires For You To Worship Him.”

Read Joshua 23:6-8

Opportunities to Explore the Bible

1) What meaning does this verse have for you concerning your choice of friends or influences?

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2) If you don't hold onto or spend time with God, what is likely to happen?

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3) The world today does not make it easy to keep God number one in our communities. How can you stay on God's trail in your community today?  
\_\_\_\_\_ (Joshua 24:15).

Read Matthew 5:14-16

4) What does salt do?

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5) Why does Jesus compare you to salt?

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6) What are ways that you can be salt?

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7) What does light do?

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8) What are ways that you can be a shining light in your community?

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Good Words To Remember

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

LESSON # 18: GOOD AS GOLD  
“Honor Your Father And Your Mother”

Read Deuteronomy 6:5-7

Opportunities to Explore the Bible

1) What do you learn from your parents at home?

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2) How can you learn from your parents outside the home?

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3) What can you learn before bedtime?

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4) What important lessons can be learned early in the day?

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5) What does Deuteronomy 6:5-7 imply or tell you without saying it?  
\_\_\_\_\_ (Proverbs 1:8).

6) What does the Bible say about making choices as a young person?  
\_\_\_\_\_ (Proverbs 10:1).

7) Boys (Girls), how can you spend time with your parent(s) today?

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8) Dads, how can you make time to spend with your son or daughter today?

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9) How can you practice honoring your dad or your mom this week?

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Good Words To Remember

“Listen, my son to your father’s instruction and do not forsake your mother’s teaching” (Proverbs 1:8).

LESSON # 19: IT'S GOOD TO HEAR FROM YOU  
"Encourage And Help Others"

Read Acts 3:1-10

Opportunities to Explore the Bible

1) Put yourself in the crippled man's place. If you sat at the front door of your church every Sunday morning begging, how do you think people would treat you?

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2) How would you feel if a person stopped to take time to talk with you?

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3) How did the crippled man respond when he was healed? \_\_\_\_\_ (Acts 3:8-9).

4) How else do you think his life was changed by a kind act from two people?

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5) To encourage means to give hope, courage or confidence. What are three ways that you can encourage someone?

- 1) \_\_\_\_\_ (Proverbs 12:25).
- 2) \_\_\_\_\_ (Acts 16:25).
- 3) \_\_\_\_\_ (James 1:17).

4) Who can you say a kind word to this week to encourage him or her?

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5) Who can you pray for this week to encourage him or her?

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6) What can you do for someone to encourage him or her this week?

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Words and acts of encouragement are powerful. They can heal, they can lift people's spirits, they can bring about change in a person's life. But words and actions that are not encouraging are just as powerful. They can wound deeply and hurt people's feelings.

7) What should you be careful of about your words and actions? \_\_\_\_\_ (Ephesians 4:29).

Good Words To Remember

"But encourage one another daily..." (Hebrews 3:13).

LESSON # 20: IT'S A WONDERFUL LIFE  
"Respect the lives of others"

Read Psalm 139:13-16

Opportunities to Explore the Bible

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

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

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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?

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

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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).

8) Why does God tell you to not murder?

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9) Why is human life valuable?  
\_\_\_\_\_ (Genesis 2:7).

Good Words To Remember

"Now you are the body of Christ, and each one of you is a part of it" (1 Corinthians 12:27).

LESSON # 21: PREVENT DEFENSE (Part 1)  
“Respect the lives of others”

Opportunities to Explore the Bible

Read Matthew 5:21-24

1) What are two ways that can cause you or someone else to become angry?

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2) Why does Jesus say that it’s dangerous to be angry with someone?

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Read 1 Corinthians 13:4-7

Dads: List two or three things that tend to make you angry:

---

Kids: List two or three things that tend to make you angry:

---

3) How can you use 1 Corinthians 13:4-7 to help prevent you from becoming angry?

---

4) How you can help prevent anger from developing in these situations:

Someone lies to you? \_\_\_\_\_ (Ephesians 4:25).

Harsh words are spoken? \_\_\_\_\_ (Proverbs 15:1).

A person is arrogant? \_\_\_\_\_ (Philippians 2:3-4).

Tempers are flaring? \_\_\_\_\_ (Proverbs 29:11).

Read Matthew 21:12-13

5) What is righteous anger?

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6) What things do you sometimes see that you should not stand for?

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7) Is there someone with whom you’re upset because of what happened between you? How can you take care of this today?

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Good Words To Remember

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold” (Ephesians 4:26-27).

LESSON # 22: PREVENT DEFENSE (Part 2)  
“Respect the lives of others”

Opportunities to Explore the Bible

Read Matthew 4:1-11

1) When Jesus was being tempted by Satan in the desert, how did He respond?  
\_\_\_\_\_ (Matthew 4:4).

2) What does Jesus mean when He says that man lives by the Word of God?  
\_\_\_\_\_

3) How can you control yourself when you get angry?  
\_\_\_\_\_ (Galatians 5:22-23).

4) According to Philipians 4:8-9, what is the best way to prevent anger?  
\_\_\_\_\_

5) What are things you can think about to calm you down when you feel angry?  
\_\_\_\_\_

Read Matthew 5:38-48

6) How does the world say to handle your anger toward someone who wrongs you?  
\_\_\_\_\_

7) How does God say to handle your anger toward someone who wrongs you?  
\_\_\_\_\_

8) Think about a person or situation that makes you angry. How can you replace your angry response with one that is more peaceful?  
\_\_\_\_\_

Good Words To Remember

“Man does not live on bread alone, but on every word that comes from the mouth of God” (Matthew 4:4).



LESSON # 23: TV TIME-OUT  
“Time out for time with God”

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 versus the number of positive messages you see and hear (examples are given in the chart below):

Negative messages (values that the Bible says you should not have in your life)  
Immorality \* Anger \* Lust \* Evil desires \* Greed \* Obscenity (Ephesians 5:1-7)

Positive messages (values that the Bible says that you should have in your life)  
Honesty \* Love \* Gentleness \* Peace \* Joy \* Sexual purity \* Self-control \* Kindness \* Goodness \* Giving \* Sharing \* Encouraging words \* Clean language (Philippians 4:8)

- 1) Make a tic mark for every negative and for every positive message you see or hear
- 2) Each negative mark counts -1 point, each positive mark counts +1 point
- 3) At the end of the show count up your marks. Rate your show either + or - by the number of marks over or under zero

TV / MOVIE CHALLENGE

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

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

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Is there a change you need to make in your entertainment choices?

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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 # 24: I BREAK FOR GOD  
“Time out for time with God”

Exploring The Bible

Read Exodus 20:8-11

1) What does it mean to keep the Sabbath holy?

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Read Deuteronomy 10:12-13

2) How does observing the Sabbath show your obedience to God?

---

3) Why does God command you to rest?

---

Read Psalm 145

4) How does observing the Sabbath show your trust in God?

(vs 13-16).

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5) What reasons do you have to praise God?

---

6) What are simple ways to call upon the Lord as a family?

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7) How can your family make the Sabbath a special and enjoyable day?

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8) Outline your schedule during the week. Include school, activities, homework, chores, etc.

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Re-Read Exodus 20:8-10

9) Now, rewrite the 4th commandment as it applies to your schedule:

---

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10) What changes can you make to fit everything into your schedule in 6 days so you can take time out for time with God on the Sabbath?

---

Good Words To Remember

“Remember the Sabbath day by keeping it holy” (Exodus 20:8).

LESSON # 25: HANDLE WITH CARE  
“Do What Is Good For Others”

Read **Romans 12:9-21**  
**13:8-10**

Opportunities to Explore the Bible

**1) What are three ways that people can steal from others?**

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

**2) What are the dangers of stealing?**

\_\_\_\_\_

\_\_\_\_\_

**3) What Bible verses can help you learn to respect and do what is good for others?**

- \_\_\_\_\_ (Psalm 119:9-11).
- \_\_\_\_\_ (Romans 12:9).
- \_\_\_\_\_ (Romans 12:18).
- \_\_\_\_\_ (Philippians 2:4).
- \_\_\_\_\_ (Philippians 4:11).
- \_\_\_\_\_ (Philippians 4:19).

**4) How can you practice being responsible with other people’s property?**

\_\_\_\_\_

**5) How can you practice being responsible with other people’s time?**

\_\_\_\_\_

**6) How can you practice being respectful toward your:**

Family \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday School Teacher \_\_\_\_\_

Friends \_\_\_\_\_

**7) How should you react if someone steals from you?**

\_\_\_\_\_ (1 Thessalonians 5:15).

Good Words To Remember

**“Love does no harm to its neighbor” (Romans 13:10).**

LESSON # 26: A THANK YOU NOTE  
“Respect What Belongs To Others”

Read Deuteronomy Chapter 8

Background

The people of Israel are just about to enter the land promised to them by God after wandering in the desert for 40 years after leaving Egypt. Moses now warns the people not to forget how God provided for all of their needs during those 40 years.

Opportunities to Explore the Bible:

1) **What was waiting for Israel in the Promised Land?**  
\_\_\_\_\_ (verses 7-9).

2) **What did Moses tell the people of Israel to do in return for God’s goodness?**  
\_\_\_\_\_ (verse 10).

3) **What was Moses concerned about when Israel got to the Promised Land?**  
\_\_\_\_\_ (verse 11).

4) **What is an example of how you can keep from stealing from God with the abilities He has given to you?**  
\_\_\_\_\_ (verse 18).

5) **What is an example of how you can keep from stealing from God with your money?**  
\_\_\_\_\_ (Malachi 3:10).

6) **What is an example of how you can keep from stealing from God with your words or actions?**  
\_\_\_\_\_ (Isaiah 29:13).

7) **List some of the things you are thankful for.**  
\_\_\_\_\_  
\_\_\_\_\_

Write a thank you note to God. Tell Him how you can honor Him by how you live.

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

Good Words To Remember

“Remember the Lord your God...” (Deuteronomy 8:18).

LESSON # 27: IT IS MORE BLESSED TO GIVE  
“Share With Others”

Read Mark 12:41-44

1) In the Parable, why was the widow’s offering pleasing to God?

---

**2) Special Activity:**

Three ways to give are with your time, abilities & money. In the chart below, list any giving that you currently do, & then challenge yourself to use your time, abilities or money to give in a new area. For example: I can use my ability in math to help a classmate at school, or I can give some of my money to my Sunday School class mission project.

**I can give with my abilities:**

@ home by \_\_\_\_\_  
@ school by \_\_\_\_\_  
@ church by \_\_\_\_\_  
in the community by \_\_\_\_\_

**I can give with my time:**

@ home by \_\_\_\_\_  
@ school by \_\_\_\_\_  
@ church by \_\_\_\_\_  
in the community by \_\_\_\_\_

**I can give with my money:**

@ home by \_\_\_\_\_  
@ school by \_\_\_\_\_  
@ church by \_\_\_\_\_  
in the community by \_\_\_\_\_

Good Words To Remember

**“It is more blessed to give than to receive” (Acts 20:25).**

LESSON # 28: TREASURE IN HEAVEN  
“Desire The Right Way”

Read Luke 18:18-30

Background

Coveting means to desire the wrong way. One way we sometimes covet is to desire things excessively, which can make us greedy.

Opportunities to Explore the Bible

1) What did the ruler in the story have?

\_\_\_\_\_ (Luke 18:23).

2) What did Jesus ask him to do? Why?

\_\_\_\_\_  
\_\_\_\_\_ (Luke 18:22).

3) How did the young man react to what Jesus asked him to do? Why?

\_\_\_\_\_ (Luke 18:23)

4) Write down two things that you really like to have or collect.

\_\_\_\_\_

5) If you were asked to share or give some away, would you? \_\_\_ Yes \_\_\_ No.

If you answered “yes”, then you have a good attitude about your possessions. The young man in the parable could not share his wealth. His possessions were more important than anything else to him. He was greedy. Jesus says that is wrong.

6) Jesus says to watch out and be on guard against being greedy. The amount of stuff that you have is not the most important thing in your life. What is one way that you can avoid being greedy?

\_\_\_\_\_ (Romans 12:13).

7) We can share with our time, things we are good at doing, and our money. How can you practice sharing with someone this week?

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

Good Words To Remember

“...store up for yourselves treasure in heaven” (Matthew 6:20).

LESSON # 29: SEEK YE FIRST  
“Be Content With What You Have”

Read **Genesis Chapter 2**  
**Genesis 3:1-7**

Coveting means to desire the wrong way. One of the ways we sometimes covet is by wanting things that God has placed off-limits to us.

Opportunities to Explore the Bible:

1) **What did God tell Adam & Eve that they could do?**  
\_\_\_\_\_ (Genesis 2:16).

2) **What did God tell Adam & Eve that they could not do?**  
\_\_\_\_\_ (Genesis 2:17).

3) **Which did Adam & Eve choose:**  
\_\_\_ Obedience      \_\_\_ Disobedience (Genesis 3:6)

4) **Why does God give us commands in the first place?**  
\_\_\_\_\_ (Deuteronomy 10:12-13).

5) **You and I are free to make choices. What are we not free to choose?**  
\_\_\_\_\_

6) **What happened because of Adam & Eve’s decision to not obey God?**  
\_\_\_\_\_ (Romans 5:12).

7) **What are some things that are off-limits to you at your home?**  
\_\_\_\_\_

The Bible says that you and I are just like Adam & Eve, and that sometimes we want things that are labeled off-limits. You have a choice to make, whether or not you choose to act on your desire.

8) **Below are 4 ways that can help us make good decisions about things that are off-limits. Match the number with the letter that goes best:**

- |                                                      |                         |
|------------------------------------------------------|-------------------------|
| 1) Think about the right thing to do before you act  | a) ___ Psalm 1:2        |
| 2) Read the Bible and think about what it says       | b) ___ Proverb 30:8-9   |
| 3) Be content with what you have                     | c) ___ Matthew 6:33     |
| 4) Remember that God will give you all that you need | d) ___ Philippians 4:19 |

Good Words To Remember

“**But seek first his kingdom and his righteousness...**” (Matthew 6:33).

LESSON # 30: HONESTY IS THE BEST POLICY  
“Live truthfully”

Read Zechariah 8:16

1) What is important to God in the way that we live and treat each other?

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2) Why is it important to God that you live truthfully?

- \_\_\_\_\_ (John 14:6).
- \_\_\_\_\_ (1 John 1:5).
- \_\_\_\_\_ (Psalm 51:6).

Read Colossians 3:8-10

Malice is an intentional desire to hurt someone. Slander is an intentional desire to hurt someone by making false statements about that person.

3) Why does the Bible say to rid yourself of malice, slander and lies?

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\_\_\_\_\_ (Romans 13:10).

4) What are three characteristics that helped Daniel live truthfully?

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\_\_\_\_\_ (Daniel 6:3-5).

5) How did God’s power change Zacchaeus?

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\_\_\_\_\_ (Luke 19:1-9).

6) Why do insulting and teasing words and lies hurt so much?

---

7) Instead of hurting people what should our words do?

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\_\_\_\_\_ (Ephesians 4:29).

8) Can you think of some other reasons why God says, “Live truthfully?”

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When we live truthfully, we reflect God’s character. When we lie, we only hurt others and hurt ourselves. This is why God says to you, “Live truthfully.” It’s the best policy.

Good Words To Remember

“Love your neighbor as yourself. Love does no harm to its neighbor” (Romans 13:10).



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 15).

*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 can 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).**

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).**

NATIONAL DAY OF PRAYER

**“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land.” (2Chronicles 7:14).**

Write a prayer for the people of our country. There are 5 groups listed below to help you:

1. Government: For God to help them make good decisions and stand by them  
Federal, state, local leaders, military services
2. Churches & Ministry Organizations: For truth to be upheld  
Your pastors, congregation, denomination, organizations that help your family
3. Businesses & Industries: To reflect Godly influences, and value truth & decency  
Entertainment, media, industries (pick one or two)
4. Families: To live by Biblical truth  
Parents, kids, extended families, broken families, neighbors, friends
5. Ourselves: For renewal, moral strength

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Good Words To Remember

**“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us” (1 John 5:14).**

## 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

(Continued on next page)

