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[VALOR, INTERESSES, DIOS, AMOR.]*

LIFE

VIDA



[LOVELIFE, INTERESTS, FAITH, ECONOMY.]*

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[*youth] 47 LESSONS



[LOVELIFE. INTERESTS. FAITH. ECONOMY.]*

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47 LESSONS



Executive Editor

Roger Hernández

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Chapter 1

LIFE...IT'S COMPLICATED

Lessons...

- 1 LIFE BEGINS**
Abortion
- 2 LOW LIFE**
Abuse
- 3 LIFE IN A FOREIGN LAND**
Immigration
- 4 LIFE STRUGGLES**
Homosexuality

1 | LIFE BEGINS

Abortion

LOOKLIFE

“For he will be great in the eyes of the Lord. He must never touch wine or other alcoholic drinks. He will be filled with the Holy Spirit, **even before his birth**” (**Luke 1:15** emphasis supplied).

Since abortion was legalized in the United States in 1973, there have been more than 40 million abortions in this nation. Abortion is legal, just as slavery was legal in the 1800s. But is it moral? What does the Bible say on the subject?

INVESTIGATELIFE

1. What value does God give to the unborn? (**Psalms 139:13-16**). (take your time and read slowly, paying close attention to the specific details of the unborn baby).

2. When does one’s calling and purpose begin, before or after birth? Look at these examples: (**Jeremiah 1:5, Judges 16:17, Luke 1:15, Galatians 1:15**).

3. How did the people of Israel, instructed by God, deal with abortion? (**Exodus 21:22-23**).

4. When did John the Baptist experience joy? (**Luke 1:42-44**).

5. What is God's attitude toward offenses against the innocent?
(Proverbs 6:16-17).

FINDLIFE

These are some important actions you can take:

1. **Value life at any stage.** Though some may say that the fetus is not a baby, we cannot deny the humanity of the child in the womb.

- The heart starts beating between 18 and 25 days.
- Electrical brainwaves have been recorded at 43 days on an electroencephalograph (EEG).
- The brain and all body systems are present by eight weeks and functioning a month later.
- At eight weeks, the baby will wake and sleep, make a fist, suck his thumb, and get hiccups.
- At the end of nine weeks, the baby has its own unique fingerprints.
- At 11-12 weeks, the baby is sensitive to heat, touch, light, and noise.

2. **Defend the defenseless.** Time after time in the Bible, we are called to defend and speak out for the less fortunate. A man in Kansas killed an abortion doctor. Is that an appropriate way of defending the defenseless? How would you do it?

3. **Teach, but don't condemn.** Suppose you have a conversation with a friend who confesses to you that she has had an abortion. How can you minister to her, showing grace and mercy? What will you say? What Scripture will you use?

ENGAGELIFE

This week, think of a way to speak out and defend the ones who can't defend themselves.

2 | LOWLIFE

Abuse

LOOKLIFE

“I hurt with the hurt of my people. I mourn and am overcome with grief.
²² Is there no medicine in Gilead? Is there no physician there? Why is there no healing for the wounds of my people?” (**Jeremiah 8:21-22**).

INVESTIGATELIFE

Several types of abuse exist: Physical, Spiritual, Mental/Emotional, and Sexual. You more than likely have experienced at least two of these kinds of abuse—either personally or in the life of a person you know. Today we will take a look at some biblical principles regarding this sensitive subject.

1. Who is responsible for the pain in this world?
(**Revelation 12:9, Romans 1:24**).

2. Even from Bible times, God provided guidelines for showing respect and the consequences for abuse of every kind. Let’s review two examples here.

a. Abuse through incest. (**Deuteronomy 27:22**).

b. Respect and care of children. (**Matthew 18:6**).

3. Abuse can create deep wounds, especially if you don’t talk about it or forgive. Abusers thrive on secrecy. Here are two suggestions from the Bible about the importance of sharing your struggles:

a. How did David feel when he had not been able to speak about his situation? (**Read Psalm 32:3**). Why is it important to share what has happened to us with a **responsible and qualified** person?

b. What is another blessing of sharing your pain with another?
(James 5:16).

4. Why is it so important to forgive? What does forgiving really mean?

5. What can I do for people who have been abused? (Hebrews 12:12-13,
Isaiah 35:3-4).

6. What does God promise concerning the originator of all abuse?
John 10:10.

FINDLIFE

You can take three important actions:

1. **Deal with it correctly.** According to a 1996 study, about 67 percent of Hispanics sitting in our pews in North America have been abused. How do we deal with it? We speak about it, we address it, we provide help to our hurting communities. What is your church or small group doing to prevent and heal abuse in your community? What are you doing personally?

2. **Forgive it completely.** Holding resentment inside you is like drinking poison and hoping the rat will die. We must forgive. Forgiving does not mean the restoration of the relationship or even welcoming a known abuser into your home. It means that you treat with respect and love the one who hurt you. If you have been a victim, the first step is to forgive. Who do you need to forgive today?

3. **Grow from it immediately.** The moment you forgive, you start growing. As you leave the past behind, your experiences can help other people who may be suffering as you did and bring comfort to those who can identify with your pain.

ENGAGELIFE

This week, pray for God to help you do the following three things:
Deal with, forgive, and grow from abuse. If you have never experienced abuse yourself, be thankful and look for ways to bless others who have.

3 | LIFE IN A FOREIGN LAND

Immigration

LOOKLIFE

“For you are all children of God through faith in Christ Jesus.²⁷ And all who have been united with Christ in baptism have put on Christ, like putting on new clothes.²⁸ There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.²⁹ And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and God’s promise to Abraham belongs to you” (**Galatians 3:26-29**).

INVESTIGATELIFE

1. Though we are proud of the country we are from, when we accept Jesus and become a part of His family, what happens to all barriers, including racial ones? (**Galatians 3:26-28**).

2. What makes a person worthy? Some say his documentation, others his country of origin. What does the Bible say? (**Galatians 3:28-29**).

3. What are some specific instructions God gave his people regarding foreigners?

(**Exodus 12:49**) _____

(**Exodus 23:9**) _____

(**Leviticus 19:10**) _____

4. How did Job treat people from another country? (**Job 29:16; 31:32**).

5. To whom should we minister, regardless of race or social status? (**Matthew 28:18-20, Acts 10:35**).



These are three things you can do today to demonstrate the love of Jesus.

- 1. Understanding instead of categorizing.** No one benefits from name-calling and labeling. It is easy to do, and some people even make fun of “illegals” or “wetbacks.” Remember that every person, regardless of his legal status, is a child of God, created in His image. Undocumented? Maybe. Unworthy? Never. What should you do the next time someone makes a joke at an immigrant’s expense?
- 2. Compassionate spirit instead of a critical one:** Most people studying these materials are direct descendants of an immigrant (except for the Native Americans in your church, we all are!). The Bible tells us to be compassionate, because we should remember where we came from. Who can you help in your community who recently have come to the U.S.?
- 3. Community instead of conflict.** In the U.S, a nation of immigrants, two things are certain: One, people immigrate here, and Two, when they get here, they are not very well treated by the locals, often causing major conflicts. We as Christians can be a source of community, not conflict. We can welcome and love people of different backgrounds into our churches, showing the world what true community is! Who do you know who is not yet in the group, who you can start to integrate into your circle of friends?



This week, do something for an immigrant person in your church or community. Through words and actions, show him/her the love of Christ.

4 | LIFE STRUGGLE

Homosexuality

LOOKLIFE

“Run from **sexual sin**! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body”
(**1 Corinthians 6:18** emphasis supplied).

INVESTIGATELIFE

1. What concern did Paul have concerning people in the Corinthian church?
(**2 Corinthians 12:21**).

2. Regardless of my personal feelings, the Bible is clear on its stand on homosexuality. What does the Scripture say? (**Romans 1:25-27**).

3. Two powerful truths in the Romans passage must be considered.
a. All sin starts with exchanging God’s truth for a lie (**Romans 1:25**).

What are some lies you have heard regarding this issue?

b. The practice of homosexuality is not the only sin rebuked in this passage (**Romans 1:29-31**). Why is it so important to make sure we do not categorize this sin above others?

4. Where is the battle for victory won in every struggle with sin? How can we win it? (**2 Corinthians 10:5**).

5. What must be our attitude toward people who have strayed from God's path? (**Galatians 6:1-3**).

FINDLIFE

Here are three actions you can take as you deal with this sensitive subject.

1. **Beware of extremes.** One extreme is to excuse the sin. Another is to alienate the sinner because of a sin we find especially serious. Just as it is wrong to minimize sin, it is equally misguided to make one sin worse than any other. What sins do people usually consider worse (use the 10 Commandments as a reference point)?

2. **Bestow love.** People who struggle with homosexuality come from all races and backgrounds. Many have deep wounds that complicate the situation. Feelings of despair, low self-esteem, and confusion abound. The Church can't make them "snap out of it," but we can love them and provide an atmosphere of warmth. Love does not mean approving of the lifestyle, but in demonstrating by words, actions, and attitudes that the love of Christ is real for everyone. How can you love the sinner without accepting the lifestyle?

3. **Become a prayer partner.** People who have changed from the homosexual lifestyle will tell you that the change is seldom fast, and the journey is seldom short. Since the greatest power comes from above, let's combine our love with prayer. What would happen if we prayed more with, and for, people struggling with homosexuality?

ENGAGELIFE

This week, if there are those you known who are struggling with this issue, be sure and pray for them.

Chapter 2

LIFE OR DEATH

Lessons...

- 1 THE BEGINNING OF LIFE**
Creation Vs Evolution
- 2 LIFE DILEMMA**
The "Trilemma": Jesus: Liar, Lunatic, or Lord?
- 3 LIFE GUIDE**
How To Grow Through Bible Study
- 4 TRUTH FOR LIFE**
The Truth about the Resurrection

1 | THE BEGINING OF LIFE

Creation vs Evolution

LOOKLIFE

“The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant.¹⁷ It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested” (**Exodus 31:16, 17**).

INVESTIGATELIFE

1. What is the biblical time span of Creation—days or millions of years? (**Genesis 1:31**).

2. How is the Sabbath connected to the literal, six-day creation story of Genesis? (**Exodus 20:8-11**).

3. Did God create everything at the same time, or was something already formed, into which He brought life? (**Genesis 1:1-3**).

4. How does the New Testament also affirm a seven-day creation? (**Hebrews 4:4**).

5. What was the crowning moment of creation—one that brought a smile to God’s face? (**Genesis 1:26-27**).



There are three implications in accepting creation as a literal, six-day event.

1. It affirms your redemption. The earth was created in six days. Death came not through the evolutionary process, but through sin. Believing this, you can rest assured that Jesus came to die for our sins—the cause of death in the first place. What danger is there in believing that death came before sin, through evolution?

2. It affirms the Sabbath. If life evolved over millions of years, we can brush aside the need for a weekly affirmation of God’s rest. The Bible states that He rested on the seventh day—a literal, specific day, not after millions of years of slowly developing life. How can we keep the Sabbath every week, recognizing how blessed it really is?

3. It affirms our hope for the Second Coming. “Because we know He created a perfect world before sin, Christians can have reasonable faith that Jesus Christ will restore the creation to that original perfect state now that He has overcome sin for us” (<http://fscsda.org/creation-beliefs>). What do you like the best about the fact that Jesus is coming back?



This week, go online to <http://fscsda.org> and read up on creation vs evolution. Share your findings with a friend. Remember, it takes faith to believe in either creation or evolution. Where will you put your faith?

2 | LIFE DILEMMA

The “Trilemma”: Jesus: Liar, Lunatic, or Lord?

LOOKLIFE

“At daybreak the council of the elders of the people, both the chief priests and teachers of the law, met together, and Jesus was led before them. ⁶⁷ ‘If you are the Christ,’ they said, ‘tell us.’ Jesus answered, ‘If I tell you, you will not believe me, ⁶⁸ and if I asked you, you would not answer. ⁶⁹ But from now on, the Son of Man will be seated at the right hand of the mighty God.’ They all asked, ‘Are you then the Son of God?’ He replied, ‘You are right in saying I am’” (Luke 22: 66-70).

INVESTIGATELIFE

Jesus’ claim to be the *Son of God* is at its core an exclusive claim. In it He states that there is no other who is the *Way, Truth, or Life*. Nowadays, many people around the globe claim to accept Him *only* as a *great moral teacher*. This, however, creates a problem: He doesn’t give us that option. C.S. Lewis wrote about this in his book *Mere Christianity*. He called it *The Trilemma*. Based on Jesus’ claims, either He is *Lord*, or at best he was just a madman, or a compulsive liar.

1. Notice the question, “If you are *the Christ...*” This would imply that the man they had taken prisoner was the *Messiah* (Anointed One) of which prophets of old had talked. How did Jesus differ from what the Jewish leaders expected *The Christ* to be?

2. Jesus states that He would be seated at the right hand of the mighty God. What do you think the men who formed the council thought regarding Jesus’ claim?

3. What gave Jesus the authority to make such a bold claim?

4. What does it mean to you that Jesus is, indeed, the Son of God?

5. What does it mean to accept Him as Savior? What does it mean to accept Him as Lord?

FINDLIFE

1. **Jesus cannot be a moral teacher if He was lying:** Jesus claims exclusivity, lordship, and divinity on numerous occasions throughout the gospels. If He was not telling the truth on so many instances, can He truly be a *good moral teacher*?

2. **Jesus cannot be a trustworthy moral teacher if He was delusional:** If any ordinary man claimed to be God, he would be deemed delusional. Jesus, however, made this claim. If his claim were not true, it would also make Him delusional. Can one be trusted as a *good, moral teacher* if he is making such false claims?

3. **Because of His claims, Jesus can only be accepted as Savior and Lord, or not at all:** Have you ever met anyone who respects Jesus as a good man or a good teacher, but not as Son of God? How would you respond to this person?

ENGAGELIFE

This week's challenge: Take one-minute “spiritual retreats” throughout your day. For example: Set your alarm every hour on the hour, and for one minute, have a prayer and involve Jesus in your decisions and thoughts, making Him the Lord of your day.

3 | LIFE GUIDE

How To Grow Through Bible Study

LOOKLIFE

“For Ezra had devoted himself to the study and observance of the Law of the Lord, and to teaching its decrees and laws in Israel” (**Ezra 7:10**).

INVESTIGATELIFE

1. With what kind of attitude did Ezra decide to study? (**Ezra 7:10**).

2. Did he devote himself to study only? What part of the Bible do people understand but not practice? How about in your own life?

3. What did King Artaxerxes see that Ezra had as a result of his time with God? (**Ezra 7:25**). Is it possible for you, like Ezra, to grow in the wisdom of God, by devoting yourself to studying His word? What is keeping you from doing so?

4. What passage of the Bible do you find particularly helpful? How can we share what we learn from the Bible without seeming “holier than thou”?



In order to have the wisdom of God in your Life, devote yourself to these:

- 1. Studying the Bible.** When Ezra decided to study, he had the Bible only in part, but today you have it all. Now it's important to study it all, not only a certain theme, but everything—even the themes we don't like. What parts of the Bible have you been avoiding?
- 2. Practicing the Bible.** Practice is as important as study, for without practice, it's all just theory. When you practice what you've learned, you can see the power of God's word. What parts of the Bible are you finding hard to apply in your life these days?
- 3. Teaching the Bible.** You can learn 100 percent only what you practice and teach. So don't worry if you only seem to learn a little at first. Start with baby steps. And remember: If you study something from the Bible and you haven't yet put it into practice, do not try to teach it! So, to whom can you teach the Bible?



This week start reading the Bible and practicing what you learn. Call or email someone and tell them what you have learned; then, next week, share your experience with the small group.

4 | TRUTH FOR LIFE

The Truth About the Resurrection

LOOKLIFE

“After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. ³ His appearance was like lightning, and his clothes were white as snow. ⁴ The guards were so afraid of him that they shook and became like dead men. ⁵ The angel said to the women, ‘Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you” (Matthew 28:1-7).

INVESTIGATELIFE

1. The word “afraid” appears twice in this paragraph (v. 4-5). Why would you say the experiences of the soldiers and that of the women were so different? How is the fear of the believer different from the fear of the unbeliever?

2. Matthew records the words of the angel to the women: “He is not here; He has risen, just as He said.” What does this say about Christ’s faithfulness to His promises?

3. In a patriarchal (male-driven) society, what implications are there to the fact that women first testified about the resurrection?

4. Many have claimed that the resurrection story is a hoax. If that were so, would it make sense for those making this story up to include women as witnesses, since women had no credibility within that society?

5. Could the presence of women in this story actually be used as an argument in favor of the resurrection story?

FINDLIFE

Although both the Romans and the Jewish leaders denied the resurrection of Christ, you will find that neither denied that the tomb where Jesus was laid was empty. Instead, they accused the disciples of stealing the body and fabricating a story.

1. The fact that women discovered the empty tomb actually makes the story a lot more credible: Wouldn't it have made sense to exclude women (who had no credibility) from your story if indeed you were making something up?

2. The fact that early believers were willing to die for what they preached says a lot about how serious they were about their claims: When was the last time you heard about somebody who was willing to die for a lie?

3. The Resurrection is a person, and He is alive and well today: Jesus said in John 11, "I am the resurrection and the life." The resurrection is not *just* an event in the past or in the future, it's an actual person! What does it mean to you today that Jesus *is* the resurrection?

ENGAGELIFE

Sin has caused many areas of our lives to die. We need some resurrection power! The challenge for this week is for you to write down one area of your life that needs *resurrection*. Get a piece of paper and write about a different area of your life every day of the week, and make that the object of your prayer on that particular day. Invite Him to come and breathe new life in you.

Chapter 3

LIFESTYLE

Lessons...

- 1 LIFE OR DEATH**
What Happens When We Die. . .
- 2 A DAY OF LIFE**
A Day To Refresh, Renew, Resolve . . .
- 3 LIFE EXPECTANCY**
He IS Coming
- 4 OBEDIENCE = LIFE**
Obedience Is not a Four-letter Word

1 | LIFE OR DEATH

What Happens When We Die.

LOOKLIFE

“Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. ¹⁴ We believe that **Jesus died and rose again** and so we believe that God will bring with Jesus those who have fallen asleep in Him. ¹⁵ According to the Lord’s own word, we tell you that we who are still alive, who are left till the coming of the Lord, **will certainly not precede** those who have fallen asleep. ¹⁶ **For the Lord himself will come down from heaven**, with a loud command, with the voice of the archangel and with the trumpet call of God, and **the dead in Christ will rise first**. ¹⁷ After that, we who are still alive and are left will be caught up **together** with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words”(1 Thessalonians 4:13-17 emphasis supplied).

INVESTIGATELIFE

As you read the text above, answer these questions:

1. Will the dead precede the living to heaven?

2. When will the resurrection happen?

3. Who will call the dead to life?

4. Who will rise first?

5. What guarantees our resurrection (v.14)?

FINDLIFE

How can we be hopeful in the face of death?

1. **Believe in the risen Savior.** The most awesome thing about death is that Jesus already defeated it! He even mocks it (**1 Corinthians 15**). But the good news is that He wants to share that victory with us. He created us to live, and as we connect with Him, the source of life, we have life. Have you surrendered your life to Jesus? Trust your life to Him today. Whom have you lost that you would like to see again?

2. **Understand death.** People have many different ideas about what happens when we die. The Bible is not silent on this subject. Here are some facts: Life equals *God's breath + body* (**Genesis 2:7**). Death is the reverse (**Ecclesiastes 12:7**). When we die, we die (**Ecclesiastes 9:5-6; Psalm 104:29; Psalm 146:4; Acts 2:29, 34**). The word *soul* is a widely misunderstood concept; it means a *living being*, which the Bible says will die (**Ezekiel 18:4, 20**). People who die are neither in heaven nor in hell. They are asleep. Those who die, having accepted Jesus as their Lord and Savior, are waiting to hear the powerful voice of their Creator. What are some of the misconceptions in movies and TV about what happens when we die?

3. **Wait for the Second Coming.** The text says that we will enjoy heaven until the Second Coming of Jesus, not before (see also **Luke 14:14**). Jesus comes to reward all of us, according to what we have done—but none go ahead of the rest (**Revelation 22:12**). We will all go *together*. We will enter heaven and receive life *together*. It will be a great reunion. Do you want to be there? Then make the best decision ever: Give your life to Jesus today! Live life as if He will come today!

ENGAGELIFE

Have you lost a loved one? Maybe a friend in the barrio, a brother, a father. Are you concerned about your own future? This week find hope in the promise of the resurrection of Jesus.

2 | DAY OF LIFE

A Day to Refresh, Renew, Resolve

LOOKLIFE

“**Observe** the Sabbath day **by keeping it holy**, as the LORD your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the **seventh** day is a Sabbath **to the LORD** your God. On it you shall **not** do any **work**, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. ¹⁵ **Remember** that you **were slaves** in Egypt and that the LORD your **God brought you out of there with a mighty hand and an outstretched arm**. Therefore the LORD your God has commanded you to observe the Sabbath day” (Deuteronomy 5:12-15 emphasis supplied).

INVESTIGATELIFE

As you read the text above, answer these questions:

1. How are we to observe the Sabbath day?

2. What day specifically is the Sabbath day?

3. What are we not to do on the Sabbath day?

4. What does the Sabbath day point us to?

5. What is the final challenge?

FINDLIFE

In order for Sabbath to be life-changing, we must do the following:

1. **Observe it.** Sabbath is not just tradition. It's not just cool to know that it is the right day; the text calls us to *observe* it. It is a call to go beyond the superficial. To observe means to be aware of God's presence. The text specifically calls us to keep it holy. Remember the burning bush (**Exodus 3**)? What made the ground holy? God's presence, right? All of us are called to keep this day holy, not just the Jews (**Mark 2:27**). This point implies a close relationship with God. What spiritual changes do you need to make to experience God's closeness in your life, especially on the Sabbath day?

2. **Rest.** People have bought into the idea that the more you have, the more you are worth. God interrupts this trend. A well-known author writes: "Sabbath is the day when you are loved for who you are and not for what you produce. The Sabbath is a gift from leaving bondage in Egypt. The slavemaster tells you to keep producing, because you have no worth apart from the bricks. God tells you to be free and rebel from Western American culture. Sabbath reminds us that our worth is not from how many bricks we produce." Sabbath is time to be restored and put things back together after being bruised and tried by the busyness of life. God wants you rested and healthy; what three lifestyle changes do you need to make in order to rest on the seventh-day Sabbath?

3. **Remember the meaning behind it.** As the Jews of old, we have been rescued from a life of sin. Sabbath is the grand celebration. It is a day of feasting. The Sabbath day is a weekly shout of victory over sin, with God's help. How can you make Sabbath a celebration?

ENGAGELIFE

This week practice three things: Begin or refresh your devotional time (your time with God in prayer and Bible study every day); resolve to rest on God's holy day by experiencing Him; and celebrate Sabbath as you meditate on His freedom in your life.

3 | LIFE EXPECTANCY

He IS Coming

LOOKLIFE

“Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh. ⁴⁵ Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? ⁴⁶ Blessed [is] that servant, whom his lord when he cometh shall find so doing. ⁴⁷ Verily I say unto you, That he shall make him ruler over all his goods. ⁴⁸ But and if that evil servant shall say in his heart, My lord delayeth his coming; ⁴⁹ And shall begin to smite [his] fellowservants, and to eat and drink with the drunken; ⁵⁰ The lord of that servant shall come in a day when he looketh not for [him], and in an hour that he is not aware of, ⁵¹ And shall cut him asunder, and appoint [him] his portion with the hypocrites: there shall be weeping and gnashing of teeth” (**Matthew 24:44-51**).

INVESTIGATELIFE

1. Will the whole world be thinking about the coming of Christ when He arrives? (**Matthew 24:14**).

2. Identify in Christ’s parable who the faithful servant represents. Who is the master? And who is the evil servant?

3. How does an unprepared servant live?

4. Why do you think Jesus told this parable?

5. How do you think someone should live, while awaiting the coming of Christ?

FINDLIFE

1. **Three enemies:** Identify three things, or situations, in your life that make you forget that Christ is coming for you. For example: friendships, TV, video games, work, money, travel, sports, etc.
2. **Three Friends:** There are “always” three friends that will help you be prepared the Lord’s coming: Daily Bible study, giving our testimony, and prayer. Of these three, which do you think you need to reinforce?
3. **The Fight:** The stronger your friends are, the easier it will be to defeat any enemies. Fight to have all three friends strong and you will see how your enemies fade away.

ENGAGELIFE

This week memorize these three words: **Bible, prayer, and testify.** These are your “friends”; they will help you know how much time is left before the coming of Christ and to be ready, at all times. Share with your group how your “friends” have helped you with your life.

4 | OBEDIENCE = LIFE

Obedience Is not a Four-letter Word

LOOKLIFE

“You have been set free from sin and have become slaves to righteousness”
(**Romans 6:18**).

INVESTIGATELIFE

Read **Romans 6:1-7; 11-14; 17, 18**.

1. Why does a forgiven, justified person desire not to sin? (**Romans 6:2**). What died with Christ and how does this change our relationship to sin? (**Romans 6:7**). What does it mean to be dead to sin? How are we now alive to God?

2. Why is the believer no longer enslaved by sin? Do you believe that you are dead to sin, or do you still see yourself as a sinner (incapable of not sinning)? How can we keep from being enslaved by sin? (**Romans 6:16**).

3. In what way did Paul instruct the Ephesian believers to live differently than the Gentiles (non-believers)? Why do people without Christ sin? (**Ephesians 4:18-19**). How can believers live lives free of sin? Why is this so important?

4. How can we be angry, and yet not sin? How does sin give the enemy an opportunity to harass us? (**Ephesians 4:26-27**).

5. Of the sins mentioned in verses 28-31, which do you struggle with? How do these sins affect your relationships and the cause of Christ? What Christ-like behavior do you need to put on?

FINDLIFE

1. **We often accuse others of sin, while excusing our own.** What sins have you been excusing in your life? What sins are you quick to judge in others? How do our sins affect others in the Body of Christ? How is our witness to the world tarnished by our sins?

2. **Think of some so-called “little” sins that we often minimize.** How are these sins destructive to our lives and relationships? How do these “little” sins grieve God? Sin is progressive. How can “little” sins grow to overtake our lives?

3. **When you accepted Christ into your life, did you see yourself as a good person or a sinner in need of God’s forgiveness?** Why do we need to be aware of our sins? Besides forgiveness of our sins, what else did we receive when we trusted in Christ? How would believing that our old self died with Christ and that we are now a righteous, new creation (on the inside) free us to resist sin?

ENGAGELIFE

As a young person, put into practice James 5:16. Guard against judging others by their particular struggles with sin, and never share with others what is shared, confidentially, in your group.

Chapter 4

LIFE TOGETHER

Lessons...

- 1 LOVE LIFE**
Dating
- 2 SEX LIFE**
Intimacy the Right Way
- 3 LIFE-HATERS**
Dealing with Haters
- 4 FRIENDS FOR LIFE**
Choosing the Right Ones

1 | LOVE LIFE

Dating

LOOKLIFE

Abraham was now a very old man, and the LORD had blessed him in every way. ² One day Abraham said to his oldest servant, the man in charge of his household, “Take an oath by putting your hand under my thigh. ³ Swear by the LORD, the God of heaven and earth, that you will not allow my son to marry one of these **local** Canaanite women. ⁴ Go instead to my homeland, to my relatives, and find a wife **there** for my son Isaac” (**Genesis 24:1-4** emphasis supplied).

INVESTIGATELIFE

1. When it was time for Isaac to get married, where did he look for a wife? (**Genesis 24:3-4**).

2. Why is it important to date people of the same values? (**2 Corinthians 6:14-15**).

3. What were some of Rebecca’s specific worthy characteristics? (**Genesis 24:16**). How was her sexuality? (**Genesis 24:17-19**). What kind of attitude did she display when asked for a favor? (**Genesis 24:57-58**). How did she relate to her parents?

4. How much time did Isaac date Rebeca before marriage? (**Genesis 24:63-66**). Would that work nowadays? Why?

5. Isaac and Rebecca fell in love and stayed together. What steps can you take to make sure your marriage has a high probability of success?

FINDLIFE

In order to have a good dating relationship, practice the following:

1. **Be real.** Dating is a way of finding out whether you are compatible, yet many hide their true identity. Being who you are now, helps the adjustment later. The sooner the other person knows who you truly are, and vice versa, the sooner you can know if this is a relationship worth pursuing. Why are some so afraid to be real when dating?

2. **Be responsible.** Ellen White warns us about “playing with other people’s hearts.” A responsible Christian will not date “because I feel lonely this summer,” or “because all my friends have girlfriends and I feel left out.” If you are not sure, don’t proceed. Have you seen any of your friends get hurt because of irresponsible dating? What can you do to prevent it?

3. **Be respectful.** Since sex is for marriage, and heavy petting can lead to sex, it is recommended that the physical aspect of dating be kept to a minimum; it should not be the deciding factor on whether you date someone or not. Treat your date like a princess. Treat yourself like you are worthy. Don’t let others use your body for their pleasure, for life is more than looks. How can you increase your self-worth? What if you have already gone too far, what can you do?



ENGAGELIFE

Today make the decision to imitate Rebecca. Stay sexually pure. Serve without complaining. Develop a good relationship with the parents.

2 | SEX LIFE

Intimacy the Right Way

LOOKLIFE

“He (**Satan**) was a murderer from the beginning, not holding to the truth, for there is no truth in him. When **he lies**, he speaks his native language, for **he is a liar** and the father of lies” (**John 8:44**). **Jesus** replied, “I tell you the **truth**, everyone who sins is a **slave to sin**. Now a slave has no permanent place in the family, but a son belongs to it forever. Then **you will know the truth**, and the truth will **set you free**” (**John 8:32** emphasis supplied).

INVESTIGATELIFE

1. What does the Bible call Satan in the text above? Why does he receive those names? Is there any earlier case in the Bible when he lied? When was the “beginning”? How does he lie in the sexual area?

2. Satan means “**enemy**.” What does it mean that Satan is your enemy? Does he always come at you like an enemy?

3. Complete the sentence: Everyone who sins is _____.

4. Being a **slave** means that you have **no chance to decide** your own future, but somebody else does. Can you describe (in your own experience, or maybe as seen in those around you) how sin enslaves people?

5. Jesus says that the only thing that will set us free from slavery is the _____ . What is the truth about sex according to God's word?

FINDLIFE

*Satan lies to us. That's a fact. And when it comes to sex, he is the father of lies. Satan has a top-notch plan to enslave us through sex by lying about it. You must know three things Satan **doesn't want you to know** about premarital sex:*

1. **What you do today affects tomorrow.** He wants you to think that you can have sex without consequences. He exemplifies that with fiction. In every movie, TV show, and even TMZ-kind of magazines, the leading characters go from bed to bed, sleeping around without consequences. But that is fiction, an imaginary tale. The truth is, **“you reap what you sow,” Galatians 6:7.** The truth is that premarital sex affects your tomorrow. It can ruin your health (65 million people in U.S. have an incurable sexually transmitted disease), ruin your plans through an unexpected pregnancy (one in five teenagers have to deal with an unexpected pregnancy in high school), and your emotional stability for the rest of your life. The truth is that what you do today, for good or bad, will surely affect your tomorrows.

2. **Premarital sex trains you for divorce.** Maybe you've experienced or you are experiencing the sadness, hurt, and the blues of your parents' divorce. It is such a painful experience. Well, premarital sex is **training for divorce**. Satan lies to you that it is okay to move from relationship to relationship. A relationship comes, breaks up, and another one comes around. Things can go wrong in a relationship, but soon you will have another partner. But sex is much more than just physical. It has emotional consequences—and mental and spiritual ones too. When you buy into Satan's lies about premarital sex, you are preparing for failure. Is your dream to form a healthy and happy family? Then, trust the truth, not the lies.

3. **Sex is not for "ready" people, it is for married people.** MTV and other TV shows preach that you should have sex when you're ready. But the One who designed and created you tells you that **sex is for married people**: "A man will leave his father and mother and be united to his wife, and they will become one flesh" (**Genesis 2:22**). You must trust in God with all your heart and lean not on what your friends and culture may tell you, and God will make your path straight.

 **ENGAGELIFE**

This week, while watching television or maybe a movie, challenge yourself to catch the multitude of lies Satan communicates about sex. Decide to have **the truth set you free** from his lies.

3 | LIFE-HATERS

Dealing with the Haters

LOOKLIFE

“Those who **hate me without reason** outnumber the hairs of my head; many are my enemies without cause, those who seek to destroy me. I am forced to restore what I did not steal” (**Psalm 69:4** emphasis supplied).

INVESTIGATELIFE

1. What caused concern to the writer of **Psalm 25:19**?

2. What will your enemies try to do to you? (**Psalm 102:8, Psalms 71:10**).

3. It's tragic and hurtful, but who can also be our enemy? (**Matthew 10:36**).

4. Instead of holding a grudge, what counsel does the Bible give us? (**Psalm 143:9**).

5. God calls us to love our enemies (see **Matthew 5:43-44**).
How can we do this?



As you deal with people who don't like you, think of these things:

1. **Don't remember.** A common response to an offense is to hold on to the pain it causes. This helps no one, especially the one who holds the grudge. Give it to God instead. What are some drawbacks of grudge-holding? How can we overcome the habit of cherishing grudges?

2. **Don't relate.** One of the most disturbing facts about people who have problems with hate is that they seem to desire to continue relating with those who cause them pain. Find new friends! Go outside your circle. Don't continue in relationships with "toxic people." Can you think of a person, right now, with whom you may need to cut ties?

3. **Don't retaliate.** Vengeance is God's. He is a just judge who will pay according to people's actions. Resist the urge to treat people with the same hate with which they treat you. Remember, people who hate don't usually love themselves. When you feel like retaliating, what practical steps can you take to overcome that desire?



This week, take some time to write down your list of friends and haters. Then pray for them, one by one, looking beyond their actions to what they truly are: Children of God.

4 | FRIENDS FOR LIFE

Choosing the Right Ones

LOOKLIFE

“Many will say they are loyal **friends**, but who can find one who is truly reliable? (**Proverbs 20:6** emphasis supplied).

INVESTIGATELIFE

1. How should we choose our friends? (**Proverbs 12:16**).

2. If you want friends, what should you do? (**Proverbs 18:24**).

3. What type of friends should you avoid? Why? (**Proverbs 22:24**,
Proverbs 1:10 & 15).

4. One of the things we should avoid if we want to maintain a good friendship is gossip. What happens to friendships when we say “no” to gossip? (**Proverbs 26:20**).

5. At the end of the day, who is the one true friend we can always count on? (**John 15:15**).



When choosing friends, keep these three concepts in mind:

- 1. Is my friend bringing me closer to Jesus?** Our ultimate objective is to become Christlike. The Bible says that “as iron sharpens iron, so a friend sharpens a friend” (**Proverbs 27:17**). That means that friends have a chance either to help us grow in our spiritual walk, or guide us away from God. Think about your friend’s faith. Is he or she the stronger Christian, or are you?
- 2. Is my friend drawing me closer to my goals?** One way of getting ahead in life is by having specific, measurable, reachable goals. What are yours? What career do you want? What about marriage? Where do you want to be in 10 years? Are your friends holding you back, or are they pushing you forward?
- 3. Is my friend getting closer to me, only because of what he or she can get out of me?** Some friends are only interested in what they get from you. Others are very needy and want you so they can unload on you. Both of these kinds of friends are takers, not givers. How can you help your needy/selfish friend stand on his or her own and be a giver, as well as a taker?



This week, pay close attention to the choices you make. Are you following the crowd, or do you stand on your own two feet? Look for ways to help your friends be independent of you and dependent upon God.

Chapter 5

ABUNDANT LIFE

Lessons...

- 1 HIGH LIFE**
What I Have or What I Am?
- 2 LIFE INSURANCE**
What is Your Legacy?
- 3 NOT YOUR LIFE**
My Life, God's Property
- 4 DEBT FOR LIFE**
Don't Do It!

1 | HIGH LIFE

What I Have or What I Am?

LOOKLIFE

“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he **reset** on the seventh day. Therefore the **LORD blessed the Sabbath day and made it holy**” (Exodus 20:8-11 emphasis supplied).

INVESTIGATELIFE

1. Which is the first mention of the Sabbath in the Bible, and what are the circumstances? (**Genesis 2:1-4**).

2. Is there historical evidence to support the Sabbath as the seventh day of the week or Saturday?

3. God rested on the seventh day and it was to be a _____ between Creator and creation (**Exodus 31:17**).

4. Are there any real benefits when we “*keep the Sabbath holy*” aside from being obedient to God? (**Matthew 11:28-30**).

5. Jesus was crucified on the sixth day and resurrected on the first day; what did He do on the seventh day, which was consistent with the rest in our original verse? (Read **Matthew 28:1-7**).



1. **There are three main ideas in the Fourth Commandment;** can you write down your own impressions or understanding of God's desire for us to keep the Sabbath?

- a. To remember: _____
- b. To rest: _____
- c. To restore: _____

2. **We live in a materialistic, you-are-what-you-produce society.** Was God a little bit too optimistic by suggesting that we "take a day off from it all"?

3. **God's intentions are to repair us through the Sabbath rest; what does that mean to you?**

4. **God has made you totally free, and the Sabbath is your chance to express and enact your freedoms:**

a. **Free to Believe you were made by God.** The way the world is set up gives us very little room to **remember** that our lives are a part of something bigger, and far more important, than what we see. When we **remember the Sabbath and keep it holy**, we declare our independence from this world and clearly state that God is in control of our lives.

b. **Free to Belong to the family of God.** One of our greatest needs is to be loved and accepted. Because of the less-than-perfect lives we live, we don't often feel the love. The Sabbath is a day to remember that we belong to the family of God, in spite of ourselves. Declare your independence from past hurts and pains as you come face to face with the infinite love of God.

c. **Free to Become citizens of the kingdom of God.** We're all looking for direction. Seems like we spend our lives looking for something that can't be found. We declare our independence from every power that binds us to this limited world, to become citizens in the Kingdom of God. We are free to worship God through eternity; free to drink from the limitless wisdom of God through eternity.



This week, put these three words to work: **rest, relate** and **restore**. Take a physical **Rest** from the routine of your day, **Relate** to God through prayer, reading, listening to music, or a sermon for at least 20 minutes a day; then take time to feel **Renewed and Restored** for another 10 minutes. Practice this as often as you can and begin to see the Sabbath as a day to rest, to relate to God, and to be restored by His love.

2 | LIFE INSURANCE

What is Your Legacy?

LOOKLIFE

“A **good man** leaves an inheritance for his **children’s children**, but a sinner’s wealth is stored up for the righteous” (**Proverbs 13:22** emphasis supplied). “For the **love** of money is a root of all kinds of evil...” (**1 Timothy 6:10** emphasis supplied).

INVESTIGATELIFE

1. Would you agree that a man capable of leaving an inheritance extending to his grandchildren could be considered wealthy? Why or why not?

2. Why do you think the Bible describes a wealthy man as “good” in this proverb? What marks the difference between the wealth of a “sinner” and the wealth of a “good man”?

3. List two reasons why an inheritance in biblical times was equivalent to today’s life insurance.

4. Have you ever been told that money was evil? How is this different than what the Bible says?

5. How does the “love” of a “good man” differ from the “love” of a “sinner”?

FINDLIFE

To get your financial life in order, you must daily make decisions relating to these beliefs:

1. **Money is amoral.** If you're a jerk who's poor, and you become rich, chances are you will be a "rich" jerk. Money only amplifies who you already are and has no innate morality. Money is like a brick. You can throw it through a plate glass window and cause evil, or you can use it to build a cathedral for good.

2. **The enemy of wealth is DEBT!** The Bible says in **Proverbs 22:7**, "...the borrower is servant to the lender..." The average balance on a credit card is \$9,300. The first step toward mastering your finances is eliminating debt. Thousands have done this by following the simple plans found at www.daveramsey.com or www.crown.org, both of which teach successful finance from a biblical perspective.

3. **The secret to wealth is SAVING.** Biblical stewardship demands that we live within our means. To spend one dollar more than you make is wrong. To succeed financially, treat saving as if it were a regular bill. After getting your paycheck, and after you return your tithes and offerings, set aside another specific percentage in a savings account. Do this automatically, and it will be even easier. If you were to save \$5 per day for 36 years at 12 percent interest (a very average mutual fund), you would have saved \$1,112,028.

ENGAGELIFE

This week decide to buy a book on biblical stewardship from one of the websites listed above and begin to read it, looking to implement the strategies immediately. Take action! The biggest difference will be in whether or not you take specific action with the information you learn. Knowledge is only potential power; it's only powerful if you implement it. In this way you can begin to honor God in your finances. You will be blessed, as well as your family and your church.

3 | NOT YOUR LIFE

My Life, God's Property

LOOKLIFE

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? **You are not your own;** ²⁰ you were bought at a price...” (1 Corinthians 6:19-20 emphasis supplied).

“Honor the LORD with your wealth, with the **firstfruits** of **all** your crops; ¹⁰ **then** your barns will be filled to overflowing, and your vats will brim over with new wine...” (Proverbs 3:9-10 emphasis supplied).

INVESTIGATELIFE

1. This passage is typically used to talk about health and temperance, but how does it also inform our identity?

2. What are three implications for faithful stewardship (tithe, offerings, talent, time, etc.), because our body is the “temple” of the Holy Spirit?

3. How many “gifts” can you enumerate from God in this passage in **1 Corinthians**? (There are at least three.) Why does Paul use such stark language in describing our ownership/identity?

4. Take a moment to describe something for which you can claim ownership, and why you say it belongs to you. Is there merit in deconstructing your claim, in view of this passage?

5. Why do you think God wants what's first in your life? What constitutes "crops," "barns," and "vats" in today's age?

FINDLIFE

To focus your spiritual life, you must make the following three decisions daily:

1. **Embrace your identity as a child of God.** We are constantly bombarded by a society that tries to impose on us a false identity. Typically this identity is linked to our consumer culture—what car you need to drive, what house you need to buy, what clothes you need to wear. There are all examples of the immense pressure to conform to a false identity. Ask yourself how much of your time and resources are absorbed by the decisions you make regarding this worldly identity and how your life would be different if you embraced a genuinely biblical identity. Give at least two examples.

2. **Reject society's call for individualism.** The call to be a disciple of Christ demands death to self. Give an example of a choice you've made toward individualism, instead of dying to self.

3. **Commit to sacrificially living for Jesus.** **Matthew 10:39** says, "Whoever finds his life will lose it, and whoever loses his life for my sake will find it." Those who have found the freedom of living sacrificially tell us how liberating it is. What is one sacrificial decision you can make this week?

ENGAGELIFE

This week commit to giving something to God **FIRST**. Consider foregoing something this week for the blessing it can bring to someone else. Also, be more aware of the media influences enticing you to accept a false identity. Commit to identifying at least three instances/examples to share with your group next week.

4 | DEBT FOR LIFE

Don't Do It!

LOOKLIFE

“For the LORD your God will bless you as he has promised, and you will lend to many nations but will borrow from none. You will rule over many nations but none will rule over you” (**Deuteronomy 15:6**).

INVESTIGATELIFE

1. What does the Bible say about debt, and what is the plan of God for His people regarding it? (**Deuteronomy 15:6; Proverbs 22:7; Psalm 37:21**).

2. Is it okay to borrow to help others? (**Proverbs 22:26-27; 6:1-5**).

3. How can debt affect family life? (**2 Kings 4: 1-2**).

4. What does the apostle Paul recommend about those who have debt? (**Romans 13: 7-8**).

5. Mark the following statements on debt that you believe are true:

- Debt gives a false sense of wealth
- Debt often accompanies greed
- Debt promotes materialism
- Debt raises the cost of products
- Debt puts us at the mercy of the creditor
- Debt brings mental anxiety
- Debt is a form of abusing our future
- Debt limits or cancels contributions to the cause of God
- Debt brings us prestige



1. The way we handle our finances is a testimony to those around us. Please discuss this statement: “The world is entitled to expect strict integrity of those who profess to be Christians in accordance with the Bible.” “By the indifference of a man to pay his just debts, Christians are in danger of being considered as dishonest” (Ellen G. White, 2 *Testimonies*, 46, 47).

2. In a society in which using credit is a lifestyle, the Christian should consider seriously and with prayer what debt or debts are acceptable, in keeping with biblical principles. Ask your group if debt on a house or a car is acceptable, and why.

3. If you live in debt and want to get out of it, you must first desire to change your habits and then have a plan. You can be sure of God’s blessing, because as we have already seen, He wants you to live debt-free.



1. A well-known financial counselor, Dave Ramsey, proposes a plan of debt-relief called “the snowball plan.” Write down all your debts and consider the total balance and monthly payment for each. Put them in order from smallest to largest. Make every effort you can to pay the smallest debt, even if you have to sell things to do so. Once you’ve paid that small debt, add the monthly payment from that former debt to the second-in-order, so that debt can be paid off more quickly. When you pay off that debt, continue on up the ladder.

2. To reduce debt is impossible, if your habits of spending money remain the same. Eliminating debt implies not acquiring new debts. Read “Total Money Transformation,” a book by Dave Ramsey. Great reading!

Chapter 6

ETERNAL LIFE

Lessons...

- 1 LIFE SAVER**
Wherever You Are, I Will Find You
- 2 LIFE HURTS**
Whatever the Hurt, I Will Heal You
- 3 LIFE RESTORED**
However You Left, You Can Come Back
- 4 LIFE MISSION**
Whenever You Need Me, I'm Ready

1 | LIFE SAVER

Wherever You Are, I Will Find You

LOOKLIFE

“What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? ¹³ And if he finds it, I tell you the truth, he is happier about that one sheep than about the ninety-nine that did not wander off. ¹⁴ In the same way your Father in heaven is not willing that any of these little ones should be lost” (**Matthew 18:12-14**).

INVESTIGATELIFE

1. What were two requirements for finding lost sheep?

2. Is not dangerous to leave the 99 sheep alone? Why do you think the man did it?

3. What did he do (from an emotional perspective) when he found the sheep?

4. The desire of our father is that none of us are _____. How does a person get lost? What are the steps that take him away from the other sheep?

5. What does this story teach us about the value of a **single person**? Who is the **one** person who has gone away from your church? What steps will you take this week to find him/her?

FINDLIFE

1. **Remember who you are.** You are a sheep. Sometimes we think we are strong, self-sufficient, and able to take unnecessary risks. But you're not a lion. You are a sheep. We need a guide who will lead us to a special, safe place where we can find green pastures of blessing. Sheep live better when they are in a herd, near the Shepherd. What kind of danger awaits a person who believes he or she knows it all and needs no help from anyone?

2. **Investigate if you're lost.** Take a moment to take stock of your life. Are you closer to Jesus than before? Perhaps it is time to stop and say, "I think I am lost! I need a higher power to save me."

3. **Patience, help is on the way.** The wait is the hardest part of the rescue. It is difficult when you are aware that you are lost, yet help has not arrived. You should always remember that Jesus will come to look for you, regardless of what you have done. In what area of your life are you waiting for God's help—help that seems to be taking a long time to arrive?

ENGAGELIFE

This week think on these three things. 1. **Remember.** We are His sheep. 2. **Investigate.** How close are you to Jesus? 3. **Wait.** Jesus will not always come when you want Him to, but He will always come just in time. Now go and share what you learned today with a friend who needs it.

2 | LIFE HURTS

Whatever the Hurt, I Will Heal You

LOOKLIFE

“Or suppose a woman has ten silver coins and loses one. Does she not light a lamp, sweep the house and search carefully until she finds it? ⁹ And when she finds it, she calls her friends and neighbors together and says, ‘Rejoice with me; I have found my lost coin.’ ¹⁰ In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents” **(Luke 15:8-10)**.

INVESTIGATELIFE

1. Have you ever lost something very important to you? How did it make you feel?

2. How does the woman in the story react when she loses the coin? What three things does she do?

a. _____

b. _____

c. _____

3. How important is this coin for the woman? Why is she not satisfied with the other nine?

4. From 1-10, rate how important you think you are to the following people?

Your Parents _____ Your Friends _____ Your God _____

5. How do you imagine God treats a sinner when he repents?



1. **We must confront our hurts.** Things can happen in our youth that can cause profound hurt in our lives. We can lose our trust in parents; we can lose a good friendship; we can lose our values, our purity, even our self-esteem. Some of these losses result from our own bad decisions, but others are completely outside our control. No matter how much we ignore our hurts, they won't simply disappear. We must confront and identify them for them to heal. What loss in your life has hurt you most?

2. **Bring your hurts to Jesus.** When we get sick we go to the doctor because he has the knowledge and the tools to identify the problem and find a solution. In the same way, when we have been hurt, emotionally, mentally, spiritually, or even sexually, we can come to Jesus and bring Him our hurts. In the same way the woman does in **Luke 15:8-10**, Jesus turns on the light of our heart and sweeps it carefully, until he identifies the problem and with his power heals the hurts we have in our lives, no matter how big they may be. Tell Jesus: "I lay before you my hurt of _____ . I surrender it to you so you can heal it."

3. **Different hurts, different healing times.** In the same way that different physical wounds need different recuperation periods the hurts of our hearts will need different time periods to heal. No matter how big is your hurt, God can and wants to heal you! For our hurts to heal we need to identify them, bring them to Jesus, and stay away from those things that will deepen our hurt. What three things do you think you can do to contribute to the healing process?

- a. _____
- b. _____
- c. _____



This week the pain of your hurt may bother you and put you down. Instead of complaining and feeling pity for yourself, or holding a grudge against the person that hurt you, learn this short prayer and repeat it as necessary: **"Thank You, Lord God, for healing my hurts. Thank You for carrying them for me. Thank You for Your healing power, in Jesus' name, Amen."**

3 | LIFE RESTORED

However You Left, You Can Come Back

LOOKLIFE

“Jesus continued: ‘There was a man who had two sons. ¹²The younger one said to his father, “**Father, give me my share of the estate.**” So he divided his property between them. ¹³Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living” (Luke 15:11-13 emphasis supplied).

INVESTIGATELIFE

1. What did the younger son demand from his father? (**COMMENT:** In Jesus’ times, to demand the share of the property while the father was still alive meant only one thing—the child wanted his father to die so he could lead his own live. Such insolence was punished with immediate expulsion from the family and the community.)

2. Instead of punishing his son for his insolence, how did the father respond to his son’s demand?

3. After getting what he wanted, what did the younger son do next? (**COMMENT:** Selling the part of the property that had been inherited, while the father was alive, was unthinkable back in those times. By doing that, the young man was renouncing his condition as son. He was telling his father and brother to count no more on him... forever! Furthermore, by moving to a distant country and living wildly, this young man contaminated himself, according to Jewish laws. Even worse, he filled his soul with guilt and desperation.

4. When the young man realized his life was out of control and that he needed help, whom did he turn to?

5. What three actions did the father do when he saw his son coming back home? (**COMMENT:** In first-century Palestine, there was a law that if a rebellious child dared to return home, the community would break a large pot in front of him and cry out “so-and-so is cut off from his people.” This ceremony was called the *Kezazah*, which literally means “to cut off.” In Jesus’ story, the father races to get to his son ahead of the people of the village, to cut him off from the community. Then he hugs him and kisses him, indicating that he, the father, is taking upon himself all the shame and rejection his son was about to receive.)



Pleasure, addictions, anger, and tears cannot take the place of God’s healing. Jesus taught the following three lessons about returning to our Creator, the only healer of our hearts:

1. **Acknowledge that your life is out of control.** In Jesus’ parable, the father represents God, while the younger son represents everyone who has gone astray from God. Using *his freedom of choice*, the young man enters a descending spiral of selfishness and pleasure that leads him away from this father and family. When he reaches the very bottom of human despair, however, he accepts he has no power to lead his own life. Mention at least one thing that controls your life and separates you from your beloved ones and from God?

2. **Believe that no matter how awful the sins you have committed, God is not mad at you.** There is nothing you can do to get God mad at you. God loves you and there is no way you can change that reality. In our parable, the prodigal behaves in the worst imaginable way against his father. Yet, his father never changes his accepting love. Furthermore, the father takes upon himself all the guilt, shame, and rejection his son deserves. So it is with God and how He relates to you. He loves you no matter what! Are you willing to talk to God right now and say, “Thank you, God, for loving me in a way I could never imagine”? Close your eyes here and now and repeat that prayer.

3. **Confess your sins.** The moment the prodigal confessed his sins, he became a free man, because he took responsibility for his actions. But most important, he freed his father to restore him. That’s the power of confession! It brings freedom and redemption to the offender. Do you want to confess your sins to God right now? That’s all you need to start a new walk in your life!

ENGAGELIFE

This week, make a point to reach out to someone who has gone far away from God—maybe someone who no longer comes to church. Call and say you missed them—don’t scold them for leaving or press them with an invitation to return.

4 | LIFE MISSION

Whenever You Need Me, I'm Ready

LOOKLIFE

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.” ¹⁴ You are the light of the world. A city on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way let your light shine before men, that they may see your good deeds and praise your Father in heaven” (Matthew 5:13-16).

INVESTIGATELIFE

1. Christians are the salt of the earth. How does it feel to know this truth?

2. What are the main characteristics of the salt? Salt makes people thirsty. How are you making people thirsty for Jesus? Salt makes food taste good. How are you making people's life better? Salt, when mixed with food, disappears. How are you bringing glory to God, not yourself?

3. Verse 14 says that we are the light of the world. What are the main characteristics of light? Light helps people see. How are you helping your friends see things as they really are? Light scares away roaches. Are you cursing the darkness? Turn on the light instead! Light shone straight at the eyes, blinds. Be careful as you present truth; start slowly.

4. What happens if the salt does not give flavor and if the light does not shine?

5. Is it difficult for you to be the salt of the earth and the light of the world? What can we do as a group of young people to fulfill our mission? Be specific! Come up with three things we can do as a group this week to make that happen.

FINDLIFE

To be the salt of the earth and light of the world we must do the following:

1. **Have experience of daily communion with Jesus.** The only way to be lights for others is to walk in the light and receive it yourself each day. How can you receive the light of God every day?
2. **Spice up your life and that of others.** One of the characteristics of salt is to flavor food. Jesus wants us to have the gospel flavor in our lives. Do you feel that the gospel gives flavor to your life, or you think your life is dull? Do you think the people who are around you are tasteless? What can you do to bring flavor to the lives of others?
3. Use **“Christ’s method.”** Ellen White shared it with us. **“Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’”**

ENGAGELIFE

This week share a Bible verse with a friend, colleague, or family member who still does not know Jesus. Search for a Bible promise you can share.

Chapter 7

A LIFE LEADER

Lessons...

- 1 REAL LIFE**
The Character of the Leader
- 2 POWER FOR LIFE**
The Power of the Leader
- 3 SPIRITUAL LIFE**
The Spiritual Leader

1 | REAL LIFE

The Character of the Leader

LOOKLIFE

“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 3:12).

INVESTIGATELIFE

1. How old do you think Timothy was when Paul wrote him this recommendation?

2. Why do you think Paul is telling Timothy not to let anyone look down on him because he is young?

3. Can young people be respected? How?

4. What does it mean to set an example?

5. What are the characteristics of a mature believer?



Consider the following: To be respected, Timothy is not to be intimidated by his relative youthfulness or what others may think of it. Instead he is to demonstrate his leadership by living such a godly life that he will become a pattern for other Christians. Be a leader. Let your character shine in the following areas.

1. **Set an example in speech.** "In speech" refers to one's conversation. Our speech should reflect the characteristics of a child of God. We should not only avoid distinctly forbidden speech, but that conversation which does not edify others. How should a true believer talk? What should be the theme of our conversations? Should a Christian choose words carefully? We must be careful in what we say and how we say it. People sometimes twist our words and make them mean something totally different. So, when you're at school this week, and you're tempted to make fun of someone, or say something ugly about them, or spread a nasty rumor about them, don't do it. Remember Paul's advice to Timothy to set a good example in what you say, and how you say it. People should be able to tell that you are a Christian by simply listening to you.

2. **Set an example in life and love.** "In conduct" refers to one's entire demeanor. Nothing about our behavior should cause reproach on the name of Christ. The way we are in society—our lifestyle—supports our message and defines who we are. People are watching to see if we are willing to practice what we preach. As Christians we must be careful how we act and the way we live our lives. Our lives must be filled with love for others. We need to reflect the love of God in everything we do. How can you set an example without being critical of others' faults?

3. **Set an example in faith and in purity.** Paul stresses the importance of being mature in the faith and that we should constantly be growing in our faith. Paul believes that others should be inspired by the way we model our faith. Live morally and clean! Live a just and honest life! Live a life that far exceeds the standards of the world! Practice holy and pure living! Sexual purity and the actions and intentions of the heart—leaders must uphold the highest standards in these areas.



This week, memorize these three concepts: be an example in **speech, life and love, faith and purity.** You could be respected among your relatives, school environment, church and community if you become an example wherever you are. The world desperately needs young people who model these concepts.

2 | POWER FOR LIFE

The Power of the Leader

LOOKLIFE

Sometimes we see people within the Church who have great riches—people with resources who are cooperating and are a blessing from God to the Church in the preaching of the Gospel and the needs of God’s people. There are others who decide to take a different route and use their gifts to try to dominate and impose their views on the people of God. This sometimes can create crises inside the Church.

INVESTIGATELIFE

1. Who was Simon? (**Acts 8: 9-11, 13**).

2. Who led the evangelistic effort when Simon was baptized? (**Acts 8:5**).

3. What practice does the Bible tell us that the apostles Peter and John used to ask the Holy Spirit to fall upon the people who had been named by Philip? (**Acts 8:15-17**).

4. What did Simon, who had been a magician, do when he saw that the people were receiving the Holy Spirit? (**Acts 8:18-19**).

5. What was Peter’s answer to Simon? (**Acts 8:20-23**). What do we learn from this story? Who are more important in the Church: the poor or rich? Who has more access to the Holy Spirit?



Today I invite you to:

- 1. Remember where your power as a leader comes from.** The Holy Spirit is for everyone, poor or rich. The Holy Spirit cannot be purchased with money or economic positions.
- 2 Remember that we all have the same value in the Church.** Before God, we are all equal and deserve the best treatment. Who can you make friends with who needs to feel valuable?
- 3. Use your gifts to advance the cause of God and help others, not to manipulate the Church.**



Choose one or two leaders of the group and form a circle around him/her/them. Lay hands on their shoulders and head(s) and pray a special prayer to God. Ask in a special way that the Holy Spirit fall on the individual(s) in the circle.

3 | SPIRITUAL LIFE

The Spiritual Leader

LOOKLIFE

Every four years our country goes through a process during which several individuals try to demonstrate that they are the most capable to lead the country. Similar processes occur in the countries of Latin America. In other countries men take power by force and compel all to follow them, or die. Think about some famous leaders that have ruled the world. Who comes to mind? Explain to your group why you believe they were worthy leaders —to be heard and followed.

INVESTIGATELIFE

1. Who were the leaders in Jerusalem when the Christian Church was born? (**Acts 5: 17**).

2. Mention some character traits of these leaders. (**Acts 5:17, 18, 28, 33**).

3. To what leader do we owe alliance? (**Acts 5:29**).

4. Does that mean we must disobey the authorities of the nation? What did Jesus say about this? (**Matthew 22:15-22**).

5. Who was Gamaliel, and what advice did he offer to the rest of the Jewish leaders? (**Acts 5:34-39**).

6. What is the counsel of Jesus concerning spiritual leaders?
(**Matthew 7:15-20**).

FINDLIFE

Today I invite you to:

- 1. Take time to pray for your leaders.** They need your prayers and your support. When was the last time you prayed for your pastor? When was the last time you criticized him?
- 2. Remember that when there is a conflict of principles, obedience to God is more important than obedience to men. In what area of your life is this hardest to do?**
- 3. When you see something that confuses you, don't rush to criticize.** If it is of God it will prosper; if it is not of God, it will vanish. Can you remember a movement or a major initiative that was criticized in the beginning, but later became a blessing to society?

ENGAGELIFE

Pray today for a civic leader and a religious leader. Choose a group member, or ask for a volunteer, who wishes to pray.

Chapter 8

LIFECHOICE

Lessons...

- 1 LIFE DECISION**
The Danger of Not Following God's Will
- 2 LIFE'S HARD**
When God's Will is Not What You Like
- 3 GIVER OF LIFE**
Our Guide, The Holy Spirit
- 4 LIFE CHOICE**
Making the Right Career Choice

1 | LIFE DECISION

The Danger of Not Following God's Will

LOOKLIFE

“And the LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil. ¹⁶ And the LORD God commanded the man, “You are free to eat from any tree in the garden; ¹⁷ but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die” (**Genesis 2:9; 16, 17**).

INVESTIGATELIFE

1. Among the abundant trees of the garden, which were the two most significant trees? (**Genesis 2:9**). Why do you think God pointed these two trees out to Adam?

2. What was God's will for Adam and Eve? (**Genesis 2:16-17**).

3. What was the first temptation that Satan placed before Eve? (**Genesis 3:1**). How does Satan use this temptation today?

4. What was the danger Adam and Eve faced as they chose not to do God's will? (**Genesis 3:7-8**).

5. **Genesis 3:8** states that they when they heard the sound of the Lord walking in the Garden, they hid themselves. When sin injects its venom, what makes us run away from God?

6. When we choose not to do God's will and face the consequences of sin, what is the Good News about God? (**Genesis 3:10**).

FINDLIFE

1. **God's will is for you to live an abundant and eternal life:** God did not come to steal your joy, to destroy your life, or make it miserable. God's will for your life is always for you to live an unimaginably abundant life: "I have come that they may have life, and that they may have it more abundantly" (**John 10:10**). How can you experience the fruit of eternal life here on earth?

2. **Satan wants to destroy you:** Disobeying God's Word leads to the road of misery, suffering, and death. Is there an area in your life where Satan especially wants to deceive you regarding God's will for your life?

3. **We can never hide from God's presence:** It doesn't matter how far we have run away from God because of our sins, His presence is with us, even when we have disobeyed His voice. The story of Jacob illustrates this point. He deceived his father and ran far away from God. But on that very night, God came to him in a dream, and Jacob said, "Surely the Lord is in this place, and I didn't know it" (**Genesis 28:16**). What does this phrase mean to you right now?

ENGAGELIFE

This week study the story of Balaam, found in **Numbers 22**, and write the lessons you learn about the danger of not doing God's will. Share what you learn about the story, next week in the group.

2 | LIFE'S HARD

When God's Will Is Not What You Like

LOOKLIFE

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:36-39).

INVESTIGATELIFE

1. In Jesus' great hour of trial, why do you think He only took Peter, James, and John with Him?

2. How did Jesus feel during this time of crisis? Have you ever felt like that? When?

3. What are the differences between the three prayers of Jesus to His Father? (Matthew 26:39, 42, 44).

4. What was the will of the father? How hard is it for you when the will of the Father seems unusually difficult?

5. What did the angel come to do in Jesus' moment of crisis? (Luke 22:43-44).



1. In our moments of crisis we need friends to pray with us and for us:

It is vital to have friends who can pray for us during our times of greatest crisis. Jesus is our greatest friend, and He will always pray for us. He prayed for Peter on that Thursday night, that His faith would not fail. Jesus also prays with you. Who is going through a crisis today and needs you to pray for them? If you are facing a crisis, what friends can you call on to pray for you?

2. Be specific with God about the areas of your life where you are struggling to do His will and pray—pray until God's will is done in your life:

There are times when it seems difficult to do God's will, especially in times of crisis, when we are depressed. We need to be open with God and lay our true feelings before Him. As we do this, we will be strengthened by His Holy Spirit to do His will. Are you struggling with difficulties for which you need your friends' prayers?

3. God will ALWAYS strengthen you in the hour of crisis: Jesus, the Creator of the universe and the perfect One, received an angel sent by His Father, to strengthen Him—but not to deliver Him—in His hour of crisis. God promises to strengthen you in your hour of crisis and sometimes He sends angels in the form of friends. "In all their affliction He was afflicted, and the Angel of His Presence saved them; In His love and in His pity He redeemed them; And He bore them and carried them all the days of old" (**Isaiah 63:9**). Is there something in your life that you feel you don't have the strength to overcome?



This week take a notepad and a pencil and ask God to enlighten you about three friends that need intercessory prayer. Pray for them all this week. At the end of the week send them a card or give them a call and let them know the Lord impressed you to pray for them this week.

3 | GIVER OF LIFE

Our Guide, the Holy Spirit

LOOKLIFE

“But I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you. ⁸When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment: ⁹in regard to sin, because men do not believe in me; ¹⁰in regard to righteousness, because I am going to the Father, where you can see me no longer; ¹²I have much more to say to you, more than you can now bear. ¹³But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will bring glory to me by taking from what is mine and making it known to you” (John 16:7-10, 12-14).

INVESTIGATELIFE

1. Why was it better for Jesus to go to heaven, rather than stay on earth?

2. What three things does the Holy Spirit do in our lives?

3. Verse 13 says that the Spirit leads us to all truth. How does He guide us? In what area of your life do you need guidance, right now?

4. Some confuse the Holy Spirit with an influence, or power, of God. We believe that the Holy Spirit is the third person of the Trinity. Can you think of any characteristics of the Holy Spirit that a power, or mere influence, cannot possess? For example, can it guide or console.

5. Have you ever had the experience of having been comforted by the Holy Spirit? Can you share that experience with the group?

FINDLIFE

This week you can experience communion with the Holy Spirit this way:

- 1. Ask God to give you His Holy Spirit.** Luke 11:13 says: “If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!” So if you have not already done so, do not miss this opportunity. Today you can ask for, and receive, the Holy Spirit.
- 2. Learn more about the Holy Spirit.** The Book of Acts is a wonderful place to start. It speaks about many things that the Holy Spirit did for the disciples. As you read Acts this week, think of all the things that the Spirit can do through, and for, you. The more you know, the richer your experience will be.
- 3. Experience the Holy Spirit.** If you ask God and his Holy Spirit to come into your life, the next step is to be guided by Him. In what area do you need direction and guidance? Why not ask Him to guide you in making these decisions, today?

ENGAGELIFE

This week write about your experience with the Holy Spirit. Try writing out your prayers, then write something that you have learned about it; finally, write the experiences that God allows you to have, as you share His love with others.

4 | LIFE CHOICE

Making the Right Career Choice

LOOKLIFE

“My son, do not forget my teaching, but keep my commands in your heart, ²for they will prolong your life many years and bring you prosperity. ³Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. ⁴Then you will win favor and a good name in the sight of God and man. ⁵Trust in the LORD with all your heart and lean not on your own understanding; ⁶in all your ways acknowledge him, and he will make your paths straight. ⁷Do not be wise in your own eyes; fear the LORD and shun evil. ⁸This will bring health to your body and nourishment to your bones” (**Proverbs 3:1-8**).

INVESTIGATELIFE

1. In verse 1, who is the speaker and what is this person asking us to keep in our hearts, wrapped in our affections?

2. In verses 3 and 4, list two things the writer implies we already have, and that we are not to lose. How do they relate to verse 4?

3. In verses 5 and 6, write down the two actions surrounding the two words “all.” Discuss how they relate to each other.

4. Act out each phrase of verses 7 and 8. In verse 7, what are the two action words (verbs) we are called upon to do? Discuss how can we correlate “Fear the Lord” (vs. 7) with “trust in the Lord” (vs. 5)? Do they not contradict one another?



- 1. Three times the word “heart” is used in these verses.** Are there some longings in your heart that need adjusting? Are there some desires that need to change to bring success? Are there some affections holding you back from the “Lord’s” ideal plans for you?
- 2. Re-read verses 2, 4, 6, and 8.** Which of these blessings are not important to you? What guarantees these promises? Is there anything you could do as a life work that would enhance them?
- 3. If you could do three things for God, what would they be?** How could you turn any of them into a career? Would any of them take additional education? Would they take building relationships with people who would support you? Would sharing your career goals with those who work in your area of interests be helpful to your understanding of the opportunities and possibilities?



Memorize verses 5 and 6 this week, and experiment putting them into action. Every time you make a decision, “acknowledge” God about it. Ask Him what He thinks, and give Him permission to “direct” you – your decisions, or your “path.”

Chapter 9

LIFE CHANGE

Lessons...

- 1 LIFE FOCUS**
Change Your Habits
- 2 DIFFERENT LIFE**
Change Your Identity
- 3 LIFE GUIDE**
How the Word Can Change You
- 4 LIFE CHANGER**
Change the Way You Think About God

1 | LIFE FOCUS

Change Your Habits

LOOKLIFE

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord’s feet listening to what he said. ⁴⁰ But Martha was **distracted by all the preparations** that had to be made. She came to him and asked, “**Lord, don’t you care** that my sister has left me to do the work by myself? Tell her to help me!” ⁴¹ “**Martha, Martha,**” the Lord answered, “you are **worried and upset about many things,** ⁴² but only **one thing** is needed. Mary has chosen what is **better**, and it will not be taken away from her” (Luke 10:38-42 emphasis supplied).

INVESTIGATELIFE

1. Who showed up at Martha’s house? (Luke 10:38).

2. Describe Martha’s emotions. List at least three of them here.

3. The name Martha means “is becoming bitter.” Why do you think Jesus mentions her name twice? What could be making her bitter?

4. As you look at Martha’s attitude, how do you imagine she sounds as she talks to Jesus in verse 40?

5. Jesus tells Martha that Mary has “chosen” that which is better. How hard is it for you to take time out to spend time with Jesus?

FINDLIFE

In order to focus your spiritual life, you must make the following three decisions daily.

1. **Choose the important over the urgent.** Mary chose the important, while Martha chose the urgent. Beware of the “tyranny of the urgent” that seeks to divert you from concentrating on the important issues in life—like God, family and personal growth. What are one or two *urgent* things you keep doing that keep you away from the important ones?

2. **Choose the best over the good.** The most difficult decision for a Christian is not between good and bad, it’s between good and better. In what areas of your life are you settling for “*just good enough*”?

3. **Choose the permanent over the temporary.** The latest fad, summer blockbuster, phone, clothing, all look to gain our immediate attention. They all have something in common: they are temporary. Don’t concentrate your efforts on people, pastimes, and problems that will not be here 10 years from now. What problem are you fretting about that you know will soon pass?

ENGAGELIFE

This week, memorize these three words: **important, best, permanent.** Every time a decision needs to be made, ask yourself if the choice you are making is in line with those three words. Share what you learned this week with a friend who needs to hear this.

2 | DIFFERENT LIFE

Change Your Identity

LOOKLIFE

“How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. ²Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is”
(1 John 3:1-2).

INVESTIGATELIFE

1. How is the love of the Father shown?

2. By what term does God refer to us?

3. Why does the world not know us?

4. What does the phrase: “when he appears” mean? **(1 John 3:2).**

5. Whom will we see with our own eyes?



We need four elements present in order to maintain a healthy identity:

- 1. Source (where did I come from?):** Some think they have to go to the zoo to meet up with their past. The good news is that God declared that you are His child; He formed you with His own hands. Therefore, we must not behave as “monkeys in a cell.” We can be proud of our beginnings. When you get up each morning, look in the mirror and smile. God made you, and he has good taste!
- 2. Identity (who am I?):** Only by contemplation do we discover what we really are. This little exercise will help you stay connected to Jesus. Take time daily alone with Jesus to study the Bible and pray. When we admire “celebrities” of this world, we may be disappointed, but when we look at Jesus, we become like Him.
- 3. Gifts (what do I possess?):** God has given to every young person talents and skills. What are yours? What are your favorite sports? What is your favorite music? Make a list of them.
- 4. Work (what do I do with what I have?):** If you wonder why God has given you gifts and talents, it is because it is His desire that you become a representative of His Kingdom. Jesus wants to use you, so that more young people like you can come to know Him.



There is no need to feel ugly or abandoned. We have a rich father who claims us as children! This week send your friends seven text messages with the following sentence: “Smile! You are a child of God, and I am too!” Remember: Jesus wants to raise the self-esteem of your friends and give them back their true identity.

3 | LIFE GUIDE

How the Word Can Change You

LOOKLIFE

”All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,¹⁷ so that the man of God may be thoroughly equipped for every good work” (2 Timothy 3:16, 17).

INVESTIGATELIFE

1. What portion of the Bible or how much of the Bible was “breathed” (inspired) by God?

2. Write four things for which the Bible is useful:

a. _____

b. _____

c. _____

d. _____

3. Who does the term “man of God” refer to?

(NOTE: The Greek word *anthropos*—**man**—used here is generic and means “human being.”)

4. In your opinion, what does it take to be a man/woman of God?

5. The Message Bible translates the text in a way that helps us understand this a little more: *“Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us.”*

FINDLIFE

To be the young man/woman God desires you to be, you must:

1. **ACCEPT** *the Bible as a book completely inspired by God, making it Holy, or special, in your life.* In today’s society, the Bible and its teachings are constantly being criticized, attacked, or made fun of, especially in the media. Can you think of some movies where the Bible or biblical truths are ridiculed or challenged? Have you ever made fun of the Bible or its teachings? Name one way you can make the Bible a special part of your life.

2. **DECIDE** *to live your life by the principles found in the Bible.* God wants you to enjoy life to the fullest. By deciding to live by His principles, you gain complete freedom from things like guilt, shame, sinfulness, sadness, and depression. Take a moment right now and pray. Ask God to give you the strength and courage to do this each day for the rest of your life.

3. **AGREE** *to spend time each week reading the Bible.* If you **ACCEPT** the Bible as God’s inspired Word and you **DECIDE** to live by its principles, then you must **AGREE** to read the Bible each week. If you truly want to know God’s will in your life—**READ THE BIBLE!**

ENGAGELIFE

This week find one day when you can spend at least 15 minutes reading the Bible. Share with a friend what you have learned about God’s will in your life.

4 | LIFE CHANGER

Change the Way You Think About God

LOOKLIFE

Jonah, the prophet, is one of my favorites. His story presents a great lesson about salvation and the incomprehensible mercy of God for those who are lost. Whenever I hear a preacher speak or teach about grace, or when someone explains what grace is, I always keep in mind that it is something greater than what I can comprehend or understand. Go to **Jonah 1:1-16** and you will find the most remarkable story of salvation in the Old Testament. After reading the first chapter, analyze together the second chapter, keeping in mind that God cares about those who are lost.

INVESTIGATELIFE

1. In verse 17, who prepared a big fish?

2. For what was the fish prepared?

3. What was Jehovah's purpose?

Let's analyze Jonah's situation, right then and there, when the huge fish showed up. He was lost in a sea of doubt, hatred, lack of confidence, and negative feelings toward the One sending him his only salvation—a big fish that swallowed him instead of letting him drown. God does not punish—God saves. The fish was not a punishment; it was Jonah's salvation.



Jonah needed to understand four things while in the belly of the fish. Let's discover what it means for us (Jonah 2:1-10):

- 1. Your situation will not change until you understand that God hears you (Jonah 2:4).** How has your prayer life been? Are you getting through to God? Is He getting through to you?
- 2. Your situation will not change until you understand that there is hope.** When hope is lost, everything is lost. Are you focusing on your situation or on God? (Jonah 2:7).
- 3. Your situation will not change until you understand that you can't save yourself.** In what areas of your life are you not allowing God to take over? (Jonah 2:9).
- 4. Your situation will not change until you understand that God can help you.** Whom do you turn to in times of trouble? Have they let you down? How can you start depending on God? (Jonah 2:9).



Jonah 2:10: When Jonah understood that God cared about him—when he realized that he had not drowned, thanks to God's initiative—then he declared that salvation is from God. Then the fish put him on solid ground. This week, walk in that realization. He cares. He hears. He sends help. He saves.

Chapter 10

LIFE SERVICE

Lessons...

1 LIFE TRANSFORMERS

I Need To Serve

2 RUSHED LIFE

Time To Serve

3 LIFE, OUTSIDE—IN

Life is not Self-Service

4 THE VALUE OF LIFE

The Cost of Service

1 | LIFE TRANSFORMERS

I Need To Serve

LOOKLIFE

“Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me’” (*The Ministry of Healing*, 143).

INVESTIGATELIFE

1 What kind of attitude should we have toward others, even if they are different? (**Leviticus 19:18**).

2. Whom should Christians give special attention to?

- a. Widows and _____ (**James 1:27**).
- b. With _____ (**Leviticus 19:34**).
- c. With _____ (**Isaiah 58:10**).

3. Why should we help immigrants/foreigners? (**Exodus 23:9**).

4. How are we truly different from people who are not believers? (**Matthew 5: 46-48**).

5. What does Jesus do with barriers of race, gender, or social class? (**Galatians 3:28**).



1. **We are brothers.** White and black, Hispanic and North American; rich and poor, we are all brothers. Man makes distinctions and has created barriers, but when we come to Jesus, these barriers are broken and we look at each other as brothers. How can we (as a group), integrate new people who visit us, so they feel part of us?

2. **We all have a responsibility.** God is clear about our responsibility toward the less fortunate. The Bible teaches this in text after text—about how to treat people who have no resources or opportunities, especially the immigrant. More than 30 verses in the Bible specify that we should give special attention to the “alien.” What can you do with your small group to help people who are immigrants in your community? Don’t just talk about it, do it!

3. **We all can love, even those who do not love us.** We have seen in the study today that we are all brothers. Sometimes other people will not accept our help or our love. The temptation at that time is to forget about them. Do not do so! Continue to love; continue to support; continue to help everyone! This is how we show true Christianity.



The purpose of the following lessons is to help you put your faith into action and get involved in your community’s needs. Discuss as a group a service project to the community and develop it together this month. Let’s make it happen!

2 | RUSHED LIFE

Time To Serve

LOOKLIFE

“There is a **time** for everything, and a season for every activity under heaven. I know that there is nothing better for men than to be happy and **do good** while they live” (Ecclesiastes 3:12 emphasis supplied).

INVESTIGATELIFE

1. Look at the text above for a moment (Ecclesiastes 13:12). It mentions two important things. One is to **be happy**, and the other one is to **do good**. Are they related? How?

2. Before you make a schedule and plan out your activities, what essential component should be considered? (James 4:13-15).

3. Sometimes we are so caught up in our religious activities that we fail to serve the people that need it most (Read Luke 10:31-32). Do you see that happening in your church? What can you do to change it?

4. What clear instruction do we have regarding our time management? (Ephesians 5:16).

5. If we consistently dedicate Time To Serve and minister to others, what will happen? (Galatians 6:9).



There are three ways to manage your time in such a way that you can serve others.

1. **Slow down.** In a recent study, 50 percent surveyed said they “want to slow down, but don’t know how.” How do you slow down? One way is to realize that you will never finish everything you have to do. Never! So slow down today, notice the needs of people around you. How can we practice this?
2. **Seek God.** As you slow down, make sure you include intentional times of prayer and reading of the Word, as well as times for fasting. Ask God to reveal to you hurting people that surround you, and when He does, minister to them. What’s the best time of day to seek God? What happens if you’re a night person?
3. **Set goals.** Author Brian Tracy says that for every minute you spend planning the day before, you save 10 minutes the next day. How clear are your goals? What specific goals do you have for serving others this year? This week? This decade?



The purpose of this lesson is to help you slow down, so you can put your faith into action and get involved in your community. Discuss as a group how your service project is going. Make it happen!

3 | LIFE, OUTSIDE—IN

Life Is not Self Service

LOOKLIFE

Therefore I tell **you**, do not worry about **your** life, what **you** will eat or drink; or about **your** body, what **you** will wear. Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet **your** heavenly Father feeds them. Are **you** not much more valuable than they? ²⁷ Can any one of **you** by worrying add a single hour to **your** life? (Matthew 6:25-27 emphasis supplied).

INVESTIGATELIFE

1. Look at the verses above. Notice how many times God says the word “you.” His objective is for you to focus on Him and others, and not on yourself. Is that hard for you?

2. This next text is very provocative. (Read **Philippians 2:3**). The last part says we should consider others as superior to ourselves. Isn’t that dangerous for our self-esteem? What is the Bible trying to teach us?

3. What is wrong with an attitude of me-first, you-never? (**Luke 12:18-20**).

4. When we focus on others, whom really are we serving? (**Matthew 25:34-36**).

5. The phrase “one another” appears several times in Scripture. What can we do to one another? (**John 13:35**).



There are three things you can do to take your eyes off yourself and focus instead on others.

1. **Interruptions.** If you think about it, many of Jesus' miracles were done when He was on his way to do something else. He was being interrupted! Welcome interruptions, especially when they are in the form of a person needing help. How do you react when interrupted, really? How can you improve that response?

2. **Invitations.** Invite people to share your life. No man is an island. Jesus told His disciples to go and invite people to a banquet. God has given you the opportunity to have a banquet of blessings. Whom will you invite to share those blessings?

3. **Imitation.** Look to the example of Jesus. Imitate His strategy. The best description of that strategy is found in a book called *The Ministry of Healing*. In it Ellen White writes, "Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me,'" page 143. With whom are you connecting? For whom are you showing sympathy?



The purpose of this lesson is to help you to look to the needs of others, not as an interruption, but as a welcome part of your life. Discuss as a group how your service project is going. Make it happen!

4 | THE VALUE OF LIFE

The Cost Of Service

LOOKLIFE

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you” (**Luke 6:38**).

INVESTIGATELIFE

1. In the story of the Good Samaritan, what did the Samaritan do besides giving mere moral support to the wounded traveler? (**Luke 10:33-35**).

2. How does God feel about people who just say, “I’ll pray for you,” when they see a need? (**James 2:15-17**).

3. What happens when people give God what little they have? (**John 6:9-11**).

4. Read the following line: “Giving is not giving unless it interrupts your lifestyle.” Reflect on this for a moment. Is your giving following this guideline?

5. How is the principle of giving best illustrated? (**Philippians 2:5-7**).

FINDLIFE

There are three things you can do to combat the monster of materialism in your life.

1. **Give.** In a world of selfishness, where people look first for their own benefit, God turns materialism on its ugly head and says simply: “Give.” Four powerful letters. Have the freedom to give. What material possession would you give up if asked? Which one would you rather walk over hot coals than give up?

2. **Give first.** Are people “broke” because they do not give, or are they not able to give because they are “broke”? That is an important question, sort of like, “What came first, the chicken or the egg?” Our central text for today answers it unequivocally. Take the first step. Give first. People have it all wrong. They wait on the Lord, then give. That is backwards! Give, **then** wait on the Lord. He’ll come through.

3. **Give expectantly.** Look at the text for today. In just two lines it mentions the word “will” three times. It **will** be given to you. It **will** be poured in your lap. It **will** be measured to you. We don’t give because we want something in return, yet we can give with confidence that God will take care of us. What are you trusting God to do this week in your finances? What do you need Him to do right now?

ENGAGELIFE

The purpose of this lesson is to help you to understand the blessing that giving brings to both the giver and the receiver. Discuss as a group how your service project is going. Make it happen!

Chapter 11

DEEP LIFE

Lessons...

- 1** **PROPHETIC LIFE**
God Sends a Gift
- 2** **LIFE IDENTITY**
You Belong to Something Special
- 3** **LIFE PROTECTED**
God Watches Over You
- 4** **FREE LIFE**
Good News About the Judgment

1 | PROPHETIC LIFE

God Sends a Gift

LOOKLIFE

“...Listen to me, Judah and people of Jerusalem! Have faith in the LORD your God and you will be upheld; have faith in his prophets and you will be successful” (2 **Chronicles 20:20**).

INVESTIGATELIFE

There are Five key ways you can find out whether a prophet is from God:

1. A true prophet promotes obedience to God (**Deuteronomy 13:1-4**).

2. A true prophet's prophecies come true (**Jeremiah 28:9**).

3. A true prophet speaks according to God's law (**Isaiah 8:19, 20**).

4. A true prophet lives a life that is not hypocritical (**Matthew 7:15**).

5. A true prophet lifts up Jesus (**1 John 4:1-3**).

FINDLIFE

The Adventist Church is blessed to have the gift of prophecy, bestowed upon Ellen G. White. Since she wrote extensively, here are some simple guidelines to follow as you read her writings:

1. **Read it for your own benefit first.** Eventually, you will find something in her writings that others around you are not practicing. The temptation at that time could be to use her writings as a club. Resist that temptation. Read her for yourself, work on your own revival first, and always use love. She wrote: “We must guard against creating extremes” (*Testimonies to Ministers*, 227).

2. **Read in context.** As with anything we read, context is important, not picking and choosing what we want a passage to say. She writes: “Many study the scriptures for the purpose of proving their own ideas to be correct. They change the meaning of God’s word to suit their own opinions” (3 *Selected Messages*, 82).

3. **Read it looking for Jesus.** No matter what you are reading, look for Jesus. “The central theme of the Bible...is the redemption plan” (*Education*, 190).

ENGAGELIFE

Get yourself a book by Ellen G. White, such as *The Desire of Ages*, and read at least a chapter this week. You will see Jesus in a new light.

2 | LIFE IDENTITY

You Belong to Something Special

LOOKLIFE

“But you are not like that, for you are a **chosen people**. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light” (1 Peter 2:9 emphasis supplied).

INVESTIGATELIFE

1. What are two specific characteristics of God’s chosen people? (Revelation 14:12).

2. The chosen ones have a deep desire to follow someone. Who is it? (Revelation 14:4). (Notice, the text says: “Wherever he goes.” Are you willing to follow Jesus when He goes places that are difficult for you to follow?)

3. We live in a world with thousands of churches and denominations. What specific warning did Jesus give his followers? (Matthew 24:24).

4. As God’s special people, we have a mission to fulfill. What is it? (Revelation 14:6). (Notice that “mission” includes everyone, even people that don’t look, think, live, or speak like you. How are you reaching them?)

5. How are God's children involved in their communities, while they wait for His return? (**Mathew 25:31-36**).

FINDLIFE

There are three principles to keep in mind as we consider the privilege of being called by God.

1. It should make us humble. We should not look down on other Christians or treat them as second-class citizens. We should wake up in the morning with a sense of humility, that God has chosen us to share some wonderful news with people. How do you treat, talk about, and interact with people of other faiths?

2. It should make us wake up. We are special, and we need to behave that way. We live in a monumental time. One of the dangers of being in church for a long time is that most of your friends will more than likely be church friends. That can give us a false sense of security. Wake up! Jesus is coming, and that is awesome news. In what area of your spiritual life are you sleeping, right now?

3. It should make us share. If following God is a blessing for you, surely it can be a blessing for others. There is enough of God to go around, the more the merrier. Can you think of the names of three friends you can invite to the small group next week? Pray for them now.

ENGAGELIFE

This lesson is to help you understand the blessing that we have in being called. Make sure to give a call or send a message to the three friends you prayed for today. You are special!

3 | LIFE PROTECTED

God Watches Over You

LOOKLIFE

¹ “At that time Michael, the great prince who protects your people, will arise. There will be a time of distress such as has not happened from the beginning of nations until then. But at that time your people—everyone whose name is found written in the book—will be delivered. ² Multitudes who sleep in the dust of the earth will awake: some to everlasting life, others to shame and everlasting contempt. ³ Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever” (**Daniel 12:1-3**).

INVESTIGATELIFE

1. Who is Michael, the Prince who protects the people? (**Daniel 12:1; Isaiah 9: 6**). (The Hebrew word “Mikal,” which means Michael, means “Who is as God,” or “One which is equal to God.”) It is obvious, then, that it refers to Jesus.

2. What does Michael do for His people? (**Daniel 12:1 last part**).

3. How does Daniel describe the time when Michael frees his people? (**Daniel 12:1**).

4. To what does Daniel compare all who open their hearts to understand God’s Word? (**Daniel 12:3**).

5. What are the two rewards that Michael will give on the day of liberation? (**Daniel 12:2**).



1. **Michael is on your side to defend, comfort, and liberate you.** This is good news! (Read **Daniel 12:1** and **Matthew 28:20**).

2. **You do not have to wait until the end of the world to be free; you can experience freedom today.** Although **Daniel 12** is speaking of the final liberation of the saints at the time of the end, there is a freedom that Jesus can give you today. What are the things that you want Michael, “who is equal to God,” to free you from at this time? Do any of the following issues apply to you?

- Freedom from the guilt of sin
- Freedom from drugs
- Freedom from bad habits
- Freedom from the ghosts of your past that haunt you
- Freedom from the grudge you feel toward someone
- Freedom from the wishes of revenge that you have for what they have done
- Freedom from those doctrines of the Bible that you have been taught wrongly

3. **If you are going through a time of difficult personal anguish and feel that you have no alternative, it is time to come to Michael and ask Him to free you.** Which friend needs freedom from a habit, problem, or trial? Pray for him or her today.



This week don't let worry kill you. The moment the problem comes, call on your Deliverer.

4 | FREE LIFE

Good News About the Judgment

LOOKLIFE

“I watched as thrones were put in place and the Ancient One sat down to judge. His clothing was as white as snow, his hair like purest wool. He sat on a fiery throne with wheels of blazing fire,¹⁰ and a river of fire was pouring out, flowing from his presence. Millions of angels ministered to him; many millions stood to attend him. Then the court began its session, and the books were opened” (**Daniel 7:9, 10**).

INVESTIGATELIFE

1. Who are those who will have to be judged first? (**1 Peter 4:17**).

2. Who is this great trial judge? (**Daniel 7:9, 10**).

3. For a trial to take place there must exist some evidence that verifies the responsibility of the accused. The Bible says that there is a detailed log of our acts. (See **Daniel 7:10, Revelation 7: 10**). Please fill in the spaces below some of the things the Bible says are recorded in heaven.

a. (**Matthew 12:36, 37**): _____

b. (**Ecclesiastes 12:14**): _____

c. (**Psalms 56:8**): _____

4. What is the purpose of the trial? (**Revelation 22:12**).

5. In the judgment there is a judge, an accused person, and even evidence. have you wondered if you have a defense attorney? (**1 John 2:1, 2**).

6. What hope do we have for that positive outcome? (**1 John 1:9**).

7. What is the good news of the trial? (**Daniel 7:22; Zephaniah 3:15**).

FINDLIFE

1. **We are family.** Interestingly, the Bible mentions that the trial “begins with the house of God.” As part of the family of God, Jesus will be ready to intercede for you. How do you feel about belonging to the family of God?

2. **We are important.** Many times we feel that nobody cares about our needs, that nobody notices our tears. But did you not know that our God has a record of them? Share with the group any experience where you have felt that God comforted, encouraged, and showed you that He knows what you are going through.

3. **We are responsible.** Your decisions today define your future. Make good choices. Today is the time to give your life to Jesus and invite Him to be the owner of your life. With that security, you can go through life with happiness and assurance. Have you given your life to God? If the answer is no, what are you waiting for?

ENGAGELIFE

This week keep a record of the hard and sad moments you have. Give them to God in prayer. Then watch how God gives comfort in these difficult times. You probably will be surprised to see what a great friend we have in Jesus.

Chapter 12

HEALTHY LIFE

Lessons...

- 1 SOBER LIFE**
Alcohol
- 2 HIGH LIFE**
Drugs
- 3 SWEET LIFE**
Food
- 4 WOUNDED LIFE**
Jesus Heals

1 | SOBER LIFE

Alcohol

LOOKLIFE

“Because we **belong to the day**, we must live decent lives for all to see. Don’t participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy” (**Romans 13:13** emphasis supplied).

INVESTIGATELIFE

1. What are some specific warnings regarding alcohol for us? (**Proverbs 20:1**).

2. The Bible warns us to stay away from drunkards (Read **1 Corinthians 5:11**). Why is that warning so severe? How can you help them if you don’t associate with them?

3. Where can drinking drinking alcohol in any form lead us? (**Proverbs 31:4-5**).

4. What effect did alcohol have on Noah, a man who loved God, but fell to temptation? (**Genesis 9:20-22**).

5. If you want a real experience, with no hangover in the morning, what can you do? (**Ephesians 5:18**).



Alcohol is dangerous in three ways:

1. **Alcohol takes you places you don't want to go.** One of the reasons people drink is to “loosen up.” This reduces the inhibitions, and can lead you to places sexually that you don't want to go. Can you give an example of someone who got drunk and did something they regretted later?

2. **Alcohol makes you stay longer than you wanted to stay.** It's much easier to get hooked than it is to get unhooked. We deceive ourselves by thinking we can control it. You can't. As a man once said, “I can stop smoking any time I want; in fact I've done it many times already.” It's like gaining weight, easy to gain, hard to lose. Do you know anyone who is struggling right now with alcohol? Pray for them now!

3. **Alcohol hurts your relationships.** People later regret things they do under the influence. Hurtful words are spoken, inappropriate sexuality takes place, and in the most extreme cases, death occurs. You will never regret the drink you did not take. It ruins your relationships, with God and others. How can we help a person who is struggling with alcohol?



This week, make it a matter of prayer to place before God people you know who are struggling with alcohol. For some specific statistics on drunk driving, go to www.madd.org.

2 | HIGH LIFE

Drugs

LOOKLIFE

“The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. ¹³Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. ¹⁴Rather, clothe yourselves with the Lord Jesus Christ, and **do not think** about how to gratify the desires of the sinful nature” (**Romans 13:12-14** emphasis supplied).

INVESTIGATELIFE

Today we will study five reasons to stay away from drugs:

1. **We are God’s property.** How do we honor God with our bodies? (**1 Corinthians 9:25-27**) (Marijuana smoke can damage the lungs. Five marijuana cigarettes have the same amount of cancer-causing agents as 112 cigarettes.)

2. **It affects our testimony.** To what high standard are we called? (**1 Timothy 4:12; Mathew 18:6-7**).

3. **It endangers your life.** What does a smart person do when he sees danger? (**Proverbs 22:3**) (Smoking one marijuana cigarette reduces driving skill by 41 percent.)

4. **It affects your mind.** How important is to be aware and sober in the battle against the devil? (**1 Peter 5:8-9**). (Driving while stoned is as dangerous as driving while drunk, maybe more so).

5. **It is a gateway for sin in our life.** What is the problema with just a little usage once in a while? (**Proverbs 6:27-28**).

FINDLIFE

There are three principles in resisting the temptation to use drugs:

1. **Anticipate.** Decide **before** you get into a situation that drugs are not an option. Stay away from people, places, and situations that can lead you to fall. What principle did Daniel practice? (**Daniel 1:8**).

2. **The Bible.** The spiritual disciplines of prayer, Bible study, worship, and fasting are all weapons in this fight. Remember, the devil is patient. Don't ever believe you can do it alone. What does the Bible say about feeling that this won't be a temptation for you? (**1 Corinthians 10:12**).

3. **Company.** You need others. Just as peer pressure can be a negative influence in your life, so it can be used for good. Find a friend who has the same desire to be above the influence, and read together the importance of having a companion in this battle. (Read **Ecclesiastes 4:9-10**).

ENGAGELIFE

Find your buddy this week. Call or text him the scripture found in Ecclesiastes 4:9-10 and make a pact to stay clean, for the glory of God.

3 | SWEET LIFE

Food

LOOKLIFE

“So whether you **eat** or **drink** or whatever you do, do it all for the glory of God” (1 Corinthians 10:31 emphasis supplied).

INVESTIGATELIFE

1. What was the original diet plan for humans? (**Genesis 1:29**). When and why was meat introduced into the diet? (**Genesis 9:1-3**).

2. What specific guidelines did God give us regarding food?

Animals of the earth — (**Leviticus 11:1-7**). _____

Animals of the sea — (**Leviticus 11:9-11**). _____

Animals of the air — (**Leviticus 11:13-18**). _____

3. One thing we must avoid is gluttony (overeating). Read **Proverbs 23:1-3** and reflect on some practical steps you can take to stop overeating.

4. Sometimes we may choose to go without food. It's called fasting. What are some reasons to fast?

Protection — (**Esther 4:16**). _____

Problems — (**Acts 8:21-23**). _____

Power — (**Mathew 17:20-21**). _____

5. What specific principle must we follow in all aspects of our diet? (**1 Corinthians 10:31**).



There are three principles to better health as it relates to food:

1. **The right foods.** The less meat your diet has, the better. God's principles are eternal; therefore great care should be taken in choosing to eat foods that will glorify God. How hard is it for you to watch what you eat? Do you see yourself eating more healthfully than before, or not?

2. **The right attitude.** Whether you are a vegetarian, meat eater, vegan, or any combination in-between, remember that other people are entitled to their beliefs. It serves no one's purpose to have a judgmental attitude toward other people. Show with your life the benefits of a healthy diet, beginning with a pleasant attitude toward people with whom you differ. Are you open to changing your diet? What would it take for that to happen?

3. **The right way.** People these days don't eat to live, they live to eat. Seventy percent of Americans are obese. Fast food will lead more quickly to poor health. Take your time to eat. Enjoy eating with friends and family. Stop eating on the run. Nothing is more important than your health, so be intentional in setting apart time for eating your meals. How many of your meals in a typical week are eaten with time to enjoy them and how many are eaten on the run?



Try fasting this week. Dedicate that day to prayer, seeking God's protection, problem resolution, and power to overcome sin. Share your experience with the group next week.

4 | WOUNDED LIFE

Jesus Heals

LOOKLIFE

And a woman was there who had been subject to bleeding for twelve years.²⁶ She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse.²⁷ When she heard about Jesus, she came up behind him in the crowd and touched his cloak,²⁸ because she thought, “If I just touch his clothes, I will be healed.”²⁹ Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.” (**Mark 5:25-29**).

INVESTIGATELIFE

1. Read together **Mark 5:25-26**. The Bible says that this woman had “suffered.” How do you think that the disease had affected the most important areas of her life? 1. in her role as wife, 2. in her work, 3. in the church.

2. What was the plan that this woman devised for her healing? (**Mark 5:27-28**).

3. How long did it take Jesus to heal her? (**Mark 5:29**). Does he always do that? Why?

4. How did she feel close to Jesus, for the second time? (**Mark 5:33**).

5. There were two blessings that she received that day—an emotional one and a physical one. Can you identify them? (**Mark 5:34**).



The purpose of this section is to apply lessons learned from the biblical story to our lives.

1. In what areas of your life are you “suffering,” or at least having a hard time? Write them here.

a. _____

b. _____

c. _____

2. What plans do you have to address those issues? How will God be involved in them?

3. In what area of your life does God need to do a miracle today? Will you pray for that?



Jesus can heal you. This week, wake up every day believing that that day Jesus can do a miracle in your life. Turn over your hurts, hang-ups, and life to Him.