

## LifeTrak: Bible Studies for Younger Youth

1.1 (Available FALL 2000)

### Unit 1 - Relationships

Unit Developmental Life Issue: Relationships

#### Session 1: Relationships With Close Friends

Life Question: How can I build lasting friendships?

Biblical Truth: Lasting friendships are built on the Lord and are characterized by love and devotion.

Bible Passages: 1 Samuel 20:12-17; Proverbs 17:17; 18:24; 27:9-10

#### Session 2: Relationships With the Opposite Sex

Life Question: How should I relate to persons of the opposite sex?

Biblical Truth: Your relationships with persons of the opposite sex should honor God.

Bible Passages: 1 Timothy 5:1-2; Philippians 2:3-4; 1 Thessalonians 4:3-8; 1 Corinthians 6:19-20

#### Session 3: Relationships With Other Christians

Life Question: Why should I be concerned about relationships with other Christians?

Biblical Truth: Christians need the community that only comes in a church, and that community should be characterized by Christlike actions.

Bible Passages: Acts 2:42-47; Colossians 3:12-17

#### Session 4: Relationships With All People

Life Question: How should I live to reflect Christ to the world?

Biblical Truth: Your lifestyle will be a reflection of Christ to the world.

Bible Passages: Matthew 5:13-16; Romans 12:14-21

### Unit 2 - New and Improved

Unit Developmental Life Issue: New life in Christ

#### Session 1: What's So Bad About My Old Life?

Life Question: How can I have a meaningful life?

Biblical Truth: Only God provides hope for you to experience a meaningful life.

Bible Passages: Ecclesiastes 2:1-3,10-17; 12:1,13-14

#### Session 2: The Choice Is Yours

Life Question: Who controls my life?

Biblical Truth: Your life reveals whether God is in control or you are in control.

Bible Passages: Romans 8:1-2,5-14

#### Session 3: Now That I Have It, What Do I Do With It?

Life Question: How can I really live like a Christian?

Biblical Truth: You can live like Christ desires as you stay connected to Him.

Bible Passage: John 15:5-17

#### Topical Lesson - Ministry

Why Do Bad Things Happen to Good People?

Life Question: What should I do when something bad happens to someone I know?

Biblical Truth: When someone hurts, God wants you to help.

Bible Passage: Luke 10:25-37

#### Topical Lesson - Temptation

### I Can't Help Myself!

Life Question: What do I do when I'm tempted?

Biblical Response: With God's help, you can resist any temptation.

Bible Passages: Matthew 4:1-11; 1 Corinthians 10:13; Hebrews 4:15-16

### Unit 3 - A New Look at Me

Unit Developmental Life Issue: Self-Identity in Christ

#### Session 1: How God Sees Me

Life Question: How can I know God accepts me?

Biblical Truth: Regardless of your past, you are valuable to God.

Bible Passage: Luke 15:11-24

#### Session 2: How Others See Me

Life Question: What's wrong with looking to others to determine my significance?

Biblical Truth: The world places high value on external features, but God is most concerned about internal qualities.

Bible Passages: 1 Samuel 16:1-13; Luke 16:15

#### Session 3: How I See Me

Life Question: How can I know my life is worth anything?

Biblical Truth: Jesus cared about you so much that He died for you and offers you a new life.

Bible Passages: Romans 5:6-11; 2 Corinthians 5:11-17

#### Session 4: Thankful For What I See

Life Question: Why should I be thankful for who I am?

Biblical Truth: You have a special place in God's creation.

Bible Passages: Psalm 8:1,3-6; 100:1-5; 139:1-4,13-14

## **LifeTrak: Bible Studies for Younger Youth**

1.2 (Available WINTER 2000-2001)

Unit 1 - Giving or Receiving?

Topical Unit (Materialism and Stewardship)

Session 1: Gotta' Have It?

Life Question: What's wrong with me trying to get more stuff?

Biblical Truth: Focusing on possessions will cause you many problems.

Bible Passages: Luke 12:13-21; Matthew 6:19-21

Session 2: Give It Up!

Life Question: Why should I give my money to God?

Biblical Truth: God will bless your generous giving.

Bible Passage: 2 Corinthians 9:6-15

Unit 2 - Who Is Jesus?

Character study - Jesus

Session 1: The Eternal King

Life Question: Why should I worship Jesus?

Biblical Truth: Because Jesus is the promised Messiah and eternal King, He is worthy of your worship.

Bible Passage: Matthew 2:1-12

Session 2: The Only Savior

Life Question: How can I have eternal life?

Biblical Truth: By believing in Jesus, you can have eternal life.

Bible Passages: John 3:1-7,14-18

Session 3: The Personal Protector

Life Question: How can I know my salvation is secure?

Biblical Truth: If you are a Christian, you are in God's hands and your salvation will never be taken away.

Bible Passages: John 10:7-18,25-30

Unit 3 - The Right Word

Unit Developmental Life Issue: God's Word

Session 1: You Can Trust Me

Life Question: Why should I trust the Bible?

Biblical Truth: The Bible is inspired by God. It is God's unchanging Word that has been tested and proven.

Bible Passages: Isaiah 40:6-8; 2 Timothy 3:14-17; 2 Peter 1:16-21

Session 2: It's a Wonderful Life

Life Question: Why should I study the Bible?

Biblical Truth: You can experience a wonderful life as you study and follow God's Word.

Bible Passages: Psalm 119:97-112

Session 3: A Tragic Conclusion

Life Question: What are the dangers of ignoring the Bible?

Biblical Truth: Ignoring God's Word will lead to tragic consequences.

Bible Passages: Proverbs 1:29-33; 14:12; Luke 6:46-49; James 1:22-25

Session 4: Ready or Not?

Life Question: Why should I be concerned about the second coming of Christ?

Biblical Truth: You should live a holy and godly life in preparation for the return of Christ.

Bible Passage: 2 Peter 3:1-15

Unit 4 - Absolutely!

Unit Developmental Life Issue: Absolutes

Session 1. A Solid Foundation

Life Question: How can I know what's right and wrong?

Biblical Truth: Because God is perfect, He is the foundation for knowing right from wrong.

Bible Passages: Genesis 3:1-6; 1 Samuel 15:29; Psalm 25:8-9; Isaiah 5:20-21; 1 Peter 1:15-16

Session 2: Written In Stone

Life Question: Why should I follow the Ten Commandments?

Biblical Truth: God's Ten Commandments are His unchanging standards that He gave to bless our lives.

Bible Passages: Deuteronomy 5:7-12,16-21,33

Key Verse: Deuteronomy 5:33

Unit 5 - 100% Pure

Topical Unit (Purity)

Session 1: What's a Body to Do?

Life Question: Why should I be concerned about physical purity?

Biblical Truth: Living a life of physical purity is pleasing to God.

Bible Passage: 1 Thessalonians 4:1-12

Session 2: Inside and Outside

Life Question: How can I keep from thinking and saying the wrong things?

Biblical Truth: Your words and thoughts can remain pure as you focus on the things of God and turn away from wrong.

Bible Passages: Philippians 4:8-9; Colossians 3:1-4,8-10; Psalm 19:14

## **LifeTrak: Bible Studies for Younger Youth**

1.3 (Available SPRING 2001)

Unit 1 - Here's Hope . . .

Unit Developmental Life Issue: Hope

Session 1: During Difficult Times

Life Question: Where can I find hope in the midst of my troubles?

Biblical Truth: Regardless of the situation you face, God will give you hope as you turn to Him and trust in Him.

Bible Passages: Job 16:15-21; 19:23-27; 42:4-6

Session 2: For the Future

Life Question: How can I have any hope for life after I die?

Biblical Truth: Because Jesus was resurrected from the dead, you can have hope and victory in this life and after you die.

Bible Passages: 1 Corinthians 15:3-8,16-22,55-57

Unit 2 - Ready and Willing

Topical Unit (Witnessing)

Session 1: Be Prepared

Life Question: How can I be prepared to share my faith?

Biblical Truth: As you study God's Word and remain sensitive to His leading, God will use you to share the gospel with others.

Bible Passage: Acts 8:26-40

Session 2: Stay Focused

Life Question: How can I share my faith during difficult times?

Biblical Truth: By staying focused on God in the midst of difficulty, God will use you to share the gospel with others.

Bible Passage: Acts 16:16-34

Unit 3 - An Encouraging Word (Bible Book study of Philippians)

Unit Developmental Life Issue: Encouragement

Session 1: Important Actions

Life Question: How can I be an encourager?

Biblical Truth: You can be an encourager as you pray for others, share affirming words with them, and maintain a positive outlook.

Bible Passage: Philippians 1:3-14

Session 2: Genuine Imitation

Life Question: How can I be encouraged?

Biblical Truth: As you imitate the actions of Christ by humble submission to God, you will receive encouragement from the Lord and from other believers.

Bible Passage: Philippians 2:1-11

Session 3: Your Serve

Life Question: Why should I serve God?

Biblical Truth: When you faithfully serve the Lord, your actions help others and bring encouragement to them.

Bible Passages: Philippians 2:14-16a,19-30

#### Session 4: Top Priority

Life Question: How can I stay encouraged when so many things are battling for my attention?

Biblical Truth: As you grow in a relationship with Christ and make Him your priority, you will experience the encouragement that comes from focusing on God and surrendering to His will.

Bible Passages: Philippians 3:7-14; 4:4-7

#### Session 5: Offering Help

Life Question: Why should I give my time, talents, and money to help others?

Biblical Truth: By sacrificially sharing what you have with others who are in need, you give encouragement to them and receive encouragement from God as He continues to meet all your needs.

Bible Passage: Philippians 4:10-19

### Unit 4 - Essential Connection

Unit Developmental Life Issue: Prayer

#### Session 1: Say What?

Life Question: How do I pray?

Biblical Truth: You can learn to pray by following Jesus' teaching on prayer.

Bible Passage: Matthew 6:5-14

#### Session 2: Don't Give Up!

Life Question: How long should I keep praying for something?

Biblical Truth: You should be confident and persistent in prayer, because God willingly answers prayer that is asked according to His will.

Bible Passages: Luke 11:5-13; 1 John 5:14-15

#### Session 3: Broken Connection

Life Question: What hinders my prayers?

Biblical Truth: Your attitude, actions, and desires can affect how God responds to your prayers.

Bible Passages: Isaiah 59:1-2; James 4:1-3; Luke 18:9-14

#### Session 4: Yours for the Asking

Life Question: How can I be forgiven for things I've done wrong?

Biblical Truth: You can receive forgiveness for your sins as you confess them in prayer to God.

Bible Passages: Psalm 32:1-11; 1 John 1:9

## **LifeTrak: Bible Studies for Younger Youth**

1.4 (Available SUMMER 2001)

Unit 1 - Family Matters

Unit Developmental Life Issue: The Church

Session 1: Rock Solid

Life Question: What's so important about the church?

Biblical Truth: Jesus established the church so that its members would be a center for sharing His message with the world.

Bible Passages: Matthew 16:15-18; Acts 2:1-4,36-41

Session 2: Body Building

Life Question: Why should I be involved in a church?

Biblical Truth: God has placed Christians in the body of Christ and has given them gifts to build up His church.

Bible Passages: Romans 12:6-8; 1 Corinthians 12:14-20,27-30; Ephesians 4:11-13

Session 3: Living Stones

Life Question: What is the church supposed to do?

Biblical Truth: God designed the church to worship Him and share His love with others.

Bible Passage: 1 Peter 2:4-12

Key Verse: 1 Peter 2:9

Session 4: Good Church, Bad Church

Life Question: How does my life affect the church?

Biblical Truth: Christ's blessing for a church rests on the actions and attitudes of those within the church.

Bible Passage: Revelation 3:7-20

Topical Lesson - Spiritual Freedom

Declaration of Dependence

Life Question: How can I have real freedom?

Biblical Truth: You can be free from the power of sin by putting your faith in Jesus and living in Him.

Bible Passages: John 8:31-36; 1 Peter 2:16; Galatians 5:1-6

Unit 2 - The Best Policy

Unit Developmental Life Issue: Honesty

Session 1: Who Can You Trust?

Life Question: Why should I trust God?

Biblical Truth: You can trust God because honesty and faithfulness are aspects of His character.

Bible Passages: Joshua 21:43-45; Hebrews 6:13-20

Session 2: Say It Straight

Life Question: What's wrong with lying?

Biblical Truth: God expects your speech to be marked by honesty and integrity.

Bible Passages: Proverbs 12:17-22; Zechariah 8:14-17

Session 3: Tragic Consequences

Life Question: Who will it hurt if I tell a lie?

Biblical Truth: Lies usually accompany other sins, all of which can bring tragic consequences.

Bible Passages: Acts 5:1-11; Proverbs 19:9

Topical Lesson - Leadership

Leadership Training

Life Question: How can I be a leader?

Biblical Truth: God expects Christian leaders to serve others and live out their faith each day.

Bible Passages: Matthew 20:20-28; 1 Timothy 4:12-16

Unit 3 - Character Under Construction

Bible Book Study: Nehemiah

Session 1: Handle With Prayer

Life Question: How can prayer help me?

Biblical Truth: Prayer can help you as you deal with problems and decisions in your life.

Bible Passage: Nehemiah 1:1--2:9

Session 2: Do the Right Thing

Life Question: How should I respond to injustice?

Biblical Truth: God wants you to be involved in correcting situations of injustice.

Bible Passage: Nehemiah 5:1-15

Session 3: Sticking With the Plan

Life Question: How can I deal with distractions in my walk with God?

Biblical Truth: You can accomplish great things for God by keeping your focus on what He has called you to do.

Bible Passage: Nehemiah 6:1-16

Session 4: Back on Track

Life Question: What can I do when my spiritual life gets off track?

Biblical Truth: Spending time with God and His Word can bring about renewal in your life.

Bible Passage: Nehemiah 7:73b-8:12