

1. <http://www1.cbn.com/medical-view-of-the-crucifixion-of-jesus-christ>
2. Harris, Alex & Brett, *Do Hard Things: A Teenage Rebellion Against Low Expectations*, Multnomah; 2008

THE FOLLOW UP

Be sure to get these FOUR devos and the Quiet Time Challenge done as well as read pages 63-106 in *Do Hard Things*



Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. ~ 1 Timothy 4:12

DEVO #1—The Ultimate Hard Thing to Do

READ: Luke 22:39-46; John 19:1-16

Crucifixion. Nails driven into the wrists and feet. As Jesus sags down with more weight on the nails in the wrists, fiery pain shoots along the fingers and arms. As He pushes upward to avoid this torment, Jesus places the full weight on the nail through His feet. Again He feels the searing agony of the nail tearing through the nerves.

Hours of this limitless pain, cycles of twisting, joint-rending cramps, searing pain as tissue is torn from His lacerated back, as it scrapes up and down against the rough timber. Finally, a crushing pain builds deep inside the chest as the pericardium slowly fills with serum and compresses the heart. He can feel the chill of death creeping...and then, "It is finished."¹

1. How was Jesus feeling as He prayed in the Garden in Luke 22?
2. What was He willing to do in spite of the fear and anguish?
3. What did Jesus endure because He did the hard thing?
4. How have you been blessed because He did the hard thing?
5. Who is being blessed because you are doing hard things?

PRAYER

- ~Thank Jesus for doing the hard thing for you
- ~Confess to God, if necessary, usually taking the easy way
- ~Ask God to show you what difficult things you should be doing

ADDITIONAL NOTE SPACE

POSSIBLE ACTION STEPS

- ◆ Read pages 63-106 in *DO HARD THINGS*
- ◆ Spend time praying this week. Ask God, "Where have I not been living like you in my life?"
- ◆ Check out ministry websites, local ministries, prisons, etc. and see what the needs are. Then pray about how God may want you, and others, to meet them.
- ◆ Ask your pastor or a youth leader where you could be serving in the church
- ◆ Make a commitment to go the extra-mile and do something unexpected for another

QUIET TIME CHALLENGE

NOTE:

The *Quiet Time Challenge* is NOT a devotional in itself. It is designed for you to do separately apart from your daily devotional time.

HOW IT WORKS:

Find a quiet place with no distractions. Make this between just you and God. Clear your mind then read the Bible verse(s). After doing so, work through the questions. At the end, spend five to ten minutes in "listening mode." Just ask God to speak to you and then be quiet and seek to hear His voice.

PART 1 — READ: 1 Peter 1:14-16

PART 2 — QUESTIONS

Explain these verses in your own words:

Only with God's strength can you be holy as He is holy, so what are you doing each day to stay connected to God's power?

PART 3 — LISTEN

Ask God to examine your heart. Ask Him to show you what areas of your life are not reflecting His holiness. Then seek to hear God's voice speak to your soul. (Feel free to jot down anything you hear.)

DEVO #2 — Outside Your Comfort Zone

READ: John 20:19-23; Acts 4:1-22

Sixteen-year old Cameron Peters was driving down a residential street in Henderson, NV to pick up a friend when he noticed smoke and fire coming from a residence. Seeing no fire trucks or people around, Cameron stopped his car, ran to the home, and realized that there were people inside. He fearlessly risked his own life and entered the burning home, finding eight young children sleeping, along with two adults. Cameron, by himself, gathered up all of the children and carried them to safety—going back into the burning home many times. Firefighters concluded that had Cameron not risked his own life, eight young lives may have been lost.²

Likewise, you live in a world where people are dying every day because no one comes to the rescue—with love, food, care, etc. We all must leave our comfort zone to make a difference!

1. In John 20, the disciples were hiding behind locked doors because they were afraid of whom?
2. Yet, in Acts 4, to whom are they talking about Jesus?
3. Because the disciples left their comfort zone, the leaders of a country could hear the gospel presented. Where are you stepping out of your comfort zone so people can meet Jesus?

PRAYER

- ~Thank Jesus for living, dying, and rising again
- ~Confess to God, if necessary, living in your comfort zone
- ~Ask God to strengthen you to step out of your comfort zone

DEVO #3 — Going the Extra Mile

READ: Matthew 5:33-48

You've heard the phrase, "Go the extra mile." Well, that phrase comes from what Jesus was talking about in your Bible reading for today. If you say that someone is willing to go the extra mile, you mean that they are willing to make a special effort to do or achieve something. And this is exactly what Jesus was talking about in His Sermon on the Mount.

When you do above and beyond what is expected, that is when people take notice, that is when people start to see Christ in you. When a neighbor asks for a favor, ask what else you can do? When a friend needs a hand, offer two. When you see someone in need, stop what you are doing and assist. Go the extra mile, and let Christ be seen in you!

1. When it comes to "love" in verses 43-48, what does Jesus say about going the extra mile?
2. How did Jesus go the extra mile for you?
3. How well are you doing at "going the extra mile"?
4. What are ways you can go the extra mile this week?

PRAYER

~Thank Jesus for going the extra mile for you
~Confess to God, if necessary, being happy with just doing enough and not worrying too much about doing any extra
~Ask God to use you to make a difference in people's lives

DEVO #4 — Will You Do the Hard Thing?

READ: Daniel 1

Perhaps you have a "See You at the Pole" prayer day at your school. Did you know that this was not started by adults, but by teens? One Saturday night, in 1990, a group of Texas teens on a retreat felt compelled to pray, so they went to three different schools and prayed at each schools' flagpole. From there a challenge was issued to students throughout Texas to meet at their flagpoles and pray simultaneously. So at 7:00 am on September 12, 1990, over 56,000 students met at their schools' flagpoles to pray before school.

The next year, on September 11, 1991, over a million students from all around the country gathered around their flagpoles at 7:00 am to pray. Today, many millions of teens, in twenty different countries, gather around their schools' flagpoles to pray.

1. Daniel refused to be like the teens of the Babylonian culture. What was his reasoning according to verse 8?
2. Because Daniel stood for what was right even when most everyone else didn't. How did God bless him for this?
3. Are you living like most others your age, or are you living for God?
4. How are you standing for the Lord where you are?

PRAYER

~Thank God for the great plan He has for your life
~Confess to God, if necessary, just wanting to fit in, instead of wanting to be different for God
~Ask God to make you like Daniel