

# **GROWING UP** IN THE LORD

TIM PARSONS, LEAD PASTOR











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All scripture references used are from the NIV translation

I dedicate this book with much gratitude to my late father, George E. Parsons, the one who led me to Christ, discipled me, and loved me to the place I am today.

#### **ABOUT THE AUTHOR**

Tim Parsons was called into ministry in the fall of 1981, while studying at Liberty University, in Lynchburg, Virginia. Tim has served as a pastor to students in several locations since that time. He and his family presently reside in Lexington, Kentucky where he now serves as pastor to Center Point Church.

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#### INTRODUCTION

Receiving Jesus Christ into your life is the most awesome thing you can do. It is the beginning of a new part of life—your spiritual life. Everything changes (as it should)! You may be wondering, how can I live in this world without living like the world? This book was written to help guide you to do just that. It was written to help you take the next few steps—after basic discipleship—in your new life in Christ. Some changes you make may be difficult, but I know through Christ you can develop into all God wants you to be!

T.J.P.

#### SOME TIPS ON HOW TO USE THIS BOOK

- 1. Set aside a specific time to work on it everyday.
- 2. Get alone in a place where you won't be disturbed.
- 3. Write down any questions that you have and discuss them with the person who is discipling you.
- 4. Be sure to go through the entire book!

## Week 1: Right or Wrong?



We know if something is right or wrong if it is given to us in God's Word. For example, there's no question whether it's right or wrong to murder someone—God says it's wrong (Exodus 20:13). But what about the gray areas? Let's look at a plan for deciding for yourself (in accordance with God's Word) if an issue that is not specifically discussed in the Bible is right or wrong.

DAY 1 (Date)	Let's look today at some examples of what is "black and white" in the Bible. Look up the following verses and list the command God gives us.
	Deuteronomy 5:20
	Exodus 20:3
	Malachi 3:10
	Mark 12:30
	1 John 4:7

DAY 2 (Date)	The first question you must ask yourself when participating in any activity is, "Is it of the world?" In other words, is this something that the average unsaved person does?
	Write a short sentence describing what each of these passages is saying.
	1 John 2:15-17
	2 Corinthians 6:14-18
DAY 3  (Date)	Today we continue with our study of what Scripture says about the question, "Is it of the World?"
(Date)	Write a short sentence describing what each of these passages is saying.
	James 4:4-5
	Colossians 3:1-2

DAY 4 (Date)	The second question you must ask yourself is, "Will this hurt my body or upset the Holy Spirit living in me?"
	Write a short sentence describing what each of the following passages is saying.
	1 Corinthians 6:19-20
	1 Corinthians 3:16-17
DAY 5 (Date)	Today we continue our study of what Scripture says about the question, "Will this hurt my body or upset the Holy Spirit living in me?"  Write a short sentence describing what each of these passages is saying.
	Ephesians 4:30
	Galatians 6:7-8

DAY 6 ——— (Date)	The third question is, "Will this hurt my reputation as a Christian or do damage to God's name?"
	Write a short sentence describing what each of these passages is saying.
	Matthew 5:14-16
	1 Timothy 4:12
DAY 7 ——— (Date)	Today, we continue studying what Scripture says about the questions, "Will this hurt my reputation as a Christian or do damage to God's name?"
	Write a short sentence describing what each of these passages is saying.
	1 Thessalonians 5:22
	Colossians 3:17

## OBSERVATIONS ABOUT THIS WEEK'S STUDY:


## Week 2: Being a Bright Light in a Dark World



The world is a dark place and it's getting darker by the minute. The things most people do, what they watch, listen to, read, and wear go against the principles laid out for us in God's Word. God is not against your having fun, but He knows what things will spiritually damage you. This week, we will take a hard look into some issues that can take control of our lives. Ask God what He wants you to do about these things in your own life, and let Him control you!

Y 1	THE INFLUENCE OF OTHERS
ate)	Let's take a look at what God says about the influences of people in our lives.
	Read Luke 15:11-16
	Describe the influence of this guy's friends in his life.
	What is the principle given in Micah 7:5?

DAY 2

#### THE INFLUENCE OF THE MEDIA

(Date)

What we watch has a huge impact on us. In today's culture, TV and movies often contain things like pre-marital sex, drug use, and graphic violence, things that the Bible condemns.

	Let's look at Luke 11:33-36 What does the Bible say the eye is?
	How do you think that relates to our subject?
	Do you think most of today's media:  A. Make the body full of God's light  B. Make the body full of darkness
	Why do you think that?
DAY 3	THE INFLUENCE OF THE INTERNET
(Date)	We have a great resource today in the Internet. It allows us to pass messages quickly through e-mail, view the news, and information at a moment's notice. However, it also has the potential to do a lot of damage to us through sites that are readily available.
	Let's look at Psalm 101:3
	What does this verse mean?
	How would you apply it to the internet?
	What does <b>Ephesians 5:8-20</b> warn against and what does it say

	to do?
DAV.	THE INFLUENCE OF WHAT
DAY 4 ——— (Date)	I READ AND LISTEN TO
	High on the list of what influences us (many times wrongfully), is what we read and what we listen to. Do these things really matter?
	Read Philippians 4:8 List the things God says to think on:
	Make sure your reading material contains these things and nothings you are to avoid.
	How does God feel about the music we listen to?
	Read Romans 12:1-2 How can the wrong music conform you to this world (make yo like it)?

#### (Date)

#### THE INFLUENCE OF WHERE I GO

There are the places we sometimes go that we should avoid because of sinful behavior that occurs there. It's very easy to participate in these things when we are right in the midst of it.

Carefully read 1 John 2:15-17 What does it mean to "love the world" in the context of this
passage?
What are some places the typical unsaved person goes to have fun (many times the wrong kind of fun)?
Should you, as a Christian, go to the same places and do the same things? What if the music being played violates God's Word as we learned yesterday, or if others are doing things they shouldn't (like drinking, drugs, or sex) there?
Read James 4:4-10 Is it possible to have an active relationship with the world and an active relationship with God at the same time? Explain your answer.

#### UNDER THE INFLUENCE

(Date)

What does the Bible say regarding alcoholic beverages?

	roverbs 20:1 o you think this verse is saying?
	, 0
What do	ly read Isaiah 5:11-12 o these verses say about someone who drinks and their for the Lord?
	abakkuk 2:15-16  Des God say about those who offer drink to others?
What ot	omans 13:11-14 ther gross sins does the Bible list here?
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What ot	ther gross sins does the Bible list here?

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	9.
	Write out what you think <b>Proverbs 23:30-35</b> is saying about drinking alcoholic beverages:
DAY 7	MY INFLUENCE ON OTHERS
(Date)	Let's take a look now at how we dress. It's important because that's what people see of us and what affects their perception of us. Our dress <i>must</i> shed a good reflection on our Savior.
	Check out 1 Timothy 2:9-10  Even though this is addressed to women, there are some lessons here for men, too. What do you think this passage is saying?

#### Read 1 Corinthians 6:19-20

Apply this passage to the way we should dress.

Write out your application here:
OBSERVATIONS ABOUT THIS WEEK'S STUDY:

## **Week 3: Living the Life**



Peer pressure is a nasty thing. It is just what it sounds like: pressure that's put on you by people around you. You may think that you aren't affected too much by peer pressure, but it is lurking behind every new opportunity and can often cause you to stumble in your spiritual walk. This week we'll look into this problem in more detail.

DAY 1	IN HIS IMAGE						
(Date)	When God created you, He created you to be like Him. You were made in His image.						
	Check out Genesis 1:26-2:4  Do you realize that God designed you carefully to be just like you are?						
	Read Psalm 139:14 He even knows how many hairs are on you head. (See also Matthew 10:30). God <i>really</i> cares for you!						
	Does knowing that God carefully created you affect how you see yourself? How?						
	Does knowing how much God cares for you and the little details in your life affect how you see yourself? How?						

DAY	2
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#### YOUR POSITION IN CHRIST

(Date)	You are of great worth because God made you!						
	Check out Hebrews 2:5-10 What does God say your position is?						
	What about in Romans 8:14-17? We are  1. 2. 3.						
DAY 3	CHOICES						
(Date)	Life is a series of choices, not chances, and every choice you make builds on the other. All of your choices are important and have an effect on your life.						
	Read 1 Samuel 20:24-42 What choice did Jonathan make about David?						
	What was the outcome?						
	What could have happened if Jonathan had made a different decision?						
	David went on to be a great king. If Jonathan had made the wrong choice, David might have never lived to be king! Choices are so important!						

Read Exodus 2:1-10

	Moses?
	How did this affect Moses?
DAY 4	CONSEQUENCES
(Date)	Not only are all of your decisions important but they all have consequences, sometimes really big ones!
	Read Genesis 3:1-24  Name some of the consequences that came from that wrong decision:

CONFORMITY
What is conformity? It is fitting into a mold and becoming someone who others want us to become. If this means becoming more like the world, it is not a good thing. God hamold He wants you to fit into, too; it is to live a life that is pleasing to Him!
What does Romans 12:2 say about conformity?
How can you tell if you're doing wrong by going along with a group?
Read Galatians 5:16-26
What does it mean to "live by the Spirit" (v. 16)?
What does it mean to "not gratify the desires of the sinful

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	at should we be like when we are walking in the Spirit?
	s us in verses 22-23 ( <b>Gal. 5</b> ). List the characteristics beloere are 9):
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	The bottom line is that God wants you to act like Jesus would. When you are trying to make a decision about something, ask yourself what would Jesus do? What would Jesus say? Where would Jesus go? Do the things that answer those questions. After all, the term "Christian" means "Christ-like".
	Read Romans 8:28-29 What does verse 29 tell you that God wants to do in your life?
DAY 7	UNDERSTANDING
(Date)	The problem with all this is often that it's <i>fun</i> to do wrong things.
	Read Proverbs 1:10-19 What does God say that sinners do in verse 10?
	What advice does God give you in verse 15?

We must understand that the world is full of misguided people who will lead us the wrong way if we're willing to follow. Most of them don't mean to, they're just going the wrong way themselves and can't see it; they're unknowingly guided by Satan who is after us all. The only way we can make it in this world is to focus our eyes on God through reading His Word and prayer and to make careful decisions about everything we do.

## OBSERVATIONS ABOUT THIS WEEK'S STUDY:

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## Week 4: Getting Up When You're Down



How quickly a bad day can turn into a bad week! Then, before you know it, your whole month is bad. If you're not careful, you'll think the whole world is bad and maybe that you don't even want to live anymore. One of the top killers today is depression that leads to suicide. Everyone gets down once in a while, but God doesn't want you to stay down! He says in Proverbs 24:16, "A righteous person falls seven times, but always gets back up" (my paraphrase). This chapter is on learning how to get back up.

DAY 1

(Date)

ACCEPTANCE
The number one thing that all of us want and need is to belong We need to feel needed and important. When we don't feel this way, depression can set in. When God created man, they felt important.; they knew they mattered!
Read Genesis 1:26-30 What does it mean that man was made in God's image?
How do you think that affected the way Adam & Eve felt about themselves?
What big jobs did God give them in verse 26?

What about in verse 28?	
Adam and Eve were important! Adam even took a walk wi God every day!	th
But something happened to man.	
Read Genesis 3:1-19 What happened in this passage?	
What were the curses that resulted from "the Fall"?	
Man felt needed and important until he directly disobeyed	

#### SEARCHING FOR SIGNIFICANCE

and we've been searching for our identity ever since. God didn't change; He still loves and accepts us, but we changed. Tomorrow we will study how this problem can be remedied.

(Date)

Robert McGee, in his book, "The Search for Significance.," gives four traps that we've been falling into since Adam & Eve sinned. They cause us to be down on ourselves. Let's look at them and a solution for each.

The first trap is called **The Performance Trap**. It simply says, "I must meet certain standards in order to feel good about myself." In other words, if I do well, I'm fine, but if I don't measure up to my own expectations, I'm a failure An example would be, "if I make good grades, I'm good; if I make bad grades, I'm bad." We know that that's not true, but many times we fall into this way of thinking.

Read Colossians 2:8 What do you think this passage is saying?
What does "human tradition" refer to?
What warning does the Bible give in this verse?
The way to overcome The Performance Trap is to realize that when God saves us, He cleans us up! He makes us pure and holy. We will still sin, but through Jesus' blood, God sees us as clean.
Read Romans 5:1  Justified means just as if I'd never sinned. Through Christ, that's how God sees us. What does this verse say we have through Jesus Christ?
Peace makes The Performance Trap obsolete because we are "good enough" through Christ!
Read Colossians 1:20-22 What is this passage saying about our justification through Jesus Christ?

#### THE APPROVAL TRAP

(Date)

The second trap is called **The Approval Trap**. It says, "I must be approved by certain others to feel good about myself." In other words, if others like me I'm okay; if they don't, I must not be ok. There will always be people who don't like you; don't let that get you down. Satan wants to use that to discourage you! When Jesus died for you, He made a way for you to be totally accepted by God—that way is to ask Christ into your heart.

Read Romans 5:10
What does the word "reconciled" mean?
Once you ask Jesus into your heart, you are totally accepted by God the Father!
Read Romans 8:38-39
What is this verse saying about God's love for you?
Read John 15:15-16
What is this verse saying about God's love for you?

#### THE BLAME GAME

(Date)

The third trap is called **The Blame Game**. It says that, "those who fail are unworthy of love and deserve to be punished". In other words, "I'm a dirty rotten sinner and I deserve to be punished". While it's true that we are all sinners, and that we all deserve hell, when we accept Jesus, we can be made saints and go to heaven.

Read 1 John 4:9-10 What does "atoning" mean? (try the dictionary)
Read Romans 8:1 What does it mean to be condemned?
What is this verse saying to you?
THE SHAME TRAP  The last trap is called The Shame Trap. It says, "I must always be what I have been and live with whatever self-worth I have. I am what I am. I cannot change. I am hopeless."  Read 2 Corinthians 5:17-18
What are some old things God wants to take away in your life?
What are some new things He wants to add?

When you get down, examine yourself to see if you are being deceived by any of these traps we just discussed. Then, if you're still down, you need to seek God more closely for a root cause of your heartache. Spend more time in prayer and Bible study asking God to help you.  God takes your depression seriously. He understands.  Read Proverbs 18:14  Read Psalm 38:4,8,10-11,21-22  What does verse 11 say about friends in times of trouble?  Who does David call on in verses 21-22?  God wants to restore your happiness and excitement, but you must seek Him for it.  Read Psalm 51:10-13
Read Psalm 38:4,8,10-11,21-22 What does verse 11 say about friends in times of trouble?  Who does David call on in verses 21-22?  God wants to restore your happiness and excitement, but you must seek Him for it.  Read Psalm 51:10-13
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God wants to restore your happiness and excitement, but you must seek Him for it.  Read Psalm 51:10-13
must seek Him for it.  Read Psalm 51:10-13
What should happen when you get restored? (see verse 12 and 2 Corinthians 1:3-4)

	Read Psalm 32:3 What does this verse say about sharing with someone when we're down?						
DAY 6	SUICIDE						
Date)	Sometimes when people get down and can't seem to find thei way back up (and don't seek God), they consider suicide as an option. It is most certainly <i>not</i> an option! God created you and He's the only one who should decide when you die. It is His right, not yours! Think carefully about this quote:						
	"Suicide is a permanent answer to a temporary problem."						
	No matter what happens in your life, God loves you and wants to draw you to Himself. Sometimes pain is the way He does that. Let's look at some verses that address the ever-growing problem of suicide.						
	Read John 14:27 What is peace?						
	In this verse who is giving the peace?						
	How good is that peace?						
	Have you ever experienced this peace? When?						

	See if you can identify the 6 steps this passage gives (verses 4-6) on how to obtain peace when you need it.					
	1.(v. 4)					
	2.(v. 5)					
	3.(v. 6)					
	4.(v. 6)					
	5.(v. 6)					
	6.(v. 6)					
	What promise does God give you in verse 7 if you'll follow these 6 steps?					
DAY 7	THE PROMISE					
(Date)	Look carefully at Romans 8:28-29 What does God promise in this verse?					
	Read Romans 8:37-39 What 10 things does God list that cannot separate us from His love?  1.					
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	9.					

Read Philippians 4:4-7

Does that cover all the bases? You bet!

God does not want you to stay down; He wants you to get right back up. If you are going through depression, evaluate whether you have fallen prey to any of the four traps we discussed. Spend time in prayer and Bible study and ask God to reveal His love to you. Most of all, don't even *consider* suicide. Seek professional counseling. God loves you so much and He wants you to be able to love yourself. God made you and He's proud of His work!

NOTE: Some of the material in this chapter was taken from "The Search for Significance" written by Robert McGee and rewritten for teens by Dawson McAllister.

## OBSERVATIONS ABOUT THIS WEEK'S STUDY:

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## Week 5: Will You Dare To Be Different?



In the past few weeks, we've talked about a lot of things that will help you grow as a Christian. We've talked about how you can be a bright light in a dark world by changing some things in your life. We've discussed how you can limit the effects of peer pressure, in your life, and you learned how to get up when your feeling down. If you've done this book faithfully, congratulations! In the final week, the question is, "Will you dare to be different?"

WHAT WE SAY

DAY 1

(Date)	Let's look at some ways in which God expects us to be different from the world around us. Let's start by examining the things we say. How is your language? Is it honoring to God, or would He be ashamed of how you talk with your friends who don't know Christ?
	Read Exodus 20:7 What does it mean to "misuse the name of the Lord"?
	Do you do that?
	Read James 3:9-12 Write out what you think this passage is saying:

	Read Colossians 4:5-6 What does it mean that your speech should be "seasoned with salt"? (hint: what does salt do to food?)
	See Colossians 3:15-17 List some ways that God would like us to talk:
DAY 2 (Date)	LYING  All of us have been guilty of lying at some point in our lives. This
	includes the "little white lies" we tell to get us out of trouble.  How do you think God feels about that?  ———————————————————————————————————
	Let's look further into God's opinion of lying in Revelation 21:8 and in Proverbs 19:5. What are these verses saying (in your own words)?

	Read Ephesians 4:17-25 Is lying a characteristic of the "old self" or the "new self"? Why?
	Which do you want to be like?
DAY 3	OLD SELF VS. NEW SELF
(Date)	Read Ephesians 4:22-24 This is the "put off"—"put on" principle. It simply shows us that when we put off something bad, like wrongful sexual behavior, we should replace it with something good, like more time with God. After reading this passage, list some things you think God wants you to put off:
	PUT OFF
	What are some things you could "put on" in place of some of the negative things you listed?
	PUT ON

DAY 4	HOW TO CHANGE
(Date)	What are things we can do in our lives to help change us into who God wants us to be? The Bible is full of suggestions: reading your Bible, praying, faithfully attending church, witnessing, and serving. Let's review the first three for today.
	What do the following verses say that reading the Bible does for you?
	Psalm 119:105
	Psalm 119:9
	John 15:3
	Proverbs 3:5-6
	Proverbs 1:7
	Psalm 1
	JESUS' EXAMPLE
DAY 5	JESOS EXAMIFEE
(Date)	What example did Jesus give us in the area of prayer in <b>Mark</b> 1:35?
	What promises are made in the following verses?  Jeremiah 33:3
	John 15:7 
	2 Chronicles 7:14
	God will answer our prayers!

	1 Samuel 12:22-24 tells us that it is a sin to not pray!
	God also wants us to attend church faithfully (very often).
	Read Hebrews 10:19-25 Write out what you think verse 25 is saying:
DAY 6	SERVING GOD
(Date)	What does it mean to serve the Lord? It could be inviting a friend to church, helping out an elderly person, or going on a mission trip. Many times we make serving the Lord an optional thing that we do only if we have time.
	What does God say about service in the following verses?
	Deuteronomy 6:13
	Deuteronomy 10:12
	Deuteronomy 10:20
	Deuteronomy 11:13
	Read Matthew 6:19-24 What does God say about trying to serve Him and yourself?

	LIGHT IN THE DARKNESS
rest of the wor	ly wants us, as Christians, to be different vorld. Why? Because He has something ld (salvation) and we have to be the "light t is definitely distinct from the darkness!
	1 Timothy 4:12-13  aul tell Timothy to avoid being looked dow
What does it	mean to be an example?
List some wayou:	ays that you can be an example to those ar
What are sor	ne of the ways Paul lists to Timothy?
2	
2	

Let's look at these in depth. We've already discussed being an example in the world by using the proper language and avoiding lying. What about the others? How can you be an example in your conversations or your conduct?
What about being an example in your love for others?
In your spirit (your attitude)?
How about your faith (your faithfulness to God)?
Or in your purity (clean living)?
Paul reminds us in verse 13 (1 Tim. 4) of the ways to do these things. What are they?  1
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What do eac	n of these things mean?	
	OBSERVATIONS AE THIS WEEK'S STU	

## BUILDING SPIRITUAL STRENGTH

Living the Christian life comes with many blessings but only if you'll do it God's way. Decide right now that you're going to live the rest of your life for God, serving Him the best you know how, seeking His will, reading His Word, and trusting His guidance (Proverbs 3:5-6). My prayer for you is that you "continue in what you have learned" (2 Tim. 3:14).