

# Grow



HELPING GIRLS GROW IN JESUS

*"Let your roots grow deep into Jesus."*

Colossians 2:7

## Module 8: Grow in Discipleship



### Girls Will learn

The choices you make are important. Who you choose to follow matters .

### Key Verse

“Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life. . . Instead, let the Spirit renew your thoughts and attitudes.” – Ephesians 4:21-23 NLT

### Module Components

Create Energy	Get Hands-On	God’s Word	Application	Talk About It	Life Skills
<i>Labyrinth</i>	<i>Choose Your Own Adventure</i>	<i>Following Jesus</i>	<i>Spiritual Disciplines</i>	<i>Entertainment</i>	<i>Dating</i>
Can you find the correct path through the maze? Don’t make a wrong turn!	Work through a “choose your own adventure” story as a group.  <i>Choose Your Own Adventure</i>  Get creative by writing your own Pick-A-Path story	Following Jesus often means unfollowing something else – but it’s totally worth it.	Discipline isn’t a bad word – in fact, spiritual disciplines can help us to better follow Jesus.	The Sunday School song warns, “Be careful little eyes what you see” – but why is this important, and how do we protect ourselves?	While we aren’t encouraging the girls to date right away, most girls will date at some point in their teen years. Talking about it ahead of time will help them make wise decisions when they do  .

### Suggested four-week schedule

**Week 1:** Create Energy, Get Hands-On

**Week 2:** God’s Word, Application

**Week 3:** Talk About It

**Week 4:** Life Skills

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## Message to Leaders

In his book *Spiritual Waypoints: Helping Others Navigate Their Spiritual Journey*, Bob Whitesel suggests that there are 17 waypoints along one's spiritual journey, ranging from having no awareness of a supreme being at all to a place of full spiritual convergence. Somewhere in the middle of this journey, at Waypoint 7, is where we find "New Birth. " This is the penultimate moment of choice for any believer, when they make the decision to become a disciple by aligning their life with that of Jesus and deciding to follow him.

While your girls may be at various way points along this spectrum, at some point they will (hopefully!) come to the place where they need to make a choice to follow Jesus and identify as his disciple in order to continue to grow spiritually. Sometimes it takes an invitation from someone who is farther along the spiritual spectrum to bring one to this moment of decision. Perhaps God is calling you to encourage someone to make this choice. Pray about it, asking God to reveal these people to you, and then trust that the Holy Spirit will help you to posture yourself in such a way as to guide seekers in taking the next step on their spiritual journeys. ~Laura

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## Labryinth



### What You Need

- Masking tape or painters' tape (you will be putting this on the floor, so choose whatever will be appropriate for the floor you are using)
- A stool, step ladder, or stable chair (for the leader to stand on)
- A copy of Appendix 8-A (pictured to the right)

### Before You Begin

- Create a 5x7 grid on the floor using the masking or painters' tape. Make each square approximately 50cmx50cm, or big enough for a person to stand inside.

### What To Do

1. Explain that there is only one correct path through the grid. The object of this team-building activity is to get everyone through the "labyrinth," from "start" to "finish," one at a time.
2. Position the stool or chair close to the grid. The leader will stand on this holding Appendix 8-A, which shows the correct path through the labyrinth (do not let the girls see it!)
3. Position the girls at the starting side of the grid (they will not know which square to enter through.)
4. Read out the rules of the game. Rules are as follows:
  - When the girls begin to solve the labyrinth, no further talking is allowed.



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- The girls may not use any tools or implements to solve the labyrinth (eg, no “breadcrumbs”) While the labyrinth is being solved, only one girl may enter at a time.
  - When a girl steps on an incorrect square, the facilitator will notify them (either verbally or with a buzzer or bell.) They must return to the beginning of the labyrinth and start over again.
  - If a girl makes a mistake, they are not allowed to be the next person to enter the grid – someone else must try.
5. Give girls five minutes to discuss and collaborate on a plan to solve the labyrinth.
  6. When five minutes is up, the leader tells the team they may begin to solve the labyrinth.
  7. When a girl steps on a correct square, the leader says “CONTINUE”
  8. When a girl steps on an incorrect square, the leader says “STOP, TRY AGAIN”
  9. Continue until all girls are through the labyrinth.

### **OPTION**

Instead of serving as the leader yourself, you could create two grids and divide the girls into two groups. Have each group select a “facilitator” and provide them each with a copy of Appendix 8-A. The event would then proceed as a race.

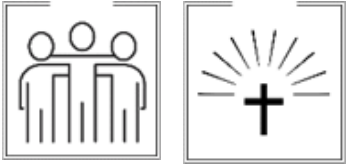
### **OPTION**

You could create variations on the path through the labyrinth and time how long it takes the girls to solve each course. Do they get faster with experience?



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## Choose Your Own Adventure



### What You Need

- A Netflix
- A smart TV screen (or ability to play Netflix)

### What To Do

1. . Search for a G or PG rated Netflix Interactive such as Puss In Book: Trapped in an Epic Tale (available in Canada in 2020 – Netflix offerings are subject to change.) This is an interactive “choose your own adventure” film.
2. Watch this film together, allowing girls to select whether to go “right” or “left” at each pause in the story.

### OPTION

If a Netflix Interactive is not available, you should be able to find Choose Your Own stories online or in the library – just be sure to check that whatever you choose is appropriate for a teen audience.

## PICK-A-PATH STORY

### What You Need

1. A whiteboard, chalkboard or chart paper
2. Markers or chalk

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## What To Do

1. You will be working together as a group to write your own “pick-a-path” story. You will be following a flowchart like the one to the right. You can write it on your white board or chart paper:
2. Create a story starter. You can use this one, or create your own:

“Fatima and Kathryn had been hiking all day. They were miles from the trail head, and the sun was starting to set. Fatima suggested that they head back and Kathryn agreed. The girls looked around for the trail markers. They couldn’t find any. “Oh, no!” said Fatima, “We’re lost!” Kathryn pulled out her phone, only to find that there was no reception.

At this point, you need to come up with two possible choices that your characters can make. These will be B1 and B2. For example:

“It’s starting to get dark. Fatima and Kathryn decide to try to make camp for the night. Go to B1.”

OR

“It’s starting to get dark. Fatima brought a flashlight, so she takes it out and the girls start walking towards the setting sun, hoping west is the way home. Go to B2.”

3. As a group, decide what happens to the characters based on each decision. Use the white board or chart paper to write down your ideas.
4. Once you have a short narrative for B1 and B2, repeat steps 2–3 for C1, C2, C3 and C4.
5. Continue until you reach a conclusion to the story (endings can be happy or tragic – it’s more fun if you make a couple of each!) Feel free to make the story longer or more complex if your girls are really interested in this.

## OPTION

If you have two leaders, it could be fun to do this activity in two groups. Then, swap stories and let the other group pick a path through the stories.

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## Following Jesus



### Luke 5: 1-11

The Sunday school song, “Fishers of Men” chronicles the calling of the first disciples as told in the synoptic gospels of Matthew, Mark and Luke:

I will make you fishers of men, fishers of men, fishers of men.  
I will make you fishers of men if you follow me.

The second verse outlines some simple “how-to”s of discipleship:

Read your Bible, pray every day, and you’ll grow, grow, grow.

Discipleship is a choice. Just like we must choose to turn right or turn left at a fork in the road, we must also make a choice to follow Jesus or not. And often, if we choose to follow Jesus, it means choosing to unfollow something else. While your girls may think that the decision to follow Jesus means unfollowing things like fun, ambition, and success, it’s important to remind them that becoming a disciple of Jesus isn’t about restrictions. Rather, it’s about choosing things that will be life giving as we become Jesus’ apprentices and seek to live like him. After all, Jesus promised us life, and life abundant! (John 10:10)

But that doesn’t mean that discipleship is easy. Sometimes, choosing to follow Jesus means taking the road that is rife with obstacles and challenges. Sometimes following Jesus includes breaking bad habits or being ridiculed at school. Jesus told his first disciples that in this world they would have trouble, but that they could take heart because he had overcome the world. (John 16:33)

Your girls can take heart also. While choosing to follow Jesus is a big decision, they should know that Jesus promised to send his Holy Spirit to be with us every step of the way.

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## DISCUSSION

Remind the girls of the activities you have already completed in this module. As girls walked through the Labyrinth, they recognized the importance of taking the right path to succeed. In the Choose Your Own Adventure and Pick-A-Path Story activities they were reminded that the choices they made affected the story's outcome.

It's the same with our lives. If we want our lives to reflect that of Jesus, we need to choose to follow him, but we can't follow him if we are following something (or someone) else down a different path. It's important for girls to learn that following Jesus often means unfollowing something else.

### **Read Luke 5:1-11 together.**

Ask -What persuaded these men – Simon Peter, James and John – to follow Jesus? (They saw the miracle of the fish, they may have heard his teaching, Jesus gives them an exciting task – to fish for people!)

Ask – What did these men leave behind in order to follow Jesus? (Their boats and fishing nets, their careers, their families, their homes etc.)

Ask – These men become Jesus' first disciples. What is a disciple? (The student of a teacher, leader, or philosopher; one who gives full loyalty and support to another; in Bible times, a disciple would be an apprentice of a master teacher, and the disciple would shadow or follow their master for several years before taking up the trade themselves.)

Explain – In choosing to become Jesus' disciples, these men had to give up things like their regular schedules, living in their homes, and their careers. They also had to give up their worldviews and some of their beliefs as they learned from Jesus' teaching. But they also gained much. They saw Jesus perform incredible miracles and were able to perform some themselves. They saw new places and met new people. And they learned much about how to serve their community, and about the character of God.



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Ask – What are some of your favourite people or things to follow on social media? (Allow time for responses.) Do you show that same kind of devotion to Jesus? Why or why not? (Allow time for responses.)

Explain – Each of us can make a choice to follow Jesus and become one of his disciples. And while not all of us will need to leave as much behind as the first disciples did, we will all need to let go of some part of our past life in order to follow Jesus.

Ask – Following Jesus means making him our highest priority. What might we need to “leave behind” to make it that way?

You may want to mention some suggestions such as:

- Following Jesus means unfollowing performance
- Following Jesus means unfollowing some bad habits that are dishonouring to God
- Following Jesus means unfollowing selfish desires

It may also be important to remind girls of what they DON'T have to leave behind to follow Jesus, such as:

- Following Jesus does not mean unfollowing ambition – we can still set goals and strive to be our best
- Following Jesus does not mean unfollowing everything secular – we can still enjoy content, activities etc. that are not explicitly Christian
- Following Jesus does not mean unfollowing fun – God very much still wants us to enjoy life, to laugh, to be creative, play sports etc.

Jesus says in John 10:10 NLT, “My purpose is to give them a rich and satisfying life.” Ask – What will we gain by following Jesus? You may want to mention some suggestions such as:

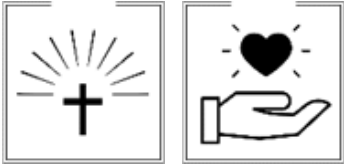
- A purpose for living
- Hope for the future
- A new worldview that promotes justice, love and peace
- Forgiveness of sins
- Healing from past hurts
- The presence of the Holy Spirit to be our strength, comforter, and wisdom

Say – Sometimes it can be difficult to let go of the bad habits that may keep us from following Jesus fully. Thankfully, we don't have to do it alone. Jesus has given us his Holy Spirit as a helper to assist us.

**Read Ephesians 4:21-24 together.**

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## Spiritual Disciplines



### What You Need

- One copy of Appendix 8-B, the Spiritual Disciplines resource from the Spiritual Life Department at The Salvation Army Canada and Bermuda Territory

### DISCUSSION

Ask – Do you find it easy or hard to commit to something for a long period of time? (Allow time for response.)

Ask – If you have already decided to follow Jesus, do people know you have made this commitment, or do they have to guess? (Allow time for response.)

Ask – What would help you stay strong in your commitment to follow Jesus? (Allow time for response.)

Explain – There are some things we can do to help us in our commitment to following Jesus: Spiritual Disciplines. “Discipline” can sound like a bad or scary word, but it simply means doing something intentionally. Being engaged in spiritual disciplines is basically being spiritually disciplined when it comes to absorbing the truth of God's Word deeply into our bodies, hearts, minds and souls. It is two-way communication between us and God.

There are many different types of spiritual disciplines that we can do to help us stay strong in our commitment to follow Jesus.

Using the Spiritual Disciplines resource developed by the Spiritual Life Department at The Salvation Army Canada and Bermuda Territory, talk about the various types of spiritual disciplines. Ask girls to consider which discipline(s) they feel would be most beneficial to the

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## OPTION: LECTIO DIVINA

The phrase “Lectio Divina” may sound more daunting than “Spiritual Discipline,” but fear not! Lectio Divina is Latin for “Divine Reading,” and it is a popular and powerful way to connect with the Bible.

You may wish to teach this to the girls by allowing them to try it once with you.

Lectio Divina requires 4 steps:

### 1. *Lectio (Read)*

- a. – Read through a select portion of scripture, inviting the girls to listen carefully for any words or phrases that seem to jump out. Inviting them to write these words down may be helpful.

### 2. *Meditatio (Reflect)*

- a. Read through the passage a second time, inviting the girls to focus further on the words or phrases that jumped out the first time – is there anything else in this passage that seems to tie in with these?

### b. *Oratio (Respond)*

- c. Read through the passage a third time. Now it’s time to respond by inviting the girls to share what stood out to them in the passage, or if they sensed God saying anything to them through the words.

### 3. *Contemplatio (Rest)*

- a. Read through the passage a final time. Allow 5-10 minutes of time for quiet contemplation and prayer. As the leader, you may end this time by offering a prayer for the group.

### b. Scripture passages to consider using for Lectio Divina:

- c. Matthew 14:22-33 (Jesus walking on the water)

- d. Mark 4:35-41 (Jesus calms the storm)

- e. Mark 10:46-52 (The healing of Blind Bartimaeus)

- f. John 8:2-11 (Jesus and the adulterous woman)

- g. If your girls have smartphones, there are several good Lectio apps available. As of spring 2020 in Canada, we recommend Lectio 365



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## OPTION: THE EXAMEN

The Examen is a model of prayer first suggested by St. Ignatius Loyola in his Spiritual Exercises. Traditionally this would be done twice daily – at noon and at the end of the day – though most who practice this today only do it once daily, in the evening.

The Women's Ministries Department of The Salvation Army Canada and Bermuda Territory has developed a tool to assist with starting a rhythm of Examen Prayer. It can be found at <https://salvationist.ca/women-s-ministries/toolkit/examen-prayer/>

You may wish to teach this to the girls by allowing them to try it once with you.

1. Allow the girls to find a quiet, comfortable spot. Invite them to breathe deeply and become aware of God's presence.\2.
2. Invite the girls to review the day with gratitude.
  - a. What are they thankful for today?
  - b. Who did they connect with today? – How did they connect with God's creation today?
  - c. How did they move their body today?
3. Invite the girls to connect with their emotions
  - a. How did they feel today?
  - b. What expectations were they able to let go of today?
4. Invite the girls to recognize failures.
  - a. What mistakes did they make today?
  - b. Invite girls to repent, asking for forgiveness and receiving healing.
5. Invite girls to look forward to the evening, or to tomorrow.
  - a. How can they live well going forward, God helping them?



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## Prayer



*God, today I choose to follow Jesus. I recognize that this might not always be the easy choice, but I know that it is the best choice. Help me to be a good disciple, and to make Jesus the most important thing in my life. Thank you for sending your Holy Spirit to be with me on this journey. Amen.*



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## Dating



*While we aren't encouraging the girls to date right away, the truth is that most girls will date at some point in their teen or young-adult years. Whether they are already dating, thinking about dating, or not yet ready for dating, thinking about how to have a healthy dating experience can be an incredibly helpful life skill for your girls to have.*

*Leaders, be aware that this may bring up memories of negative dating experiences or may cause girls to realize that they are currently in an unhealthy relationship. Be prepared to offer pastoral care as needed, and to refer girls to seek help in the form of counsellors etc. if necessary. For more information on providing pastoral care for teens in crisis, see the Grow leader's guide.*

### SPEED FRIENDING

Just like speed dating, but with friends! This will be a fun way to get the girls thinking about building relationships before specifically diving into the topic of dating.

#### What You Need

- One chair for each girl
- One copy of Appendix 8-C “Speed Friending Questions”
- A timer or stopwatch (a smart phone will work)

#### What To Do

1. Line the chairs up in two straight rows with chairs facing each other.
2. Invite each girl to sit in a chair. They will now be arranged in pairs, with girls partnered with the person across from them.
3. Ask one “speed friending” question and then give two minutes for the friends to respond to the question, about one minute per person.
4. When the two minutes is up, have girls in only row one stand up and move to the chair to their right (the person at the end with no chair on their right will walk to the other side of the row, filling in the empty chair.) Girls in the other row stay stationary. Girls will now have a different partner.

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5. Ask another “speed friending” question, allowing another two minutes for girls to answer.
6. Have girls in row one move to the right again. Ask another question. Continue until girls return to their original partner, or until you are out of questions.

## PAIR UP

This is another fun launch activity into a discussion on dating. Feel free to use this on its own, instead of Speed Friending, or along with the Speed Friending activity, depending on how much time you have.

### What You Need

- 1 copy of Appendix 8-D, cut into rectangles (We have provided enough for 10 girls – please add extra famous couples if you need more.)
- Tape

### What To Do

1. Tape one character-label to each girl’s back, making sure they don’t see what is written on it.
2. Girls will ask their fiends “yes/no” questions about the character’s name on their back in an attempt to guess who it is.
3. When they have determined what character is on their back, they must find the girl who has a character that matches.
4. Once each girl has identified their character and which character matches them, bring girls together and ask them what each of the pairs has in common. (They are a romantic couple.)

## DATING WISDOM

### What You Need

- A whiteboard, chalkboard or chart paper
- Markers or chalk
- One copy of Appendix 8-E for each girl

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## Discussion Guide

Explain that today we are going to talk about dating. We're not here to tell you NOT to date, but rather want to help you date well when you do. While we recognize that not all of you are dating – and that's ok! – it can be helpful to talk about some healthy ways to go about dating to ensure that when you do date, you do so responsibly and wisely.

For today's purposes, we are going to define dating as any relationship where the other person means more to you than just being a good friend.

### BE THE TYPE OF PERSON YOU'D LIKE TO DATE

Perhaps the most famous passage in the Bible on love is 1 Corinthians 13. Let's read it through together.

Based on this passage, how could we define love? (patient, kind, humble, etc.)

Write on the white board or chart paper the words “patience”, “Kindness”, “humility” and any other words your girls draw from 1 Corinthians 13. Spend some time describing what each of these look like in real life. Some examples are included below.

**Patience:** Your friend is too sarcastic with you in front of other people, but you hold your tongue and talk to her in private after. – A teammate keeps messing up on the court, but you don't get angry at them.

**Kindness:** Your little brother is getting on your nerves, but you still help him with his homework. You offer to take the garbage out after dinner, even though it's usually someone else's chore.

**Humility:** You invite a student who is having a difficult time in class to be your lab partner, even though it might mean the assignment takes longer. Letting someone go ahead of you in line. Holding the door open for someone.



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When it comes to dating, becoming the right person is just as important as finding the right person. We should be people we think are dateable! If love is patient, kind, humble etc., then we should do our best to be people who live this out in all aspects of our life.

### DON'T SETTLE FOR LESS

We also want to be sure we don't just date anyone, but that we date those who also live out truths from 1 Corinthians 13 in their lives. It can be helpful to write down some non-negotiables when it comes to a dating partner so that if we find ourselves in a position of infatuation we can go back to the list we wrote with a clear mind.

Using Appendix 8-E, spend a few minutes writing down some must-haves when it comes to a dating partner. Do they need to be a Christian? Do they need to make school a priority? Do they need to be kind? It doesn't have to be a long list, but it should include a few things that are going to be most important in a dating partner.

Allow about five minutes for girls to consider their list.

### DON'T BECOME OBSESSED

It's also important to make sure that whoever you date doesn't become the only important thing in your life.

On the white board or chart paper, draw a horizontal line with tick marks evenly spread out from left to right. Write the word "interest" on the left end of the line and write the word "obsession" on the right end of the line.

Ask girls to give some examples of what interest and obsession would look like in real life (interest – following someone on social, saying hi to them in the hall; obsession – liking every one of their social posts, choosing all of your courses so that you can be in class with them always rather than picking courses that you like etc.)

### ASK WISE PEOPLE'S OPINIONS

When it comes to our dating relationships, we want to ensure we are staying somewhere in the middle of this spectrum – we do not want to hit obsession. If we do we know the relationship has likely become unhealthy.

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It can be helpful to talk to people you trust about a prospective dating relationship. Ask a friend who has your best interests at heart, a mentor, or an older sibling if they think the person you are interested in would be a good match for you – and then be honest with yourself as well.

#### GET GOD INVOLVED

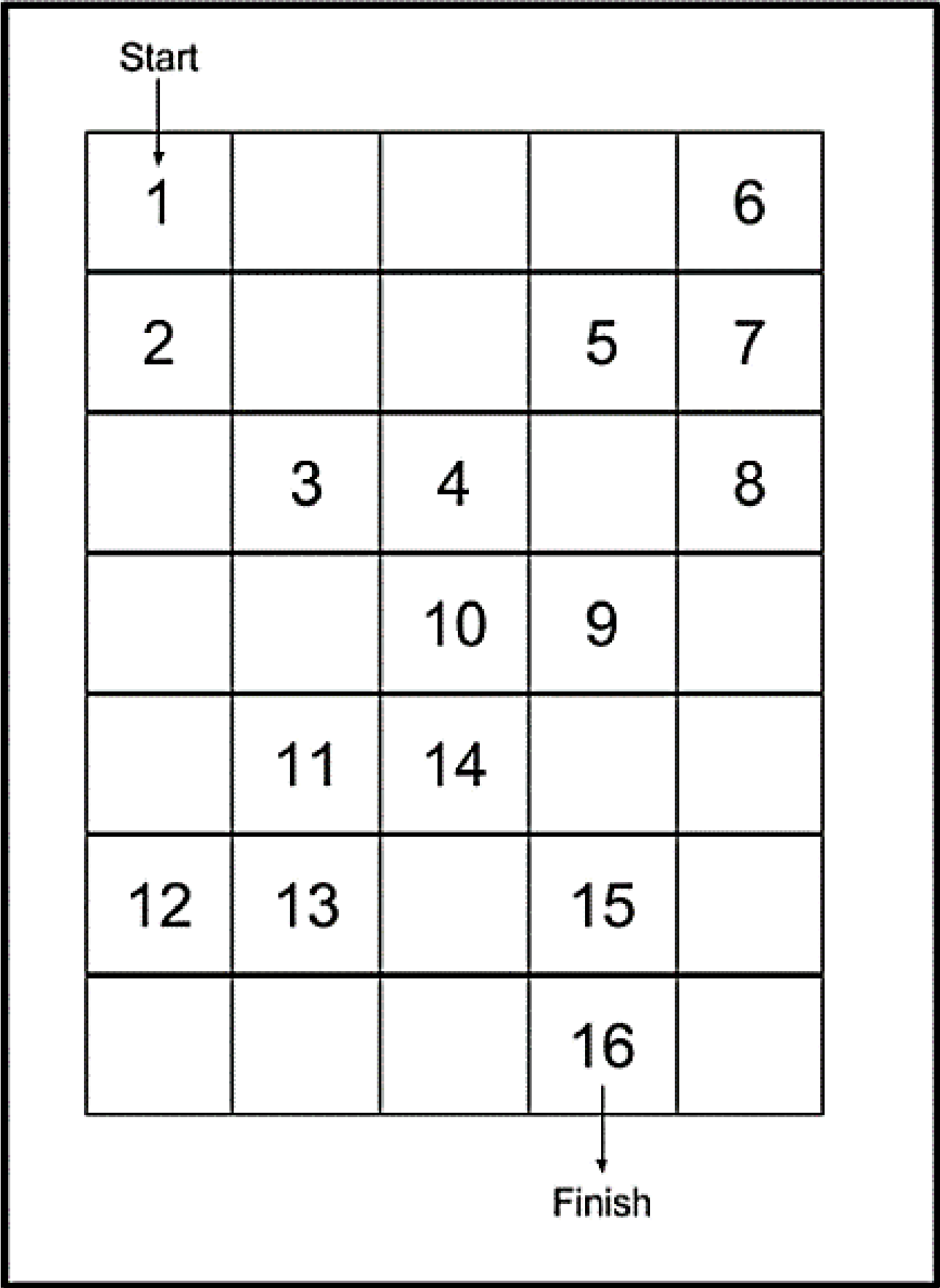
Finally, pray for wisdom in your dating relationships, and keep God in the centre of all you do.

#### OPTION

End by playing the song “Build My Life” by Housefires. Ask what it would look like to truly build your life (including your dating life) upon God’s love?

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Appendix 8-A





## CONFESSIOIN

Accountability • Self-Examination

### Are you feeling ...

Afraid to confess? Unforgiveable?

Like a bad person? Guilty about something?

### WHAT IS CONFESSIOIN?

The practice of confession is when you are completely honest with God, and often with others you trust, about your weaknesses and sins. It involves bringing everything before God with a broken and humble heart, seeking his forgiveness (see Psalm 51:17). Taking responsibility for your failings is a great act of humility that opens the door to experience God's amazing grace, freedom and peace.

While confession is relieving for the soul, it

can be one of the most difficult, painful practices to carry out. On the other hand, it becomes freeing and refreshing. We tend to avoid confession because of shame, pride and regret. Sometimes our fear prevents us from facing the truth of our darkness. Withholding our confessions from God pulls us into a web of deceit. To move forward, confession is a necessary step to repentance and restoration with any we have sinned against.

### WHEN DO I APPLY IT?

Facing our shortcomings and confessing them is challenging. One of the deepest longings of the human heart is to be known and loved unconditionally. We long to know that someone in this world knows everything about us and loves us anyway. That total acceptance begins

our hearts have to be open and vulnerable to the Holy Spirit's convicting power and possess a willingness to follow through. We must examine our hearts and be aware of the sinful behaviours and the motives that prompted those actions. Speak/write out our failures



## EVANGELISM

Proclaiming • Witnessing • Testimony

### Are you feeling ...

Afraid of rejection? Self-conscious?

Inadequate? Called to share?

### WHAT IS EVANGELISM?

Evangelism is not only about living the life but also proclaiming it. It involves others hearing the Word and your testimony, and receiving it. As the logo above portrays, this discipline involves being a light in the world (see Matthew 5:14-16). The way you live your life can portray this light to everyone you come in contact with.

When you practise evangelism, the awareness/realization that you have been used by God to plant the seeds of salvation in another is priceless. Evangelism is a very rewarding experience. It appears to be one of the most under-utilized disciplines, yet it is part of the life and breath of The Salvation Army.

"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life" (John 5:24 NIV).

### WHEN DO I APPLY IT?

The Bible tells us to be ready at all times to share the gospel (see 1 Peter 3:15). Don't simply wait for the opportunity to come—go and find opportunities to share. Christ promised that you will not be alone but fully equipped to accomplish this, and the Holy Spirit, living in

especially if they are rejected in their efforts. Even though you might not see the end result, your effort just might have been enough for someone to surrender their life to Christ. Be certain your efforts are always rooted in love and compassion. Don't give up. Focus on

### READY TO PRACTISE EVANGELISM?

1. Write down a few strategies on how you can share the gospel
2. Decide on one of those strategies and start sharing
3. Review your results and continue to evangelize





## GUIDANCE

Mentors • Life Goals • Discipleship

### Are you feeling ...

Lost? Directionless?

Motivated with purpose?

### WHAT IS GUIDANCE?

Take a moment to reflect on the following verses:

"Plans fail for lack of counsel, but with many advisers they succeed" (Proverbs 15:22 NIV).

"In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams" (Acts 2:17 NIV).

Guidance involves choosing people to speak into your life regarding your plans, situations, dreams and visions. We often want to figure things out ourselves and make our own decisions.

### WHEN DO I APPLY IT?

To get started, create a list of dreams, life goals, potential callings the Holy Spirit has laid on your heart, and your gifts and talents. Try to paint a picture of who you are and where you see yourself going. Spend some time discussing these things with

your mentor(s).

Meet up with these people from time to time to keep them in the loop about where you are in your journey. If you find yourself in a crisis or a confusing time, take advantage of their guidance and direction.

**Want to learn more on guidance? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**



## HOSPITALITY

Sharing • Relationships • Thankfulness

### Are you feeling ...

A sense of ownership/entitlement?

An enjoyment from sharing? A need to

know who your neighbour is? Supportive?

### WHAT IS HOSPITALITY?

Hospitality is about organizing our lives so that there is room for others. It is providing a welcome for those who need a listening ear. It is welcoming people not only to our tables, but into our hearts, and living with open hands. The early church was moved by the Holy Spirit to become hospitable in an extraordinary way. They shared everything they owned and looked out for one another (see Acts 2:42-47). This took discipline, it did not happen overnight and, for some, it was a difficult adjustment (see Acts 5:1-11). A truly hospitable person considers their gifts and blessings and ponders how they can be shared with others. Living with open hands is possible when we recognize that all things come from God (see James 1:17).

The word hospitality comes from two Greek words—love and stranger. Hospitality is love of strangers. God's Word says, "Show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it" (Hebrews 13:2 NIV). The world tells us that loving strangers seems risky, maybe even a little dangerous, but locks and firewalls cannot do for the soul what companionship and friendship do. The human soul longs for connection.

Jesus said, "For I was hungry and you gave me something to eat ... I was a stranger and you invited me in ... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:35-40 NIV).

### WHEN DO I APPLY IT?

You do not need to wait until your home is perfectly ordered or you have extra money in an entertaining budget. There is something every believer can do to practise hospitality. Seek the Holy Spirit's direction. Look for ways to extend

kindness and share your presence. Get involved in church opportunities, such as hosting a small cell group, driving people to services, providing snacks for events or befriending newcomers. Read 1 Peter 4:1-11 as you reflect on this discipline.

**Want to learn more on hospitality? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**

### READY TO PRACTISE HOSPITALITY?

1. Consider all God has given you and how you can share with others
2. Consider how God has welcomed you and seek to mirror His actions
3. Carve out time in your schedule for people—family, friends, strangers.



## PRAAYER

Submission • Obedience • Presence

### Are you feeling ...

That God is far away? Your prayers are unanswered?  
A lack of trust? A need to unload burdens?

### WHAT IS PRAAYER?

Prayer is a shared conversation with God. It's about what you and God are thinking and sharing. Simply put, prayer is the way you commune with God for the purpose of deepening your relationship with him.

As your prayer life grows and trust is formed, you recognize the sovereignty of God. Answers are not always necessary when everything is in the powerful hands of God. Regular communion with God produces peace instead of anxiety because you believe you can trust him alone. Over time you will witness and prove that he answers prayer. Prayer is not about the words you say but about a two-way communication with God. You will discover that words are not always necessary, and in those times of silence there is a deep connection with God. When the Holy Spirit intervenes on your behalf, you reach a relationship with God that goes far beyond anything you could imagine (see Romans 8:26-27).

### WHEN DO I APPLY IT?

If you are beginning in the discipline of prayer, your first efforts at communicating with God may seem awkward or your conversation may seem contrived, but don't give up. God isn't as concerned with your words or outward appearances as he is with your heart (see 1 Samuel 16:7). A good way to pray is using the Psalms. And as you pray, willingly submit yourself to God's direction in your life. Follow Jesus' example and pray to the Father, "I want your will to be done, not mine" (Luke 22:42 NLT).

Want to learn more on prayer? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)

### READY TO PRACTISE PRAYER?

1. Find a quiet place where you can be alone
2. Open your heart to God. Be prepared to wait and listen for him to respond, in his time
3. Select a Psalm to pray and make it your own prayer (i.e. Psalm 32)



## SABBATH

Resting • Health • Trust • Community

### Are you feeling ...

You have no family time? You can't attend church?  
You are always working? Anticipation for a day of rest?

### WHAT IS SABBATH?

Sabbath comes from the Hebrew word Shabbat, which means "to cease." Sabbath is designed by God to provide a regular rhythm of rest. It is given for our enjoyment and to help strengthen our relationships. Sabbath is intended to refresh the body and soul, and is a time to remember and celebrate the life, death and Resurrection of Jesus Christ. Sabbath is a very important day to God. After he completed creation, he rested on the seventh day (see Genesis 2:2). God directs us to practise a healthy rhythm of work and rest (see Exodus 20:8-11). In order to rebuild your spiritual, physical and emotional health, a day of rest is necessary. Part of that rest is spending time in fellowship with fellow believers so that you can build each other up (see Hebrews 10:25). "Entering God's rest calls us to trust that the Creator can manage all that concerns us in this world" (Adele Calhoun). Sabbath requires a level of trust in God's provision and will for our lives.

### WHEN DO I APPLY IT?

You need to take a regular day of rest, and God has designed the Sabbath for that purpose. Enjoy your family, hobbies, devotions and walks. During the Sabbath, avoid working and take time for rest. "Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility ... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished" (Wayne Muller). "To act as if the world cannot get along without our work for one day in seven is a startling display of pride that denies the sufficiency of our generous maker" (Dorothy Bass).

Want to learn more on Sabbath? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)

### READY TO PRACTISE THE SABBATH?

1. Determine all that needs to change in your life to practise the Sabbath
2. Pray and seek God's direction to adjust your schedule
3. Take action on your list and trust God to provide





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## SCRIPTURE

*Soul Food • Meditation • Convictions*

### Are you feeling ...

Confused and in need of direction? Curious about the meaning of life? You want to know what is true? Spiritually starved?

### WHAT IS SCRIPTURE?

Reading Scripture requires

you to have a listening heart that is ready and open to hear what God desires to reveal. The Bible is an ancient text, but it is also God's contemporary word for us (Major Ray Harris).

All Scripture is inspired by God and useful to teach, rebuke, correct and train in righteousness (see 2 Timothy 3:16). The Bible exists not only to inform, but to shape the lives of God's people and should be read as an encounter with him. As we read Scripture, we not only gather information about God, but form a

relationship with him. As you grow in your closeness with God, your heart becomes more open to what he desires to show you. The Holy Spirit works through the Scriptures to teach you what is true. God uses his Word to prepare and equip you to do every good work (see 2 Timothy 3:17). God's Word is alive and powerful, exposing your innermost thoughts and desires (see Hebrews 4:12). As you continue to read Scripture for guidance, your soul will be nourished.

### WHEN DO I APPLY IT?

As you apply Scripture to your life, first look for what God is saying in the passage. What does it mean? Then apply the verses to yourself. What is God saying to you in these verses? It's not so much about reading to master the text, but rather allowing the text to master and change you. The following practices have been demonstrated to assist with applying Scripture to your life: 1. Memorizing Scripture; 2. Journaling your insights in a book; 3. Listening for the Word of God to speak to you in the present moment through Lectio Divina (divine or sacred reading); 4. Meditating on Scripture trains you to stop and pay attention to God and his word. Slowing down and giving your undivided attention to God lies at the core of Christian meditation. The Psalmist looked to God and wrote: "I'll ponder all the things you've accomplished, and give a long, loving look at your acts" (Psalm 77:12 *The Message*).

Want to learn more on Scripture? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)



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## SELF-DENIAL

*Simplicity • Fasting • Missional*

### Are you feeling ...

You have nothing to give? A lack of self-control? You can't live without something? You want to help the mission of The Salvation Army?

### WHAT IS SELF-DENIAL?

Self-denial is an important part of The Salvation Army's tradition. It normally coincides with the Lenten season commonly practised by Christians leading up to Easter. The practice involves "denying" yourself something that you enjoy for the sake of others, for a period of time (such as coffee, chocolate, snacks, movies, magazines, app/music purchases) and giving the money to further the mission of the Army. There is often significant personal growth and reflection during this practice. Salvationists from around the world take part in practising self-denial during the Partners in Mission campaign. It is an opportunity to give up simple pleasures and habits for the sake of supporting the mission in places where funding is limited. Self-denial is an important reminder of the great needs that we can partner and assist with internationally.

"Right now you have plenty and can help those who are in need. Later, they will have plenty and can share with you when you need it. In this way, things will be equal" (2 Corinthians 8:14 *NLT*).

There is something special when people join together to make a difference. During the Partners in Mission campaign, your church will normally pledge an amount they commit to raising. You can take part in self-denial with your fellow Salvationists during this time, sharing and encouraging one another in your commitments.

### WHEN DO I APPLY IT?

You don't have to wait until the next Partners in Mission campaign. Start now on your own. There are many needs in this world, and if you sense the Holy Spirit tugging you to help, begin now the practice of self-denial. You might also consider what the Bible says about giving in secret (see Matthew 6:1-4).

Want to learn more on self-denial? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)

### READY TO PRACTISE SELF-DENIAL?

1. Decide on some things and habits you can live without
2. Commit to a period of time you will deny yourself these things
3. Give what you saved and reflect on your experience





## SERVICE

Servanthood • Others • Supportive

### Are you feeling ...

Blessed with gifts? Helpful? Unavailable?

### WHAT IS SERVICE?

It is said that the best thing about Bible study isn't learning it but living it out.

Consider the discipline of Service as a part of that living. Service involves giving up some of our own time for the sake of helping others and comes with the discipline of The Salvation Army's mission.

This can take many different forms. It might involve volunteering at the food bank or soup kitchen, street ministry, visiting seniors or standing at a Christmas kettle.

It could also be supporting or leading a church program, such as a Bible study, children and youth ministry, participating in the leadership team, playing in a music

group or simply helping keep the church clean. Service is a call for all Christ's followers (see John 13:1-7). Christ's great desire is for us all to experience the blessing and learning that comes with the discipline of service. Our relationship with the Lord will be strengthened through private prayer and Bible reading, but this is only part of the experience of knowing God. Christ calls us to experience him through the acts of serving and loving others. You can't learn this by simply reading a book or listening to a sermon; you must experience it for yourself.

your gifts may be best used. Sometimes the Holy Spirit calls us to serve and trust beyond our comfort zone, to opportunities where we experience the special measure and equipping of God's grace at work in us. A word of caution about this discipline: Don't overstretch yourself.

### WHEN DO I APPLY IT?

To get started, think about what you are good at and what gifts God has blessed you with. Are you using them to serve others?

1 Corinthians 12 will help you understand that you have an important place of service in the body of Christ. You may want to discuss this with your officer/leader or a close friend to determine where

### READY TO PRACTISE SERVICE?

1. Seek out opportunities where you could serve
2. Commit to a particular service for a period of time
3. At the end of your commitment, reflect on your experience

**Want to learn more on service? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**



## SOLITUDE

Slowing • Silence • Listening

### Are you feeling ...

Overwhelmed and busy? Guilty about resting?

A desire to be with God? In need of quiet?

### WHAT IS SOLITUDE?

The practice of solitude means to get away from everyone for a while to a place free of distractions so you can be alone with God, to wait and listen deeply for his still, small voice. Our lives tend to be too busy. It's when we cut out the noise in our daily lives that we can begin to find our true selves in God. Solitude reveals to us that being with God actually enhances our capacity for effective service.

We are good at doing and not so good at being. It is better when we have a balance between these two, and solitude helps us to do

that. When we are caught up with God we learn that it's OK to stop and just be in his presence. As Ruth Haley Barton writes in her book, Sacred Rhythms, "Solitude becomes a place of rest for us rather than another place for human striving and hard work." We read in the Gospels that Jesus often withdrew to lonely places and prayed (see Luke 5:16). Through this he was able to remain connected to his Father and faithful to his purposes. Jesus modelled this for his disciples, including each of us.

### READY TO PRACTISE SOLITUDE?

1. Find time and a location where you can be alone
2. Plan in your calendar when you will practise solitude
3. Go with no agenda other than to be in the presence of God

### WHEN DO I APPLY IT?

When you first try to practise solitude, you may not know what to do. It's normal to feel nervous and awkward. You may ask yourself in this place of silence, what now? What am I supposed to do? You may have a hard time initially freeing your mind of distractions or slowing down.

As you take time in solitude and silence, come before God with no agenda other than to be present with him. The issues of life will eventually begin to melt away and you will sense his presence and loving care surrounding you.

**Want to learn more on solitude? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**





## TITHING

*Giving • Investing • Kingdom-Building*

### Are you feeling ...

Uncertain about giving? That you have limited resources? A desire to share?

### WHAT IS TITHING?

Tithing is a spiritual act of worship, surrender and trust as we return to God a portion of what he has given us. For example, the government requires us to pay taxes that enable our country to make roads, protect, provide services, etc. Keep in mind that God established government (see Romans 13:1-7). A tithe is similar but it goes to the church, to help fund the physical needs and services the church can provide. God established the tithing system to provide for the church and to help us worship him in every area

of our life. God highlights this discipline with a special promise, that obedience in this area of our life has its own reward (see Malachi 3:10). Many report that by tithing, they have more than they had previously.

There is a significant difference in how we should look at tithing and giving. Giving goes beyond tithing; it's not a specified amount. Instead we give out of our abundance according to the measure of blessing God has given us (see Deuteronomy 16:17, Luke 6:38).

### WHEN DO I APPLY IT?

The biblical standard for our tithe is 10 percent (see Leviticus 27:30). A good practice is to give this 10 percent as the "first fruit" of what you receive, when it is received. The tithe is used to support all aspects of your home church.

Giving is practised as the need arises and could include charitable giving, supporting children overseas, Partners in Mission, Home Missions, etc. Our tithe and our giving are acts of obedience, and we know that God loves a cheerful giver (see 2 Corinthians 9:7).

**Want to learn more on tithing? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**



## WORSHIP

*Holiness • Set Apart • Priorities*

### Are you feeling ...

That you are serving two masters? Attached to something? A desire to put God first? That you have lost your first love?

### WHAT IS WORSHIP?

Worship is a constant action/ expression and much more than what we do at church. It involves every aspect of our lives. One way to look at it is to evaluate how you live your life: Where are your priorities? What are the things that are most important to you? Do any of these things come before God? Worship does not just relate to your relationship with God, but also your relationship to anything that could be taking God's rightful place in your life (i.e. money, work, sinful habits, entertainment, sports, school, relationships, family). Most of these things are not

evil in themselves. In fact, most of these things become more fantastic and fulfilling when God is the true object of our worship. But when we make such things the purpose of our life, God is then put in second, third or fourth place, or worse. Christ says that it is impossible for us to serve two masters (see Matthew 6:24). Therefore we must examine the object of our worship. Do we worship our desires—the things we want—or do we worship God? Putting God first in all areas of our lives is a spiritual discipline that is very rewarding and fulfilling.

### WHEN DO I APPLY IT?

The easy answer is always, however, practising worship involves regular self-examination. It requires an intentional effort to ensure God does not slip to second place. The Holy Spirit is active in our lives, working in us and drawing us closer to the Lord, day by day. Christ refers to this as a process of pruning (see John 15:5). Pruning

involves small losses for huge gains. Worship involves a surrendering (pruning), releasing those things that we have allowed to be the object of our worship instead of God. It does not mean that we necessarily lose those things, but they are no longer the primary reason for our living and being.

### READY TO PRACTISE WORSHIP?

1. Make a list of everything that is important to you
2. Reflect on that list and determine which priorities come before God
3. Make plans on how you will surrender those things

**Want to learn more on worship? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**

## **Appendix 8-C**

### **Speed Friending Questions**

1. If you won the lottery, how would you choose to spend the money?
2. What hurts your feelings?
3. What was something that made you laugh today?
4. If you could be any animal, which one would you be?
5. If you could live anywhere in the world, where would you live?
6. What is your favourite song right now? What do you like about it?
7. What is the last thing you bought with your own money?
8. Where do you go shopping for your clothes?
9. What's the weirdest food you've ever eaten?
10. What is your dream job?

Leia Organa	Han Solo
princess jasmine	Aladdin
lois lane	Superman
Cinderella	Prince Charming
Rapunzel	Flynn Ryder

# MY DATING LIST

These are my non-negotiables.  
Anyone I date must have the following qualities or characteristics:



Grow