

# WEEK 1: CHRIST IN YOU

## DAY 1: HOW TO ESTABLISH A QUIET TIME

Read 1 John 4:13-15.

Suppose you only eat on Sunday mornings and Wednesday nights. Would your body stay healthy? Of course not! Do you think your spirit will stay healthy if you only feed your spirit on Sunday and Wednesday?

The only way to stay spiritually healthy is to have an **everyday Quiet Time** with the Lord. You **must find time** each day to be alone with Christ. You will be happy about what happens. Your spirit will be healthy.

Remember the idea of your hand? The hand means "CHRIST, LIVING IN YOU AND CONTROLLING EVERYTHING." A daily Quiet Time is important. It helps you stay in contact with Jesus. Jesus gives you spiritual life. Here are some ideas to help you start a daily Quiet Time.

1. HAVE A SPECIFIC TIME AND PLACE. A desk or a table beside your bed—any place will be all right. It is important to have 15 minutes to yourself. It is best to start your day with Quiet Time. Your day will be different because you started with Christ.

2. BE REGULAR. A "sometimes way" shows you are not as serious as you need to be about growing spiritually.

3. HAVE READY A BIBLE, PENCIL, AND PAPER. You will for 11 weeks be using the SURVIVAL KIT for your Quiet Time. Later you will use other materials to help you study the Bible. You might want to have a notebook at that time.

4. BEGIN WITH PRAYER. Open your heart and mind to Christ. Give Him permission to teach, lead, or discipline you in your Bible study.

5. END WITH A SPECIFIC PLAN FOR THE DAY THAT FOLLOWS WHAT YOU READ. Before you stop your Quiet Time, decide how your life will be different because of the things you learned in the Bible.

### HAVE TODAY'S QUIET TIME NOW

PRAY: Tell God about your love for Him. Thank Him for your many blessings. Tell Him the things you need for God to do in your life. Ask Him to use you and control you in your life today.

READ 1 JOHN 4:13-15 IN A **NEW LIFE VERSION (NLV)** BIBLE YOU CAN UNDERSTAND.

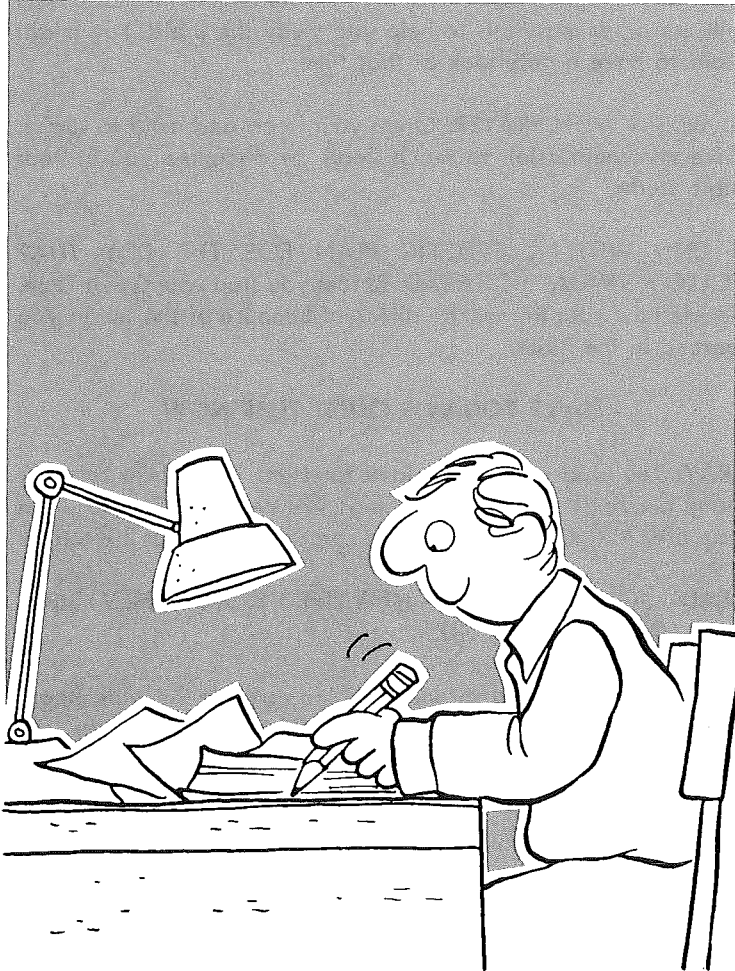
Write: Be sure you understand what the verses in the Bible mean. Write the verses in your own words below to be sure you understand them. *Don't copy out of the Bible.*

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Answer these three questions about the verses . . .

What did God give you to prove you are saved? (v. 13) \_\_\_\_\_

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What do Christian people tell other people that shows God is living in them? \_\_\_\_\_

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What other words are used to tell who Jesus is? \_\_\_\_\_

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You have as a Christian experienced personally that God sent His Son to be your Savior. How will the things from this verse change your life today? Write one thing you will do today that shows these verses working in your life.

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# WEEK 1: CHRIST IN YOU

## DAY 2: USING YOUR BIBLE FOR CHRISTIAN GROWTH

Read Psalms 119:11,15-16; 40:8.

You will be given a few Bible verses every day to study. Your daily Quiet Time should always focus on the Bible. Do you have a good Bible to study with? It is important that you have a Bible you can understand clearly. Some easy-to-understand Bibles that are good for you to use are **The Bible for the Deaf, New Life Version** and **Good News Bible**.

Turn to the contents in the front of your Bible. This will help you find the books you want.

Find Psalm 119.

Read verse 11. Where did the writer keep the Word of God? In

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One way to say *memorized* is to say "I know it by heart." The writer used the word *heart* to explain where he keeps God's Word. The last part of the verse tells the reason to keep God's Word in our hearts. What is that reason?

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Memorizing God's Word can help you avoid sinning against God. Read Psalm 40:8. Where can you keep verses for emergencies if you don't have a Bible with you?

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Go back to Psalm 119. Read verses 15-16. What feelings will you have as you learn to memorize Bible verses?

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It is neat to know that you will have delight and joy when you memorize God's Word! Don't think you can't memorize. You already memorized many things. Circle the things you have already memorized in the list below.

TELEPHONE NUMBERS	STREETS	HOUSE ADDRESSES
ZIP CODES	WORD SPELLING	MATHEMATICS
PEOPLE'S NAMES	POEMS	BOOK TITLES
FUTURE DATES	LICENSE NUMBERS	SOCIAL SECURITY NUMBERS

SCRIPTURE VERSES

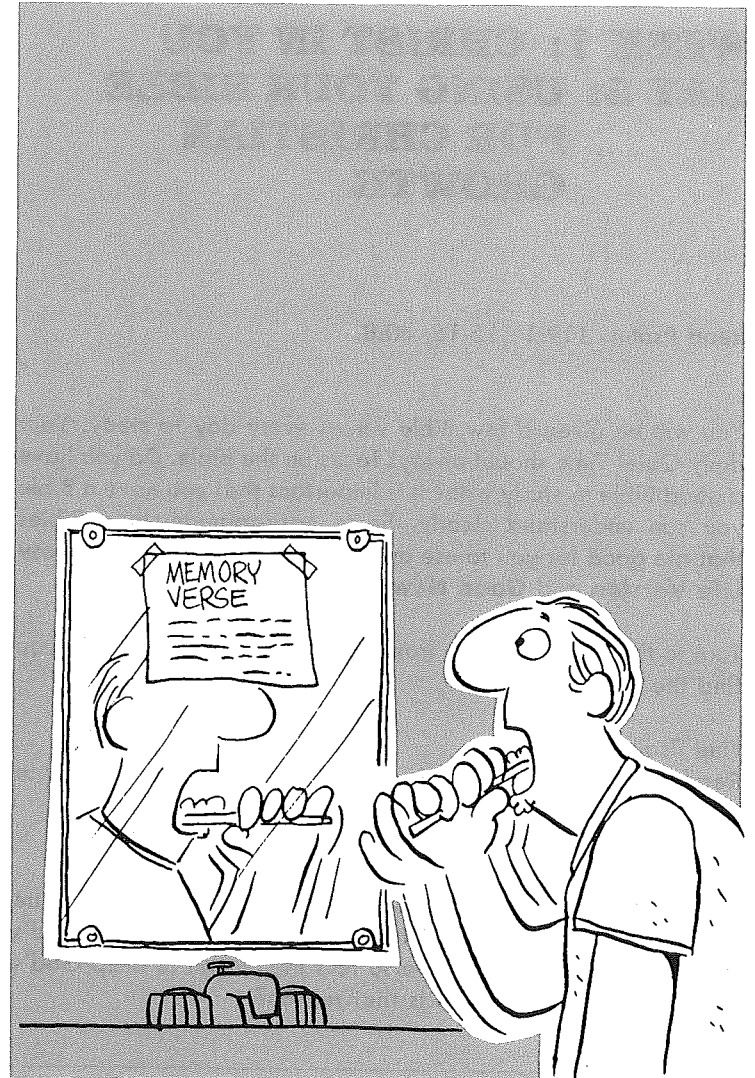
No other word of advice will have as much value as this. Memorize Scripture on a regular schedule. There are two verses at the end of this material to help you start. The first verse is

Psalms 119:11. You have already read and studied it. You should memorize two verses each week.

Why learn to memorize Bible verses? (1) It is easier to remember a verse exactly than in general. (2) Memorized verses help you resist sin. (3) It helps you tell other people about Jesus. (4) It is used in explaining things you believe.

**START NOW!** Carry the verses with you. Start with one verse on Monday. Then start the second verse on Wednesday. Write the verses. Put them in places you can see every day. Put them in places like the refrigerator door, the bathroom mirror, the steering wheel of your car, or beside your telephone. You will find that with practice you can use every little bit of time to help you memorize your verses.

**LEARN YOUR VERSES LIKE YOUR SPIRITUAL GROWTH DEPENDS ON IT . . . BECAUSE IT DOES.**



# WEEK 1: CHRIST IN YOU

## DAY 3: LEARNING TO PRAY

Read Matthew 6:9-13.

Maybe you have met Christians who never want to pray in a public place. **You will** learn to pray, if not yet. Praying (public or private) is a simple thing.

Do you have a problem talking with your close friends? No, of course not! You will never have a problem talking to our Lord. He wants you to talk to Him as a child would talk to a father. Be free to share with Him your attitudes, fears, wants, and frustrations. He will understand. He will answer your prayers.

Jesus' followers asked Him how to pray. He gave them an example prayer that is often called the Model Prayer (Lord's prayer). Find Matthew 6:9-13. Copy the prayer below. Match each part of the prayer with the sentences.

TOPICS IN MODEL PRAYER

THE MODEL PRAYER

STARTING RIGHT

\_\_\_\_\_

\_\_\_\_\_

SHOWING RESPECT FOR

GOD'S NAME

\_\_\_\_\_

GIVING OURSELVES AND  
ALL ON EARTH TO  
GOD'S PLANS

\_\_\_\_\_

\_\_\_\_\_

ASKING GOD TO PROVIDE OUR  
NEEDS  
(NOT OUR WANTS)

\_\_\_\_\_

\_\_\_\_\_

ASKING GOD FOR FORGIVENESS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ASKING GOD FOR PROTECTION

\_\_\_\_\_

\_\_\_\_\_

SAYING GOD'S CONTROL OF US  
IS OUR BIGGEST WISH

\_\_\_\_\_

\_\_\_\_\_

ENDING RIGHTLY

\_\_\_\_\_

Do you understand the Model Prayer (Lord's Prayer) better now? The best way to learn how to pray is to do it. Fill out these sentences to help you in your prayer today.

Now check how you matched phrases and sentences in Jesus' Model Prayer with the outline of topics in that prayer. Look at the verse numbers of Matthew 6:9-13 in your Bible. Compare them with the verse numbers printed below. You should have matched each topic with all or part of the verse marked beside the topic in the outline.

- STARTING RIGHT (v. 9)
- SHOWING RESPECT FOR GOD'S NAME (v. 9)
- GIVING OURSELVES AND ALL ON EARTH TO GOD'S PLANS (v. 10)
- ASKING GOD TO PROVIDE OUR NEEDS (NOT OUR WANTS) (v. 11)
- ASKING GOD FOR FORGIVENESS (v. 12)
- ASKING GOD FOR PROTECTING (v. 13)
- SAYING GOD'S CONTROL OF US IS OUR BIGGEST WISH (v. 13)
- ENDING RIGHTLY (v. 13)

Does Matthew 6:9-13 seem clearer to you now that you have matched what it says with topics in the outline? You can see from this outline that any major element of Jesus' Model Prayer could become a prayer all by itself. At times you will need to ask God

for forgiveness, for protection, for provision to meet your needs. At other times you will wish to declare Him Lord, to commit yourself to His will for your life.

The best way to learn how to pray is . . . **to pray!** To collect your thoughts in praying, you may find it helpful to finish these sentences.

I praise You today, Lord, for \_\_\_\_\_

I promise myself to do today \_\_\_\_\_

I need to ask You, Lord, about \_\_\_\_\_

I need to share my desire for \_\_\_\_\_

I say that you are in \_\_\_\_\_

It doesn't matter if you finish all of the sentences or not. You can still pray. Use your outline of the Lord's Prayer and pray—**NOW.**

**WEEK 1: CHRIST IN YOU**  
**DAY 4: UNDERSTANDING**  
**WHAT HAS HAPPENED**  
**TO YOU**

Read 2 Corinthians 5:17; Colossians 1:21-22,27.

You should understand that there are some things changing in your life as you develop your Quiet Time day by day. The second memory verse for this week explains some of these changes. Find and read now 2 Corinthians 5:17.

Fill in the blanks.

Your \_\_\_\_\_ life is passing away.

Your \_\_\_\_\_ life is beginning.

All of these changes are made by \_\_\_\_\_.

Yes, Christ makes the difference between your old and new life.

Find and read Colossians 1:21-22 now. Fill in the blanks.

What was your attitude about God before you accepted Christ and became a Christian?

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Because you and God were **enemies**, you did things that were

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Now you are learning that some things you did when you were not a Christian are no fun. God is changing you! He is making you \_\_\_\_\_

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**Holy** means that you are reserved for God's use and no one else's. Second Corinthians 5:17 explains that a different way. Write all of that verse you can remember. Don't cheat. Try to do it from memory.

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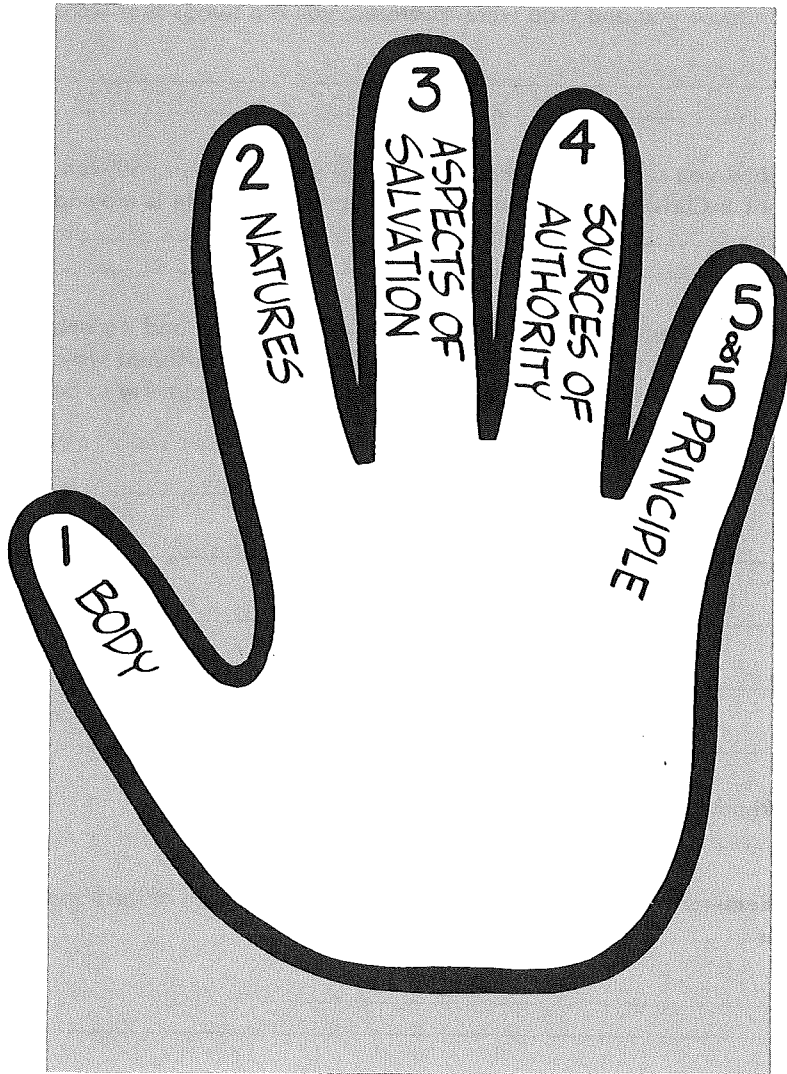
Read Colossians 1:27. Where is Christ now?

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Remember discussing the hand? Write what the palm of the hand is . . .

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Habits are hard to break. The silliest thing we can do is to continue a habit that is no more fun. And you don't enjoy them any more. Don't let habits you don't enjoy any more continue as God changes your feelings about them. Let God help you take the old habits out of your life. List some old habits that you now do not enjoy. \_\_\_\_\_

\_\_\_\_\_

Don't try to reduce bad habits. Quit when Christ takes the fun of a habit away.



# WEEK 1: CHRIST IN YOU

## DAY 5: A BASIC PRINCIPLE TO CHOOSE BY

Read 1 Corinthians 10:31; Romans 14:7-8.

The Christian religion does not have a long list of do's and don'ts for you to follow.

Instead of a long list, there is a simple principle to follow. It is said clearly in 1 Corinthians 10:31. Find and read that verse and write it here.

WHATEVER YOU \_\_\_\_\_,  
 \_\_\_\_\_ it FOR THE  
 G \_\_\_\_\_  
 \_\_\_\_\_ OF G \_\_\_\_\_.

Now read Romans 14:7-8. These verses make it clear that we should:

- Have behavior that shows our new life with Christ.
- Do everything we do to bring glory to God.

EXAMPLE: You visit a friend for supper. Your friend brings a bottle of wine to the table and wants you to drink a glass with him. WHAT DO YOU DO?

- A. Take a small drink and then no more.

- B. Scold the friend for drinking wine.
- C. Avoid facing it and make up an excuse.
- D. Explain that you are now a Christian. Tell your friend that God has taken away your want for a drink of wine.

Which one brings glory to God? I hope you chose the last one. It is the best one to bring glory to Him.

Life is full of choices like this example. It is best to always act in ways that show Christ living in you and controlling you. You do not have to act like a crazy person to do this. You should have a gentle and loving expression. People will respect you for that attitude.

You know that one way to help us with those situations is to know Bible verses. Write Psalm 119:11 here.

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The 22 verses printed on the middle pages of your SURVIVAL KIT are quoted from the **New Life Version** of the Bible. Maybe you'd like to write your own Scripture memory cards. Writing the verses word for word is another good way to help you learn more quickly.

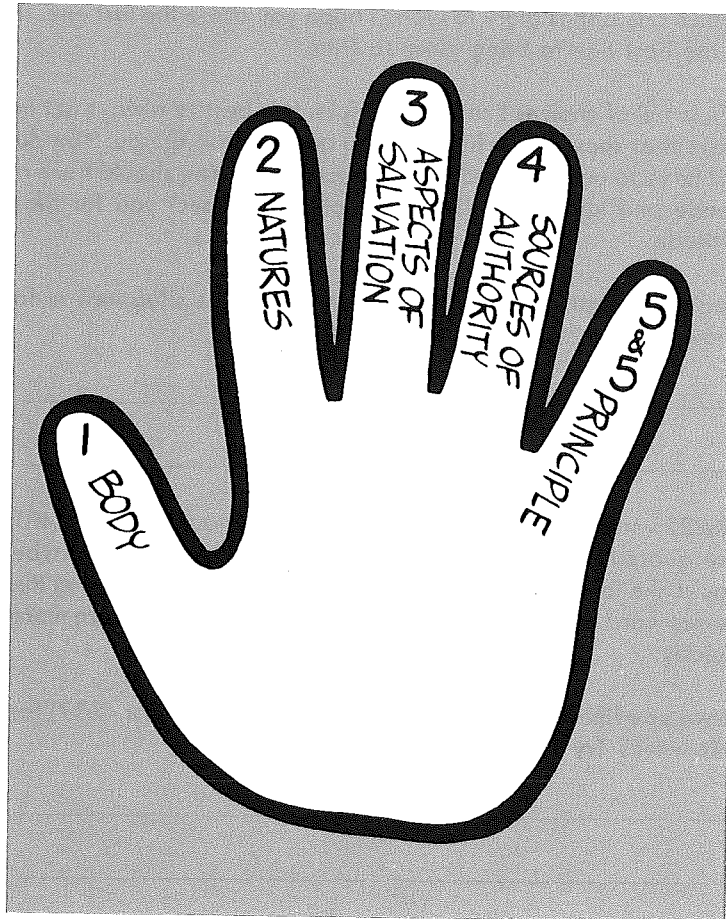
Have you finished memorizing your other verse (2 Cor. 5:17) for this week? Try to write it, too.

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Reviewing 2 Corinthians 5:17 should make it easy for you to fill in what is missing on the hand. **Remember:** This hand with its fingers is a simple way to recall everything you will learn in your SURVIVAL KIT. Fill in what should be written on the hand itself.



Did you write 'CHRIST, LIVING IN YOU AND CONTROLLING EVERYTHING'? Much more important . . . do you now know and feel more of Christ's living in you than you did a week ago?

The following weeks of this SURVIVAL KIT will not tell you day by day to have a Quiet Time. But you have already discovered for yourself how much a Quiet Time can mean in your spiritual growth as a new Christian. Each day's material in the SURVIVAL KIT will always include some Scripture verses for you to read and study, five days a week. During your Quiet Time on the sixth and seventh day of each week, use your Sunday School lesson, your Discipleship Training material, or other Bible passages.

Don't forget to **pray** as you memorize and think about God's Word. A daily time of prayer and Bible study can be the best way for Christ to live in and control your life.