

FLEX

Summer Regiment for Spiritual Growth

Spiritual growth in youth group members' hearts not only is beneficial for helping that person become more like Jesus Christ but also makes the youth group stronger. Summer provides a little more time for teenagers to invest in their relationship with God without the press of school activities. This plan will assist students in using their extra time this summer to focus on their own growth and, as a result, build up the body.

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.— 1 Timothy 4:8

Time Period - May 20-August 5

Personal Disciplines

Maintain a quiet time journal with at least **4 quiet times per week** (3 credits)

Maintain a prayer journal with at least **4 written prayers per week** (3 credits)

Read through the following Bible books and journal what stands out to you: Mark, Ephesians, and 1 Thessalonians, 1 and 2 Peter (2 credits)

Read through the following Bible books and journal what stands out to you: Romans, James, and 1 John (2 credits)

Study and write a two-page report on each of the following Bible characters: Abraham, Elijah, Peter (2 credits)

Study and write a two-page report on each of the following Bible characters: Jacob, David, Paul (2 credits)

Memorize and be able to quote the following Bible verses: Romans 12:1-2, Romans 8:28, Acts 1:8, Romans 10:9-10, Romans 10:13, (1 credit)

Memorize and be able to quote the following Bible verses: Joshua 1:8, Psalm 1:2-3, John 1:14, John 3:30, Ephesians 2:8-10, and Philippians 2:12-13 (1 credit)

Group Disciplines

Form a group of three students that meet together at least five times over the summer for accountability and discussion (3 credits)

Be involved with a summer bible study (2 credits)

Participate in "Lunch Bunch" meals and discussions (1 credit per activity)

Acts of Service

Serve in Vacation Bible School June 3-7 (2 credits)

Participate in Summer Servant Activities (1 credit per activity)

Sit with 5 different adults/families on 5 different Sundays (must turn in a list with dates, 1 credit)

Send handwritten cards to 5 adults in our church (must get names from Nathan or Ms Amber and give cards to them with postage ready to be mailed, 1 credit per group of 5)

Electives

Students who have an idea that they would like to do to invest in their spiritual growth that is not listed in this plan may talk with Nathan and Ms Amber about adding it to their Body Builders plan