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Lesson One

I Can Start Each Day With God				
1.	Name three things you can do at the start of each day to help you draw closer to God. A. B. C.			
2.	Why do we fail to do these things?			
3.	Write out the following verses and be prepared to discuss them as an application to our life. A. Psalm 5:3			
	B. Psalm 143:8			
	C. Psalm 119:147			
	D. Psalm 92:2			
	E. Mark 1:35			
4.	What should be the Christian's morning disposition and attitude? A. Psalm 59:16			
	B. Ephesians 5:20			
	C. Matthew 6:9–13			

Lesson Two		
I Can Get The Beam Out		
 Read Matthew 7:3-5. How is this describing hypocritical behavior? 		
2. Discuss the difficulties of removing sin from our lives. Look at Colossians 3:5–10; 1 Peter 5:8–10; Romans 7:14–25.		
3. Identify at least three things we must do to get the beam out.A.B.C.		
4. What does Scripture say we must do? A. Acts 8:22		
B. 2 Corinthians 13:5		
C. 1 John 5:21; Jude 21		
D. Mark 8:34		
E. 1 John 3:3		
F. 1 Thessalonians 4:1		
G. James 1:25		
5. How can others help us? (James 5:19–20; Galatians 6:1)		

Lesson Three

I Can Set My Mind On Things Above

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	Read	()	lossians	4 · I	
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A. What does this teach about priorities?

B. How do we "set" our mind?

C. What things on earth do we set our minds on?

D. Why do we have trouble setting our mind on things above?

2. What similar teaching if found in the following passages?

A. Matthew 6:33

B. Matthew 13:45-46

C. Hebrews 11:6

3. What is to consume our thinking (Philippians 4:8)? Give examples.

4. Read 2 Corinthians 5:14-15.

A. How does the love of Christ control us?

B. How do we "live" for Christ? (see also Galatians 2:20)

5. What is essential in our daily life to help us keep seeking the things above?

A. Colossians 3:16

B. Psalm 119:97

C. Acts 17:11

D. Deuteronomy 8:3

Lesson Twelve

I Can End Each Day With God

1. Name three things you can do at the end of each day to help you draw closer to God.

A.

В.

C.

2. Why do we fail to do these things?

3. What is learned from Jesus' example?

A. Matthew 14:23; Luke 6:12

B. Matthew 26:36–44 (parallel account in Luke 22:39–46)

C. His importance of evening prayer: John 17:1–18:1

4. What can we learn from the Psalms?

A. Psalm 1:1–3 (also Joshua 11:8)

B. Psalm 63:6; 119:148; 4:4

C. Psalm 42:8

D. Psalm 119:55

5. What should be the Christian's evening disposition and attitude?

A. Matther 6:34 (and the preceding context)

B. 1 Peter 5:7

C. Ephesians 5:20

Lesson Eleven

I Can Encourage Others

- 1. Why should I encourage others?
 - A. 1 Thessalonians 5:11; Jude 20
 - B. Hebrews 3:13
 - C. How are we to be like God?
 - > Romans 15:4–5; Acts 20:32
 - > Hebrews 6:17-18
- 2. Who am I to encourage?
 - A. 1 Thessalonians 5:11
 - B. 1 Thessalonians 5:14
 - C. 1 Thessalonians 4:18
 - D. Titus 2:4
- 3. How do we encourage others?
 - A. Hebrews 10:24-25; Acts 28:15; Romans 1:12
 - B. 1 Thessalonians 3:7; Philippians 2:19
 - C. Colossians 4.7-9
 - D. Titus 1:9
 - E. Acts 15:30-31; Hebrews 13:22; 1 Peter 5:12
 - F. Ephesians 4:12
 - G. Ephesians 4:16
- 4. What should be my attitude about encouraging others (Romans 14:19; 1 Timothy 4:13)?
- 5. When discouraged, how did God encourage Elijah (1 Kings 19)?
- 6. How is Barnabus a good example of an encourager?
 - A. Acts 4:36-37
 - B. Acts 13:13; 15:39

Lesson Four

I Can Handle Stress

- 1. How do the following passages demonstrate Christians must live with stress?
 - A. James 1:2-4
 - B. 1 Peter 4:12
 - C. Luke 12:51-53
- 2. What is the wisdom of man in dealing with stress?
- 3. What methods should Christians employ to relieve stress?
 - A. John 14:1
 - B. Philippians 4:6-7; Jeremiah 29:11-14
 - C. Romans 15:4
 - D. Proverbs 3:5-6
 - E. Galatians 6:2
- 4. What comfort is given to the Christian in time of stress?
 - A. 1 Corinthians 10:13
 - B. Isaiah 41:10
 - C. Psalm 55:22
 - D. Psalm 46:1–11; Revelation 2:17

Lesson Five

I Can Handle Disappointments

- 1. What are some sources of disappointments?
 - A. Proverbs 10:1
 - B. Psalm 41:9
 - C. Matthew 23:1-4
 - D. Matthew 26:75
 - E. Acts 15:36-39
- 2. How do some handle disappointments?
 - A. 2 Kings 5:11-12
 - B. Exodus 32:30–32
 - C. Luke 15:28–32 (consider the father and the brother)
- 3. How does the Christian handle disappointments?
 - A. Philippians 4:13
 - B. Galatians 6:9
 - C. Joshua 1:9
 - D. Romans 5:5
 - E. Acts 8:22
 - F. 1 John 5:14
 - G. Jeremiah 17:17; Psalm 118:8

Lesson Ten

I Can Let My Light Shine, At Home

- 1. Explain the importance of letting your light shine. (Matthew 5:14–16; Ephesians 5:8; Philippians 2:14–15)
- 2. For each of the following, describe how we are to let our light shine at home.
 - A. Priorities (Matthew 6:33)
 - B. Reliance on God's Word (Proverbs 3:5; Psalm 119:116; Hebrews 6:19)
 - C. Prayer (1 Thessalonians 5:17–18)
- 3. How do we show love at home?
 - A. Ephesians 5:2
 - B. Ephesians 5:22–33; 1 Peter 3:1–2
 - C. 1 Thessalonians 5:15
 - D. Philippians 2:3-4
 - E. Ephesians 6:4
- 4. How does our tongue prevent our light from shining at home?
 - A. Ephesians 4:29
 - B. Proverbs 15:1
 - C. 1 Peter 3:10
 - D. Matthew 12:33-37
 - E. James 3:9–10
- 5. How do we guard against hypocrisy?
 - A. Matthew 6:1
 - B. Matthew 7:3-5
 - C. Matthew 23:25-28
 - D. Proverbs 4:23

Lesson Nine

I Can Unplug From The World

- 1. What motivates our interest in the world?
 - A. In the news
 - B. In social media
 - C. In games, film, television.
- 2. What should be of interest to the Christian?
 - A. 1 John 2:15-17
 - B. Philippians 4:8-9
 - C. 2 Peter 3:14, 18; Proverbs 23:23
 - D. Ephesians 5:15–17
 - E. 2 Timothy 2:15
- 3. Discuss how our allowed distractions prevent us from being diligent in our service to God.
 - A. Hebrews 6:11-12
 - B. Iude 3
 - C. 1 Corinthians 15:58
 - D. Psalm 63:1
- 4. List and provide a reference for spiritual things we are supposed to be doing as individuals. Things I can do when I stop being distracted.
- 5. What proper attitudes must we cultivate as a child of God?
 - A. Matthew 5:29
 - B. Psalm 101:3
 - C. 1 Peter 5:8-9
- 6. What is the danger of being spiritually distracted (2 Tim. 3:4)?

Lesson Six

I Can Control My Tongue

- 1. Identify ways/areas in which we need to control our tongue.
 - A. Proverbs 26:28
 - B. Proverbs 10:18; Psalm 34:13
 - C. 1 Peter 4:15
 - D. Colossians 3:8
 - E. 2 Corinthians 12:20
 - F. Exodus 20:7
 - G. Matthew 5:37
- 2. What is an "unwholesome word" (Ephesians 4:29)?
- 3. What contributes to our losing control of our tongue?
 - A. Proverbs 10:19
 - B. James 1:19; Proverbs 29:20
 - C. Matthew 12:36
- 4. What is God's expectation of the Christian?
 - A. James 1:26
 - B. 1 Peter 3:10
 - C. Proverbs 21:23
- 5. Read James 3:1–12
 - A. Explain how the tongue "boasts great things" (v.5).
 - B. Explain verse 8, especially considering James 1:26.
- 6. What can be done to help gain control of the tongue?
 - A. Psalm 141:3
 - B. Matthew 16:24

Lesson Seven

I Can Be Steadfast

- 1. What does it mean to be "steadfast"?
- 2. What other words describe steadfastness?
 - A. Titus 2:11-12; 1 Peter 2:24
 - B. Hebrews 10:23, 36-39
- 3. How important is it to be steadfast (Colossians 1:22–23; Revelation 2:10; 1 Corinthians 15:58)?
- 4. What causes us to lose our steadfastness?
 - A. Ephesians 4:14; 2 Peter 3:17
 - B. Romans 10:3
- 5. What makes resisting the devil difficult (1 Peter 5:8–10)?
- 6. What helps us be steadfast?
 - A. Hebrews 10:23-25
 - B. Hebrews 12:1-4
 - C. 2 Corinthians 13:5
 - D. Philippians 3:13–15
- 7. Discuss how we must work to be spiritually steadfast in:
 - A. Marriage/Family
 - B. Relationships with friends
 - C. Recreation (2 Timothy 3:4)

Lesson Eight

I Can Be Content

- 1. What will contentment keep us from (Hebrews 13:5–6)? How do we "make sure" we stay away from this sin?
- 2. Read 1 Timothy 6:8–10
 - A. With what should we be content?
 - B. What is the danger of failing to be content?
- 3. How do we gain contentment?
 - A. 1 Timothy 6:11
 - B. Matthew 6:33
 - C. Philippians 4:11–13
- 4. How does prayer help us be content?
 - A. 1 Peter 5:6-7
 - B. Psalm 94:19
 - C. Psalm 55:22
 - D. Psalm 34:1-4
 - E. Philippians 4:6-7
- 5. What conclusion did Solomon reach?
 - A. Ecclesiastes 5:10-15
 - B. Proverbs 11:28
 - C. Proverbs 30:7–9
- 6. What did Jesus teach (Acts 20:35)? How does this relate to contentment?
- 7. How is contentment contrary to the American lifestyle and attitude?