

YOUTH STRATEGY

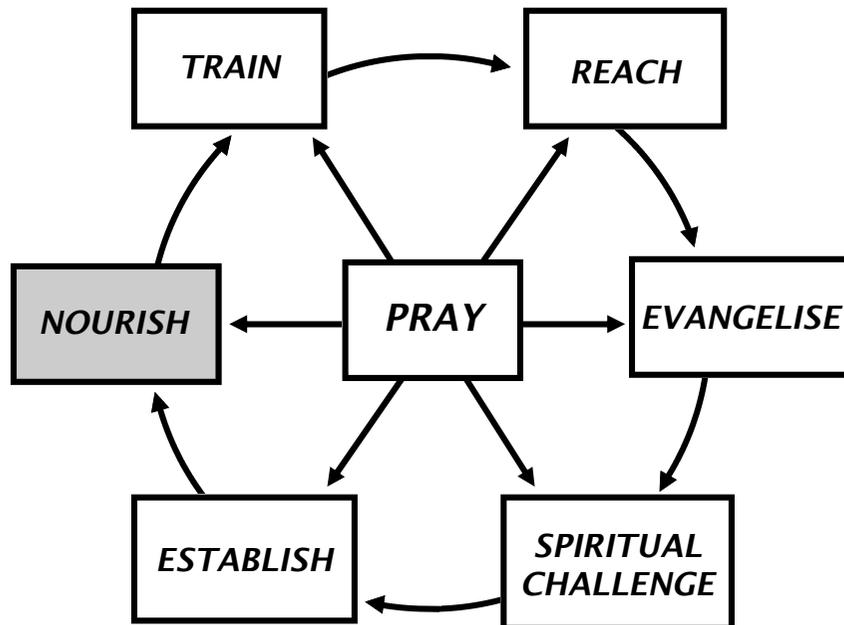
PRAY
REACH
EVANGELISE
SPIRITUALLY CHALLENGE
ESTABLISH

NOURISH

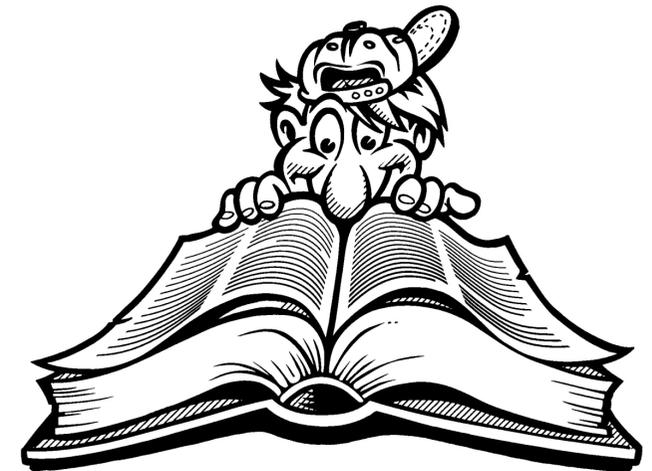
TRAIN

Hebrews 5:13-14 “¹³Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. ¹⁴But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

To help you mature, you need to be well fed from the Scriptures. This happens at SNL as well as in small groups. In these groups, you will be challenged to be obedient to God’s word and encouraged to care for each other in prayer and in other practical ways.



NOURISH



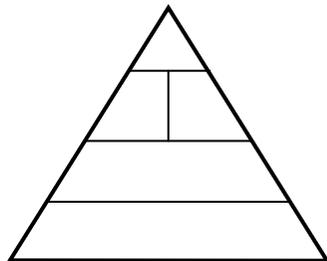
“We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ.”
- Colossians 1:28

NOURISH

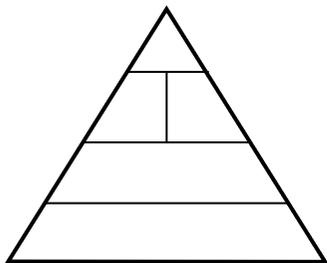


In PDHPE, you've probably been taught good nutrition and the importance of having a balanced diet. There are five main food groups that we need to eat food from every day to stay healthy. Food is the fuel for our body and we need the fuel for energy, to help our body grow, and repair itself.

Can you name the five food groups?
Which group should we eat the most of?
Which group should we eat the least of?



In the previous study we looked at the importance of a new Christian becoming established in their faith. We explored the importance of Assurance, the Holy Spirit and Meeting Together. While these continue to be an important part of our development to maturity as Christians, the regular feeding from God's Word is absolutely essential if we are to grow.



Just as regular eating of good food enables us to remain physically well; the regular reading of God's Word enables us to remain spiritually well.

If the chart was used to assess your reading habits - shade in the section that would represent how much you read the Bible.

Check It Out!

Few people would argue that we are the product of what we consume. If we eat the wrong things we'll be unhealthy. If we listen to the wrong advice we'll make bad decisions. If we hang out with a group of people long enough, we take on board their values and attitudes.

1. What contrasts can you see between the blessed man and the wicked man in Psalm 1?

Notice that the difference between the two men is in who they listen to.

2. What wisdom lies behind Paul's instruction in Philippians 4:8?

Psalm 119 is the longest chapter in the Bible and every single verse talks about the Word of God. You don't need to read much of the Psalm to understand that the writer considers God's Word to be an essential part of his life.

3. What does the Psalm say about God's Word in the following verses?
Ps 119:98-100
Ps 119:103-105
4. How is the Word of God described in Hebrews 4:12?
5. What does 2 Timothy 3:16-17 say that the Scriptures are useful for?
 1. _____
 2. _____
 3. _____
 4. _____

What do each of these four words mean?

6. In the light of 2 Timothy 3:16-17, how might we enact Paul's instructions in Romans 12:2?

There are many places where you can be nourished by God's Word - at church, youth group, Bible study, lunchtime groups at school. However, the best way to be nourished is to be reading it regularly yourself. Setting aside a little time each day to read God's Word will help keep you spiritually healthy.

A good pattern to follow when reading God's Word is the PRESS method.

- P** - Pray for understanding of what you are about to read.
- R** - Read the passage a few times so you get the feel for it.
- E** - Examine what the passage says about God, people, life.
- S** - Say back to God what you plan to do as a result of the passage.
- S** - Share with a friend what you learned from the passage.

Talk with your leader about which sections of the Bible you should read.