Proverbs 17:17 says, “A friend loves at all times, and a brother is born for adversity.”

God seems to agree that friends are a huge blessing to our lives. We all need a few good friends whom we can trust and confide in. List the top ten qualities that you look for in a friend:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Write down the names of the four friends that you feel closest to at this point in your life. Next to their names, write down the qualities about each friend that you value the most:

• __________________________:
• __________________________:
• __________________________:
• __________________________:

God is excited for us to have good friends, but He is even more excited about us being a good friend to others. Read John 15:12-14. The two qualities that God seems to value most in a friend are obedience to Him and a willingness to lay down our lives for others. In the box below, list the friends that you think are the best example to you of obeying God’s Word.

Do you think that you would be willing to lay down your life (literally die for) for any of your friends? If you answered yes, what do you think it is about those particular friends that makes you willing to sacrifice so much on their behalf? Write your answer in the box below.
Read Proverbs 4:23-27. God wants us to guard our hearts (or minds) diligently because what happens in our minds pretty much determines what is going to happen in our lives. Proverbs 23:7 says, “For as he thinks within himself, so he is...” It’s like the old saying, “Garbage in--Garbage out.” If we’re not careful in guarding our heart, then garbage is going to pile up in our minds and start producing a garbage-filled life. Imagine for just a minute that your heart was actually a house, and that you were giving Jesus a walk-through tour of it. What kinds of rooms would be in it? Which rooms would be the largest and get the most use? What kind of things (thoughts, priorities, habits, interests, etc.) would each room be “furnished” with? In the heart diagram below, design your heart as though it were a house, just like a blue-print for a real home. In the bubbles around the diagram, give brief descriptions of what is currently in each room and draw a line from the room to the bubble that describes it. Try to be as honest as you can in assessing what is currently taking up the real estate in your mind, whether good or bad.
God wants us to dream big for Him. That’s really what faith is all about. Read Hebrews 11:1 and 11:6. If we limit ourselves to small dreams, then we’ll end up with only a small faith. God specializes in doing the impossible! Read Mark 10:27 and Luke 1:37. Take some time to dream BIG in each of the areas of your life listed below. If you could achieve anything, no matter how impossible it might seem, what would it be? Write a summary of your big dreams in each bubble provided!
It may seem like a strange assignment at first thought, but it’s time to think about how you would like people to remember you once you have died. A eulogy is defined as “a speech or writing in praise of a person, especially in honor of a deceased person.” Imagine for just a minute that you left the present, earthly world and moved on to be with God next week. What would you like your friends and loved ones to remember most about you? What memories might you like them to recall the most? What character traits do you hope that they will have seen in you? In the space below, write a eulogy for yourself as you would like to be remembered by those left behind.

Dearly beloved, we have gathered today to remember...
Sometimes it’s easy to let our minds dwell on all of the things that we don’t have in our lives rather than thinking about all of the things that we do have. Read Ephesians 5:20. God wants us to have a thankful heart at all times! Read Philippians 2:14-15. He doesn’t want us focused on all of the negative things around us. If we do that, then our attitudes become negative as well. He wants us to see all of the wonderful things that we do have in our lives! And, by “things,” we don’t mean all of our electronic gadgets and possessions. Rather, we mean all of the blessings God gives us like family, faith, friends, health and more! In the boxes below, write down the things that you have to be thankful for about in each subject given. It may be a challenge for you to come up with things to be thankful for in some areas of your life, but think hard and find something positive in every area listed!
Drawing is not only a lot of fun to do, it can also be very therapeutic! Sometimes we can express things that we’re thinking or feeling in our artwork that are much more difficult for us to communicate with words alone. In the boxes below, draw out your response to each of the labels given. Your drawing does not need to be fancy or detailed—a simple stick figure works as well as anything. If you want to take more time, that is fine as well, and you may use color or just pencil. The goal is simply to be creative and communicate what you are thinking in the way that feels best to you! Now, “Draw, pard’ner!”
Read Ephesians 5:15-21 God makes it clear in this passage that music is an extremely powerful form of communication. What four characteristics of music do you think make it so powerful and impacting?

1. 
2. 
3. 
4. 

This passage in Ephesians exhorts us to “speak to one another” through music and song. Write down two ways that you can use music to encourage other disciples of Jesus:

MY TOP 10 COUNTDOWN

Think about all of the songs that have strengthened and encouraged you over the years. Choose your Top Ten Most Encouraging Songs. They may be hymns, pop music, funny songs from your childhood—whatever!

1
2
3
4
5
6
7
8
9
10

SONG of PRAISE

The ultimate purpose of music is to bring glory and honor to the Creator of all things good: King Jesus! In your own words or borrowing lyrics from existing songs or Scripture, write out a song of praise to your Creator in the space below.
• Think about the future for just a moment. In the space below, write a brief paragraph about what you think life on planet earth will be like in 25 years. Touch on such subjects as government, freedom, family, God, technology, etc.

• Read 1 John 2:15-17. We may not know exactly what the future has in store for us, but God gives us a pretty blunt truth here, especially in verse 17. This physical world is only temporary, but our spiritual efforts will last forever. The soul of every human being should be our primary focus. Stressing out about our physical lives is a dead end, but investing in the spiritual lives of those around us is a guaranteed “win” in eternity. In the spaces below, write down the names of three people that you want to invest in spiritually. In other words, three folks that you want to focus on encouraging, strengthening and sharing the love of Christ with in some way.

• Because the future is such an unknown to us, it can be easy to get all shook up and stressed out about what may lie ahead. Jesus gives us some good advice about this kind of thinking. Read Luke 12: 22-34. In the top three spaces below, write down three things that you worry about regarding the future. In the bottom three spaces, write down how you think Jesus wants you to think about and deal with each of the worries you have listed.
As a teenager, it’s time for you to start thinking more about the career path that you would like to choose. Regardless of what goals you have for your life overall, the chances are pretty high that you will end up working a job of some sort during some period of your amazing life. In the spaces below, write down the top 6 jobs that you are interested in pursuing at this point.

- Read Colossians 3:22-25. In many ways, our relationship with our employers is much like the relationship that a slave had with his master in New Testament times. Do you think that God has a specific career in mind for you? Why or why not?

- This passage in Colossians seems to be communicating that God is more concerned about the attitude we have toward our work than about what kind of work we end up doing. What kind of attitude is God looking for us to have regarding work of any kind?

- There will be plenty of opportunities in the next few years for you to chart out the schooling, internships, etc. that you need to complete in order to have the best chance of getting into the career field of your choice. In the spaces below, however, make a list of the character traits you need to build and the changes you need to make in order to become the kind of employee that GOD is looking for.
Read Hebrews 12:14-17 The dictionary defines bitter as: “characterized by intense antagonism or hostility.” We live in a world that is teeming with bitter people. Folks are bitter about their past, bitter about their jobs, bitter about their families, bitter about their health. Write down the four most common things that you’ve seen make people become bitter and angry in the spaces below:

One of the things that can easily make us bitter is disappointment. People can disappoint us. It can be quite disappointing when our dreams and expectations for life are not met. In the spaces below, write down some of the biggest disappointments that you are facing right now.

Part of overcoming bitterness is making sure that we are honestly assessing how we are thinking and feeling in our own lives. As you look at your life as a whole, rate your “bitterness levels” on the scale below. Do you see anything “taking root?”

The spiritual cure for bitterness will always be a heart of joy and thanksgiving. Write down 8 things you have to be thankful for right now:

Hebrews says that a root of bitterness can spring up and “cause trouble.” What kind of troubles can bitterness cause in our lives?
As you know, it’s very common for teens to have role models. We all have individuals that we look up to and seek to pattern various aspects of our lives after. Think about the role models in your life for just a moment. Look at the spaces below. In the spaces on the left side write down the names of three people that you know and admire as role models. In the spaces on the right side, write down the particular qualities they possess that make you want to model your life after them.

<table>
<thead>
<tr>
<th>Role Model 1</th>
<th>Role Model 2</th>
<th>Role Model 3</th>
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Read Hebrews 11:1-32. From this amazing list of God’s faithful from the Old Testament, choose the two heroes that are most inspiring to you as role models. Write their names and what you find inspiring about them in the spaces below.

<table>
<thead>
<tr>
<th>Hero 1 Name</th>
<th>What Inspiring About Him</th>
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Read 1 Peter 1:15-16. King Jesus is truly the only perfect Role Model. In the space below, sketch out a picture of Jesus. Write down the character qualities beside your picture that Jesus possesses that make Him the greatest Hero and your Best Friend.

The Perfect Pattern.
Everyone has an idea in their heads about what the ideal spouse might be like. Fill out the diagram below as though you could design your own future husband. Think carefully about what qualities you find most important for him to possess.

**Whatcha Lookin’ For?**

- **Mind:** What will occupy his thoughts?
- **Eyes:** What will he spend time watching?
- **Words:** What will come out of his mouth?
- **Spirit:** What will his priorities be?
- **Hands:** What kind of work will he do?
- **Feet:** Where will he lead you?
Everyone has an idea in their heads about what the ideal spouse might be like. Fill out the diagram below as though you could design your own future wife. Think carefully about what qualities you find most important for her to possess.

**MIND: WHAT WILL OCCUPY HER THOUGHTS?**

**EYES: WHAT WILL SHE SPEND TIME WATCHING?**

**WORDS: WHAT WILL COME OUT OF HER MOUTH?**

**SPIRIT: WHAT WILL HER PRIORITIES BE?**

**HANDS: WHAT KIND OF WORK WILL SHE DO?**

**FEET: WHERE WILL SHE TAKE YOU?**
What did I need to hear the most from this passage?

What didn’t I understand from this passage?

What four things did I learn from this passage?

What are two things I can use from this passage to encourage or reach out to others?

Dear God...

What verse stood out the most to me? (Copy the verse down in your own handwriting in the space below)
Scripture Passage: James 2:1-26
Date:

• What did I need to hear the most from this passage?

• What didn’t I understand from this passage?

• What four things did I learn from this passage?
  •
  •
  •
  •

• What are two things I can use from this passage to encourage or reach out to others?
  •
  •

• What verse stood out the most to me? (Copy the verse down in your own handwriting in the space below)

• Dear God... (Write out a prayer in response to this passage)
<table>
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Scripture Passage: 2 Samuel 9:1-13
Date:
What did I need to hear the most from this passage?

What didn’t I understand from this passage?

What four things did I learn from this passage?

What are two things I can use from this passage to encourage or reach out to others?

What verse stood out the most to me? (Copy the verse down in your own handwriting in the space below)

Dear God... (Write out a prayer in response to this passage)
Scripture Passage: 1 Peter 4:1-19

Date:

What did I need to hear the most from this passage?

What didn’t I understand from this passage?

What four things did I learn from this passage?

What are two things I can use from this passage to encourage or reach out to others?

Dear God... (Write out a prayer in response to this passage)

What verse stood out the most to me? (Copy the verse down in your own handwriting in the space below)
Scripture Journaling

Scripture Passage: Psalm 139:1-24
Date:

- What did I need to hear the most from this passage?

- What didn’t I understand from this passage?

- What four things did I learn from this passage?
  - 
  - 
  - 
  - 

- What are two things I can use from this passage to encourage or reach out to others?
  - 
  - 

- What verse stood out the most to me? (Copy the verse down in your own handwriting in the space below)

- Dear God... (Write out a prayer in response to this passage)