

THE FOLLOW UP

American Idols—Part 1
*You have 6 days to get
these 4 devos and the Quiet
Time Challenge done*



Above all else, guard your heart for it is the source of
your life. ~ Proverbs 4:23

As a face is reflected in water, so the heart reflects the
real person. ~ Proverbs 27:19

DEVO #1—Giving Our Idols More and More

READ: Mark 10:17-31

Imagine walking in the woods and happening upon a stream that is littered with trash. You don't want to just leave it like that, so you get some garbage bags and actually spend a couple hours cleaning it up. However, a couple days later, while walking through that same area, you notice that the stream is just as trash-filled as it was before! You decide to walk upstream only to discover a factory disposing of its waste in the stream. You quickly realize, if you want to deal with the trash downstream, you need to deal with the source of the trash first.

The same is true in life. Many times, we deal with our issues by treating symptoms not the source. However, if you want victory in your life, you need to fix the source. And the source is found smack dab in the middle of your heart.

1. What things do you fill your heart with on an average day?
2. What was the focus of the rich man in our Scripture passage?
3. The man's idols kept him from giving his life to Jesus. How are you doing at guarding your heart so that it is open to Jesus?
4. Who is in your life that can help you "keep your heart clean"?

PRAYER

- ~Thank God for His ability to cleanse your heart
- ~Confess to God, if necessary, filling your heart with bad things
- ~Ask God to strengthen you to guard your heart and mind

ADDITIONAL NOTE SPACE

POSSIBLE ACTION STEPS

- ♦ Did you give yourself that spiritual cardiogram yet? If not, be sure to do so
- ♦ Ask God to show you what in your life is trying to take Him (or already has taken Him) out of first place in your heart
- ♦ Spend at least 10 minutes in prayer each day this week
- ♦ Talk to youth leaders about what you can do to get more involved

QUIET TIME CHALLENGE

NOTE:

The *Quiet Time Challenge* is NOT a devotional in itself. It is designed for you to do separately apart from your daily devotional time.

HOW IT WORKS:

Find a quiet place with no distractions. Make this between just you and God. Clear your mind then read the Bible verse(s). After doing so, work through the questions. At the end, spend five to ten minutes in "listening mode." Just ask God to speak to you and then be quiet and seek to hear His voice.

PART 1 — READ: 1 John 5:20,21

PART 2 — QUESTIONS

Explain these verses in your own words:

Have you been guilty of allowing things to take God out of first place in your heart?

PART 3 — LISTEN

Ask God to examine your heart. Ask Him to show you if there is anything in your life that is trying to take Him out of first place. Then seek to hear God's voice speak to your soul. (Feel free to jot down anything you hear.)

DEVO #2 — The Law of Exposure

READ: Galatians 5:16-26

If you were taking a Psychology 101 class, you might learn about the Law of Exposure. This law basically says, "Our lives are determined by our thoughts, and our thoughts are determined by what we are exposed to. The Law of Exposure means that our minds absorb, and our lives ultimately reflect, whatever we are most frequently exposed to."

What does this mean? Well, if you spend your day exposing your mind to the TV, the internet, movies, secular music, etc., your thoughts will dwell on worldly things, and your life will be shaped by those thoughts. Conversely, if you spend your day meditating on Scripture, thinking on the things of God, listening to Christian music, etc., then your thoughts will dwell on heavenly things, and your life will be shaped by those thoughts.

1. When people follow their sinful nature, what are they like according to verses 19-21?
2. What are we supposed to focus on according to verses 22 & 23?
3. In what areas are you doing well? In what areas do you need improvement?
4. How do you think your life would be different if you followed verse 25?

PRAYER

~Thank God for the good things He fills your heart with
~Confess to God, if necessary, exposing yourself to bad things
~Ask God to provide a spiritual renewal to your heart

DEVO #3 — What's Your Search History?

READ: Psalm 27

Several years ago, AOL was the first company to keep track of the search history of its customers. By doing so, they showed that you can tell what a person is interested in just by their searches on an internet search engine. You could tell who was into sports, who was into shoes, who was into the latest gadgets, and even who was into some disturbing stuff.

Likewise, what you are searching for in life reveals the idol that is winning the war in your heart. Your everyday choices, the thoughts you dwell on, the way you spend your time, and the things you chase after, all of it shows what idols sit on the throne of your heart.

1. What does your search history say about you?
2. How can you tell that the writer of Psalm 27 was seeking after God?
3. Can people tell that you are seeking after God?
4. What are you seeking after that you should not be seeking?
What do you truly need to be seeking after?

PRAYER

~Thank God for all the great things He has waiting for you
~Confess to God, if necessary, seeking after temporary, worldly things instead of the eternal things of God
~Ask God to guide you to seek the right things

DEVO #4 — Cheating on God

READ: James 4:1-10; 1 John 2:15-17

Imagine that you see your best friend's dad at a local restaurant having a romantic dinner with a woman who is not his wife. You ask him what the deal is only to have him respond, "Well, I'm on a date!"

You are shocked and remind him that this woman is not his wife, but the response this time is, "Hey, I love my wife too, and I've taken her on lots of dates."

I'm sure if that happened, you would be pretty disgusted with that dad. You could just imagine how hurt his wife would be. Yet, this is how we often treat God. In the Bible, God often calls His people adulterers because we cheat on Him with the world. We run after everything the world has and leave God high and dry, and we never stop to think how God must feel about all of this.

1. What does James say about being friends with the world in verse 4?
2. Why does he say that since it sounds so harsh?
3. Why does John, in 1 John, say you cannot love both God and the world?
4. Have you been guilty of cheating on God with the world? If so, what can you do about this?

PRAYER

~ Thank God for all that He has done for you
~ Confess to God, if necessary, cheating on Him with the world
~ Ask God to focus you on Him and His will for your life