

1. <https://www.youtube.com/watch?v=uuabITeO4I8>

## THE FOLLOW UP

**TOXIC — PART 3**  
*You have 6 days to get  
these 4 devos and the Quiet  
Time Challenge done*



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

## DEVO #1—Mack Truck Done Messed You Up

**READ: Matthew 7:12-29**

Imagine that one of the youth leaders showed up late for youth group last week. Though he looked perfectly fine, he proceeded to tell you that he was late because as he was crossing the street a lumber truck loaded down with telephone poles struck him head on going sixty mph. Since there wasn't a scratch on him, however, you assumed he was lying. After all, if something as big as a lumber truck hit him, he would be radically altered!

Well, what is bigger than a lumber truck? God is. And if we claim to have had an encounter with something as big and powerful as God, shouldn't we expect to be radically altered as well? If we say we have met God, yet are not changed, something is wrong.<sup>1</sup>

1. Looking at verses 15-20, what kind of fruit should we be producing if we have met with God?
2. According to verses 21-23, calling Jesus "Lord" and doing good stuff won't get you to heaven. What will?
3. According to verses 24-27, to have a solid foundation you have to know AND obey Jesus' teaching. How are you doing with that? Explain:
4. Is your life radically different since meeting Jesus? If not, why not?

### PRAYER

- ~Thank God for desiring to radically change your life
- ~Confess to God, if necessary, saying you are a Christian but living like you are not
- ~Ask God for the strength to follow Him

## ADDITIONAL NOTE SPACE

---

---

---

---

---

---

---

---

## POSSIBLE ACTION STEPS

- ◆ How do you handle your sins? Do you excuse them? Do you treat them as no big deal? Or do you grieve over them for how they effect your life and your testimony?
- ◆ Review your thoughts over the past few weeks. What is your focus? Is this focus pleasing to God or not?
- ◆ Keep praying at least ten minutes each day
- ◆ What thoughts do you need to more consistently pray away?

## 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: Proverbs 27:19

### PART 2 — QUESTIONS

Explain this verse in your own words:

If what is in your heart reflects the real you, what do you look like?

### PART 3 — LISTEN

Ask God to examine your heart. Ask Him to reveal anything that is not pleasing to Him. Then seek to hear His voice speak to your soul. (Feel free to jot down anything you hear.)

## DEVO #2 — Disciple or Disaster

### READ: Luke 14:25-35

Fourteen year-old Gary grabbed his I-phone and headed straight for his favorite porn sites. He knew that he shouldn't, but he just liked looking at the pictures and videos too much to stop.

That evening, his dad asked to check the phone and found all the sites that Gary had "visited" over the past few weeks. Gary instantly denied it, stating that his friend, Ray, must have checked out those sites while borrowing the phone. Dad wasn't buying it.

A serious discussion ensued. Gary claimed he was a Christian living for Jesus, yet Dad pointed out that repeatedly looking at porn and then lying to cover it up doesn't qualify a person as a disciple of Jesus.

1. In verses 26-27, what does Jesus say is necessary if you want to be His disciple?
2. How are you doing with these things? Explain:
3. In verse 33, what does Jesus say is necessary if you want to be His disciple?
4. How are you doing with this? Explain:
5. Are there secret sins you are hiding or excusing? If so, what must you do with them?

### PRAYER

- ~Thank God for offering forgiveness and second chances
- ~Confess to God, if necessary, any secret sins you have been hiding, minimizing, or excusing
- ~Ask God to mold you into an amazing follower of His

## DEVO #3 — New Life Not New Excuses

**READ: Ephesians 4:17—5:2**

We'd all like to think that we are good people, but left to our own devices we are not. We'd all like to think that our issues aren't really that big of a deal, yet those issues are what caused Christ to die. And we'd all like to think that we'll go to heaven when we die, however, there is only way to get there—and it isn't through trying hard, doing good deeds, or just thinking we are nice enough to get in.

The reality is that all of us were born dead in our sins. We are not good. We are not nice. And we can't try hard enough to gain God's favor. In the end, the only way to have life is through Christ. The only way to truly be good is to follow Christ. And the only way to heaven is being His disciple.

1. What do verses 4:17-19 say about us before we met Christ?
2. According to verses 20-24, what should we do once we accept Christ?
3. Verse 30 says to not bring sorrow to God's Spirit by how you live. Is there anything in your life that is bringing sorrow to the Holy Spirit? If so, what must you do with it?
4. What can you do to best live out verses 5:1-2?

### PRAYER

- ~Thank God for giving you new life through Christ
- ~Confess to God, if necessary, bringing sorrow to His Spirit through your words, thoughts, actions, and/or attitude
- ~Ask God guard your soul and to help you maintain boundaries
- ~Ask God to help you live more and more like Christ each day

## DEVO #4—The Company You Keep

**READ: Proverbs 4:23-27; Philipians 4:4-13**

Remember the "Character Formation Formula" from our lesson?

- ◆ What you put into your heart and mind is what you think about
- ◆ What you think about is what you do
- ◆ What you do becomes your behavior
- ◆ Your behavior becomes your character
- ◆ And your character is who you are

In the end, who you are is determined all the way back at the beginning of the formula—with every thought you choose to stick in your brain and think about. As you know, the Bible says, "Bad company corrupts good character." Well, what kind of company are your thoughts?

1. So, how about it? What kind of company are your thoughts?
2. Why is Proverbs 4:23 so true?
3. How are you doing at "fixing your thoughts" on the things Paul lists in Philipians 4:8?
4. What kind of work must God do on your thoughts?

### PRAYER

- ~Thank God for loving you and wanting to do a great work in you—starting in your heart and mind
- ~Confess to God, if necessary, spending too much time with bad company (that is, wrong thoughts)
- ~Ask God to help you set your thoughts on Him and His things