

## THE FOLLOW UP

**POOP IN YOUR DIET?**  
*You have 6 days to get  
these 4 devos and the Quiet  
Time Challenge done*



Guard your heart above all else, for it  
determines the course of your life.  
~ Proverbs 4:23

## DEVO #1—Don't Be a Poopy Head

### READ: Proverbs 4:18-27; Proverbs 27:19

Don't you think it is interesting how most of us would NOT eat a cupcake dabbed with a little poo because we don't want poop in our stomachs, yet, at the same time, most of us don't care about poop in our hearts and minds through movies, music, TV, internet, video games, and more. Why is it alright to have poop in our hearts and minds but not in our stomach? Our hearts and minds are, after all, much more crucial when it comes to determining the course of our lives.

As Proverbs 27:19 says, our hearts reflect the real us. So, whatever we allow into our hearts will determine who we will be. Just like it says in Proverbs 4:23—what's in your heart will determine the course of your life. So, how about it? What direction are your entertainment and life choices taking you?

1. Verses 4:18-19 talk about two groups of people moving in two different directions based on their choices. One group is moving closer to God (righteousness), the other group closer to the devil (darkness). As was asked above, which direction are your choices taking you?
2. Verses 4:24-27 command us to watch out for four things—what you say, what you take into your heart and mind, where you go, and who you follow? How are you doing in each of those areas? Explain:
3. Verse 4:23 says, ABOVE ALL, guard your heart. Are you guarding your heart against the poo of the culture or are you actively taking it in? If taking it in, what must you do about that?

### PRAYER

- ~Thank God for His Word and His truth
- ~Confess to God, if necessary, having one standard for your stomach and a different one for your heart and mind
- ~Ask God to help you keep poo out of your heart and mind

## ADDITIONAL NOTE SPACE

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## POSSIBLE ACTION STEPS

- ◆ In Devo 4, you were asked to review how you spent your time over the past week. If you did not do that, be sure to do so
- ◆ Ask people close to you if they think you are spending too much time with a particular person, with TV, with the internet, with video games, your phone, etc.
- ◆ Keep praying at least ten minutes each day
- ◆ Begin to invest in reading the Bible each day, praying each day (as listed above), listening to Christian worship music, being part of a small group, volunteering for service projects, etc.

## 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 4:23

### PART 2 — QUESTIONS

Explain this verse in your own words:

How are you doing at guarding your heart? Explain:

### PART 3 — LISTEN

Ask God to examine your heart and to show you areas where you have left it unguarded. Then seek to hear His voice speak to your soul. (Feel free to jot down anything you hear.)

## DEVO #2 — Character Formation

### READ: Mark 7:14-23; Luke 6:43-49

During the lesson, you learned the Character Formation Formula, which goes something like this:

- 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
- Your character is who you are

So, who you are, and who you will become, is determined way back at the beginning of that Character Formation Formula by what you allow into your heart and mind. This is why Jesus says that the things we allow into our hearts and minds can ruin us because they effect who we are.

1. What is Jesus saying in Mark 7:15 and Luke 6:43-45?
2. We often like to make excuses for our entertainment choices—the movie looks cool, the game's graphics are awesome, the song has a great beat, etc. But why can't we allow ourselves to make these excuses?
3. What are some things that you can fill your heart and mind with that will help you be someone who honors and pleases God?
4. Are you doing all the things you listed above? If not, when will you start consistently doing them?

### PRAYER

- ~Thank God for His great love for you
- ~Confess to God, if necessary, filling your heart and mind with things that are more like the culture than like Christ
- ~Ask God to help strengthen your desire to read His Word, pray often, listen to worship music, and more

## DEVO #3 — Broadband vs Dial Up

**READ: Romans 11:36-12:2; Philippians 4:4-9**

Brain research, which is finally catching up to God's Word after 2000 years, is revealing that our brains react to the things we practice with broadband speed. Meanwhile, with the things we don't practice, it responds with dial-up speed. This means, if your brain has practice with all the stuff of the culture, your strongest and fastest thoughts are going to be cultural ones. Meanwhile, if you don't spend too much time with the Bible, praying, or focusing on the things of God, those thoughts are going to crawl along at dial-up speed.

What does this mean for life? Well, when you have a choice to follow God or follow your friends, whatever is moving at broadband speed is going to get there first and make the decision. When you have a choice to keep looking at that inappropriate website or to stop looking and stay pure, whatever the broadband thought is the one that will get there first and decide. In short, whatever you practice wins every time.

1. In Romans 12:2, Paul tells us not conform to the culture. He says, "Don't watch and do and listen to what the culture watches, does, and listens to. Instead, be transformed by changing how you think." That is, develop the right broadband thoughts. How are you doing with this? Explain:
2. God knew well before the neuroscientists of today that our thoughts will affect our lives, so, in Phil. 4:4-9, he had Paul tell us what we should focus on. What are those things?
3. How are you doing at focusing your mind on those things? Where do you need to improve?

### PRAYER

- ~Thank God for the wisdom of His Word
- ~Confess to God, if necessary, having the wrong broadband thoughts
- ~Ask God to help you focus your thoughts on the right things

## DEVO #4 — Where Did the Time Go?

**READ: Psalm 90:1-12; Ephesians 5:15-20**

Studies show that the average 13-17 year-old spends around TEN hours a day with the media of the culture--movies, music, TV, video games, the internet, etc. That is more than a full time job's worth of time!

Nearly seventy hours a week with media, forty to forty-five hours a week in school listening to classmates, watching what they do, etc., that is over 110 hours a week. If you sleep eight hours a night, that is fifty-six hours. Now, we are up over 165 hours. There are only 168 hours in a week, by the way. This means we have to be intentional about following Christ. The culture, your classmates, and the crowd are always trying to lead us. Instead of following them, we must seek to take the things of God into our hearts and minds and allow Him to transform us.

1. In Psalm 90:12, what does Moses pray God would remind us about? Why is it important to be reminded about this?
2. In Ephesians 5, Paul tells us to make the most of our time here on earth. How are you doing at that?
3. As you look at how you spent your time over the last week, would you say that time was focused on eternal things or on things that don't matter for eternity?
4. What might need to change in your schedule so that you are better focused on the things that matter for eternity?

### PRAYER

- ~Thank God for your friends and family
- ~Confess to God, if necessary, spending a large portion of your time on things that really don't matter
- ~Ask God to help you spend your time the right way