

FAMILY TALK BACK QUESTIONS

1. Does everything you have belong to God? Why, or why not?
2. Make a list of the things you buy and how much of your income (what percentage) is spent on those items. How does this relate to “Where your treasure is, there your heart be also” (Matthew 6:21)
3. How often does our family have “family time” together? Do you wish we had more time or less time together? What does it take for you to have enough time to be with friends? What does it take for you to have enough time to be with God?
4. What “things of the world” are a temptation to you – possessions, clothing, popularity, fun times, experimentation, alcohol, selfishness, music, rebellion? Which items are not much of a temptation at this time?
5. Whom does your body belong to – yourself, your parents, God, a boyfriend or a girlfriend? What difference does that make?
6. What habit patterns do you have for healthy living, such as diet, sleep, exercise, good air and water, self control, moderation, etc.
7. Who determines what your personal standards will be? What does it take for you to change your standards? What does it take for you to keep them?



NEXT TIME: SYMBOLS.



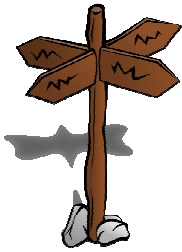
Lesson 4.

Standards

Name: _____

HOW MUCH BELONGS TO GOD?

When you buy something new, like a new TV or a new computer or a new item of furniture from IKEA or a LEGO toy, it will always come with an instruction manual. Some people carefully follow every step of the instructions, others don't follow it at all, and try to work things out for themselves. And still others do a little of both saying lets follow the instructions for a little bit, then figure the rest out later. How closely would you follow the instructions that come with a new item?



When you were little your parents made all of the important decisions for you, but now as you are growing you get to make more decisions for yourselves. One of the most important you will make, is if you are going to follow God.

For those who choose to follow God it is a huge decision because God asks us to give Him everything when we follow Him. What do you think the following text means?

Mark 8:34-35. _____

Taking up a cross seems a bit harsh, what does Paul say we are to do?

1 Corinthians 15:31 _____

What this means is that we die to ourselves so that Jesus can live and move within us. It means that we have to put Jesus first in everything. That is why following Jesus is a big decision. Jesus has given everything for us, so what response can we give to him.

Romans 12:1-3 _____

How much of ourselves belongs to God? _____

When you believe that everything belongs to God, you're open to accepting and living by what God says instead of ignoring it or going against it. You believe what God says because you realise that He knows what he's talking about.



OUR BODIES

S stands for _____ Sunshine makes things grow. It give us vitamin D, has the ability to kill germs, provides energy and makes you feel warm. Spend some careful time in the sun. (But don't over do it).



T stands for _____ This means not over doing it. Too much sunshine can be bad for you, too much grains and nothing else is also harmful. There needs to be a balance. Temperance also tells us to restrain from things that are harmful. What warnings does the Bible give about alcohol?

Prov 20:1 _____

Prov 23:29-30 _____

Alcohol affects the brain, the liver in fact the whole body. To live a healthy lifestyle it is better to leave it well alone. The same could be said for smoking or taking drugs. Avoid putting harmful substances in your body, remember God lives there now. Will you avoid alcohol and harmful drugs? _____

A stands for _____. Without air we die. Pure fresh air is essential to good health. Take deep breaths of clean fresh air whenever you can and feel the difference it makes.

R stands for _____ Rest is nature's best remedy for the hard work we have put in during the day. We need time for rest and relaxation and a good nights sleep of a recommended 8 hours. God believes rest is so important he put aside one day a week, the Sabbath for us to worship and rest. (Ex 20:8)



T stands for _____ To be fully healthy, we need to trust the healer. What can God do for those who love and obey him?

Jeremiah 30:17 _____ Where does the strength come from to overcome issues affecting your health.

Philippians 4:13 _____ Christ can give you the power to overcome, he wants you to be happy, abundant in life and healthy.

OUR BODIES

What about our bodies? Who does our bodies belong to? Who lives in them? Write out the following text in your own words.

1 Corinthians 6:19-20



Our bodies belong to God, and what we do with them, put in them and how we treat them, affects our emotions, our health, our minds and even our spirituality. No wonder God wants us to look after our bodies. One way to remember the keys to good health is by the acronym NEW START

N stands for _____ This has to do with our diet or what we eat. The amount and kind of food you eat affects your health. What foods did God give Adam and Eve to eat? **Gen 1:29** _____



In this group of foods include nuts, grains and fruit. Soon after, vegetables were added to the diet (Gen 3:18). Many studies show that God's original diet – that of a vegetarian is the healthiest way to go. It was only after the flood God added 'clean' flesh foods to the diet. What animals can we eat? **Lev 11:2,3** _____ What are some examples of unclean foods? (v4-8). _____

What seafood can we eat? (v9-12) _____ . Notice that the unclean animals are all scavengers! God made us and the animals. He knows what is best to eat and to avoid.

E stands for _____ We all know that we need to exercise, 3 to 4 times a week, 20 to 30 minutes each time. If you are not currently exercising, try it and see how much better you feel afterwards.



W stands for _____ Our bodies are made up of over 80% water. Since we lose a lot of our fluids, the experts tell us we need to have up to 8 glasses of clean fresh water per day. Without water we die.

OUR TIME AND TALANTS

Last time we talked about the Sabbath. This is found in the Ten Commandments. What does the fourth Commandment tell us to do.

Exodus 20:8-11. _____

How much of our time belongs to God? (be careful how you answer?) _____

The Sabbath is how much of our time? _____

Some people think that the Sabbath belongs to God and the rest of the week belongs to them. But those who follow Christ realise that everything, including all of our time, belongs to God. The Sabbath is one seventh of our time, but as Jesus is your friend you don't only want to see him on weekends!

God also gives us various gifts and talents, to serve him.

In the parable of the talents what did the Master say to those who had put their talents to use.

Matthew 25:19-23. _____

What did he say to those who didn't use it?

Matthew 25:24-27 _____

God has given each of you gifts and talents and he wants you to use it for His glory.

What talents has God given you that you like to "give back" to God?



OUR MONEY.

The Bible tells us that all things are made by Jesus and he is the one who gives us life, breath and everything else including our finances (Acts 17:25). It is God who has given us the ability to make money (Deut 8:18), so it is only fair that he would want it all back!! But he doesn't, he only asks for our tithes and offerings. Write out what the following text means in your own words. **Malachi 3:10.**



Tithe is a 'tenth' of our increase (Deut 14:22, Gen 28:22). Let's do a bit of Maths. Yea!!

How much of our money is a tithe? _____

How much tithe would you return if you earned \$1.00? _____

How much tithe would you return if you earned \$2.75? _____



What are we doing to God if we don't give our tithe?

Malachi 3:8 _____ This is because the tithe belongs to Him. What does the tithe money go to support?

1 Corinthians 9:14 _____

On top of tithes God wants us to give offerings.

How much offering should we give?

2 Corinthians 9:5 _____

Putting God in charge of our wallets teaches us to rely fully on Him.

Will you return to God your tithes and offerings? _____



OUR THINGS.

Time, talents and money are very specific. But even with these, God gives us lots of variety on how we spend the majority of time and money He has given us. So how can we know how to spend these things in a way that God would want us to? What does the Bible say about this?



1 John 2:15-17 _____

This text helps divide things into two categories. The things of this World, and the things of God. Write below what you think are some of the things that may belong in each category

List some
 "Things of the World"

List some
 "Things of God."

Where does the Bible say your heart will be?

Matthew 6:21 _____

You can shape your affections either toward the world or toward God, based upon how you spend your time and money. **Where do you want your treasure to be?** _____

