



Transformation Manual

Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ***Do not conform*** any longer to the pattern of this world but ***be TRANSFORMED*** by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will.

Romans 12:1-2

A Note Warning to the Reader:

Be Advised! Reading this manual may change your life. Proceed with caution!

Welcome *future* Transformers! The manual you are currently holding is something very important and very *dangerous*. It is a manual designed to help you change your life in new and dramatic ways. It was created with the intent that you could transform into someone greater - someone more powerful and someone more beautiful. It was developed so that you could become exactly as the Creator of the Universe intended you to be: Just like Him! So, if you're ready to take on the challenge and thrill of transforming, what are you waiting for? **Let's get started!**

Before you continue, please read the following ground rules to using the Transformation Manual correctly and effectively.

- 1) *This manual is most effective when it is used regularly. Make every effort to stay up-to-date with your reading and study!!!*
- 2) *Every day, along with this manual, use a journal to keep the notes you make as you answer the daily questions. As they arise, write down any questions that you have that a current Transformer (your mentor/discipler*) can help you answer.*
- 3) *Each week consists of only five days of reading and short assignments for the weekend. Strive to be consistent!*
- 4) **Always** take the time to do the question or activity in the box at the beginning of each day **first!**
- 5) *Lastly, remember to pray and **have fun!***

*A mentor/discipler is a more mature Christian who will mentor or disciple you. If you do not have a relationship like this talk to your teen leader. Together you should choose someone who you feel safe to talk about your feelings with and who will challenge you to change by keeping you accountable to God's word.

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Day 1: Who is God? – Part 1

Before reading the Bible scripture below take a few minutes to write down your own answer to the question, “Who is God?”

“The God who made the world and everything in it is the **LORD** of heaven and earth and does not live in temples built by hands.”

Acts 17:24

Read Psalm 103

- 1) In verse 2, the psalm writer commands the reader not to forget all of God’s “benefits”. What benefits does God give you according to this Psalm?

- 2) What attributes of God explain why he gives you these benefits? *For example, his steadfast love in verse 4.*

- 3) How is God described in verse 13? How is he described in verse 19?

- 4) Write down one more thing that you learned about God from this scripture?

Day 2: Who is God? – Part 2

*Begin with reviewing your original answer to the question, “Who is God?”
From what you’ve learnt so far, has your answer changed at all?*

Read 2 Corinthians 13:14; Philippians 2:5-11; John 14:16 and 26; John 15:26; John 16:13

- The Bible constantly insists that there is only one God in the universe. However, it also reveals that this one God consists of three persons: God the Father, God the Son (Jesus) and God the Spirit.
- 1) From what you read, what is similar about God the Father, God the Son and God the Spirit?

 - 2) What is unique to each of the three?

 - 3) Another way to look at this is: the Father is God above us, the Son is God beside us and the Spirit is God within us.
How do you feel about seeing God this way?

Finish with writing, once more, an answer to the question, “Who is God?”

Day 3: What is His Mercy? – Part 1

Before reading, write in your own words the meaning of mercy.

Read *Romans 2:6-11; Romans 3:23*

- 1) We cannot begin to understand God’s mercy without first understanding his justice. Romans 2:6-11 describes the justice of God. According to this scripture, how does God determine his just judgment of humans?

- 2) How do you think God determines good and evil?

- 3) According to Romans 3:23, who is a sinner?

- 4) A sinner is defined as someone “who misses the mark”. What is the mark that you are missing as a sinner?

- 5) As a sinner, what kind of judgment should you receive?

Day 4: What is His Mercy? – Part 2

Mercy is defined as, “Compassion that holds back punishment even when justice requires punishment.” Why is mercy necessary for you as a human?

Read John 8:1-11

- 1) What kind of woman was brought to Jesus in this story?

- 2) What did the law of justice require to happen to the woman?

- 3) What is Jesus’ response to the woman?

- 4) How does this story illustrate the meaning of mercy?

How would you feel if you were this woman? Put yourself in her shoes. Write down how you would feel before and after your encounter with Jesus.

Day 5: What is His Mercy? – Part 3

Write **at least** one reason why you need God’s mercy right now.

“But when the kindness and love of God our Saviour appeared, he saved us, not because of righteous things we had done, but because of his **mercy**” Titus 3:5

Read Romans 6:23; John 3:16; Romans 5:8; 2 Corinthians 5:21; 1 Peter 2:24

- 1) Titus 3:5 reveals that God’s mercy saves you. What does it save you from?

- 2) God’s justice requires that this punishment must be made for human sins. Since God is merciful to you, who receives your well-deserved punishment?

- 3) According to 2 Corinthians 5:21, what makes this person (answer to no. 2) the *perfect* candidate to receive our punishment?

- 4) How should we live as a result of God’s mercy?

This weekend continue to reflect on the amazing mercy of God. Take time to read Matthew 26 & 27 to see Jesus take on the punishment that we deserve.

Day 1: What is a Living Sacrifice?

*Before reading ahead, write down something that is **precious** to you. How would you feel if you had to give it up completely to someone else?*

Read Ephesians 5:1-2

- Before God sent Jesus to earth, the chosen people of God, the Jews, were required to make **sacrifices** (giving up precious things to God) for various reasons, the most important being to be forgiven of their sins which required a sacrifice of the death and blood of unflawed animals.
- 1) What sacrifice did Jesus Christ give to God?

 - 2) Who did he make the sacrifice for?

 - 3) Why did Jesus make such a sacrifice?

 - 4) Jesus' sacrifice eventually led to his death. God calls us to be **living** sacrifices. How will living as a sacrifice for God challenge you?

 - 5) Are you willing to sacrifice to God that which is most precious to you?

Day 2: What Kind of Sacrifice Does God Want? – Part 1

In what ways are you like your peers (people your age)? In what ways are you different?

“You are to **be holy** to me because I, the LORD, am holy, and I have **set you apart** from the nations to be my own” Leviticus 20:26

Read 1 Peter 2:9-10; Ephesians 4:17-18; Ephesians 5:8-11

- God wants **holy** sacrifices. To be holy is to be set apart from everything else.
 - 1) According to 1 Peter 2:9, out of what has God called his holy people?

 - 2) According to the Ephesians scriptures, how are we to live and not live as holy people living in the light?

 - 3) Another way of looking at being holy is not **conforming** to the popular ways of the world. Look back at your answers to the questions at the beginning. Are there ways that you are similar to your peers that “conform” you to the popular ways of the world?

Day 3: What Kind of Sacrifice Does God Want? – Part 2

*Write a list of things that you think **please** God.*

“...find out what **pleases** the Lord.” Ephesians 5:10

Read Colossians 1:10-12; John 8:28-29; 2 Peter 1:16-17

- God wants **pleasing** sacrifices as well!
- 1) Colossians 1:10 teaches us that a worthy life is spent pleasing God. According to the rest of the Colossians scripture, how can we specifically please God?

 - 2) Another way of looking at living a worthy life that pleases God is living a **transformed** life for God. Transformation always involves changing from one form to another (for example, the Transformer robots can change into vehicles and vice-versa.) In order to please God, what new form should you be turning into? (Hint: Who should you be turning into?)

 - 3) Why should you want to transform into this new form?

Day 4: How Are We Transformed?

What's one area in your life right now that you need to transform in order to please God?

“...be transformed **by the renewing of your mind.**” Romans 12:2

Read *Ephesians 4:21-24; Colossians 3:5-10; 1 Corinthians 2:15-16*

- 1) According to Ephesians 4:21-24, what must happen for you to be renewed in the attitude of your mind?

- 2) According to Colossians 3:5-10, in order to be renewed what must you “put to death”?

- 3) Specifically, what do you need to put to death in your own life in order to renew your mind?

- 4) Ultimately, whose mind are you trying to get?

- 5) Practically, what are some ways that you can get this person’s mind?

Day 5: Are You Ready to Transform?

What do you see as the challenges to transforming your life? What are the benefits?

“For the grace [including **his mercy**] of God that brings salvation has appeared to all men. It teaches us to say “No” [**not conform**] to ungodliness and worldly passions, and to live self-controlled, upright, and godly [**transformed**] lives in this present age, while we wait for...our great God and Saviour Jesus Christ, who gave [**sacrificed**] himself to...purify for himself a people that are his very own, eager [**ready**] to do what is good.”

Titus 2:11-14

- The rest of this manual will be devoted to studying about specific areas in which you can be a holy and pleasing living sacrifice for God. In examining each area, you will consider both how not to conform to the world’s popular beliefs as well as how to renew your mind biblically so that you can be transformed!
- Take this weekend to review your notes for the past two weeks. Rewrite anything that really stands out to you and take time to talk to another teen about what you’ve learnt so far. If you’ve fallen behind in your reading, be sure to catch up before the new week!

Day 1: What is Purity?

Let's do a simple experiment: Fill up a clear glass with water. This is an image of a pure heart: clean, transparent and full. Take a drink – it's even refreshing! Now, find some other type of drinkable liquid (milk, juice, coke, etc.) in your kitchen and add it to the glass of water. This creates an image of an impure heart. How is it different? What are some things you think can make a heart impure?

Read Proverbs 20:9; Mark 7:20-23; 2 Corinthians 6:14-7:1; Ephesians 5:3

- 1) According to Proverbs 20:9, what is a pure heart?

- 2) The opposite of pure is impure. Another word for impure is “unclean”. According to Mark 7, where does all impurity and purity begin? Who is responsible for you being pure or impure?

- 3) Even though it all starts in your own heart, 2 Corinthians 6:14-7:1 reveals that the world around us does (especially our peers) play a significant role in affecting our purity. What are some ways your peers are impure in everyday life?

- 4) Like Ephesians 5:3, several scriptures link impurity with sexual immorality (sex outside of marriage). What are some ways your peers are sexually impure?

Day 2: Who is the Perfect Model of Purity?

Describe what a person would be like if they were perfectly pure.

Read Hebrews 4:14-16

- 1) Why is Jesus able to sympathise with all your weaknesses – including your challenges with impurity (sexual or non-sexual)?

- 2) Why is Jesus a perfect candidate for the “perfectly pure” person?

- 3) How can knowing Jesus this way help you to transform the purity in your life?

- 4) Make a list of the ways you need to transform your own purity in order to imitate Jesus Christ.

Day 3: What Does God Want Your Purity to Look Like?

What do your peers expect of your purity? What do your parents expect of your purity?

Read *Ephesians 5:3-7; Matthew 5:27-30; Job 31:1*

- 1) How much is a “hint” of something?

- 2) In real life, what could a hint of impurity look like, including sexual impurity?

- 3) According to Ephesians 5:6, some people will try to “deceive you with empty words” that impurity is OK. What kind of “empty words” might your peers try to use to convince you that impurity (including sexual impurity) is OK?

- 4) What does it mean to look at somebody with lustful, impure eyes? Is this ever OK to do?

- 5) According to Matthew 5, how seriously should you take your sins of impurity?

Day 4: How Do You Transform Your Purity?

Begin by reviewing your list of the ways you need to transform your purity (from two days ago). Keep it near you as you study the following scriptures.

Read 1 Thessalonians 4:3-8; Psalm 119:9-11; 2 Timothy 2:22; Psalm 51:10; James 5:16

- 1) According to 1 Thessalonians 4, what are some things you need to do to stay pure?

- 2) How can you remain pure according to Psalm 119?

- 3) Practically, what can you do to live by God's word?

- 4) How can you "flee" from impurity?

- 5) According to Psalm 51 and James 5, what two things should you do regularly to transform your purity?

Day 1: What is Humility?

In your own words, write a meaning for the word humility. What is the opposite of humility?

Read 1 Peter 5:5; Ezekiel 28:1-5; Obadiah 3; Zephaniah 2:3; Matthew 18:1-4

- 1) One way to learn the meaning of something is to learn what it's not. According to 1 Peter 5:5, what is the opposite of humility (being humble)?

- 2) According to Ezekiel 28, what does a person with pride in his or her heart think he/she is? Why?

- 3) According to Zephaniah 2:3, what does a humble person do? How is this different from a proud person?

- 4) In Matthew 18, Jesus says we must become like little children to be truly humble. What about little children makes them good role models of humility?

- 5) Do you think being humble is popular among your peers? Why or why not?

Day 2: Who is the Perfect Model of Humility?

Describe what a person would be like if they were perfectly humble?

Read *Philippians 2:5-10*

- 1) According to Philippians 2:6, how did Jesus demonstrate humility first?

- 2) What is so amazing about this fact?

- 3) How did Jesus humble himself next (Philippians 2:7)?

- 4) To what extent did Jesus go to demonstrate his humility?

- 5) How did God reward Jesus for his humility?

Day 3: What Does God Want Your Humility to Look Like?

What do your peers expect of your humility? What do your parents expect?

Read *Ephesians 4:2; Philippians 2:3; 1 Peter 5:5*

- 1) According to Ephesians 4:2, how humble should you strive to be?

- 2) How are you challenged to be completely humble in Philippians 2:3?

- 3) How is being completely humble described in 1 Peter 5:5?

- 4) How can humility be like clothing?

- 5) When is it hardest for you to be completely humble?

At this point, do you see the pride in your life? Be sure to confess it to someone who you can trust and can help you. Pray together that God will help you transform your humility.

Day 4: How Do You Transform Your Humility?

Start with making a list of the ways you are proud toward God and other people (including friends, family, classmates, strangers). Be specific!

Read *Philippians 2:3-4; Ephesians 4:2; 1 Peter 5:5-7*

- 1) How can you consider others better than yourself?

- 2) In what ways can you put others' interests ahead of your interests?

- 3) How can being gentle help you to be more humble?

- 4) How can being patient help you be more humble?

- 5) In what ways is it challenging for you to “bear with” (put up with) other people? What type of people are hardest for you to put up with on a regular basis?

- 6) According to 1 Peter 5, what are some ways that you can transform your humility?

Day 5: Why Should You Want to Be Humble?

Decide today on one way you will make every effort to transform your humility. Talk to another teen and your mentor/discipler about your decision.

Read *Isaiah 66:1-2; Luke 14:11; Philippians 2:9*

- 1) According to Isaiah 66:1, what is always true about God that should always keep us humble?

- 2) How can we be constantly reminded of this?

- 3) In Isaiah 66:2, how does God feel about the one who is humble?

- 4) In Luke 14:11, what does God do to the one who is humble?

- 5) Who else received the same blessing?

Take time this weekend to review your study notes from this past week. Continue to pray about your transformation in purity and humility.

So, how's it going Transformer? You're nearly halfway there! Are you ready for *more*?

Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ***Do not conform*** any longer to the pattern of this world but ***be TRANSFORMED*** by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will. Romans 12:1-2

Before you embark on the final stretch of the Transformation Manual, a few reminders are in order to be sure you are getting the most out of it:

1. *Make every effort to work through the manual daily and stay up-to-date with your training. Each week consists of only five days of reading and short assignments for the weekend. Strive to be consistent!*
2. *Make sure your mentor/discipler is involved in your transformation! Share what you're learning with them (at least on a weekly basis). Ask them questions about things you don't understand. Pray with them. Imitate them as they follow Christ. You can learn from them!*
3. *Start to share what you're learning and how you're transforming with your parents and friends. Invite them to read and pray along with you. Invite your friends to a teen ministry Transformers event. Don't be afraid! What you're going after is what everybody really wants deep down inside anyway!*
4. *And don't ever stop having fun!!!*

With that said.....

TRANSFORMERS, - ROLL OUT!

Day 1: What is Honesty?

In your own words, write a meaning for the word honesty. What is the opposite of honesty?

Read *Proverbs 16:13; Proverbs 12:17; Jeremiah 5:1-2*

- 1) According to Proverbs 16:13, what characterises “honest lips”?
What is the opposite kind of “lips”?

- 2) According to Proverbs 12:17, what does a person giving “honest testimony” not do?

- 3) According to Jeremiah 5:1-2, what is an honest person seeking?
What does a dishonest person seek?

- 4) Other than honesty, what word consistently appears in each of the scriptures above?

- 5) Do you think being honest and seeking the truth is popular among your peers? Why or why not?

Day 2: Who is the Perfect Model of Honesty?

Describe what a person would be like if they were perfectly honest.

Read *John 14:6-7; John 18:37; 1 Peter 2:21-22; Matthew 19:16-23*

- 1) How does Jesus describe himself in John 14?

- 2) According to John 18:37, why did Jesus come to Earth? How should this influence your pursuit of honesty?

- 3) Deceit is a form of dishonesty. What does it mean that “no deceit was found in his mouth”?

- 4) A great example of Jesus honestly speaking the truth can be found in Matthew 19:16-23. List at least two ways that Jesus is perfectly honest in that passage.

Day 3: What Does God Want Your Honesty to Look Like?

What do your peers expect of your honesty? What do your parents expect?

Read *Leviticus 19:11-13; Deuteronomy 25:13-16; 1 Peter 2:1*

- 1) In Leviticus 19:11-13, God commands the Israelites not to be dishonest. List three different ways you should not be dishonest according to this scripture.
- 2) Positively, what are three different ways that you should be honest that are the opposite of the three “dishonest ways” you listed in no.1?
- 3) According to Deuteronomy 25:15, what is necessary for you to have in order to live honestly?
- 4) What parts of your life do you need to “measure” on a regular basis? What “accurate and honest measures” do you have available in your life?
- 5) What types of “measures” of honesty do your peers use?
- 6) According to 1 Peter, how much deceit/dishonesty should we get rid of?

Day 4: How Do You Transform Your Honesty?

Start with making a list of the ways you are dishonest with God and other people (including friends, family, classmates and strangers). Be specific!

Read 1 Peter 2:1-2; Ephesians 4:21-25

- 1) According to 1 Peter, what should you want in place of all the “malice, deceit, hypocrisy, envy, and slander” you get rid of?

- 2) What is “pure spiritual milk” (Hint: see Hebrews 5:12 for help)? How often should you be “drinking” it?

- 3) How will taking in this “spiritual milk” help you transform your honesty?

- 4) According to Ephesians 4:21-25, what must you first put off in order to grow in honesty? When are you most tempted to be dishonest?

- 5) What “new self” should you put on in order to grow in honesty?

Day 5: Why Should You Want to Be Honest?

Decide today on one way you will make every effort to transform your honesty. Talk to another teen and your mentor/discipler about your decision. Confess any sins of dishonesty/deceit and pray together.

Read Psalm 139; John 8:31-32; John 8:44; Revelation 21:8; Proverbs 12:22

- 1) What do you learn about God in Psalm 139 that should help you want to be honest with God?

- 2) According to John 8:31-32, what does truth do for our lives? How will being honest do this in your life?

- 3) Who is the “father” of dishonesty? Would you want God to compare you to him?

- 4) According to Revelation 21, what do liars earn themselves?

- 5) On the other hand, how does God feel about those who are truthful/honest?

Take time this weekend to review your study notes from this past week. Continue to pray about your transformation in honesty.

Day 1: What is Respect?

In your own words, write a meaning for the word respect. What are some other words that have the same meaning?

Read 1 Peter 2:16-18

- 1) In the West, we have many freedoms that much of the rest of the world does not have. Biblically, Christians have even more freedom, especially freedom from sin's death grip. What should your freedom be used for and not be used for?

- 2) List four different verbs used in 1 Peter 2:17-18 that indicate ways you can "show proper respect"?

- 3) How can fear be an expression of respect? What about submission?

- 4) How can respect be displayed through love?

- 5) Who should respect be shown to?

Day 2: Who is the Perfect Model of Respect?

Describe what a person would be like if they showed perfect respect to everyone. Would your friends want to hang out with this type of person? Why or why not?

Read *Matthew 22:15-22; Mark 14:32-36; John 13:1-5*

- 1) In Matthew 22, Jesus accuses the Pharisees and Herodians of trying to trap him. How were they trying to trap Jesus?

- 2) How does Jesus' response to them reflect the teaching of 1 Peter 2:16-18 (from yesterday's reading)?

- 3) Mark 14:32-36 records an extremely emotional moment in Jesus' life – a time of prayer before his death. What does his prayer in verse 36 reveal about how Jesus was feeling?

- 4) Despite his emotions, how did Jesus express proper respect for God through his prayer?

- 5) In what incredible way does Jesus show respect to his disciples in John 13?

Day 3: What Does God Want Your Respect to Look Like?

What do your peers expect of your respect? What do your parents expect of your respect?

Read *Malachi 1:6-8; Leviticus 19:3,32; Romans 13:1; Ephesians 6:5; 1 Thessalonians 5:12*

- 1) According to Malachi 1:6, what are two ways you should view God?

- 2) How was God disrespected by the Jewish priests in Malachi 1:7-8? How can you be disrespectful in the same way?

- 3) How should we show proper respect to God?

- 4) According to the other scriptures, to who else specifically should you be showing proper respect?

- 5) Make a list of ways you personally need to transform your respect in order to be in line with scripture.

Day 4: How Do You Transform Your Respect?

Start with making a list of the ways you are disrespectful towards God and other people (including friends, family, classmates, strangers). Be specific! Compare to your list from yesterday.

Read *Romans 12:3; Mark 12:28-31; Ephesians 6:1-2; 1 Thessalonians 5:12-13; Romans 13:1-7*

- 1) According to Romans 12:3, what should you do by faith? How can this be helpful in transforming your respect for God and others?
- 2) In Mark 12:28-31, Jesus teaches how best to respect God and others. What is the highest form of respect we can give?
- 3) How can we practically show this form of respect to God? How can we practically show this respect to other people?
- 4) How should you act towards your parents? What are some practical ways you can do this?
- 5) According to 1 Thessalonians 5:12-13, how can you show proper respect towards spiritual leaders?
- 6) How can you show proper respect towards other authority figures (government leaders, teachers, police, etc)?

Day 5: Why Should You Want to Be Respectful?

Decide today on one way you will make every effort to transform your respect. Talk to another teen and your mentor/discipler about your decision. Confess any sins of disrespect and pray together.

Read Hebrews 12:7-10; Genesis 1:26-27; Proverbs 13:13

- 1) Hebrews 12 states that if we are able to obey and respect our earthly fathers who should we be even more willing to respect? What is the greater blessing that comes from obeying God?

- 2) According to Genesis 1:26-27, in whose image are all humans created?

- 3) How should this truth influence why you respect *all* people?

- 4) According to Proverbs 13:13, who is rewarded?

Take time this weekend to review your study notes from this past week. Continue to pray about your transformation in purity, humility, honest, and respect.

Day 2: Who is the Perfect Model of Self-Control?

Describe what a person would be like if they were perfectly self-controlled.

Read Luke 4:1-13; John 4:31-34

- 1) Under what condition was Jesus (Luke 4:2) when Satan began to tempt him? What does he tempt Jesus with first?

- 2) What is your attitude like when you are hungry? How challenging is it for you to control yourself physically when you are hungry?

- 3) What other temptations challenge Jesus' self-control in Luke 4:5-12?

- 4) How does Jesus fight Satan's temptations and control himself?

- 5) According to John 4, what was more important to Jesus than physical comfort?

Day 3: What Does God Want Your Self-Control to Look Like?

What do your peers expect of your self-control? What do your parents expect?

Read Matthew 5:28; Ephesians 5:4; 1 Timothy 6:6-10; James 1:19-20

- 1) What part of your body does Jesus command you to control in Matthew 5:28? Practically, how should you control this part of your body?

- 2) What part of your body do you need to control according to Ephesians 5:4? Practically, how should you control it?

- 3) What desire do you need to control according to 1 Timothy 6:6-10? Why?

- 4) Even emotions and feelings need to be controlled (James 1:19-20), especially when they go against what God wants. James 1 talks about controlling anger. What other emotions may you have to control?

Day 4: How Do You Transform Your Self-Control?

Start with making a list of the ways you are lacking self-control (physically, emotionally, with money, in the way you talk, etc). Be specific! Decide which one you want to transform first.

Read Proverbs 25:28; 1 Thessalonians 5:6-8; 1 Peter 1:13; 2 Peter 1:5-7

- 1) In Proverbs 25:28, what is a man who lacks self-control compared to?

- 2) What appropriate “walls” or boundaries could you construct to help you be better self-controlled? (For example, don’t watch TV programmes or music with sexuality and vulgar language)

- 3) According to 1 Thessalonians 5, what can you “put on” in order to be better self-controlled?

- 4) How is this similar to what 2 Peter 1:5-7 calls you to do?

- 5) According to 1 Peter 1:13, how can you be self-controlled?

Day 5: Why Should You Want to Be Self-Controlled?

Decide today on one way you will make every effort to transform your self-control. Talk to another teen and your mentor/discipler about your decision.

Read 2 Timothy 3:1-5; 1 Peter 5:8; 1 Peter 4:7; 1 Timothy 3:2; Titus 1:6-8; Titus 2:11-12

- 1) According to 2 Timothy 3:1-5, what kind of “godliness” do people without self-control have? How else are these people described?

- 2) How does self-control protect you according to 1 Peter 5:8?

- 3) In 1 Peter 4:7, what does self-control allow you to do better?

- 4) 1 Timothy 3 and Titus 1 both list personal qualities that church elders must have. Why should you aspire to be self-controlled as a result of what you find in these scriptures?

- 5) Ultimately, what should motivate you the most to live a self-controlled life?

Take time this weekend to review your study notes from this past week. Continue to pray about your transformation in purity, humility, honesty, respect and self-control.

Day 1: What are Family Relationships?

In your life, how important are your family relationships? Who are you closest to in your family? Why are you closest to that person?

Read Genesis 2:18-24; Genesis 1:27-28; Deuteronomy 6:4-7

- 1) In Genesis 1, as God is creating the “heavens and the earth”, he consistently calls the things he creates “good” and “very good”. In Genesis 2:18, scripture records the first time God says that something is “not good”? What was not good according to God?

- 2) What does this tell us about how God feels about human relationships? Is it enough for humans to have a relationship with God alone?

- 3) According to Genesis 1:27-28, what does he command human beings to do?

- 4) Ultimately, this is how families are created. What is God’s desire for every family according to Deuteronomy 6:4-7?

Day 2: Who is the Perfect Model of How to Relate to Family?

What is your picture of the perfect family? How should a person with strong family relationships act?

Read John 10:30, 38; John 2:1-8; John 19:25-27

- 1) How does Jesus describe his relationship with God the Father in John 10? How is this the perfect model of family relationships?

- 2) How does Jesus display a proper mother-son relationship with Mary in John 2?

- 3) In John 2:1-8, does it seem like Jesus wanted to perform a miracle? Why does he do it?

- 4) In John 19, scripture describes Jesus' death on the cross. What is amazing about Jesus' words and actions in verses 25-27? What does this reveal about Jesus' relationship with his mother?

Day 3: What Does God Want Your Family Relationships to Look Like?

What do your peers expect of your family relationships? What do your parents expect?

Read Ephesians 6:1-3; Colossians 3:20; Psalm 133:1

- 1) After obedience to God, who should you be most obedient to next?

- 2) According to Colossians 3:20, how obedient should you be to your parents? In what areas is it hardest for you to be obedient to your parents?

- 3) According to Psalm 133:1, what should you aim for in your relationships with your brothers (and/or sisters)? Practically, how can you do this?

- 4) What are your greatest strengths and weaknesses in your family relationships?

Day 4: How Do You Transform Your Family Relationships?

Start with deciding what needs to change the most in your relationship with your family. Be specific!

Read Ephesians 5:1-2; Philippians 2:3-4; Proverbs 23:22-23

- 1) First and foremost, you are a child of God. As a result of this truth, how should you live in order to transform your family relationships, according to Ephesians 5?

- 2) What does true love require you do for others, especially your family? Practically, how can you do this?

- 3) What does Philippians 2:3-4 teach you that can help you transform your family relationships? Who should be the most important in your relationships with family: you or them?

- 4) According to Proverbs 23:22, what is the best thing you can do to be respectful and obedient to your parents?

Day 5: Why Should You Want to Have Good Family Relationships?

Decide today on one way you will make every effort to transform your family relationships. Talk to another teen and your mentor/discipler about your decision.

Read Psalm 68:6; Ephesians 6:2-3; 1 Timothy 3:5

- 1) According to Psalm 68:6, what do family relationships protect us from? How does this relate to God's concern for man back in Genesis 2:18?

- 2) If you obey the command to "honour your father and mother", what promise do you receive according to Ephesians 6?

- 3) According to 1 Timothy 3:5, how serious does God take family relationships? How do your family relationships reflect your spirituality?

Take time this weekend to review your study notes from this past week. Specifically, pray about your transformation in your family relationships.

Day 1: What is Training in Godliness?

What is necessary for you to train in something (sports, music, public speaking, etc)?

Read 1 Timothy 4:7-8

- 1) According to 1 Timothy 4:7, what should we avoid by training in godliness (god-like-ness)?

- 2) Give some examples of “godless myths and old wives’ tales” you might be tempted to get involved in today?

- 3) How can physical training benefit you? How can training in godliness benefit you?

- 4) What is the goal of training in godliness?

- 5) How long do the benefits of godly training last?

Day 2: Who is the Perfect Model of Training in Godliness?

Describe what a person would be like if they perfectly trained in godliness.

Read Luke 3:46-49; Luke 5:16; Mark 1:35; Matthew 4:23; Matthew 4:1

- 1) In Luke 3, we get a snapshot of Jesus' boyhood. What was so amazing about what Jesus did in this passage?

- 2) What was Jesus' primary concern at a young age?

- 3) According to Luke 5:16 and Mark 1:35, what was an important part of Jesus' training in godliness? What was Jesus willing to do to make sure he did this regularly?

- 4) According to Matthew 4:23, what did Jesus practise regularly as part of his daily routine? (Hint: There are at least three things)

- 5) In Matthew 4:1, we read about a particularly challenging aspect of Jesus' training. How did it train him in godliness? How can it train you in godliness?

Day 3: What Does God Want Your Training to Look Like?

How important is godly training to your peers? How important is it to your parents?

Read Matthew 6:31-33; Matthew 6:19-21; Philippians 2:12-13

- 1) According to Matthew 6:31-33, what does God want you to be “worried” about? What does he not want you to be worried about?

- 2) Practically, how can you seek godliness first before all other things?

- 3) According to Matthew 6:19-21, where should you be storing up your “treasures”?

- 4) What kind of treasures can you store on Earth? What kind can you store in heaven and how do you that?

- 5) Who does God hold responsible for your spiritual salvation? Practically, how should you “work out your own salvation”?

Day 4: How Do You Transform Your Training?

In what areas have you started training in godliness? In what areas should you transform your training?

Read 2 Timothy 3:16-17; Colossians 4:2; 2 Corinthians 5:11,17-20

- 1) According to 2 Timothy 3, what is useful to you in training in righteousness and godliness? Where can you find it?

- 2) How much can the word of God train you in godliness? How often should you use it?

- 3) What key to training in godliness can be found in Colossians 4:2?

- 4) What should your attitude be when you pray?

- 5) What does the fear (and love) of God lead us to do according to 2 Corinthians 5:11?

- 6) What does training in godliness lead us to become (2 Corinthians 5:20)?

Day 2: The Pattern of This World vs. The Pattern of God

In your own words, explain what the pattern of this world is. How do you see it in school and out of school?

Read Colossians 3:5-14

- 1) Colossians 3:5-10 describes the pattern of the world we live in. What are some characteristics of people conforming to this pattern?

- 2) Which of these characteristics do you see the most among your peers? Which ones do you see the most in your own life?

- 3) Colossians 3:12-14 describes the pattern of God and godly people (Transformers). What are the characteristics of people who transform to this pattern?

- 4) Which of these characteristics are strengths for you? Which ones need the most transformation?

Keep your eyes open for both patterns. Where do you encounter the pattern of the world most often? Where do you encounter the pattern of God most often?

Day 3: Transformed – From the Inside Out

What do your peers value more highly – your outward appearance or your character and personality? What do you value more in other people? Be honest!

Read 1 Samuel 16:1-13

- 1) 1 Samuel recounts God’s search for a new king, a “man after His own heart”, after Saul fails to remain godly as king. He sends the prophet Samuel to the family of Jesse of Bethlehem to anoint one of Jesse’s sons as the new king. What does Samuel think God is looking for in a new leader for Israel?

- 2) How do we make similar judgments of people today?

- 3) What is God really looking for in the new king?

- 4) What do you think God is looking for in a true transformer?

- 5) Where should your transformation take place first?

Day 4: What Do You Have in Mind?

What do you think your peers think about the most? What do you think about the most?

Read Romans 12:2; Philippians 4:8

- 1) According to Romans 12:2, how are you transformed? What kind of “new” things have you learnt from this manual?

- 2) According to Philippians 4, what kind of things should you set your mind on?

- 3) Give an example of each type of thought:
 - a true thought
 - a noble thought
 - a pure thought
 - an admirable thought

- 4) What can help you keep your mind thinking these thoughts throughout your day?

Day 5: To Know God's Will

Are you willing to continue to pursue godly transformation throughout your teen years? What barriers to transformation are you still facing today? Be sure to talk to your mentor/discipler about these barriers and your desire to overcome them.

Read Romans 12:2

- 1) Ultimately, what is the outcome of transforming your life? Why do you think this is so important?

- 2) How do you *test* something? Why is it so important to be able to test God's will?

- 3) How do you *approve* something? Why is it so important to approve God's will?

- 4) How does Romans 12:2 describe God's will?

- 5) Do you think your peers would want to know God's will? How can you help them know it?

Make a decision today to help other teens become transformers so that they can know God's will also. May God continue to bless your transformation!!!