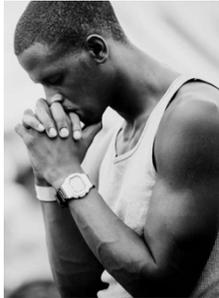


# Deane + Lostock Youth w/b 14<sup>th</sup> January 2018

## PRAY

'Lord, help me to make the connection between what I read in your Word and what I do in my life...'



## READ

Colossians 3:16  
(page 1464 in the Youth Bible)  
'admonish' means to advise/urge/warn

## THINK



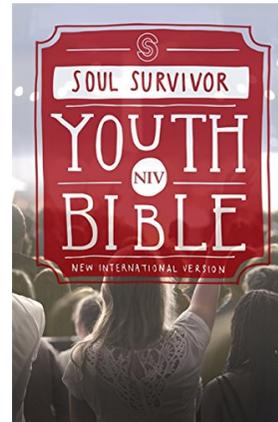
Just the very words are enough to make a fair proportion of Christians feel guilty – *quiet time*.

We all know we should be spending time reading the Bible and praying on a regular basis. But actually setting time aside can be really difficult.

We're all different – some of us can't have a conversation before 9.30 am, let alone pray, but others prefer to get everything done before sunrise (and then spend the rest of the day in bed).

Mr/Miss Super-Christian likes to get up early and spend the first four hours of every day with God, while Mr/Miss Normal struggles to get out to school, college or work on time – usually skipping breakfast and not even managing a 'Morning, God'.

Part of the difficulty is we sometimes feel that for something to be of benefit to us, it has to be difficult, boring or horrible. This verse questions that.



How does this verse describe some ways, which are not boring or difficult, in which Jesus' teaching can live in us?

## APPLY

We should try and explore different ways in which we can meet God – sitting down with your Bible in the quiet at 4 am is just one way. What's best for you?

If we want to follow Jesus, we need to follow his teaching, and his teaching is found, believe it or not, in the Bible. We need to let that teaching live in us. It is vital that we let what we read sink deeper into

our lives and become part of us.

Draw a schedule of an average day, putting in what time you get up, what time you go to bed and everything you do in between, including meals. Look at it. What's the best time on there to plan some regular time with God? Pencil in some time tomorrow to pray and read your Bible. And stick to it for the next week!

**This week, have a go at reading a bit more of Colossians each day.** Start with a short prayer, like the one above. Then already the Holy Spirit will be helping you to understand his word and make the connections with your life.

Read a few paragraphs... start with Colossians Chapter 1, Verses 1. Think about it. Maybe ask the questions:

(1) **What do these verses tell me about God?**

(2) **What do these verses tell me about me?**



Write down (on the back of this paper) anything that is new to you or anything that you don't understand.