

# Deane + Lostock Youth

## w/b 21<sup>st</sup> January 2018

### PRAY

*'Lord, help me to realise that things take time and that there is no quick fix to becoming a super Christian. I can only take one step at a time. Learning, growing and becoming more like Jesus.'*



### READ

2 Timothy 3:14-17  
(page 1486 in the Youth Bible)

### THINK



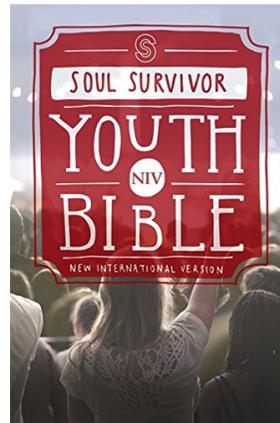
Instant coffee. Instant food. Results in minutes. Answers in seconds.

We live in a world where people want it all, right now. Lifestyle magazines tell us that

we can have a flat stomach in a matter of weeks or that we can have bums that don't 'look big in this' in no time at all.

The problem is that life isn't instant. It never has been and it never will be. For a start, the average human will be on this planet for approximately 70 years. Although we may be promised that we will lose a miraculous amount of weight in a really short time, the truth is likely to be different. And they never mention that we will have to constantly watch the calories and tone the abs in order to maintain the six-pack.

The Apostle Paul writing to Timothy makes it clear that the Bible is important for him, and for us as well. If we want to live in the right way, then the Bible is a vital tool. Timothy had been taught from the Bible when he was a boy, and Paul urges him to continue reading it as he grows older in order to continue his growth. It is the same for us. We can't expect to know everything and instantly to be the best Christian. It takes time, discipline and regular Bible reading. In other words, we need a regular spiritual workout, which should include God's word.



### APPLY

Decide today how often you will read the Bible and when you will do it. Just as you

regularly watch a TV programme, phone a relative or message a friend, make a promise to yourself and God that you will set time aside to read the Bible.



How did you get on with reading Colossians last week? Was there anything that you didn't understand? Anything that surprised you? Challenged you? Encouraged you? Do let a youth leader know if so.

This week, how about reading through Psalm 8 (page 634 of the Youth Bible)?

Who wrote Psalm 8? (Clue: see the sub-heading)

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What does Psalm 8 tell us about:

1. God? .....

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2. Us? .....

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