



DIGGING IN

Getting the Scoop on God

THE SCOOP ON GOD

TAKING IT INWARD

Swimming Upstream

Challenges/Struggles	My Reminder
Example: peer pressure	Example: Because God <u>has given me a spirit of power</u> , I will <u>rely on this power to stick to my guns</u> .
1.	
2.	
3.	

CROSS-CHECKING

Open Supply Lines

Psalm 118:1-8

Romans 8:15-18, 31

Hebrews 13:20-21

TAKING IT INWARD

Cosmic Commotion

Prayerfully consider how the info you've uncovered about God can help you in the challenges and struggles you listed in the left-hand column of your chart. In the right-hand column, write a reminder—a statement of resolve you can easily remember based on 2 Timothy 1:1-10.

If you don't have any challenges listed above—or if you have extra time—write out a reminder for when you find yourself in one or more of these situations:

1. When you face sexual (or other) temptation.
2. When you feel like the only person around trying to live a godly life.
3. When you're depressed or anxious about life.
4. When you're grieving a loss.
5. When friends or coworkers put you down because of your Christian faith.