



## JOURNAL PAGE HIGH SCHOOL 1 SESSION 2

### DIGGING DEEPER



#### Sharper Image

Take a moment to think about what you just read. You may be thinking, *Great info about Jesus, but so what?* Good question. The chart below is a picture of a cross. Your job is to fill both sides of the cross with info about your spiritual journey using verses from God's Word. The cross in the middle of the two columns stands for the moment you accepted ("believed in," to use John's words) Jesus as the Christ, the Son of God. Read the three Bible passages below. As you read the passages, write to the left of the cross what you were like *before* Jesus. Write to the right of the cross what you are like *since* Jesus. Make it personal by using words such as *me*, *I*, and *my*.

If you don't think of yourself as a believer, you can do this exercise one of two ways:

1. Think of a friend who is a believer, and do this exercise with that friend in mind. You can re-title the chart, "What I Learn About My Friend, \_\_\_\_\_."
2. Think of the "Before Jesus" info as describing your life *now* and the "Since Jesus" information as describing how your life *could be*. If you want to accept what your life *could be*, be sure to share that with your leader after this exercise or before your group is dismissed.

### What I Learn About Me

Before Jesus	Since Jesus
<b>Colossians 1:13-18</b>	<b>Colossians 1:13-18</b>
<b>1 Peter 1:17-25</b>	<b>1 Peter 1:17-25</b>
<b>1 John 1:1-7</b>	<b>1 John 1:1-7</b>

Take a minute to read over what you put in the right column. These are things you can take advantage of *right now*. But how can knowing these things affect your day-to-day life? If you can't answer that question clearly, the next step will help.

Here are several scenarios you might be dealing with. As you read them, think about which statements about Jesus from Scripture could be a source of encouragement in each scenario. Write your thoughts or copy the verses in the space provided.

1. Dealing with temptation...

2. Navigating family problems...

3. Relating to people who are hostile to the Christian faith...

4. Overcoming difficult circumstances such as disease or tragedy...

5. Letting my life be a witness to the light (like John the Baptist in John 1)...

One more thing. If you don't consider yourself a believer, answer this question: Which column of information—"Before Jesus" or "Since Jesus"—would you rather have describe your life? If you're feeling drawn to the "Since Jesus" column, don't wait. Share that with your group leader today. Don't go home without doing this!

## **WRAPPING IT UP**

*Truth in Action*

### **IMAGE UPDATES**

1.

2.

### **TRUTH TO BE CHANGED BY**

1.

2.