

# BASIC TRAINING WORKBOOK



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A comprehensive youth discipleship guide that integrates knowledge and experience to produce fully devoted followers of Christ.

# GYMN BACKGROUND AND AUTHORS

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Global Youth Ministry Network exists to equip youth leaders internationally. We use the tools of seminars, seminar follow-up, national leaders and worldwide trainings through multiplication to accomplish the vision God has given us.

This tool called, *Basic Training*, was created because of the need for a resource for youth leaders that was NOT written by and for youth in North America. Although leaders in the USA wrote much of this, big portions were written and reviewed by youth leaders from Africa and Asia as well. This ensured us that it could be used in diverse cultural settings, stripped of Americanized youth culture oddities.

## **THANK YOU TO THE FOLLOWING WHO CONTRIBUTED TO THIS PROJECT:**

**Penny Davis**, my dear wife, friend and partner in life and ministry. Your unceasing love, commitment and care for me and the mission God has given us astounds me. I know you would minimize your work in this project, but God has maximized your gifts, talents and love for Him in the way you selflessly give of yourself to Him and to His people and specifically to this huge project. You are the best and God is using you mightily just where you are

**Joel and Joy Dombrow** who planted the seed of this project and contributed to many aspects of it. Thank you for your heart for Christ and a deep desire to see young people come to a deep level of commitment and action in their life. Your heart to unselfishly give this material you poured yourself over for the sake of youth around the world shows me how your heart is tune with Christ's in your love that knows no borders. May God continue to bless you with young people who become grounded in the Basic Training of the faith.

**To the all of the overseas staff of GYMN** including, Nick Korir, Ghie Morado and Herman Dionson who all contributed to this endeavor. You are the catalysts for this work. May it be a mighty tool in your hands as you use it and multiply it literally around the world. Your heart for young people to become quality leaders is evident in every action you take and in every word you speak.

## **FOR MORE INFORMATION ON GLOBAL YOUTH MINISTRY NETWORK, ITS MISSION, MATERIALS AND SEMINARS, CONTACT US AT:**

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# HOW TO USE THIS WORKBOOK

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Our goal for you as a youth leader is for you to have a tool that you can use to build God's principles into your life and into the lives of your young people. When you build anything you must have a good, solid foundation. That is why we titled this book, *Basic Training*. We want you and the young people to have a basic foundation for your faith. Do not be confused, even though we say "Basic", we do not mean simple or really easy. This will be a challenge, but a challenge that is well worth the effort once you see what God has built in and through you. Where do you start? Well, it is one thing to have a tool, but the most important thing is that you have creative ways to use it. Here are some ideas:

**One-on-One:** You or your youth leaders can use this tool with one other young person. You can meet weekly or at minimum twice a month to review this information. It is best used when you give the information to the young person in sections. Have them complete one lesson within that section per week. This will give you plenty to talk about when you meet with them. It is important that you do this on your own as well. Within the lessons we ask them to tell you things and to report on the weekly missions they accomplish.

**Small Group:** Another option is to create a small group or cell group meeting to use this material. You can use this along with some times of praying and sharing together to make a complete group meeting. Again, weekly is the ideal time and it is best to give this out in sections to the youth. Ask them to complete one lesson each week. If they get behind, have them catch up! Be ready with your own questions and review of the materials at your meetings. Discuss the content, the key memory verse and the actions they took under the Your Mission section.

**Teach With Assignments:** You may also use this material as your weekly youth meeting or large group discipleship meeting. You can use the ideas as the main teacher, but add your own insight and cultural illustrations. Then you can use the lessons as home study/devotions for the youth. This will help them become disciples by adding experience to their knowledge. Again here you can add the idea of small groupings within your large group meetings for discussion, feedback and accountability.

**Key Verse Bible Memory:** In each lesson you will find a key verse within the lesson somewhere. We strongly encourage you to challenge yourself and the youth to memorize the verse each week. We have given you a Key Verse Sheet with all of the verses on it in the back. This can be copied and cut into small cards to use for memorization. The key to memorization is repetition. Many recommend that once you know the verse you review it daily, weekly and monthly so that it sinks into long-term memory. Creatively use this by offering prizes, incentives, etc... for those who have memorized the verse(s).

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## INTRODUCTION

# BASIC TRAINING BIBLE STUDY

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As you begin this study, please take a few minutes to honestly answer the following questions.

? Why are you choosing to do this study? List the reason(s) below and explain.

? What do you hope to gain as a result of this study?

? According to the passage below what are the results of having a good foundation and the consequences for a bad foundation?

**“I will show you what everyone is like who comes to me and hears my words and obeys. That person is like a man building a house who dug deep and laid the foundation on rock. When the floods came, the water tried to wash the house away, but it could not shake it, because the house was built well. But the one who hears my words and does not obey is like a man who built his house on the ground without a foundation. When the floods came, the house quickly fell and was completely destroyed.” Luke 6:47-49 (NCV)**

- Good Foundation - Results?
- Bad Foundation - Consequences?

? Do you think it is easier or harder to build a good foundation? Why?

? What do you think motivated the wise man to build a good foundation?

*“We believe that God’s word at work in your life will provide you with a strong foundation and will dramatically change your life.”*

A foundation for life is essential. What is your life founded on? What ultimately determines the decisions you make and the person you are becoming? Is it your friends, parents, teachers, coaches, yourself, another god, or the God of the Bible?

We believe that God's word at work in your life will provide you with a strong foundation and will dramatically change your life. With a strong foundation in place, we want each of you to build a life that is significant; a life that is in touch with God; a life that is purposeful, which will impact those around you. If you faithfully work through this study your foundation for life WILL be strengthened. Read the words written by the Old Testament prophet Jeremiah:

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD...*” Jeremiah 29:11

➡ Circle the three different plans God has for you from the verse above.

God promises to provide these three things for you personally. God has plans for YOU; do you see them? He offers hope; have you grabbed a hold of it? He asks that you call out to Him (or talk to Him) and He will be there to listen. Come and seek him with all of your heart and He promises you will find Him.

The *purpose* of this study is primarily for you to get to know the God of the Word, not just the Word of God. We hope that this would be a relationship with God, not a ritual with God. This study is designed to give you a foundation of knowledge and godliness that you would be wise to build your life on. There are three major aspects to this study that you will see in each section; they are *study*, *meditation*, and *action*.

Each time before you sit down to work on a lesson you will be given a choice. You can decide that it is something that you are required to do, like a science project, and you may complete the work, fill in the blanks, and even do the exercises, but in the end there will be no life change. This would be dreadful...a waste of time. The other option is to study each lesson and let the truths sink deeply into your heart. Once truths are imbedded in your heart and mind, they will become a part of who you are and will motivate you to turn the truth into action. The goal is to allow this truth to impact your life in your hands, feet and eyes. Permit this truth to change you from the inside out. The choice is yours!

To help you get the most out of this “Basic Training Bible Study” continually remind yourself of these three steps: *study*, *meditation* and *action*. Can I repeat that so you will remember it, *study*, *meditation* and *action*? Get it? Got it? Good! Let us begin.

## Study

The knowledge we hope you receive will come from your study of God's word and the notes we give you. But we want to challenge you to go even beyond this study guide into deeper study. Do not be afraid to do some digging in the Bible yourself looking up additional truths on the topics we cover.

While other books, commentaries, and Bible teaching tools are helpful, the Bible must always be the first place you go for knowledge and truth. While the Bible was written roughly between 2,000 and 3,500 years ago, it is still just as useful and relevant as ever...because the principles are timeless. Why? Because they are true! Go ahead and read **2 Timothy 3:16-17** and list what the verses say the Bible will do for you (what is it useful for?)



Regular Bible study is essential. Just as food is essential for you and I to live physically, the Bible is essential for us to live spiritually. Read **Matthew 4:4** and **Jeremiah 15:16** and write below how the Bible is like food.

*Note:* If you had a hard time finding various passages, do not sweat it! Make it a personal goal to become more familiar with using your Bible by using the index at the beginning of your Bible to help you to start diligently looking up passages! You will find that in time you will no longer find it necessary to use the index!

*“Just as food must be digested in order for us to gain strength from it, the Bible must be digested as well.”*

## Meditation

**Just as food must be digested in order for us to gain strength from it, the Bible must be digested as well.** The digestion process of God’s word we call meditation.

Meditation does not mean you have to surround yourself with candles, sit with your legs crossed, and chant “Ohmm...” repeatedly. Meditation is the act of **deeply thinking** about what you know or have come to know. To meditate on God’s word is to absorb it and make it a part of you. Simply put, meditation is making truth your own. (see **Psalm 19:14**)



Write below what **Joshua 1:7-8** says about God’s word; specifically about meditation. When does the passage say we should meditate?

The verse you looked at in Joshua said we should meditate on God’s Word day and night (also see **Psalm 1:1-2**)! There are many ways to meditate. Be creative in this process; If possible, do your study outside, or keep a separate journal of your own thoughts. Write what you learn and your prayers to God (this will also help you not to fall asleep in prayer). You may want to do some of this study with another friend on occasion (but remember it is important that you stay focused). Another idea is to write one truth from your study that day on an index card and quickly review it at

each meal and before you go to bed at night. Find ways to place the truth deeply into your life.

**\*\*Note:** Memorization can be a great way to help you meditate on a passage. In every lesson you will find a **"Key Verse"** in the margin. Although it is not required, you may want to consider memorizing these verses! There is also a key verse sheet at the end of the notebook that you can use as a tool.

### Action

Without action, study and meditation have not accomplished their purpose. Food needs to be eaten, chewed and placed into action in our blood stream to make us move, make new cells, etc... The food makes a difference only when it is activated, or put into action.

Read James 1:22-25 below and answer the following questions:

***"Obey God's message! Don't fool yourselves by just listening to it. If you hear the message and don't obey it, you are like people who stare at themselves in a mirror and forget what they look like as soon as they leave. But you must never stop looking at the perfect law that sets you free. God will bless you in everything you do, if you listen and obey, and don't just hear and forget."*** James 1:22-25 (CEV)

- ➔ What are the requirements you see?
- ➔ What does the passage say you will receive if you obey what you learn?

Below is a list for you to review and look back upon throughout your study. Ask yourself as you read each verse in this study, ***"Do I have any..."***

- ...promises to claim
- ...attitudes to change
- ...sins to confess
- ...commands to obey
- ...examples to follow
- ...actions to take
- ...challenges to accept
- ...skills to learn

*These questions will help you move your knowledge into action.*

One more time, list here the three main steps we have discussed for this study.

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As you begin this foundational study you will find we will always provide some action steps and some further study ideas. The action steps are requirements but you may choose to do additional further study with the other options listed.

*For additional study on this introduction read...*

- Joshua 1:7-9
- Psalm 119:97-104
- Mark 1:35

At the end of each lesson there will be a “Mission” for you to complete. (After all, this is a “Basic Training” Bible study.) It is expected that you complete and document each mission that you are given and share it with someone. The goal is not only knowledge, but also life-change. In fact, your first mission is given below!

### **INTRODUCTORY MISSION:**

So that you do not begin this process and then quit, ask someone to keep you accountable to this study (maybe a youth leader, a parent, another teenager, etc.). Tell them that you are doing this study and you want them to ask you how it is going to make sure you are finishing what you began. Please have this “accountability partner” sign and date in the space below.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sign here to commit yourself. I, \_\_\_\_\_, desire to grow in my faith and I realize that nothing in life is more worthy of my time, effort, and energy than simply to know God better. I will work at this study on a regular basis with God’s help and will ask questions as they arise. (As you work on a study you may want to write down any questions you may have in the margin.)

*Please make a commitment to do this study on a regular basis. Stop now and pray for God to give you discipline, a quiet place, and a good time to work on this study. If you miss a day or even a week, do not give up. Start again where you left off...but remember you have a time limit to complete each session.*

*If you do not complete a session within the time period you will simply have to go through the same study again (which is not a bad idea anyway), then after your session has been turned in and looked over, you can proceed to the next session. Enjoy!*

**BASIC TRAINING WORKBOOK**

**SECTION 1**

SAMPLE

# LESSON 1

## GOD IS UNIQUE

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➡ In 60 seconds jot down as many words that describe God as you can think of. Do not forget to time yourself!

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Who is God? What is He like? This is a question that man has asked since the beginning of time. To find an answer, people have looked to many different sources like nature, humanity, logical thinking, emotion, and even their own experiences. However, each source can provide different answers, which frequently may contradict one another. As Christians, we have a standard of truth that remains constant and gives us answers to these questions. That truth is the Word of God. We will look today at what God's Word says about...well, God. It is critical that you know the truth about God because it is difficult to place your faith in something about which you know little. We need to know about God so that we know what we believe and why we believe it. We also need to know about God so that we are able to recognize false teachings about God, which distort and confuse the truth.

Right or wrong, you have some preconceived ideas about what God is like. Try to put some of that aside and let your study of God's Word teach you directly about who He is.

➡ Where did God come from? Fill in the missing words (from the NIV).



“ \_\_\_\_\_ created the heavens and the earth.”

**Genesis 1:1**

“For this is what the Lord says, he who created the heavens, he is God; he who fashioned and made the earth, he \_\_\_\_\_ it...I am the Lord, and there is no other.” **Isaiah 45:18**

“Do you not know? Have you not heard? The Lord is the God, the Creator of the ends of the earth.” **Isaiah 40:28**

“Before the \_\_\_\_\_ were born or you brought forth the earth and the world, from \_\_\_\_\_ to \_\_\_\_\_ you are God.”  
Psalm 90:2

“Your throne was established \_\_\_\_\_; you are from all \_\_\_\_\_.”  
Ps. 93:2

So, where did God come from? He came from everlasting! And He is going to everlasting! That means that God always was and always will be. Everlasting is not the same as “long-lasting”. God is not really, really old. He has no father or mother. He was never born. He just is! He will never die. He has always existed and the only things that have been created in nature are things that He has made. Everything else that we know has had a beginning and an end. You see, we live bound by time and space, but God does not so the terms “beginning and end” do not apply to Him.

**Key Verse:**

*“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth.”*

Isaiah 40:28 (NIV)

The idea of eternity and something being infinite is difficult for us to understand, in fact, it is really a concept that we cannot fully grasp with our finite minds. Yet this does not mean it is not true. For example, people have had difficulty explaining the concept of ice to natives who live in warm climates and have never seen it before. For them the notion that water could become solid was laughable. Ice is simply outside their sphere of knowledge. But this obviously does not mean ice does not exist. Similarly, the idea of eternity is outside our sphere of knowledge.

➡ Look up the word “everlasting” in a dictionary or thesaurus and write some synonyms (words that mean the same thing) of this word.

Read Exodus 3:14. How does God describe Himself to Moses? How does this description, or name, show His eternity?

? Which makes more sense...to say that some cosmic sub-atomic particle (i.e. matter) has always existed or that something (or Someone) transcendent of time (outside of time, not bound by time), space, and matter has always existed?

How can matter, which is bound by time and space, also be unbound by time and space? The bottom line is that in order for anything to exist today, something has to have always existed. **Both views take faith to believe as truth.**

*\*\*If you are interested in learning more on topics like “Does God exist?”, “Is Jesus really God’s Son?”, and “Is the Bible true?”, please mention this to Joel and we*

*will look into creating a section specifically geared to tackle these kinds of questions.*

**?** “Unique” means different from all others; Having no like or equal; One of a kind. Before you continue, can you think of some things that make the God of the Bible different from gods of other religions? How is He unique?



**Read each of the following Scriptures.** Note what each has to say about how God is unique. You may want to underline, highlight, or list the verses in the back of your Bible so that you are always ready to answer anyone who makes false claims about God.

- John 4:24
- Numbers 23:19
- Deuteronomy 6:4-5
- Isaiah 43:10
- Isaiah 44:6
- Isaiah 44:8

Isn't it comforting to know that we worship a God who is not just like human beings? He did not start as a man and ascend to godhood, nor does He have humanly limitations or failures. He is above all of creation, all of time, all sin, and all imperfection. He is the Creator...we are the created. Praise, adoration, and worship is what God desires from us.

He alone is worthy of our praise. We do not worship Him because we have to, but because God deserves it! We are to love Him with all of our heart, with all our soul, and with all our strength. He is the only true God, and beside Him there are no others. He has no worthy competition. Yet, each of us has things in our life that we place, at times, above Him in our priorities.

**♥** What are some “gods” in your life that steal your time and affection away from the one true and everlasting God?

How do you think these things make God feel?

**➡** Read Exodus 20:3-4. What is the first of the Ten Commandments that God gives to Moses? Why do you think the Lord starts with this one?

## **YOUR MISSION:**

God is unique, as the creator of the world, He is eternal, He is spirit, and there has never been and never will be another god like Him. We have also seen that He is jealous for you. He wants your love and your worship. Would you give it to Him now? Maybe you have allowed yourself to “worship” other things of this world. Go to Him now and praise His wonderful name.

⚡ This evening (or the next clear night) go outside (preferably away from city & street lights) find a place where you can look up at the stars. How many were you able to count? God created those, and billions upon billions more. What thoughts ran through your mind as you counted the stars?

♥ Now open your Bible to Isaiah 40. Read verses 25-31 aloud to God as if you had written them.

♥ *Below, write a meaningful prayer to Him. Confess your distracted heart (see Heb. 12:2a) and tell Him that you desire to worship Him alone.*