



TEEN CHALLENGE

THE
959
PLAN

6 MONTH JOURNAL

THIS JOURNAL BELONGS TO:

PLEASE RETURN TO:

SPECIAL THANKS TO:

Kevin Cummings, Executive Director; Emerging Leader Interns, Staff and Students of Southwest Florida Teen Challenge, for assisting, rewriting and illustrating this Teen Challenge edition of the 959 plan.



TEEN CHALLENGE

THE **959** PLAN



Beginning your journey with God by spending a minimum of
9 minutes and 59 seconds a day
in his word and journaling His plan for you.

A SPIRITUAL FITNESS PROGRAM



FORWARD

I had been a Christian for about 2 years when the pastor of my church informed our men's Bible Study that he had invited Pastor and Author Peter Lord to come and teach us his 959 Plan. He assured us all that this study would be unlike any other. Having been in many Bible Studies, I wondered just what this 959 Plan entailed. What would make it so different? My pastor explained that the 959 Plan was a "tool" that would teach us to hear God's voice. Since I previously learned that every word in the Bible was "God breathed," wasn't reading it the same as hearing God's voice? His answer was both yes and no.

For the next four days Pastor Lord taught us that God does speak to us through His Holy Word, the Bible, but a deeper, more personal relationship could be developed by hearing His voice when He spoke to us individually about our lives. Unbelievable! The God of all creation wanted to speak to me personally about the things going on in my life! All I had to do was "learn to listen." I use the phrase "learn to listen" because, as Peter Lord explained, God's words would not necessarily be audible. Rather, His Spirit would speak to me in my thoughts. I was then to write these thoughts down in a journal. The challenge would be learning to know which thoughts came from God and which were simply my own.

The 959 Plan taught me how to hear and journal my conversations with God. Now 30 years later, I have a bookshelf nearly 4 feet long filled with journals containing records of His love, acceptance and forgiveness. They are the prayers and answers He has given me. They continue to bring me both joy and a peace I never thought possible. True, there were some dark times, yet God's assurance and love was always present, even when I was only able to manage 9 minutes and 59 seconds of time with Him.

The 959 Plan taught me how to listen. Through it, my wife and I have been able to experience and share the blessings that come from being obedient to what we have heard. I am one of the thousands of people who had their life changed by following the 959 Plan and using his techniques for journaling. Also, thank you Pastor Jamie Stilson for sharing your teaching on journaling.

Thank you Pastor Peter Lord for sharing this special gift God has given to you.

March 19, 2013

Bob Manderscheid

Follower of Christ and Teen Challenge Director

A very exciting side note:

I spoke with Pastor Lord in 2011 and asked if we could present a 959 Plan geared specifically for the Teen Challenge Program. He not only generously gave Teen Challenge permission, but also has given us the right to do whatever God directs us to do with it. In this edition, images have been updated and additional sections added, but Pastor Lord's original message of hearing God's voice is fully intact. Teen Challenge intends to feature the 959 Plan on their Global Teen Challenge website. Thus allowing thousands around the world to experience the joy and blessings that come from learning how to listen, hear and apply God's voice in their lives.

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THE **TEEN CHALLENGE**
959
PLAN

(let's get started!)

INTRODUCTION

The primary goal of the Teen Challenge Program is to provide our students with an environment and the necessary “tools” to facilitate an encounter with Jesus Christ. This encounter, we hope, will evolve into a growing and intimate relationship with a loving Savior who has the power to transform your life.

The 959 Plan is simply a “tool” that will help to foster this relationship by journaling God’s specific words to you as you read and meditate on any portion of Scripture. It will teach you to feed yourself with God’s Word (Scripture) and with God’s specific words to you for that particular day and situation. Upon graduating Teen Challenge, you will have a year’s worth of God’s words, impressions and direction for your life – a roadmap, so to speak, of God’s will for the future direction of your life.

Many of us have to go through pain, suffering, sorrow and misery before we turn to the Lord. God wants to give you His plan and His purpose for your life. Often we run into roadblocks when considering the difference between His will and our own – that is where the 959 Plan comes in – supplying what God wants to show you daily to achieve His plan. The most difficult part of hearing and obeying the words God gives you is overcoming the IWDWIWDWIWDI – which we are all born with. (I want to do what I want to do when I want to do it.)

God’s words lead you, over time, to want only His perfect will for your life instead of your own will. You are on a journey with a destination to no longer seek out sin, but rather, to avoid it altogether. God wants to ignite your imagination; to change your thoughts, to give you hope, faith and a vision for your life.

With the 959 Plan you will learn to quiet your mind and receive His words from a place within you that once was empty, but now has been illuminated – a place where His life now lives in you. Once God places His life and light within you, you can receive His words in that place. Those thoughts will seep into your mind and become His words to you. The wisdom of God is greater than the wisdom of this world. Be encouraged as you move forward in your new life, resurrected and transformed into a new creation through our Lord Jesus Christ.

Psalm 46:10 “Be still and know that I am God...”

THE 959 PROGRAM SETS THE PACE



You will find that the 959 Program is...

SIMPLE

Easy to understand and easy to follow.

BALANCED

Provides the basic requirements for Christian fitness.

CONVENIENT

Can be done anywhere and every day, no matter what the circumstances.

PROFITABLE

Brings spiritual fitness with all its enjoyments and keeps out life-souring spiritual diseases (fear, worry, envy, etc.)

PERSONAL

Requires no one else; you can do it by yourself.

SUPERVISED

By the Holy Spirit, the Author of the Book — Who is always present when you read and will make His truth come alive for you.

LIFE CHANGING

When you become a Christian, God put His own life in you: you become His child. You must grow and develop by being fed and exercised. As your life in Him grows you will become more and more like our heavenly Father as you learn to “hear” and obey His words to you.



YOU'LL BE UP AND RUNNING

Experience has proven that putting
this program into practice will...

INCREASE YOUR ABILITY TO

Perceive and enjoy spiritual truths.

INCREASE YOUR ABILITY TO

Put away those things that destroy and hurt relationships with others.

INCREASE YOUR ABILITY TO

Do more good in less time, as you give your God-directed service back to Him.

INCREASE YOUR ABILITY TO

Maintain a proper balance between the different areas of your life.

INCREASE YOUR ABILITY TO

Recognize the Enemy's strongholds and how to stand against them.

INCREASE YOUR ABILITY AS

God's child to be able to hear His voice, to know Him and to follow Him.

INCREASE YOUR ABILITY TO

Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the Word of truth.

THE 959 PLAN

This is a beginning plan, a place to start for the person who wants to achieve spiritual fitness – just 9 minutes and 59 seconds (ten minutes) a day! It works regardless of age or sex or race or culture or situation or place.

The 959 Plan is a guide to help you learn to hear God's voice:



SUSTENANCE

“Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.” - **Mathew 4:4**

DISCIPLINE

“Discipline yourself for the purpose of godliness . . . since it holds promise for the present life and also for the life to come.” - **I Timothy 4:7, 8**

DESIRE

“Like newborn babes, long for the pure milk of the Word, that by it you may grow in respect to salvation.” - **I Peter 2:2**

RESULTS

“That out of His glorious riches He may strengthen you with power through His spirit in your inner being, so that Christ may dwell in your hearts through faith ... that you, being rooted and established in love, may have power (together with all the saints) to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.” - **Ephesians 3:16-19**

The Christian's spiritual growth and fitness – like physical fitness – comes from choices and commitment.

DO YOU QUALIFY?

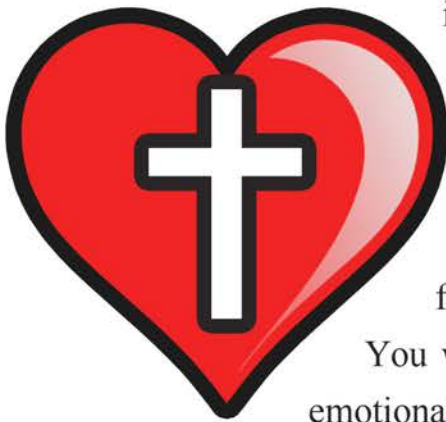
To qualify for the “Spiritual Fitness Program,” you must be a child of God. Jesus said you must be born again. The Apostle Paul gave the Corinthians a “qualifying test.” You can take it, too.



THE TEST

- “Check up on yourselves.”
- “Are you really Christians?”
“Do you pass the test?”
- “Do you feel Christ's presence and power more and more within you?”
- “Or are you just pretending to be Christians when actually you aren't at all?” - II Corinthians 13:5 TLB

You may be able to pinpoint the exact moment when you became a Christian. Or you may not. You may have felt some intense emotions or nothing at all. Possibly all you know is that right now Jesus is your Savior and Lord. Whichever, an amazing thing took place. God, by a miracle of divine grace,



implanted His life in you. The Holy Spirit impregnated your spirit with God's seed (I Peter 1:23). God became your heavenly Father and you became His child. Like what happened when your earthly parents gave life from their living bodies that became your life.

You were born. You grew and developed with the emotional and physical likeness of your earthly parents.

Their life enables you to live in time and space. Being born God's child makes you able to grow and develop to be like Him. God's eternal life in you is His immeasurable great power (Ephesians 1:19) for you to live now, day by day, like Him and some day to live in heaven eternally.

AS GOD'S CHILD...

1. You will desire to learn and keeps His Word I John 2:3; 5:3
II John 6
2. You will acknowledge the requirements for effective praying
 - a. a clean heart Psalm 66:18
 - b. obedience to God's commands I John 3:21
 - c. praying according to God's will I John 5:14, 15
3. You will dislike sin and desire to be clean I John 1:8; 2:2
4. You will accept God's forgiveness for sin I John 2:12
5. You will practice right living I John 2:29; 3:10
6. You will express love to others 1 John 2:7-11
John 13:34, 35
7. You will receive God's peace for your life John 14:27

If you qualify, thank God for making you His child and tell Him that you want to be more like Jesus. If you are not yet God's child, then you can be. By faith, you can ask God to implant His life in you. And He will!

Some verses to read and think about are:

John 3:26
Acts 4:12
Romans 10:9
1 John 4:9

“To all who receive Him, to those who believe in His Name, He gave the right to become children of God – children born not of natural descent, nor of human decision or a husbands will, but born of God.” **John 1:12, 13**

**“When you are ready, pray this with all your heart.
Put your name and date on the following lines.”**

Jesus, I believe you are Lord and that God raised you from the dead. I want to surrender my life to You and make You Lord of my life. I, _____ thank you Lord, that You saved me on _____ and I am now Your child. I therefore ask You to help me as I start to grow and develop the way You want me to. Help me to hear and journal Your words to me. Once you have accepted Christ as your Savior you can begin working on your relationship with Him.

ACHIEVING SPIRITUAL FITNESS

Man made in the image of God has a spiritual nature as well as a physical nature.

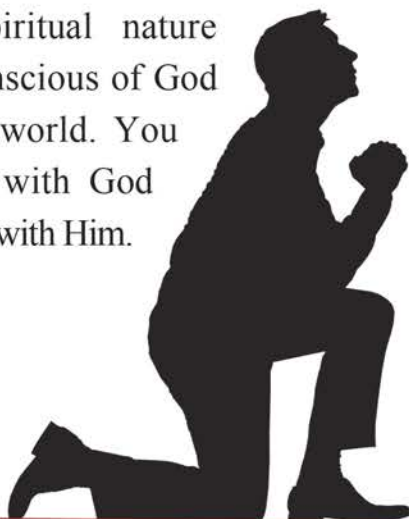
PHYSICAL

Through your physical nature (body) you are conscious of the world around you and of other people. You have contact and communication with others.



SPIRITUAL

Through your spiritual nature (spirit) you are conscious of God and of the spiritual world. You can communicate with God and have fellowship with Him.

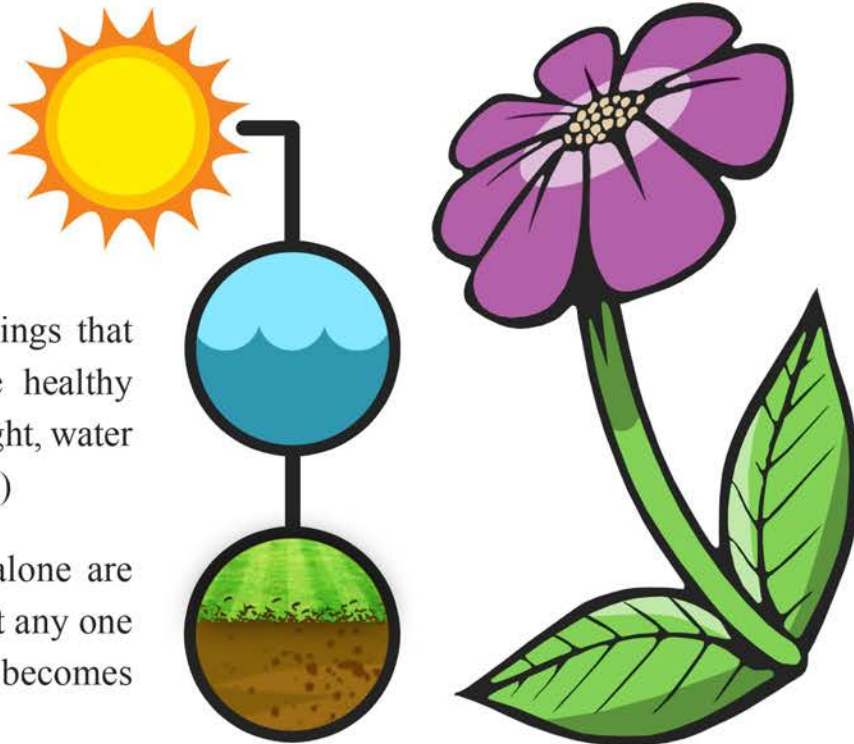


The laws of growth and fitness are basically the same in all realms of God's creation.

IN THE NATURAL REALM

There are three things that plants need to be healthy and grow . . . sunlight, water and fertilizer (food)

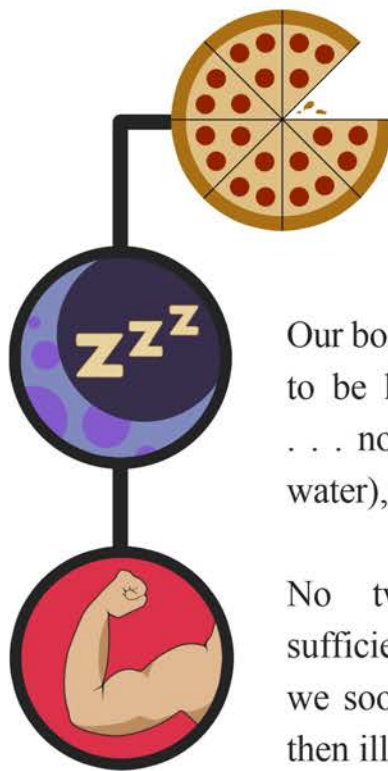
No two of these alone are sufficient. Without any one of these, the plant becomes weak and sick.



IN THE PHYSICAL REALM

Our bodies need three things to be healthy and to grow . . . nourishment (food and water), rest and exercise.

No two of these are sufficient. Without any one, we soon become weak and then ill.



IN THE SPIRITUAL REALM



Just as there are definite laws for growth and fitness in the other realms, so it is in the spiritual realm. Three things are necessary – **Prayer**, spiritual rest; **Bible Study**, spiritual food; and **Service**, the exercise that builds spiritual muscles.



No two of these are sufficient. **Prayer** and **Bible Study** without **Service** will bring only spiritual stagnation and spiritual “fat” which will hinder health.

Service without **Prayer** and **Bible Study** cannot last in its effectiveness because we cannot give if we do not get – “We will ever be pumping out of a dry well.”

A spiritually fit person is growing in capacity and holiness, to increasingly enjoy, comprehend, and appropriate God and actively participate with Him in all areas of life.

Spiritual fitness is a proper balance between getting and giving. Helping you develop a healthy, balanced spiritual life is the purpose of this plan.

KEEPING ON TRACK



FOLLOWING GOD'S WORD

You will need to carefully follow your Coach's "Handbook of Rules and Regulations for Spiritual Fitness" (the Bible).

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." **II Timothy 3:16, 17**

SEEKING FELLOWSHIP

The Christian life is a relationship between an individual and God, a relationship of love. Jesus taught us:

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." **Mark 12:30**

It is impossible to learn to love – and keep on loving – someone without spending time with that person. Bible study is your time alone with God and His love letter.

REQUESTING GUIDANCE

You are blessed – you have the best help available; the Author is with you to explain His word every time you read it. "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." **James 1:5**



A GUIDE TO PRAYER

“LORD, TEACH US TO PRAY.”

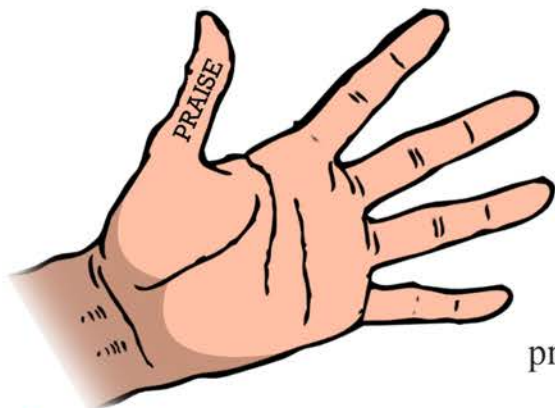
- LUKE 11:1



1. When we pray, Jesus said, we are to remember that we are speaking to our loving heavenly Father.
 - “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”
 - “For everyone who asks, receives; he who seeks, finds; and to him who knocks, the door will be opened.” **Luke 11:9, 10**
2. When we pray, we are to come with the confidence that our heavenly Father hears us.
 - “This is the assurance we have in approaching God: that if we ask anything according to His will, He hears us.” **I John 5:14**
3. When we pray, if we're not sure of the right thing to pray for, we're to ask our heavenly Father to tell us.
 - “If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”
 - “But when he asks, he must believe and not doubt.” **James 1:5, 6**
4. When we pray, we must remember the high priority Jesus puts on faith.
 - “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” **Mark 11:24**

AREAS OF PRAYER





PRAYER OF PRAISE

Hebrews 13:15
Psalm 34:1-3
Psalm 145
Psalm 150

“Great is the Lord and most worthy of praise; His greatness no one can fathom.”
Psalm 145:3

A. PRAISE is glorifying God for who and what He is and for how this affects you. It centers on His excellence; perfections and glories.

Praise pleases God.

“Let us continually offer to God a sacrifice of praise – the fruit of lips that confess His name . . . for with such sacrifices God is pleased.”

Hebrews 13:15, 16

Praise is the responsibility of every Christian.

“Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise Him.” **Psalm 33:1**

Praise must be expressed.

“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent.”

Psalm 30:11, 12

Praise will result in others trusting God.

“He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord.” **Psalm 40:3**

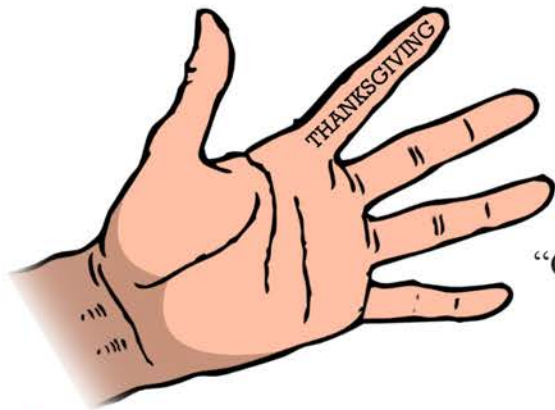
B. Praise is telling God you love Him.

C. Praise Him for at least one of His characteristics:

goodness	patience	knowledge
mercy	greatness	power
love	holiness	wisdom
understanding	strength	glory
availability	grace	

Add to the list those things you have discovered about Him.

D. Sometimes it will be good in your prayer simply to read to God a Psalm or sing a song of praise.



PRAYER OF THANKSGIVING

Psalm 116:12

Philippians 4:6

“Give thanks in all circumstances, for this is God's will for you in Christ Jesus.”

I Thessalonians 5:18

A. **THANKSGIVING** is thanking God for what He has done and what He is going to do.

It declares positively both that God is the Giver of every good and perfect gift and that – to the believer – every gift is good, perfect and pleasing.

Begin your prayer with thanksgiving. Thank God that He reached down from heaven . . . Thank Him for any evidence, past, present or future, of His work. Thank Him for His unchanging purposes for you.

B. Thank God every day for at least one specific thing in each of the following areas. Tell Him why you are thankful.

Material possessions: house, car, shoes, clothes, etc.

Physical blessings: mind, eyes, health, hands, etc.

People: one specific person

Spiritual blessings: salvation, prayer, love, joy, peace, etc.

C. Thanksgiving and Praise often merge together and can be expressed

In various ways: spoken, written, song, played on an instrument, etc

By various moods: joy, contemplation, peace, wonder, awe, etc.

With varying intensities: quietness, shouting, tenderness, excitement, strength, etc.

In various postures: kneeling, prostrate, raised hands, clapping, etc.

No one way, mood, intensity or bodily expression is more right than any other. The only determining factor to God is the heartfelt, Spirit-led expression from His child.



PRAYER OF CONFESSION

Psalm 66:18

Isaiah 59:1, 2

“Have mercy on me, O God, according to your unfailing love; according to Your great compassion blot out my transgressions.” **Psalm 51:1**

A. **CONFESSION** is agreeing with God about sin, It is your response to His holiness.

B. Steps to take in confession and repentance:

1. Ask the Holy Spirit to reveal every sin.

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me.” **Psalm 139:23, 24**

2. Think about (or verbally acknowledge) each sin individually to the Lord

- sins of word, thought, deed
- sins of omission – what you should do, but don't
- sins of commission – what you shouldn't do, but do

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” **I John 1:9**

3. Repent (feel sorrow, regret or contrition for your sin and turn from it)

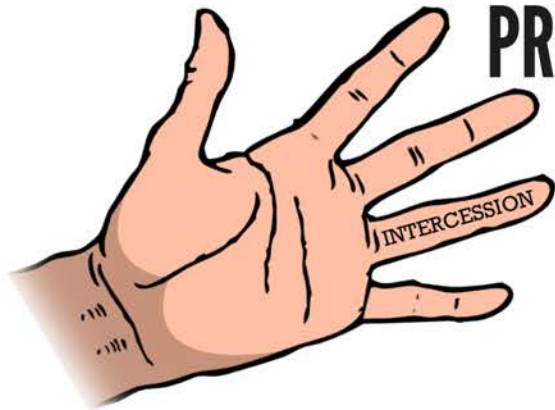
“Godly sorrow brings repentance that leads to salvation and leaves no regret.” **II Corinthians 7:10**

4. As God leads, make restitution for the wrongs done.

“He who has been stealing must steal no longer . . . Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” **Ephesians 4:28, 31**

5. Thank God for His forgiveness.

“Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” **Ephesians 5:19, 20**



PRAYER OF INTERCESSION

Psalm 28:9

James 5:4-20

“The Lord saw that there was no one, and He was appalled that there was no one to intercede.” **Isaiah 59:16**

A. **INTERCESSION** is praying for others. It is your response to God's love for people. God's love flowing through you.

B. Some Scriptures commanding specific prayer for specific people:

PEOPLE

PRAYER

“... for everyone”

I Tim 2:1

salvation for unsaved family and friends

“... for all the saints”

(believers) **Eph 6:18**

that God would give them the spirit of wisdom and revelation . . .” (**Eph 1:17**)

“that they might comprehend the love of Christ . . .” (**Eph 3:18**)

“that their love might abound more and more in knowledge and depth of insight . . .” (**Phil 1:9**)

“That they might learn to test things and discern what is best . . .” (**Phil 1:10**)

“... for kings and all those in authority” **I Tim 2:2**

“that we may live peaceful and quiet lives in all godliness”

“for those who labor in the Gospel” **Eph 6:19, 29; Col 4:3**

spiritual leaders:
minister, church staff,
Sunday School teachers,
missionaries

“that words may be given them so that they will fearlessly make known the mystery of the Gospel . . .” (**Eph 6:19**)

“that they may be delivered from wicked and evil men . . .” (**II Thess 3:2**)

“... for sending out workers”

Matt 9:38

“... those in prison”

Heb 13:3

“... for a sinning brother”

Gal 6:1, 2

“... for each other”

James 5:16

C. Faithfully record how God answers your prayers.



PRAYER OF PETITION

Mathew 7:11

Hebrews 4:15, 16

“If you remain in Me and My words remain in you, ask whatever you wish, and it will be given you.” **John 15:7**

A. **PETITION** is asking God for something for yourself. It is your response to the power and wisdom of God, your heavenly Father.

God has already anticipated your personal requests: He is waiting for you to ask. Just as I want and wait for my children to ask me for their allowances or to read them a story. I'm disappointed if they don't ask.

B. Never fail to ask daily for the infilling of the Holy Spirit:

“how much more shall your Heavenly Father give the Holy Spirit to those who ask Him?” **Luke 11:13 NAS**

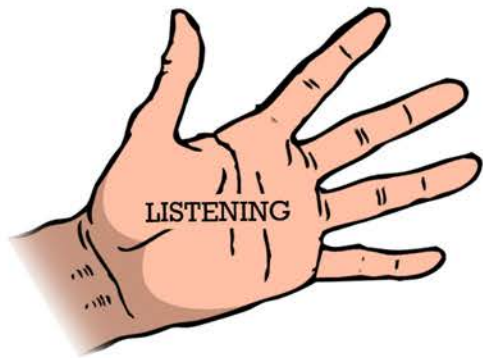
C. Ask God to give you a vision of Himself, of your position before Him in Christ, of the task He would have you perform today – and in life.

D. List specific areas in which you are going to claim victory from God and for God:

- a habit to overcome
- a fear to be conquered
- courage to be gained

E. Be absolutely honest. After all, God knows exactly how you feel and what you think.

F. Prayer is not you trying to move God. Among other things, it is you, God's child, getting into 'sync' with the Creator of the universe, finding out His viewpoint through His Word, and praying according to His will – for yourself and for others.



LISTENING

I Samuel 3:10

Hebrews 1:1, 2

“Today, if you hear His voice, do not harden your hearts.” **Hebrews 3:15**

A. Pause a few minutes. Let your hearts be still. Listen to see if God wants to speak to you. Remember, it is God who wishes to communicate with you. He is more anxious to speak to us than we are to listen.

B. **HEARING GOD**

Perceiving what God wants me to know

“Who, then, is the man that fears the Lord? He will instruct him in the way chosen for him.”
(Psa 25:12)

A sign that I am His child

“*My sheep hear . . .*” **(John 10:27 NAS)**

Normal everyday activity

“*Today if you hear His voice . . .*” **(Heb 3:15)**

Responsibility and choice to obey

“My sheep *hear* My voice . . . and follow Me.” **(John 10:27 NAS)**
“not forgetting what he has heard, but doing it . . .” **(James 1:25)**

C. When you ask God a question, be willing to accept His answer for you. It may be:

- “No, not yet.”
- “No, I love you too much.”
- “Yes, I thought you'd never ask.”
- “Yes, and here's more!”

D. When you “hear” God speak to you, it will most likely not be in an audible voice. This does not mean that He never uses this way to communicate, but He is more likely to communicate to you in other ways. Jesus said that, “His sheep hear his voice and follow him” **(John 10:4)**. Jesus was making reference to the internal voice of the Spirit speaking to you through impressions in your spirit. These impressions may come in many ways: as thoughts; feelings; mental pictures; or just knowing in your spirit. God still communicates with us today; we simply have not been listening.

E. When you believe God has spoken, write it down to keep from forgetting. Use the journal pages at the end of the 959 book.

FOLLOWING THE EXAMPLE OF JESUS OUR SAVIOR AND MASTER



Jesus' knowledge and use of the Scriptures is evident throughout the Gospel narrative. Constantly He used Scripture – to do such things as resist evil, answer questions, show God's will and speak in the synagogue.

“He taught in their synagogues, and everyone praised Him . . . and on the Sabbath day He went into the synagogue, as was His custom. And he stood up to read.” **Luke 4:15; 16**

Jesus' prayer life is also evident in the gospels. “. . . Jesus often withdrew to lonely places and prayed.” **Luke 5:16**

“One of those days Jesus went out into the hills to pray, and spent the night praying to God.” **Luke 6:12**

“. . . and when He finished praying . . .” **Luke 11:1**

Since Jesus Christ used the knowledge of the Scriptures and Prayer, how much more do you and I need them in our daily lives!

LEARNING TO READ GOD'S HANDBOOK (THE BIBLE)



1. When we study, we are to remember the Bible is the Word of God. It's purpose is to reveal God's plan for your life.

Jesus said, "You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about me . . ."

John 5:39

2. When we study, we are to realize that the Bible contains the nourishment necessary for spiritual life to thrive. And spiritual life needs *daily* food just like physical life. Jesus said, "Man does not live on bread alone, but on every word that comes from the mouth of God." (**Matthew 4:4**) The purpose of the 959 Plan is to teach you to feed yourself daily.

"Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation." **I Pet 2:2**

3. When we study, we are to acknowledge that God Himself is the absolute standard of morality and we must be willing to be obedient. Through obedience God can reveal His plans and purposes for your life.

"How can a young man keep his way pure? By living according to Your Word." **Psa 119:9**

4. When we study, we need to start fresh with prayer for the Holy Spirit's instruction and thank Him that He will help us understand.

"The Counselor – the Holy Spirit . . . will teach you all things and will remind you of everything I have said to you." **John 14:26**

5. God wants to speak personally to you everyday about your life – your prayers thoughts and concerns.

"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." **Jeremiah 29:11**

THE STARTING POINT [HOW TO BEGIN]

The key elements in achieving spiritual fitness are simple, direct, and specific.

PRIORITY

Setting time to be alone with God should have your priority, just as He has priority over everything else in your life. Do not let other activities fill and clutter your mind and heart before seeking Him.

“One thing I have desired of the Lord . . .”

Psalm 27:4

“Being with You, I desire nothing on earth.” Psalm 73:25

1st



TIME

The Spiritual Fitness Program requires a bear minimum of ten minutes of coordinated Bible study and prayer every day.

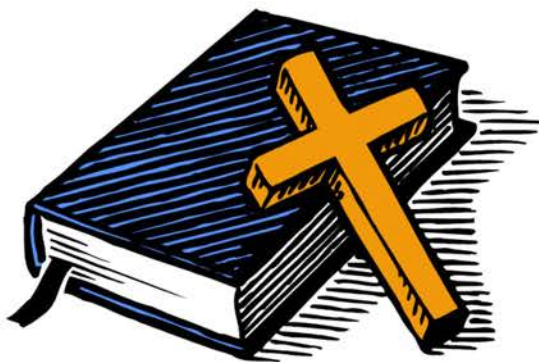
Whenever you can spend more time, every extra minute brings you closer to learning how to hear more clearly Gods plans and purposes for your life.

Because we are creatures of habit, having your study at the same time each day will make it easier.

Look for your least *interrupted* time. For many, it is early in the morning before starting the activities of the day. The most important thing is to set a time you can keep, the time that is best for you.

DIVISION

Your time for spiritual fitness should include both Prayer and Bible study. Occasionally, the majority of your time will be reading His word and seeking His words to you. Other days He may lead you to spend additional time in Prayer. **Let the Holy Spirit guide you!**



Remember, Bible Study and Prayer are not done only to know about Jesus, but to get to know Him personally.

“Continue in what you have learned . . . the Holy Scriptures which are able to make you wise for salvation through faith in Christ Jesus.”

II Timothy 3:14, 15



PLACE

Just as you set the same time every day, use the same place every day: a quiet place where there is no noise and where you will not be disturbed is the best.

Pick your “special” table or chair, let it be a constant reminder to you of your meetings with God.

“There is a place of quiet rest, A place of comfort sweet, a place of full release, near to the heart of God.”

CONSISTENCY

JANUARY 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		X	X	X	X	X
X	X	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

The value of this program comes from commitment and consistency. It means keeping on day after day, month after month, year after year.

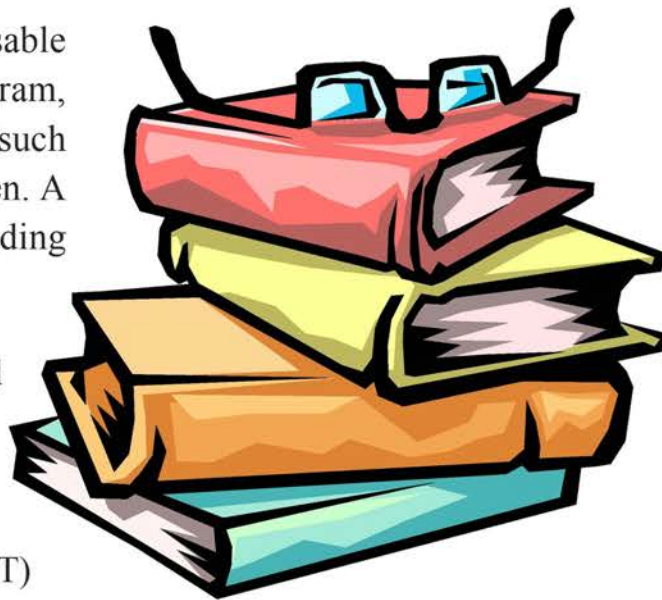
Consistency implies durability. This is not just a 100-meter dash – 'Hit it on the weekends.' It's a cross-country marathon and you have to keep the "goal" in mind.

Like Paul, "press on toward the goal to win the prize for which God has called you heavenward in Christ Jesus." **Philippians 3:14**

TOOLS

Certain tools are indispensable for this Spiritual Fitness Program, beginning with a Bible, paper (such as the 959 Work Sheets) and pen. A modern translation makes reading easier and more meaningful:

- The New American Standard
- New English Version
- Amplified Bible
- New International Version
- New Living Translation (NLT)
- New King James Version



*After six months you may want to use a daily journal that is specific to your needs.

Here are some helpful tools for Teen Challenge students:

- Young's or Strong's Analytical Concordance
- A Bible dictionary
- Worship CD's

LOOK FOR WHAT **GOD** IS SAYING TO YOU...PERSONALLY



Studying the Bible falls short if it doesn't result in a desire to grow closer to God and obey what He asks. Our study and behavior must go hand in hand.

“. . . so that in every way they will make the teaching about God our Savior attractive.” Titus 2:10

God Himself is the absolute standard. He sets clear moral guidelines for marriage, divorce, family, child-raising, discipline, money, debt, work, service to Christ, responsibility to the poor, response to government and authority, eternal rewards and other human problems. His plan for your life is love, joy and peace.

God's principles are specific to our needs in all areas of our lives. God designed them for all people in any culture, age or moral climate. There is no other person on the face of the earth that will have the same journey as you.

WILLINGNESS TO **OBEY** IS A PREREQUISITE.

You are unique and special in His eyes. He seeks to love you and guide you all the days of your life. Let the following questions help you hear and make personal application of what you read.

- Does this Scripture give me any new lesson about God that I can thank Him for?
- What facts are here about myself, about life and how I should live it?
- Is there some warning about sins to give up or confess in this passage?
- Is God giving me any instruction about my relationship to others?
- Is there a promise I can claim? Some encouragement to take to heart?
Some command to obey?
- Are there words of praise for me to speak out to others?

SUGGESTED PROCEDURES

KNOW YOUR COUNSELOR (COACH)

To understand spiritual realities, ask the Holy Spirit who lives in you to be the Teacher of the Word He inspired men to write.

“The Counselor, the Holy Spirit whom the Father will send in My name, will teach you all things . . .”

John 14:26



HOLY SPIRIT



PRAYER

START WITH A PRAYER

Ask God to reveal Himself to you as you read His Word. Seek to see and feel the great heartbeat of God's love for you and a lost world.

“Open my eyes that I may behold wonderful things from Thy law.” Psa 119:18 NAS

READ THE SCRIPTURE

Read the day's Scripture unit. Re-read until you understand basically what it says. (Don't be afraid to read it four or more times.) If certain words or a phrase stands out, ask God to amplify it to you. God has given us the Bible as His revelation to us of His plan. Scripture is the primary method God uses to speak to us, but the Bible does not always have specific answers to many of our questions. This is why Jesus sent us the Holy Spirit to lead and guide us through life. The Bible was never intended to take the place of a personal relationship with Christ. We are to use it for building a closer relationship with Him.



BIBLE

“. . . constantly nourished on the words of the faith and of the sound doctrine you have been following.” I Timothy 4:6 NASB

PRINCIPLES AND CHARACTERISTICS OF THE FATHER'S VOICE

1. GOD'S VOICE IS SCRIPTURAL God's words always line up with Scripture (Bible) and will not conflict with it. If what you hear conflicts with the Bible, you can be sure that it was not from God.

2. GOD'S VOICE IS PERSONAL The Father will speak to you as His child. Since God wants to build an intimate relationship with you, He will speak to you with familiar language. For instance, to a younger person, God might say, "I've got your back." This is why we will ask you to begin with your first name when filling out the 959 Journal sheets under the heading that says, "What is God personally saying to me."

3. GOD'S VOICE IS PRACTICAL Most of the things that God talks to you about will be about things you can do now, not 15 years in the future. He would probably tell a young Christian to be loving and gentle to those around him as opposed to leaving tomorrow for a year-long mission trip to Africa. Be on the "lookout" for hearing too much about the future and not enough about today. Jesus reminded us to not "worry about the future" (**Mathew 6:34**).

4. GOD'S VOICE IS ENCOURAGING The Father loves to encourage His children (**II Corinthians 1:3**). This is one of the primary ways you can discern the voice of God from that of the Enemy. Satan loves to tell you things like, "you are so stupid" or "you'll never amount to anything." He will often tell you condemning things or attack your character while trying to make you think that it is God talking. Satan will use your failures to make you feel worthless or accuse you of a behavior that will cause you to lose your salvation. The Father may discipline you, but it is always in love, followed by encouragement. God never condemns His children.

5. GOD'S VOICE IS GENTLE The Father will not shout at you to get your attention. God's words to you will come in the form of a "still small voice" that will not overpower your own thoughts, but will be like a feather dropped into your hands.

You must distinguish this voice from the other voices in your head. Having peace in your heart is so important to hearing the Lord's voice. You must believe that it is the Lord speaking to you or the Enemy will rob you with lies like "you are just making that up" and "you just want to think that this is what God is saying to you." The very reason that God does not raise His voice to us is that He wants us to walk by faith and it takes very little faith to hear an audible voice.

As you learn to apply these principles on learning to hear God's voice and discerning it from the voice of the Enemy, there are four safeguards to protect you from being deceived.

- The first safeguard is the **Bible**. God will not tell you to do anything that contradicts His Word.

- The second safeguard is **Glory to God**. Always ask yourself; "If I apply what I'm hearing will it bring honor and glory to God or honor and glory to me as an individual?" The Holy Spirit lives in you and His job is to glorify God in all areas of your life. Pride will often masquerade as God's voice. We are all His servants.

- Safeguard number three is; what **Fruit** will be produced from applying what God has told you? Is there a sense of peace in you or fear? Will this show love to others? The Holy Spirit is committed to producing good fruit in you. Inspect your fruit.

- The last safeguard is **Wise Counsel**. Always confirm with others who are spiritual authorities in your life before acting on God's words to you that will greatly affect your life. Wise counsel should approve things like moving, marriage, changing careers or any other major redirection in your life.

WRITE IT DOWN

THE VALUE OF...



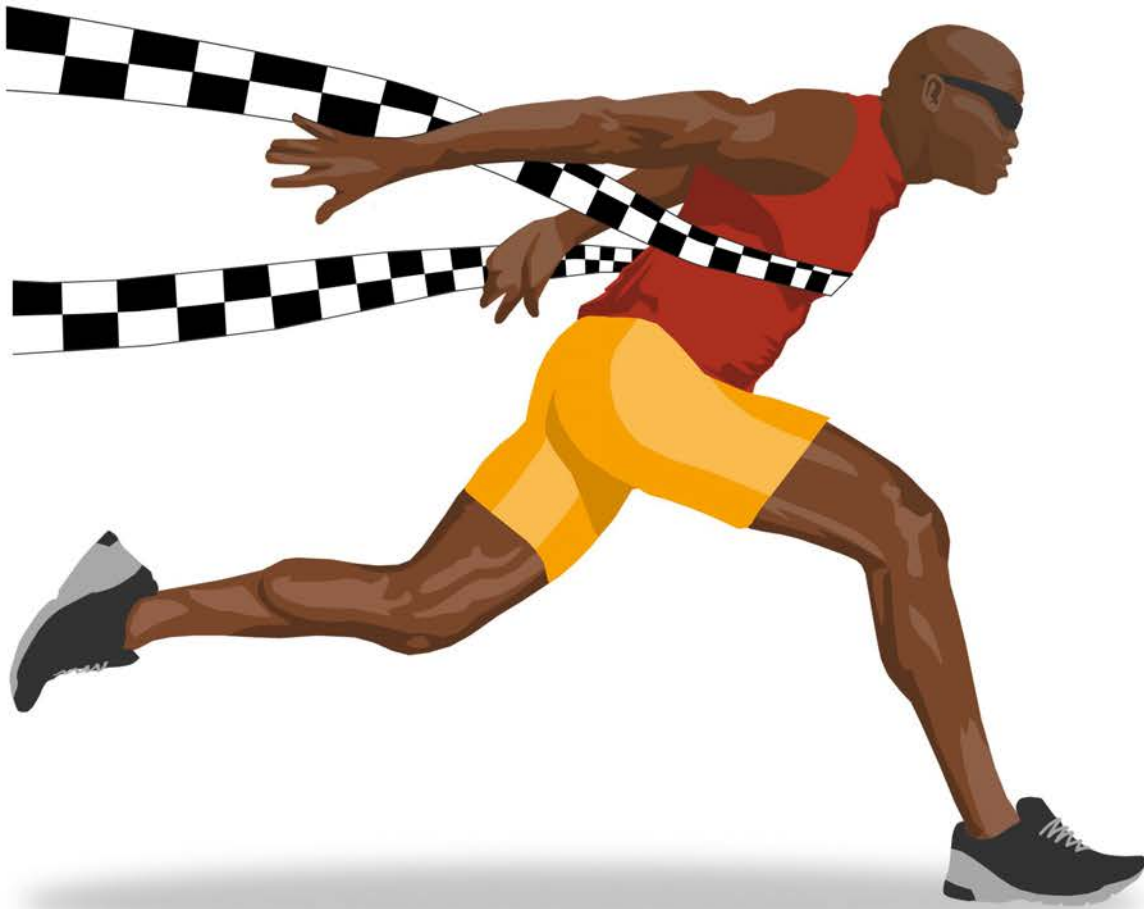
NOTE-TAKING AND ACTION

IN 72 HOURS
WE REMEMBER ...



When the Creator of the universe speaks personally to you, how important is it to write down what you have heard? The palest ink is better than the best memory.

**“Let us run
with perseverance
the race
marked out
for us . . . ”** Hebrews 12:1



SPIRITUAL EXERCISE #1

In this spiritual exercise about PRAYER, read the question, then look up the verse. Write in the answer IN YOUR OWN WORDS. Use the personal pronouns “I,” “me” and “my” in your answers.



1. In Luke 18:1, what does Jesus say about prayer?

2. In John 15:7, what are Jesus' two requirements for answered prayer?

a. _____

b. _____

3. Jesus gave His disciples another requirement in John 14:13, 14

4. How can you make sure God hears your prayers? I John 5:14

5. List how to receive from God anything you ask. I John 3:22, 23

a. _____

b. _____

1.) _____

2.) _____

6. What does James 1:6 say is required for answered prayer?

7. Why did Jesus say you are to “ask” or “pray”? John 16:24

8. Ephesians 3:20 tells how well God is able to answer your prayers.

9. What does Jesus say you can ask Him for? John 14:14

SPIRITUAL EXERCISE #2



In this spiritual exercise about THE SCRIPTURES, read the question, then look up the verse. Write in the answer IN YOUR OWN WORDS. Use the personal pronouns “I,” “me,” and “my” in your answers.

1. In Mathew 4:4, Jesus says, “Man does not live on bread alone.” What other food do you need?

2. How is Scripture described in John 17:17?

3. Look up the following verses and write what the Scriptures are able to do for you.

a. II Timothy 3:15 _____

b. John 15:3 _____

c. Acts 20:32 _____

4. List the things for which the Scriptures are useful. II Tim 3:16

a. _____

b. _____

c. _____

d. _____

5. As physical exercise gives us physical strength, so doing what is right and pleasing to the Lord gives us strength to do more and more the things that please Him. For what does I Timothy 4:7 say you should be training yourself?

6. According to Hebrews 5:14, for whom is “solid food”?

For what have they trained themselves?

THREE STEPS TO USING YOUR 959 JOURNAL PAGES

1 Open your 959 Book to the journal pages which are located in the last section of the book. Choose the first entry in the 959 Bible Reading Plan. Check off the space that corresponds to those verses and write it in your journal under the appropriate heading that says, “Passage.” Then fill in the day and date.

2 Find that passage in the Bible. Ask the Lord to speak to you about this verse and to help you understand how to apply it to your life. Read the verses several times if need be until something in those Scriptures catches your attention. It does not have to be some huge mystical truth, just pick something that interests you. This is what you want to meditate on. God will then speak personally to you and reveal what or how to apply His words to your life.

3 Under the heading, “What does this passage mean to me,” write in your own words, a summary of what you have just read. (What these Scriptures mean literally.)

Now, under the heading, “What is God personally saying to me,” begin writing your impressions. Always begin by writing your first name, and then continue writing your impressions. Sometimes you may not feel that you are hearing anything but just start writing by faith. You will have to overcome the lie that “you are just making this up”. Remember God speaks to us in our own thoughts and imaginations. The more you do this the easier it will become. If you have problems knowing if you are hearing God or not, go back and reread the section on Principles and Characteristics of the Father’s Voice.

Finally, take the impressions God has revealed to you and consider how you may apply them to your life today. In this section, you will write down concrete details, goals or whatever behavior changes you need to apply to your life.

USE YOUR 959 JOURNAL SHEET

As you begin, do not be discouraged. Just like a young child, you may hear and understand only one or two words. As you grow and spend more time in the Word, the Holy Spirit will give you longer thoughts, impressions or pictures. Don't hesitate to draw the pictures or journal the thoughts and impressions He shows you – they are part of your journey.

You will quickly learn to discern what are your words and those that are from God. Even the most difficult passages will “speak” to you as you grow in hearing.

EXAMPLE:

959 JOURNAL SHEET

Passage: Matthew 22:23-33 Day: Monday Date: 03/11/2013

What does this passage mean to me?: The religious leaders were trying to trap Jesus.

What is God personally saying to me (begin with your name): _____

Bob, unless I place my spirit in someone they will neither truly fear hell nor hunger for me with life in heaven. Speak my words, from my word then my spirit will speak to them and draw them to me.

What I can apply to my life today: Father, I realize only your words and not my own will lead others to you. Help me to boldly share your words and not mine.

TEACH ME, O LORD

Teach me, O Lord to follow your decrees;
then I will keep them to the end.

Give me understanding,
and I will keep Your law and obey it with all my heart.

Direct me in the path of Your commands,
for there I find delight.

Turn my heart toward Your statutes
and not toward selfish gain.

Turn my eyes away from worthless things;
renew my life according to Your Word.

Fulfill Your promise to Your servant,
so that You may be feared.

Take away the disgrace I dread,
for Your laws are good.

How I long for Your precepts!
Renew my life in Your righteousness.

I will always obey Your law,
forever and ever.

I will walk about in freedom,
for I have sought out Your precepts.

I rise before dawn and cry for help;
I have put my hope in Your Word.

My eyes stay open through the watches of the night,
that I may meditate on Your promises.

My heart is set on keeping Your decrees
to the very end.

Psalm 119:33-40, 44, 45, 112, 147, 148

THE 959 BIBLE READING PLAN

This book contains the first 6 months of journal pages and will take you through II Peter. You can then begin in a new journal and use it in a way specific to your needs. Don't forget to check off each days scripture reading.

JOHN

John 1:1-5
 John 1:6-14
 John 1:15-18
 John 1:19-28
 John 1:29-34
 John 1:35-42
 John 1:43-51
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 John 4:27-38
 John 4:39-54
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 John 7:21-31
 John 21:15-19

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 I John 2:7-11
 I John 2:12-17
 I John 2:18-29
 I John 3:1-10
 I John 3:11-18
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 I John 4:1-6
 I John 4:7-15
 I John 4:16-21
 I John 5:1-5
 I John 5:6-12
 I John 5:13-15
 I John 5:16-21

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 _ Romans 15:1-7
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 _ Romans 16:1-16
 _ Romans 16:17-27

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 _ I Thess. 1:5-10
 _ I Thess. 2:1-8
 _ I Thess. 2:9-20
 _ I Thess. 3:1-8
 _ I Thess. 3:9-13
 _ I Thess. 4:1-6
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 _ I Thess. 4:13-18
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 _ I Thess. 5:9-15
 _ I Thess. 5:16-28

I PETER

_ I Peter 1:1-12
 _ I Peter 1:13-21

_ I Peter 1:22-25
 _ I Peter 2:1-8
 _ I Peter 2:9-16
 _ I Peter 2:17-25
 _ I Peter 3:1-7
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 _ II Peter 1:8-15
 _ II Peter 1:16-21
 _ II Peter 2:1-10
 _ II Peter 2:11-22
 _ II Peter 3:1-9
 _ II Peter 3:10-18

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 _ Phil. 1:9-17
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 _ Phil. 1:27-30
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 _ Phil. 4:8-13
 _ Phil 4:14-23

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 _ Mark 1:14-28

_ Mark 1:29-45
 _ Mark 2:1-12
 _ Mark 2:13-22
 _ Mark 2:23-28
 _ Mark 3:1-12
 _ Mark 3:13-21
 _ Mark 3:22-35
 _ Mark 4:1-20
 _ Mark 4:21-34
 _ Mark 4:35-41
 _ Mark 5:1-20
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_ Mark 14:53-65
_ Mark 14:66-72
_ Mark 15:1-14
_ Mark 15:15-32
_ Mark 15:33-47
_ Mark 16:1-11
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_ Gal. 2:1-8
_ Gal. 2:9-16
_ Gal. 2:17-21
_ Gal. 3:1-9
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_ Gal. 4:19-31
_ Gal. 5:1-9
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EPHESIANS

_ Eph. 1:1-6
_ Eph. 1:7-12
_ Eph. 1:13-23
_ Eph. 2:1-7
_ Eph. 2:8-12
_ Eph. 2:13-22
_ Eph. 3:1-7
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_ Eph. 6:1-9
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_ Col. 1:9-13
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_ Col. 1:21-23
_ Col. 1:24-29
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I CORINTHIANS

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_ II Thess. 2:1-5
_ II Thess. 2:6-12
_ II Thess. 2:13-17
_ II Thess. 3:1-5
_ II Thess. 3:6-11
_ II Thess. 3:12-18

I TIMOTHY

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 _ I Tim. 1:12-20
 _ I Tim. 2:1-8
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 _ I Tim. 3:1-7
 _ I Tim. 3:8-16
 _ I Tim. 4:1-6
 _ I Tim. 4:7-11
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 _ I Tim. 5:1-8
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 _ I Tim. 6:1-8
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II TIMOTHY

_ II Tim. 1:1-7
 _ II Tim. 1:8-12
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What does this passage mean to me?: _____

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What I can apply to my life today: _____

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