



# Act Love Walk

**A 4-WEEK  
STUDENT DISCIPLESHIP JOURNAL**

**THIS BOOK BELONGS TO:**



Making Disciples...Developing Leaders

Act.Love.Walk: A 4-Week Student Discipleship Journal

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# Missing the Point

Has a friend ever completely let you down? Maybe they gossiped about you or deserted you to hang out with someone else. It's the worst. And when (or if) they finally come to their senses and start to feel bad, they try to make it up to you in all sorts of ways: by showering you with attention, saving you a spot at lunch, or buying you coffee. While these things are nice, what you really wanted in the first place wasn't a free cup of coffee; you wanted a trustworthy friend.

In the book of Micah, this same scenario happened between God and the people who said they loved him. They abandoned him and rebelled against him. Then, in a desperate attempt to make it up to him, the people tried all sorts of sacrifices and rituals to make it up to God. But they completely missed the point. What God really wanted wasn't their last-minute, feel-bad sacrifices; he wanted their hearts. So God sent Micah to get that message to them, to bring them back to the basics of how to follow God. The highlight of Micah's message is the following verse:

**"HE HAS SHOWED YOU, O MAN, WHAT IS GOOD. AND WHAT DOES THE LORD REQUIRE OF YOU? TO ACT JUSTLY AND TO LOVE MERCY AND TO WALK HUMBLY WITH YOUR GOD" (MICAH 6:8).**

Over the next several weeks, we're going to take a look at what it really means to act justly, to love mercy, and to walk humbly with God. Not in a make-it-up-to-God kind of way, but in a give-our-hearts-to-God kind of way.

## SO LET'S GET STARTED.



# How It Works



This book includes four weeks of journal pages to challenge the way you understand God's expectations. Each week takes you through six days of questions to get you thinking, Bible studies to shift your perspective, and challenges to stretch you out of your comfort zone. Then, on the seventh day of the week, you'll get a break to recharge for the next section. It'll help you get into a rhythm of learning, growing, and putting that knowledge into action.

Throughout this journal, you'll also find the MARKS OF A DISCIPLE. These are things that Christ-followers are committed to and have in common, like connecting with God through prayer, applying his Word to our lives, serving without personal agendas, managing God's gifts, and many other things.



Remember, you'll get out of this book what you put into it. The challenges you'll encounter won't always be easy—they're designed to stretch you! Take a risk and do your best to engage each day with energy and passion. When we make ourselves available to God, he'll transform us and use us in ways that will blow our minds!

x x

WEEK ONE

*act  
justly*



# DAY ONE *intro*

x x



HE HAS SHOWED YOU, O MAN, WHAT IS GOOD. AND WHAT DOES THE LORD REQUIRE OF YOU? TO *ACT JUSTLY* AND TO LOVE MERCY AND TO WALK HUMBLY WITH YOUR GOD.

## MICAH 6:8

Why do we have laws, police officers, and judges? Injustice. It is a cause of suffering around the world and the basis for countless wars throughout history. Something inside of us wants life to be fair. We want the world to be just. That's why even small children get upset when somebody cuts in line. That's the reason sports fans yell at referees when they don't agree with their calls. That's the foundation for many professions in our justice system: lawyers, social workers, police officers, soldiers, doctors, and even politicians.

We expect police officers to act justly—it's their job! But what does it mean to act justly when it's not what you're paid to do? When God spoke through the prophet Micah and told his people to “act justly,” what did he mean? What does it look like to act justly while still navigating life as a teenager?

These are some of the questions we'll try to answer this week as we go deeper into Micah's words from God.

# DAY ONE

## *justice, big and small*



Acting justly is the first of three expectations God brought up to his people when they got lazy in their faith. These people were really good at saying the right things and justifying the wrong things. But they were missing the point. So God used Micah to intervene and get them back on track.

It's easy to think big when it comes to justice. From the fight against human trafficking to racial reconciliation, the word *justice* can bring to mind some pretty big issues that seem out of our control. But when Micah says that God wants us to act justly, he isn't only talking about sometime down the road when you're able to face giant global issues.

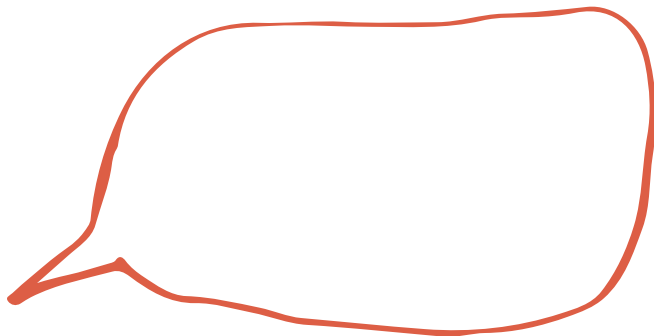
He's talking about doing the right thing here and now, when it's small and no one will see, when it's uncomfortable, and when it doesn't feel worth it. Because when we act justly in our daily lives and decisions, we are preparing ourselves to fight for the kind of justice that intervenes in world hunger, corrupt systems, human trafficking, and more.

**SPEND A FEW MINUTES TODAY  
ANSWERING THESE QUESTIONS  
ABOUT JUSTICE AND YOUR OWN LIFE.**

If you could change one tragic event in the history of the world, what would you change and why?



Pretend you are the President of the United States. What is the first law you would try to change? Who is the first person you would try to help?



Have you ever had to help two friends resolve a dispute?  
How did you decide who was right and who was wrong?



How do you identify injustices around you?



What's the difference between justice and revenge?





# DAY TWO

## *stopping and starting*

Israel was known as God's nation. But although they said they were following him, they often weren't (just like a lot of us). So God sent prophets like Micah to speak God's words to Israel and get them back on track.

Another of these prophets God sent was Isaiah. Sometimes Isaiah rebuked God's people, sometimes he reminded them of what God had done for them in the past, and sometimes he provided guidance for what they needed to start doing. That guidance came in two different types of commands: stop doing something or start doing something else. Isaiah 1:16-23 is a passage that gives both of these commands.

**USE THE 5P BIBLE STUDY  
METHOD TO STUDY  
ISAIAH 1:16-23 FOR YOURSELF.**

**PURPOSE** Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.



**PRIMARY VERSE** Which verse or phrase stands out to you the most? What do you think is catching your attention?



**PROMISES** List any promises you find. You may need to think deeply about this one because promises are sometimes inferred or implied.



**PROBLEMS** If you read something here that doesn't make sense to you—a word, a phrase, an idea—write it down as a question. Then search for the answer by asking someone who might understand the Bible a bit better.



**PRACTICAL APPLICATION** Think about how this passage might actually change your life. What needs to be different in how you live, think, and feel? Be specific—your application should tell who, what, and when.



# DAY THREE

## *influence*



Tony was born with cerebral palsy, but he didn't let it stop him from achieving his goals. He graduated from high school and was accepted to a prestigious university. Unfortunately the campus was large and spread out, so some of Tony's classes were a bit of trek, especially since he used a walker to get from one place to another.

It took Tony up to an hour and half to get from one class to the next. Some days Tony skipped lunch because he didn't have time to eat if he wanted to make it to class on time.

Taylor was another a student at Tony's university. He saw Tony's struggle and approached the school about doing something to help students like Tony move around campus. Getting no response, Taylor took matters into his own hands. He set up a GoFundMe page to raise money so he could buy Tony a mobility scooter. With the help of his friends, Taylor raised more than enough money and presented the scooter to a grateful Tony, who can now zip around campus.

Sometimes justice looks like fighting to change laws and save lives. Other times it looks like giving something to someone in need and using your influence and power to make a godly change.

**PICK ONE (OR MORE) OF THE FOLLOWING CHALLENGES TO DO IN THE NEXT 24 HOURS, AND WRITE ABOUT YOUR EXPERIENCE.**





Apologize to someone you once bullied. You may not have even realized you were doing it at the time. Maybe you made a joke at someone's expense or left someone out of something.



Combat prejudice by inviting somebody who looks different to join you for lunch. Spend the time getting to know them as an individual rather than a stereotype.



Scroll through your social media history. What have you posted or reposted that had something to do with awareness about an injustice. Choose one injustice and move from simply posting about it to taking action in the next 24 hours. Do any of the following: Pray for the people involved. Learn about and volunteer at an organization that helps in this area. Donate money or spend some time asking questions and getting to know someone who has been affected by this injustice.



Find 10 different organizations in your community that work to fight injustice. Make a list of the organizations, the people they serve, and the needs they have.



Do a Google News search for "humanitarian crisis." Read at least three articles about one crisis. Then research ways you could help.

What was hard about this?

What did you learn?

Did anything surprise you?

# DAY FOUR

## *power*



You've probably heard the story of Oscar Schindler, whose life was depicted in the movie *Schindler's List*. Oscar was a Nazi—a spy actually—during World War 2. He ran an enamelware factory, and his life goal was to make a lot of money. One of the best ways to make money during WW2 was to hire Jews, since they were considered worthless and could be paid less than anyone else. So Schindler's factory grew in its number of Jewish workers.

It didn't take long before Schindler's power grew immensely. His factory was considered vital to the war effort, which gave him a lot of business. As a member of the Nazi party, he knew the inside information on decisions before most people. He learned that a ghetto was about to be cleared out and all Jews sent to extermination or concentration camps, so he had his workers stay in the factory overnight in order to keep his work force. But witnessing the clearing of the ghetto changed Schindler's heart and his goals.

From this point on, Schindler used his power and influence to save Jews. He used every connection he had with high-ranking Nazis to pay bribes that would keep his workers safe. He built safe housing for them, and even changed his whole business from cookware to anti-tank grenades so the Nazis would consider it vital and not shut it down. In the end, Schindler acted justly by tapping out his bank account, using all his persuasive power, and wielding his influence to save Jewish people.

As a student, you may feel completely powerless. You might not feel like you have any influence at all. You're also pretty far from desperate situations like the Holocaust of WW2. But take a step back and really consider what power and influence you do have. How can you use it to act justly?

[illegible]

What kind of influence does social media or the Internet give you?



When you spend money, how are you wielding influence or power?



How do your words give you influence and power?

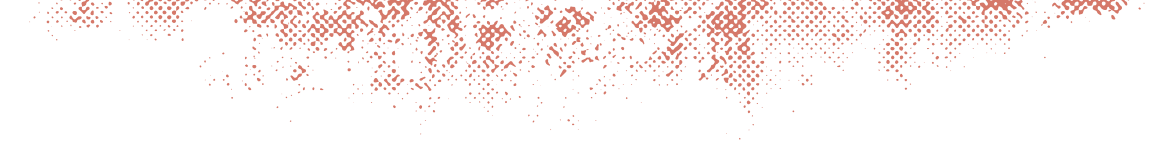


How do you get influence and power from the way you spend your time?



Now take a look at all the answers you've written down, and think of one thing you can do in the next 24 hours to act justly with your influence. Be specific. Maybe it's looking into the companies you frequently buy from to see how they treat their workers. Or maybe it's using your words to support someone who is struggling and needs encouragement.





**JUSTICE IS THE  
GRAMMAR OF THINGS.  
MERCY IS THE POETRY  
OF THINGS.**

—

**FREDRICK BUECHNER**



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