



EXCHANGE

Gaining Through Giving Up

THIS BOOK BELONGS TO: _____>

DATE: _____>

Exchange: Gaining Through Giving Up, Follow Up Journal
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BUT BECAUSE OF
HIS GREAT LOVE
FOR US, GOD, WHO
IS RICH IN MERCY,
MADE US **ALIVE WITH
CHRIST** EVEN WHEN
WE WERE DEAD IN
TRANSGRESSIONS—
IT IS BY GRACE YOU
HAVE BEEN SAVED.
EPHESIANS 2:4-5 ←

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GETTING STARTED ...



SO HERE YOU ARE . . .

You're holding an interactive journal that will serve as your guide for an in-depth look at the idea of EXCHANGE. This means at some point in the not-so-distant past you probably spent some time going through the Exchange study with your youth group.*

Maybe you thought you were done talking about the concept of exchange. Maybe you thought you had learned all there was to learn.

The truth? You're just getting started.

You see, there are SO MANY different exchanges that Jesus made possible for you, and so many exchanges that should happen in your life as a result of following Christ. In fact, looking at your relationship with Christ and your life as a Follower through the lens of these "exchanges" is an awesome way of discovering just how deep and rich your faith is.

So, embrace it. Give it your best. Commit to sticking with this book until the end. It will only take a few minutes each day.

You'll be happy you did.

LET'S GET STARTED. LOOK AT THE NEXT PAGE TO LEARN HOW THIS BOOK WORKS.

**You definitely don't have to have gone through Exchange with your group to get a ton out of this journal. But, it might help some to have already been introduced to it.*

HOW THIS BOOK WORKS

Here are a few things you need to know to put this book to good use.

START WITH THIS ADVICE

Whether you're super-committed and read your Bible regularly or struggle to read a few verses a couple of times a week, the key to sticking with this journal is a routine. Try to engage with this journal the same time each day. You'll find it's a lot easier to stay consistent that way.

HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where you're told to read a passage of Scripture. This book is only a guide for the Book. The close relationship with God that you want grows out of finding God in the Bible. Have it open as you go through this book.

EACH WEEK IS STRUCTURED THE SAME, BUT IS A LITTLE DIFFERENT

Each week's content follows a pattern. But, each day is a little different. Some will take 3-5 minutes, some 10-15. Some will ask you to write your thoughts down, others will ask you to think about a concept. The variety makes it easier to stick with it, and helps you learn in different ways.

WHAT IF I MISS A DAY OF READING? OR THREE?

Don't give up! Take this at your pace! The goal is for you to grow closer to God and more mature in your faith. If you miss a day or two . . . or four . . . don't throw in the towel. Pick this book back up and start where you left off. By doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this!

WELL, THAT'S WHAT YOU NEED TO KNOW TO GET STARTED!

Turn the page to read the introduction to Week 1.

WEEK 1 INTRO

BEFORE STARTING WEEK 1, READ THIS SHORT INTRODUCTION.

Think about the first week of school after summer break.

After some time getting organized, there's that moment where you crack open a math or science book and jump back in to subjects that you've largely (and thankfully) forgotten about over the summer.

Suddenly, your brain finds itself flexing muscles it hasn't flexed in a while.

You can almost feel its "wheels" trying to turn, knocking off a summer's worth of rust, trying to remember how to solve for x and y , or balance an equation.

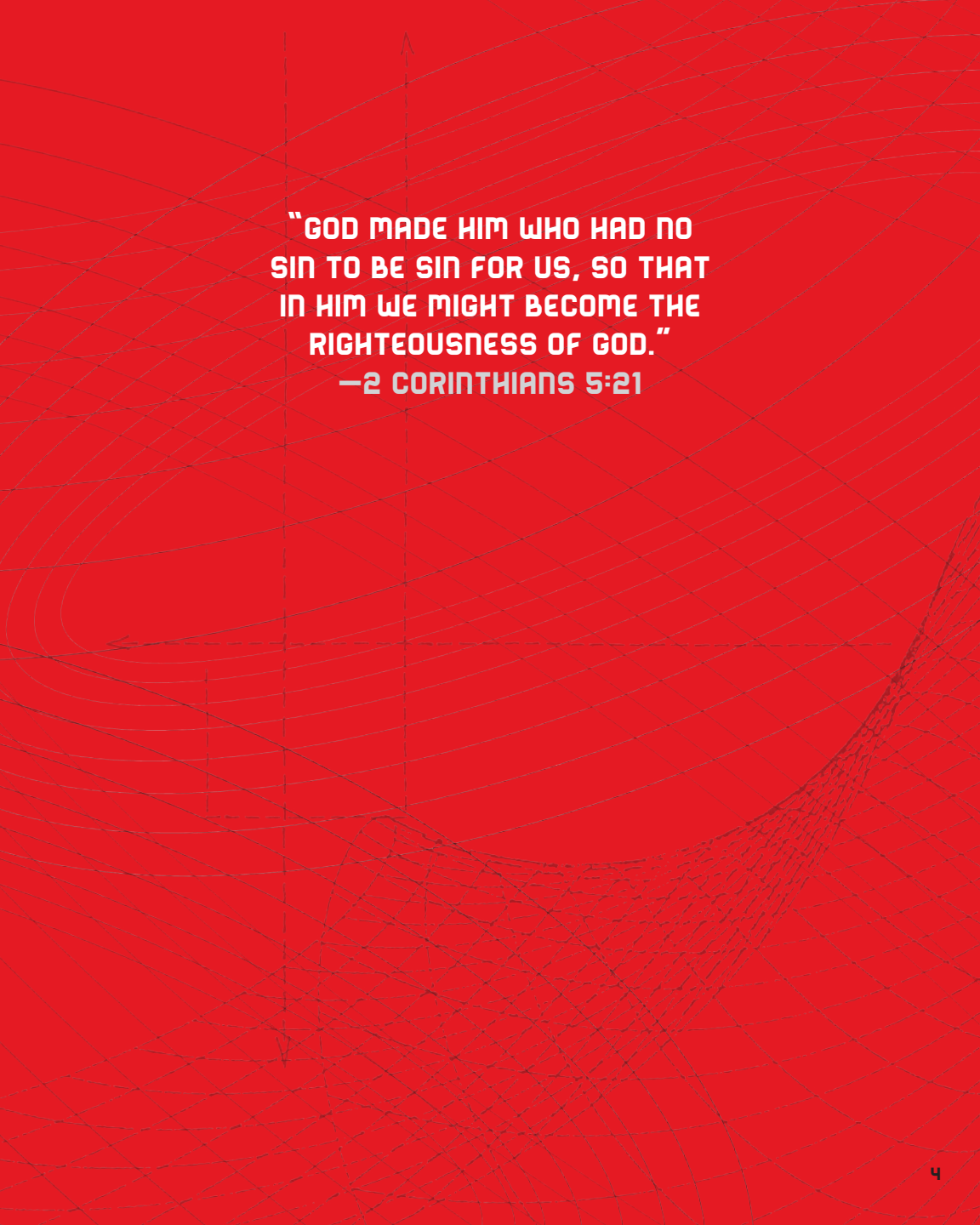
This first week, Week 1, may feel kind of similar.

Maybe it's been a while since you went through *Exchange* with your group. Or, maybe it wasn't that long ago, but you've still turned your mind toward other things. After all, you're a teenager which means you're super busy.

The point of Week 1 is to re-introduce you to some of the concepts you studied with your group, while beginning to introduce you to some deeper aspects of *Exchange*. There will be a little bit of old stuff, and a lot of new.

Basically, if we're going to continue down this really cool journey of growing closer to God, we'll need to make sure that we start on the right track.

So, let's get started! Turn to page 5 for Week 1, Day 1.



**"GOD MADE HIM WHO HAD NO
SIN TO BE SIN FOR US, SO THAT
IN HIM WE MIGHT BECOME THE
RIGHTEOUSNESS OF GOD."**

—2 CORINTHIANS 5:21

WEEK 1: DAY 1



Take a moment to refresh your memory on what the idea of **Exchange** is all about.

What do you think of when you hear the word, “exchange”? Do you think of swapping one thing for another thing? Exchanging is about trading for a better option. Think about it: When you make an exchange, you rarely ever give away something good for something crummy.

DON'T BELIEVE ME? LET'S PUT IT TO THE TEST.



Look at the icons above. Pretend you have a \$20 bill, represented by the icon on the left. Now, pretend you could exchange your \$20 for any of the three things in the right hand column.

- **Draw a solid line from the \$20 to the thing you are most likely to exchange it for.**
- **Now, draw a dotted line to the thing you're least likely to exchange your \$20 for.**

WHICH THING DID YOU EXCHANGE YOUR \$20 FOR?

If you are like most people, you would exchange your \$20 for the diamond ring. And you would be least likely to exchange your \$20 for some old cheese. (Unless it was, like, George Washington's cheese that was worth \$1,000,000, or something like that.) Why? Because that's how exchanges work.

But remember, Jesus made an exchange that didn't work like this at all. Jesus exchanged Heaven for earth. He exchanged praise for persecution. He willingly exchanged His sinless life for your sinful one. **He exchanged His innocence for your guilt.** And He did it so you could make the greatest exchange of all: **Death for life.**

Take a quick second and think about what you would say to Jesus if He were standing in front of you. How would you express how the exchange He made on your behalf makes you feel? (If you want, write your answer below.)

Over the next few days, we're going to review what you learned in Exchange. But we'll focus on how this affects you and your life. So, get ready for what's ahead. It has a very real chance of changing the way you see your relationship with Christ, and your role in this world.

WEEK 1: DAY 2

What exchange did Jesus make? And how can people benefit from it? Spend a few minutes today discovering how this exchange impacts your day-to-day life.



Take a second and read 1 Peter 1:3-5. Peter was one of Jesus' disciples, and he wrote 1 Peter about 30 years or so after Jesus died. He was writing to Christ-followers who were beginning to feel persecution from the Roman government.

Focus on verse 3. Peter is praising God for giving us the amazing gift of hope and life in Jesus. The Bible is clear: death is the right punishment for our sins. But God sent Jesus to die on the cross to pay the punishment on our behalf. God "caused us" to have new life out of death. (That's what Peter means when he says born again.) As Peter says here, through Jesus' resurrection, we have life and hope.

Jesus exchanged death (that you earned because of sin) for life (that you can't earn). This isn't just about life in heaven after you die. It's about life right now.

THINK ABOUT THIS: What are some examples of how your life has more meaning, or purpose today because you have a relationship with Jesus?

FAITH → LIFE

Re-read the passage one more time paying close attention to verses 4 and 5.

Now, this is where Peter is talking exclusively about the life Jesus made possible for us after this life. Peter is talking about life in heaven, in relationship with God, forever. This life is made possible to all who believe in Jesus. There are two things worth mentioning.

First, look how this “inheritance” is described. It’s never going to be taken away from you. It’s never going to fade or falter. If you believe in Jesus and enter into a saving relationship with Him, the exchange has been made. Your life in heaven is assured, not because you did anything to earn it, but because Christ did it all.

Why is it easy to get caught up in the “if we act good God loves us more” way of thinking?

Verse 5 shares a little clue why this way of thinking is wrong. Verse 5 shows us that we gain this gift of hope and life through faith in what Jesus did, not through our own efforts. Why should this free you from any feelings of having to “perform” for God?

How does this change your motivation for living a life where sin doesn’t control you?

TODAY, MAKE SURE YOU REALIZE HOW MUCH GOD LOVES YOU. OUT OF LOVE, HE MADE A WAY FOR YOU TO HAVE LIFE AND TO HAVE IT PERFECTLY, FOREVER.

WEEK 1: DAY 3

The exchange Christ made for you set in motion the possibility of an awesome new life. Have you really thought about what that means yet?

LIVE THE EXCHANGED LIFE

Take a second and read Micah 6:8.

Micah was a prophet. In this passage, he was basically asking what it would take for God's people to return to living a life that was a credit to God. Micah brought up the types of sacrifices God had commanded. But then, inspired by God, Micah broke with expectation and offered a better way to draw closer to God. That's what verse 8 is all about.

Living the "exchanged life" in your world means breaking with the expectations of "how it's always been done." The vibrant life God has called you to live should make a powerful impact on the world around you. These words from Micah should challenge you to think outside the norm and picture how your life can make an impact.

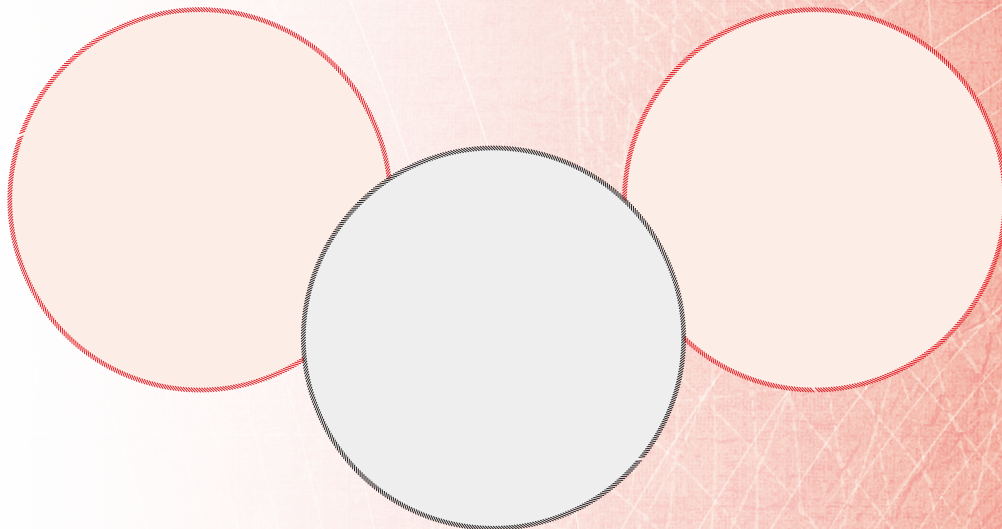
In the space below, write down a handful of things you could do—things unexpected, things that go against the norm—that would show the world you are living the "exchanged life."

THINKING BACK TO WHAT YOU JUST WROTE DOWN.

Now, ask yourself: What is it that keeps me from living the “exchanged life”? A life where you make a major difference in the world in the name of Christ? Because let’s be honest: very few of us have it all figured out. Look around you. How many of your friends are making the kind of impact they could be making?

Read Romans 7:15-25. Now, this passage can be confusing. Let’s simplify it: Paul wants to do right, but he does wrong. And he doesn’t want to do wrong, but he does anyway. Can you relate? Guess what: everyone can. You have a sin nature. You are a flawed person. All people are. So, let’s think about this for a second.

In each of the three circles, write a word or phrase that symbolizes the three biggest obstacles to your living a powerful life for Christ.



Now, want to know something cool? When it’s all said and done, God is going to bring in a new order of things where evil is dead once and for all. That sin that keeps you from living like you want to live? It’ll be gone.

Look back at your circles. Cross out whatever you wrote in there. Now, spend a few minutes thanking God that He will one day make a permanent exchange, that He will one day exchange this broken world for a perfect eternity in relationship with Him. (And that’s pretty cool, right?)

WEEK 1: DAY 4

Let's get real. Before we move forward with the rest of this book, let's take some stock of where you are.

WHERE ARE YOU?


Take a second and read one simple verse. **Read 2 Corinthians 5:17.** Better yet, memorize it. You are a new creation if you have been saved by faith in Jesus' exchange. Does your life represent the life of a new creation? Or are you holding on to "old life" way of living? **Describe where you are right now in your desire to live the "exchanged life."** How is it going?

WHERE DO YOU WANT TO BE?

Think about where you want to be in terms of living a life that reflects Christ to the world. Think in terms of your relationships, your actions, your thoughts, how you spend your time . . . Now, what would you like your life to look like in these areas?

WHY DOES IT MATTER TO YOU?

Why is it important to you to live a life that reflects the great exchange Jesus made for you? Seriously. In your own words. Why does it matter to you?

The background of the page is a light cream color. It features a series of thin, red, wavy lines that flow across the bottom half of the page. Overlaid on these waves is a faint, red grid pattern that covers the entire page. The grid lines are closely spaced and create a subtle texture. The overall design is modern and minimalist.

**WHEN IT COMES TO FOLLOWING THROUGH ON THE
CHANGES WE ALL WANT TO MAKE IN OUR LIVES, WE ARE
OUR OWN WORST ENEMIES. PRAY THAT GOD WILL HELP
YOU BECOME SMALLER WHILE HE BECOMES BIGGER. PRAY
THAT GOD WILL GET YOU OUT OF THE WAY AND MAKE
ROOM FOR MORE AND MORE OF HIM.**

**Be sure to check out the next page for
Day 5 of Week 1. You'll love it.**

WEEK 1: DAY 5

Love may be all you need. But sometimes that's easier said than done. Let's put this thought to the test.

Read Luke 6:27-31. Here, Jesus is outlining how a Christ-follower should embrace the idea of loving others. Is this easy teaching? Heck no! It might actually be one of the hardest aspects of living as a Christ-follower. And yet, Jesus calls us to embrace it. So, let's try a little exercise in loving those who are hard to love.

Think of three people who are either hard to love, or who really, really need someone to show them love. Write one person's initials in each of the three silhouettes on the right side of this page. Then, move to page 14 for the rest of the activity.



For each of the people you listed on page 13, walk through the following instructions.

PERSON 1

One of the best ways to begin to show love for someone who is hard to love is to pray for him or her. In the space below, write a prayer for the person whose initials you wrote in the first silhouette.

PERSON 2

Actions often speak louder than words. Think about the person whose initials you wrote in the second silhouette. What is one thing you can do to reach out to him or her in the next few days? Write it in the space below and follow through with it.

PERSON 3

Sometimes you need to do stuff that's hard because it's the right thing to do. What do you need to say to the last person on your list that would show him or her that you're choosing love instead of anger or hate? Write it below and then commit to actually saying it in the next few days.

WEEK 1: DAY 6

Picture a ball.

Picture an old ball. Worn out from years of play.
It's a little frayed. A little worn around the edges.
It's weathered from being left outside. In the sun.
In the rain. It's old. It's well used.

And it has been tossed to the side.

Replaced by a newer ball.

Forgotten about.

Then imagine someone finds the ball.
Imagine it's someone who has an appreciation
for things that have been well-used. Old things.
This person sees the character in the old ball.
This person sees the usefulness that's still there.
This person sees the value. And so in spite of the
ball's flaws, this person picks up the ball.
This person takes the ball home and treasures it.
Proudly displays it on a shelf. Puts it to use.

You're like the ball.

You've been redeemed. Picked up from the heap
of the "left-behind." Jesus, in spite of your flaws,
made you His and has put you to use for
His purposes.

What was once lost has been exchanged
for found. *You* who were once lost have
been exchanged for found.



WEEK 1: DAY 7

FEEL FREE TO TAKE TODAY OFF . . .

But while you're here, think about this quote:

"The Lord Jesus took our place that we might have his peace;
he took our sin that we might have his salvation."—*Anonymous*

WEEK 1: WRAPPING UP



Your review of Exchange is over. Hopefully you have a good feeling about the foundation of the exchange Jesus made for you and the exchanged life He made possible. **Now you're ready to get started.**

Started on what? Well, started on the journey of digging in to this new life you've been given. You're going to learn more about what Jesus did for you and the life He has called you to live than (maybe) ever before. And you're going to love it. Because it is what Jesus expects and desires from you.

SO, DON'T HOLD BACK. REALLY POUR IN TO WHAT'S COMING YOUR WAY. IF YOU DO, YOU'LL THANK YOURSELF FOR IT.

LOOKING AHEAD . . .

HERE'S A PREVIEW OF THE EXCHANGES YOU'LL
BE LOOKING AT NEXT WEEK:

Week 2: Day 1 Filthy → Spotless

Week 2: Day 2 Wiped Out → Rested

Week 2: Day 3 Lost → Found

Week 2: Day 4 Broken → Whole

Week 2: Day 5 Chains → Freedom

