

Blessed Are...

A Study of the Beattitudes



Field Guide

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A Study of the Beattitudes



THIS BOOK BELONGS TO

LeaderTrekks



Developing Leaders To Fulfill The Great Commission

LeaderTreks is a student leadership development ministry using curriculum, innovative training, and trips to help students identify and develop their personal leadership skills. We are calling the church to join us in making leadership development a core of youth ministry. To that end, we partner with youth workers who are passionate about developing the next generation of leaders in the church and culture. Our resources challenge and change participants. Students gain confidence and motivation, and a new vision for how they can lead and serve others.

Blessed Are Field Guide

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Setting Your Compass

Life in the field isn't easy. We're tested. We struggle. And if we're not careful, we'll let life defeat us.

LeaderTreks Field Guides are everyday tools that yield extraordinary results. If you make it your goal to make your daily time with God intentional – you will experience more depth in your relationship with God.

Every growing Christian leader is committed to achieving four priorities on a constant basis. If you want to be an effective leader in God's service, you will:

- » **DEVOTE** yourself to God's Word.
- » **PRAY** and listen to God.
- » **GROW** by asking tough questions.
- » **EVALUATE** every experience.



Let's face it – we all need direction in life. These four priorities in the Christian life are like navigational points on a compass: North, South, East, and West. They are crucial to helping you find your way on your leadership journey. When you make these priorities a habit, it's like setting your compass every day for success. Neglect them, and life gets fuzzy. The right way to go isn't so clear, and you start to feel lost.

Each Field Guide gives you a daily four-step experience with God: DEVOTE time to His Word reading a daily devotional. PRAY effectively using our ACTS Prayer Journal pages. GROW using Growth Journal pages. EVALUATE using our unique team evaluation tool.

How does it work?

Let's take a deeper look at the way the Field Guide works for student leaders.

Devote yourself to His Word. The daily devotionals in the Field Guide use different Bible study methods each day, so you'll learn new methods to study the Bible on your own. These Bible study methods will allow you to look intently into God's Word and get more out of the passage.



Listen to God in prayer. The Prayer Journal is where you can write your prayers to God. It follows the ACTS prayer method of Adoration, Confession, Thanksgiving, and Supplication. You can record what God is doing in your life so you can eventually look back and see how God answered your prayers.



Grow by asking yourself the tough questions outlined in the Growth Journal. In a team setting, you can write what your personal obligations were to your team that day, rate your influence on your team, brainstorm how you can improve the following day, and record the basic thought of your quiet time. The Growth Journal also includes different questions for each day that prompt you to think about how God can use you in bigger ways and have more of your heart.



Evaluate what you do by using our evaluation tool. Your team will be able to improve their performance on a daily basis. Together the team will brainstorm how they did every day. The team will discuss areas of excellence and areas that need improvement. Then the team will make action steps to follow through with the needed improvements.



This Field Guide is organized to package all four daily experiences with God. Each day is unique and uses different study methods and intriguing questions. Field Guides bring stale quiet times to life and energize team discussions with new focus.

Introduction:

When we think about God's blessing, what comes to mind? Do ideas of power, money, and fame ever cross your thought process? It can be easy to look at a man who drives a really expensive car, lives in a huge house, and enjoys lavish vacations in warm, beautiful destinations as a man God has blessed in large ways. But is that really a life God has blessed? Does this way of thinking ever seem contradictory to what Christ taught or how Christ lived his life?

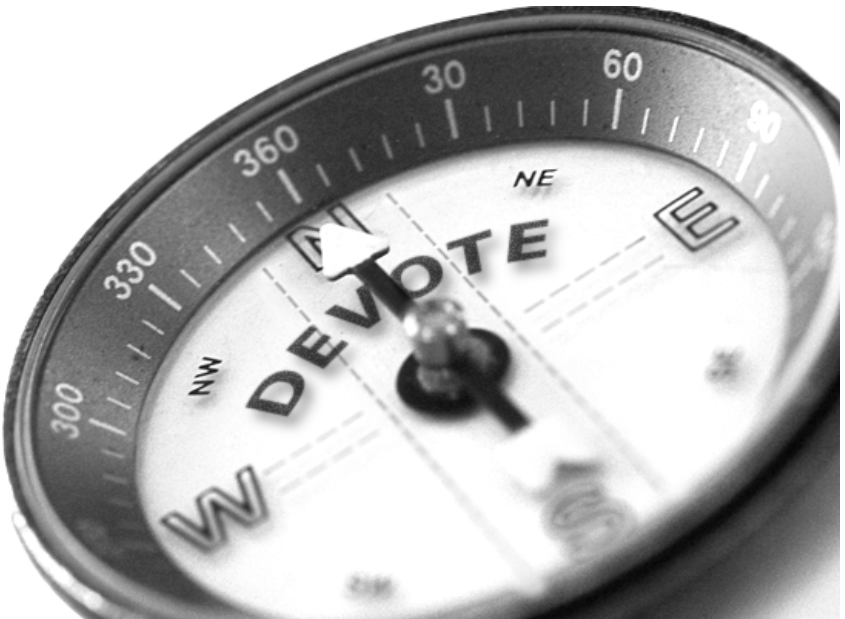
Coming to earth as a child born in a feeding trough, Jesus humbly entered the world and he brought a revolution that would change it. Jesus lived his life amongst the least. Eating with tax collectors, hanging out with prostitutes, and exchanging loving embraces with lepers. Jesus knew a life God blessed meant living set apart. In his famous "Sermon on the Mount," he speaks of this blessed life:

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are those who mourn,
for they will be comforted.
Blessed are the meek,
for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they will be filled.
Blessed are the merciful,
for they will be shown mercy.
Blessed are the pure in heart,
for they will see God.
Blessed are the peacemakers,
for they will be called sons of God.
Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.[1]

Christ calls us to a deeper life...filled with action and not apathy. His plan for us is an abundant life full of blessings beyond what we can imagine. Does your life resemble a blessed life? Do you fit the profile of a peacemaker, the persecuted, the merciful or meek? While we might have cars and houses, ipods and iphones, these things don't even hold a candle to the power and awesomeness of God's blessing on our lives. We might actually be leaving God's blessing behind in the dust. So, let us journey together and study what it means to live lives that are set apart, lives that are blessed.

DAY 1

**Blessed are the
Poor in Spirit,
for theirs is the
Kingdom of Heaven.**





Daily Devotional

Bible study is foundational for growth as a Christian. In order to be connected to God and His will, we need to listen to His voice. One major way that God speaks to and guides His children is through His written Word, the Bible. At LeaderTreks we have found that most Christians desire to have a strong habit of personal Bible study in their lives. Many feel guilty for not reading the Bible more. They want to learn from God's Word; they just don't know how. This Field Guide is filled with several different Bible study methods that you will be able to use in your personal study of the Bible.

When you find a Bible study method that you like, take it and use it on other passages after you have completed your time in this Field Guide. Bible study methods you may use in the pages of this Field Guide include: OPA, SPECK, 5P, Newspaper, and List/Link/Live. Each of the Bible study methods have one thing in common: It requires you to find ways to take the truth in the passage and apply it to your life. For God's Word to change you, it must be applied to your life. When you think of making an application, be sure to make it specific and measurable. Application is the key to allowing God to change who you are.

Bible study is hard work. Some days the devotionals will be more challenging for you than others. It is important for you to invest effort into this process. God is waiting to communicate His Truth to you. Are you willing to do what it takes to hear Him? If so, you will begin to see a difference in your life. When you finish these devotionals, review the lessons that God has taught you. You will be amazed at how far you have come and how much you have learned. It can be the start of a life-changing process for you.

When you are ready to start your devotions, first read the introductory paragraph. This will give you an idea of the theme of the passage and what to look for as you read. Next you will want to read the passage. It doesn't really matter what version of the Bible you use; just find one that you can understand. After you read the passage, work through the study method listed for that day.

We suggest that you allot 45 minutes a day for devotional time and prayer. During that time you should study the Word using your devotional and spend time in prayer using the Prayer Journal. If you are using this Field Guide on a trip, set aside time every evening to talk through and teach each other what you have been learning through the Bible study.



Offering Humility

Read Luke 7:36-50

Living your life as an outcast can destroy you. Hope does not exist and love seems impossible. Days are filled living in the shadows, as the mere sight of you brings hateful glances. Yet one simple act of faith from a woman poor in spirit brought a response from Jesus overflowing with grace, prevailing over the hearts of many in the room. Jesus saw her gift given through a heart of humility, rather than a heart of stone hardened by pride.

We are going to use the View Point Method to study this passage.

Thoughts

Make a list of all the characters in the passage. Begin by thinking through the perspective of each character. Put yourself in the shoes of each one and consider what he or she is going through in the passage. Write down what you suppose each character is thinking.

Actions

Now, describe in words what each character is doing, or what action is being played out in their lives.

Impact

Describe what impact, if any, each character's actions have made. If no impact is immediately seen in the passage, is there an impact that is implied as a result of their actions?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Application

What are you thinking right now after reading this passage? What areas of your life need to change? Write down a specific action you can take to apply what you learned into your life. Then, think about and write down what you think the impact of your action could be on others.

[illegible]

There was nothing else more important, more precious, and more needed, than Jesus Christ in this woman's life. This woman found no other way to use her most expensive treasure, then to pour it on the feet of Jesus. After all, He was the real treasure in her life. Without Him, she had nothing.





Prayer Journal

If we take God seriously, we'll be serious about prayer.

This prayer journal is a tool to guide you in the process of prayer rather than the common wish list of things you want from God. Prayer is not just a list; it is the way to build an eternal relationship with God. This is why a prayer process is key; it keeps you on track to the true purpose of prayer.

The first part of your prayer time is ACTS. Record your prayers by:

Adoration – Praising God by reflecting on and speaking about who He is.

Confession – Once we recognize who God is, we come face to face with who we are – sinners. We confess our sins because God is holy, just and forgiving.

Thanksgiving – We are grateful for a life free from the chains of sin. We no longer carry the guilt of our sins and so we approach God with grateful hearts thanking Him for His great work in our lives.

Supplication – Now that our perspective is clear about who God is, who we are, and why we are thankful, we can come to Him with our requests.

The second part is a place to record God's answers to your prayers. "Prayer needs/requests and how God responded" is where God will reveal His vision for your life. As you ask God for direction in decisions, He will answer. If you don't record those answers, you won't be able to see the movement of God in response to your requests. This part is the most powerful. Many people skip this step and miss out on the vision, excitement and encouragement of watching God answer when they ask.

The third part is the "Every Day" flap (located on the inside back cover). This section is designed to record the things you want to bring before the Lord every day. For example, consider wisdom. God says in James 1 that if anyone lacks wisdom they can ask for it and He will give it generously. Wisdom is a freebie, but such a necessity for life that you'll want to ask Him for it every day. Use this section for people with pressing needs. Pray for this list each day and do a lot of adding and removing as God answers. The Every Day flap is intended to be used to mark your place every day.



Prayer Journal

Adoration

Lord God, I praise You because You are the Creator of all things. Lord You have created all that I see and all that I am. Lord, You are compassionate and gracious, You are my refuge and my strength. In You alone may I take my refuge.

Confession

I'm sorry that I've been trying to lead by my own strength rather than crying out for help from you. I'm sorry that I've been very self-focused and not compassionate. Please forgive me and help me serve others today.

Thanksgiving

Thank you for yesterday's success. For redemption, love and patience. For the ability to endure hardships and learn from them, becoming better in the end. For the support and encouragement from others. For your forgiveness and your belief in me and your desire to use me.

Supplication

Help me to be a blessing to others today. Help me to be others-focused. To release responsibility well. To have observant eyes. To be attentive to the need for communication. To have meaningful challenges. To have realistic expectations for myself. To have strength to endure.

Prayer needs/requests and how God responded...

Yesterday I prayed for patience with my VBS partner. God allowed for us to have a great conversation this morning at breakfast that allowed me to see her heart for these kids. Thank You, God, for an amazing VBS partner. I pray for more opportunities for us to connect and become more unified to share Christ with these kids.

I pray for strength and boldness going into this final day. We have been working so hard on this deck all week. I prayed for courage yesterday and wrote 2 Corinthians 3:12 on my hand to remember it and be strengthened by it in times that I would normally shrink away. God totally gave me the words to encourage and push our team to finish strong at the work site. We had one hour left before lunch and then onto VBS. Some of my team were slacking a little and just playing around. Because I remembered this verse, I was able to go up to my teammates and get them focused on the work again and remind them of why we were here – to make an impact on this community. Lord, thank you so much for the courage to do that!! I never could have done it without the reminder of that verse!

Before coming on this trip I prayed for God to show me how He wants to use me as a leader in school next year. Through the Bible study every morning and talking about it at night in Team Time, I have a more clear picture of how I can use my gifts to make a difference on my campus for Christ.

Lord, help me finish strong...

**"Lord, guard my lips, free me from the clutter
of unnecessary words, the clamor of vengeful words,
and the cleverness of cynical words.
Let all my words be well used."**

– Adapted from Psalm 141:3



Prayer Journal

Adoration

Confession

Thanksgiving

Supplication

Prayer needs/requests and how God responded...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

The greatest mystery about prayer is that Jesus prayed all the time. Why did He pray? Wasn't He God? Didn't He already know what was going to happen? Mark 1:35 says, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed." This was His daily habit.





Growth Journal

Life is a journey, an adventure that will take us behind enemy lines, into unknown cultures and hostile environments. When you started the journey, you didn't have everything that you needed, but God revealed parts of Himself to you through difficulties and obstacles along the way. Even though we don't know what will happen next on our mission, we do know how it will end. Each of us has a unique vision God Himself gives us. It helps us to make decisions and prepare for the future, and it gives us sight in the darkness. Vision is what you need when you can't see what to do next.

Not making the same mistakes twice will be key to your success. You need to learn from your mistakes and God's revelations to make sure that you don't miss a lesson. We, at LeaderTrek, have created a tool to help you learn from the past and develop a vision for the future.

The only way to know if you're growing is to measure your growth. This is why we are providing you with a daily Growth Journal. Use this tool to rethink, respond to, and rejoice over what the Lord is doing in your life. The way to get the most out of this section is to be totally honest with yourself and the Lord. Evaluation is the key to personal growth. If we are honest about our weaknesses, then we can bring them to the Lord. When we are open to His working in our lives, He is able to begin shaping us and molding us into His children. What a wonderful process! Just think, with His hands He is making us into His image, making us into His image-bearers.

The first part of the journal is a daily evaluation form. The purpose of the evaluation form is to measure your individual performance. Use this space to build your performance so that your influence on others will grow. The success of this trip lies in the performance of each individual team member. The second part has blank space to record your thoughts and feelings every day.



Preparing for the Journey

What are my personal obligations to my team/family/friends in the next 24 hours?

How positive was my influence in the last 24 hours?

1

2

3

4

5

LOW

MEDIUM

HIGH

How can I improve tomorrow?

What was the basic thought of my quiet time today?

What are three things I want to see come out of this trip?

An obstacle is something that stands in my way, but by maneuvering and planning it can be overcome. What are some obstacles that might prevent me from achieving those goals for the trip?

In what ways has God prepared me for this trip?

How do I expect God to move on this trip?

Journaling Space

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.





Team Evaluation Tool

Teams who evaluate themselves become better leaders. Evaluation means not only looking for areas in which you can improve, but also celebrating the things you have accomplished. Doing this will only improve team effectiveness. It will also give every team member the opportunity to voice any concerns they have. In this Field Guide, your team will evaluate itself using the Target Three evaluation tool.

Target Three allows you to:

- » Target three things your team is doing well
- » Target three areas in which your team can continue to improve.

Some things to consider when looking for things your team members have done well:

- » What have we done that we walked away from feeling like we succeeded?
- » What have those outside of our team complimented us for doing well?
- » Whom have we impacted today?
- » What did our team do well together?

Some things to consider when looking for things to improve:

- » Have we walked away from anything feeling like we could have done better?
- » What is one attitude that team members have that is hurting team unity?
- » What can you do to better serve your team?
- » Does everyone on your team feel important to the team? Why or why not?



Target Three

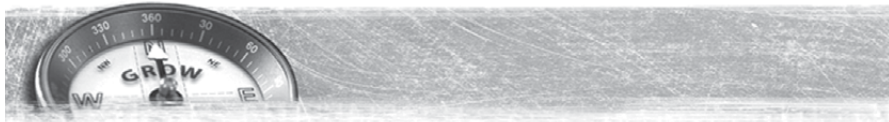
Questions to help identify areas of excellence

1. What was our team's greatest moment today?
2. What helped make it happen?
3. What was our team's our biggest improvement of the day?
4. When did I feel the most valued or cared for today?

Questions to help identify areas of needed improvement

1. What times during the day were not efficient?
2. When did I feel the least valued or cared for today?
3. What would it take for our team to be a great team?

Doing Well	
Need Improvement	Action Steps
1.	1.
2.	2.
3.	3.



What do you want to take home from today?

What will you tell your family and friends about today?

DAY 2

**Blessed are the
Poor in Spirit,
for theirs is the
Kingdom of Heaven.**



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