



A FOUR-WEEK STUDENT DISCIPLESHIP JOURNAL

**LeaderTrek**s<sup>®</sup>  
YOUTH MINISTRY



**STAND**



**THIS BOOK BELONGS TO:**

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*Stand: A Four-Week Student Discipleship Journal*

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# WE'RE IN A WAR.

Every Christ-follower is in the midst of a spiritual battle. Sometimes it's something small that throws off our day, and sometimes it's something devastating and life changing. No matter the circumstances of the battle, you have a choice to make: are you going to give in and give up or are you going to stand firm?

In order to stand firm against temptation, we must be wearing the proper gear. Thankfully, God doesn't ask us to fight alone—he promises his help. When we are equipped with God's armor, we can fight with his strength.

When we put on the whole armor of God, we can not only fight, but stand victorious.

This book has four weeks of journal pages to help you learn all about the armor of God—what it is, why we need it, and how to use it well. You'll see that God is calling you to stand firm in your faith, with his help. Each week takes you through seven 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 week. 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 use this journal to run hard toward God. When we make ourselves available to him, he'll transform us and use us in ways that will blow our minds!

**WEEK 1**

**STAND**

**STAND  
FIRM**

# INTRO

**When life is good—or when you're oblivious to the fact that you're in the midst of a spiritual battle—it's easy to think that you've got everything under control, that you're succeeding spiritually because of your own strength. You might believe your efforts and "good works" are winning spiritual protection or favor with God. But the reality is that our human strength and willpower are no match for the schemes of the Devil. We are constantly in need of spiritual strength and protection, which we can only receive from God.**

**The armor of God is what God gives each of his children to use to fight off the Devil's schemes and protect us from gaping spiritual wounds of sin. We need to actively rely on the armor and weapons from God—most importantly his Word—to succeed spiritually. Thankfully, we have God on our side, and he is much more powerful than any sin or temptation that comes at us.**

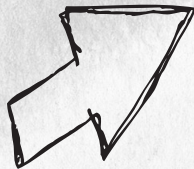
## DAY ONE:

# THE NEED

You've heard the statement, "If you want something done right, do it yourself." It's natural for some people to take the reins and not let go. You can only trust yourself...right? Well, not when it comes to the spiritual realm. God provides—and instructs us to put on—his armor so that we can fight off the Devil's schemes. It's impossible for us to fight effectively on our own, without the help and protection that God offers us.

Even when life seems to be going well and you don't feel like you're struggling in any significant way, everyone is susceptible to falling for Satan's lies. Your strength alone is not enough to get you through the battle. We all need God's help and protection to fight against sin and temptation!

**AS WE KICK OFF THE WEEK,  
REFLECT ON THESE QUESTIONS:**





What do you know about the spiritual realm and/or fighting spiritual battles?

List as many of the pieces of spiritual armor that you can. Which one(s) are you confused by?

On a scale of 1–10 (10=the most), how well do you rely on God's strength when you are faced with a spiritual battle?



What do you think might be some “schemes of the devil”? (see Ephesians 6:11)

How will God's armor protect you in a better way than what you could do alone?

## DAY TWO: RESIST

Spiritual battle is a reality for those who love Jesus. The Devil is delighted when you doubt God's goodness or say something unkind about someone else or glance at pornography. These are just a few ways he tries to devour God's children with sin and drive a wedge in our relationship with Jesus.

Our job is to stand firm in our faith and resist the Devil by asking God for help in our doubts and struggles. God is the one who gives us faith to believe Jesus is more beautiful and worth our attention than anything here on earth, even in the midst of fighting off sin. It's not easy by any means, but God rewards the fight for personal holiness.

Read **1 Peter 5:6–11** and use the **SPECK** method of Bible study to dig deeper into this passage. *The acronym SPECK is simply a way to help you remember this Bible study technique, so you can use it to learn from other passages later.*

**"TO LEARN STRONG FAITH IS TO ENDURE GREAT TRIALS. I HAVE LEARNED MY FAITH BY STANDING FIRM AMID SEVERE TESTINGS."**

—GEORGE MÜLLER<sup>1</sup>

## **SINS TO AVOID**

Make a list of any sins—wrong actions, attitudes, or thoughts—mentioned in the passage.

## **PROMISES TO CLAIM**

Make a list of the promises in this passage. Promises give us confidence when we doubt God or face difficult times.

## **EXAMPLES TO FOLLOW**

What examples do you find in the passage? Is there a right way of thinking or acting described in the passage that you should take as an example for your life?

## **COMMANDS TO OBEY**

Write out all the commands you find. If a passage encourages you to take a certain action, take it as a command and write it down.

## **KNOWLEDGE OF GOD TO APPLY**

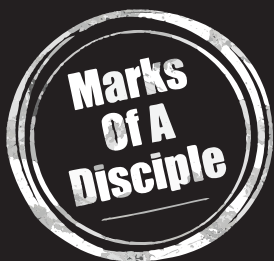
What does the passage tell you about God that you can apply to your daily life? God's character shines throughout Scripture.



## DAY THREE:

# LEARN FROM THE PAST

Think back on your week. When was a time you struggled? Maybe you were tempted or sinned or felt like God let you down, or maybe you just don't have joy, or you struggle with not loving Jesus the way you know you should. Everyone—everyone—goes through hard times. Everyone is tempted, everyone sins, everyone experiences dry seasons of the soul. That's why it's so important to be prepared and practice wearing your spiritual armor so that when you're thrown into a spiritual battle, you'll be able to fight in God's strength and win.



**DISCIPLES OF  
CHRIST RELY ON  
GOD'S STRENGTH.  
(PSALM 46:10)**

Describe a struggle from this week.



How did you rely on your own strength to get you through?



How did you rely on God's strength?



What could you do differently next time you are in a similar situation?



What verse could you memorize and say to yourself (as many times as needed!) when you need to fight off the Devil's schemes?



## DAY FOUR: WHAT WE CAN'T SEE

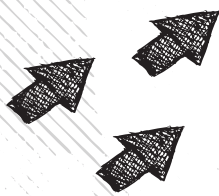
We know physical battles exist because we can see them. But the reality of spiritual battles is hard to grasp because we can't see them. It's difficult to fight against something we can't see with our eyes. But the Lord—the one who restores, confirms, strengthens, and establishes us—can see all things spiritual and equips us with his protective armor, if we choose to obey him and put it on.

The Devil wants to destroy God's people and the church; he wants people to hate God like he does. It's a cosmic battle for our souls. And we must do everything we can to protect ourselves, fight back the darkness, and walk in the glorious light of Jesus.

**"OUR STRUGGLE IS NOT AGAINST FLESH AND BLOOD—PEOPLE ARE NOT OUR ENEMIES. IT WOULD REVOLUTIONIZE THE WAY WE LOOK AT LIFE IF WE STOPPED LOOKING AT PEOPLE AS OUR ENEMIES... THE CHURCH'S REAL BATTLE IS 'AGAINST PRINCIPALITIES, AGAINST POWERS, AGAINST THE RULERS OF THE DARKNESS OF THIS AGE' (EPH. 6:12 NKJV)... THIS COSMIC BATTLE IS A COSMIC MATTER, AND THE ARMOR OF GOD IS OUR SPIRITUAL EQUIPMENT THAT MOVES US FORWARD TO VICTORY."**

—RAMEZ ATALLAH<sup>2</sup>

**Read the quote above from Ramez Atallah,  
then answer the following questions:**



**Has there been a time when you were serving God in some way and it felt like everything was going wrong? What happened?**

**Why is it dangerous to try to fight this spiritual battle without Christ?**

**How do you think the armor of God helps us in our fight against sin, temptation, and “the rulers of darkness”?**

**What are some verses to have on hand that’ll help you walk in the light of Jesus?**

**How trusting are you of the spiritual armor of God? Why?**

## DAY FIVE:

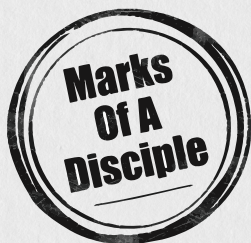
# ROOTED



Have you ever kept a house plant alive or planted vegetables in the backyard? If you know anything about plants, you probably know that water is essential to almost all plants in order to not only survive, but to thrive. If the plant is neglected, it begins to wither, turn brown, and dry up. However, if the plant is watered appropriately, it stays green and healthy.

Just like a plant, our naturally wicked hearts need the living water: Jesus. And we gain more of him by soaking up his Word. We can't trust ourselves—or anyone else—to make us flourish. When we try to “make it” ourselves or muster up enough strength to resist temptation on our own, we will inevitably lose. But by digging our roots deep into the Bible and trusting in the Lord, our hearts will thrive, and we will have the strength to make it through even the dry seasons of life.

Read **Jeremiah 17:5–13**. Study the verses carefully by using the **OPA** method for Bible Study: Observation, Principles, and Application. *Helpful tip: the more effort you put in to making observations, the easier the principles and application will be to see.*



**DISCIPLES OF CHRIST ARE  
ROOTED IN GOD AND HIS WORD.  
(COL. 2:6–7)**



## **OBSERVATION:**

Compile all the facts found in these passages. Try to make 10–15 observations about what you read.

## **PRINCIPLES:**

Draw a few principles from the observations you made. What is God trying to teach you in this passage?

## **APPLICATION:**

Draw a few principles from the observations you made. What is God trying to teach you in this passage?

## DAY SIX:

# GOD FIGHTS FOR US

We have acknowledged the fact that we cannot fight spiritual battles on our own power or strength; we trust in God's power and strength to get us through trials and temptations. But did you know that the Bible—in multiple places—says that the Lord actually fights for us? That doesn't mean he'll block all hard times in our lives or make them instantly go away. No, we have to train our hearts and minds to trust in the Lord by spending time reading his Word and meditating on who God is. But we put on the armor of God and fight with his strength by trusting his promises and his ability to get us through any trial or temptation.

Look up these verses and write the most meaningful one in the space below: Deuteronomy 20:4; Joshua 1:9; Psalm 44:5; Deuteronomy 3:22; Joshua 23:10.



## **NOW ANSWER THE FOLLOWING QUESTIONS:**

What stands out to you about this verse?

How has God fought for you recently?

Take some time to pray this verse for yourself. Ask God to help you to trust his promise and ability to fight for you.

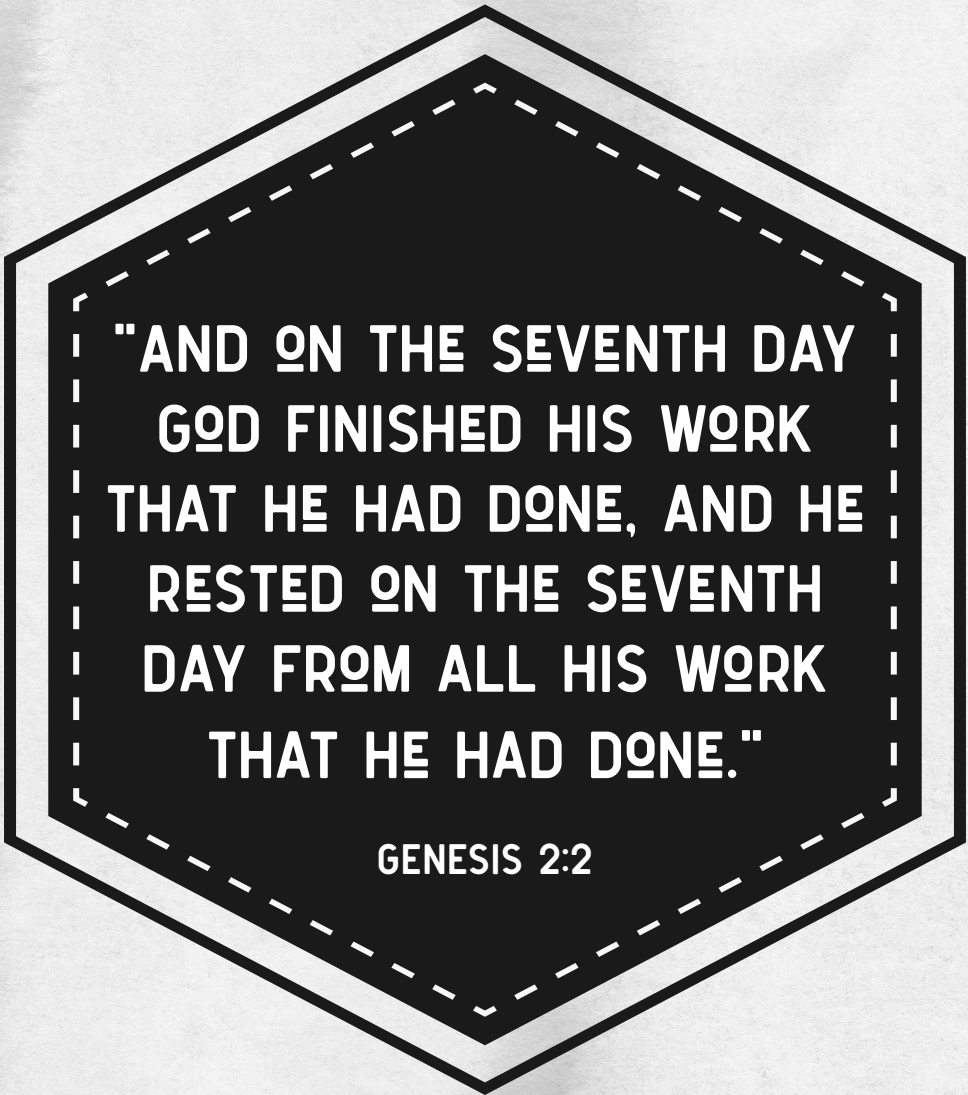


## **DAY SEVEN:**

# **SABBATH**

**HAVE YOU EVER HEARD OF SOMEONE REFER TO SUNDAY AS THE SABBATH? THAT MEANS IT'S OUR DAY OF REST. SO TODAY THAT'S YOUR CHALLENGE. REST!**

**REFLECT ON THAT YOU'VE LEARNED SO FAR, THE CHALLENGES YOU DID, OR BIBLE VERSES THAT STUCK OUT TO YOU. SPEND SOME TIME PRAYING AND TALKING WITH GOD. RECHARGE YOUR BATTERIES AND REFRESH YOUR MIND. THEN COME BACK TOMORROW READY TO GO DEEPER.**



**"AND ON THE SEVENTH DAY  
GOD FINISHED HIS WORK  
THAT HE HAD DONE, AND HE  
RESTED ON THE SEVENTH  
DAY FROM ALL HIS WORK  
THAT HE HAD DONE."**

**GENESIS 2:2**