



# JUMP

MAKING THE LEAP INTO HIGH SCHOOL

A 40-DAY STUDENT DISCIPLESHIP JOURNAL





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**MAKING THE LEAP INTO HIGH SCHOOL**

**A 40-DAY STUDENT DISCIPLESHIP JOURNAL**



Making Disciples. Developing Leaders.

*Jump: Making the Leap into High School*

*A 40-Day Student Discipleship Journal*

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ISBN: 978-1-939031-51-8

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Published by LeaderTreks  
25W560 Geneva Road, Suite 30  
Carol Stream, IL 60188  
[www.leadertreks.org](http://www.leadertreks.org)  
877-502-0699

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## INTRO ARE YOU READY?

High school is coming. Before you know it, you will no longer be a junior high student—you'll be a high schooler. Maybe that excites you, maybe that terrifies you. But no matter what you're feeling, this rite of passage is not far off.

What does it look like make the leap into high school without stumbling? How can you remain faithful to God, your friends, and your family? How can you balance all the activities and opportunities that happen in high school?

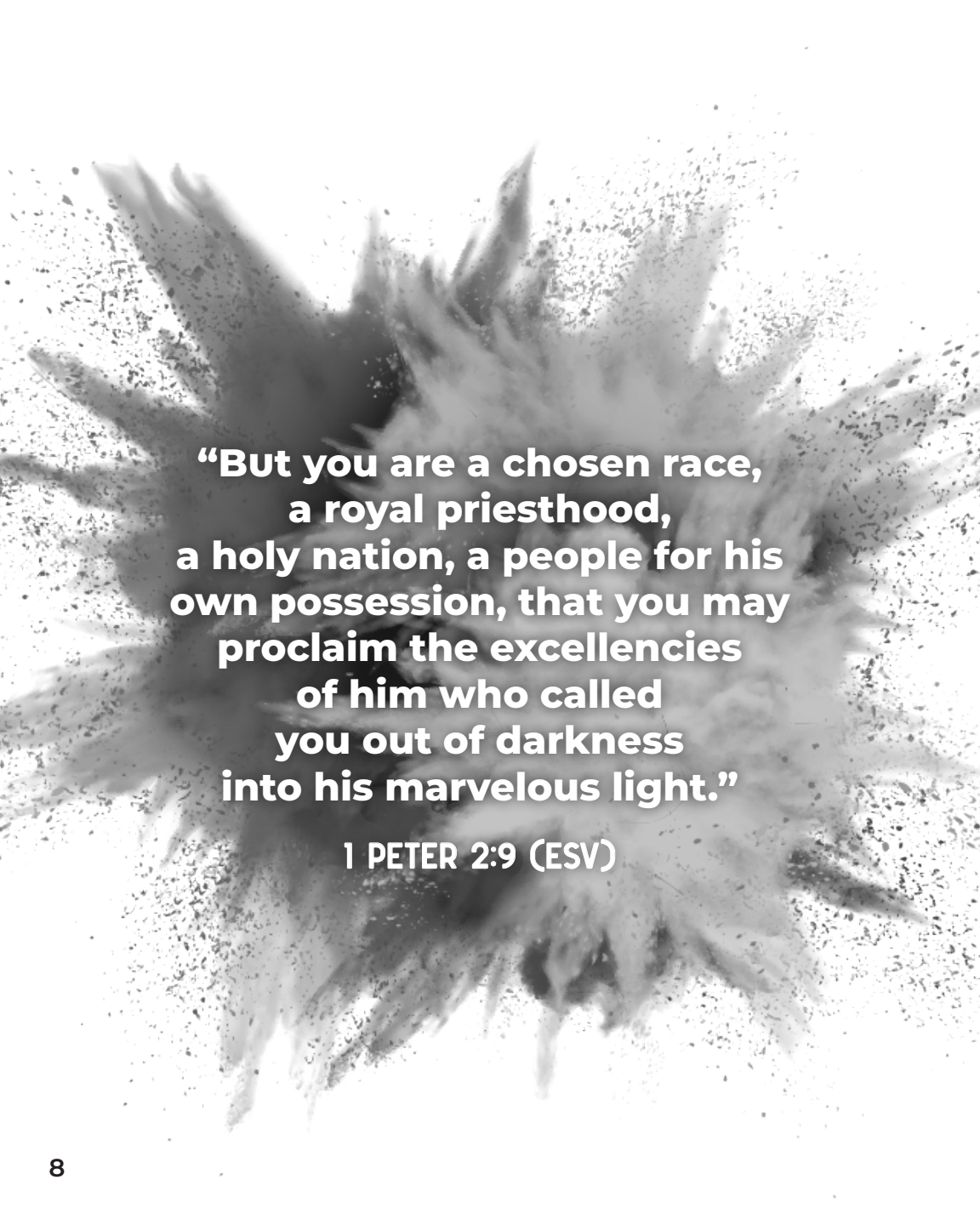
It all starts with a firm foundation of faith in Jesus. By staying rooted and grounded in the One who never changes, you can learn to navigate any changes in your own life. High school will be different, but God won't be. When you start to own your faith, you'll be able to remain faithful to God and you'll be ready to face whatever high school brings your way.

## HOW IT WORKS

This book is designed to help you land on your feet as you start high school. It will take you through eight weeks of journal pages that prepare you for this next step. Each week contains either a spiritual truth or practical skill that will give you the tools you need to remain firm in your faith in God regardless of what lies ahead in high school.

In this journal, you'll encounter challenges, hard questions, and Bible studies, all of which focus on a foundational spiritual truth or practical skill that you can apply throughout high school. At the end of each chapter, you'll find a MENTOR/PARENT PAGE\*. This page is designed for you to use in relationship with an adult who is farther down the road of following Jesus than you, like a mentor, parent, or guardian. While this book doesn't have to be done with a mentor, it's best when it is! (If you don't have a mentor, ask your youth pastor or some other trusted adult the best way to go about finding one.) Each day is different than the last and no two days are the same; no matter how you're wired, there will be something for you!

*\*Your mentor/parent can get their own copy of these pages at [www.leadertreks.org/jump-journal-mentors](http://www.leadertreks.org/jump-journal-mentors).*



**“But you are a chosen race,  
a royal priesthood,  
a holy nation, a people for his  
own possession, that you may  
proclaim the excellencies  
of him who called  
you out of darkness  
into his marvelous light.”**

**1 PETER 2:9 (ESV)**



# IDENTITY

## CHAPTER 1



When asking the question, “Who am I?” you admit a fundamental reality: you are. Before you do, think, or say, you just are. Every other action comes after the fact that you simply exist. The Bible says that you exist because God desired for you to exist; he created you. When he created you, he gave you an identity and that identity matters. If you were to paint a picture, you, as the creator, would decide everything about the picture: what colors to use, what paper it is on, and so forth. The painting could never wake up one day and decide, “I will no longer be a painting, I will now be a piece of pottery.” When a creator creates, the creator dictates identity. This was true of God, the ultimate Creator, when he created you. When he “formed your inward parts and knitted you together in your mother’s womb,” (Psalm 139:13, emphasis added) he placed in you the identity of being his child. You identify a dog by the tags on its collar or the brand of shoes by the label; God identifies his children by calling them a son or a daughter. You are a child of God; this is your identity.

## DAY 1: WHO AM I?

Who am I? You might answer the question with your name, age, or where you are from. You could also answer with the sport or instrument you play, or maybe your parents' or siblings' names. These types of answers claim that the world around you defines you. You could write a long list or an entire essay about who you are, but God only needs three words, "You are mine." God defines you simply by the fact that you are his son or daughter. You may often find yourself feeling defined by facts that are true about you or the circumstances around you. The only problem is all of that stuff depends on you. God defines you as his own child; something that depends completely on him. You are a child of God; your identity rests only on him.

**"FOR IN CHRIST JESUS YOU ARE ALL SONS OF GOD, THROUGH FAITH. FOR AS MANY OF YOU AS WERE BAPTIZED INTO CHRIST HAVE PUT ON CHRIST." – GALATIANS 3:26–27 (ESV)**



**AS WE BEGIN THE WEEK, TAKE SOME TIME TO REFLECT ON THESE QUESTIONS:**

What would be your answer if a friend asked you, "Who are you?"

Does your answer to the previous question line up with who God says you are?

How does it make you feel to know that your identity does not depend on you at all?

In what specific ways does knowing your identity depends on God change how you live every day?

## DAY 2: IN HIS IMAGE

In the very first chapter of the very first book of the #1 best-selling book of all-time, the Bible, we find an account of how everything that is, came to be. The story shows up first because it is important. You can't build a house unless you lay a foundation. In this foundational account of creation in Genesis 1, the Bible authors make it clear, God made man and woman. Not only did he make them, but he made them in his image, and he called his creation, "very good." In this, the absolute most basic truth about your identity is revealed: you are made in the image of God and that is a very good thing.

Read **Genesis 1:26-31** and use the **5P method** of Bible study to dig deeper into this passage. *This title, 5P method, is simply a way to help you remember this Bible study technique so you can use it to learn from other passages later.*



## 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 seems to contain the most important thought in the passage? Which one stands out most to you? Write it out.*

## PROMISES

*Make a list of any promises you find in this passage.*

## PROBLEMS

*If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself.*

## PRACTICAL APPLICATION

*What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.*

## DAY 3: YOUR NOT-SO-SECRET IDENTITY

**"WHAT WE KNOW  
MATTERS BUT WHO  
WE ARE MATTERS MORE."**

**BRENE BROWN<sup>1</sup>**

Your identity matters. If you choose to find your identity in sports, you will play sports all day and think about sports when you aren't playing them. Your emotions will go up and down based on your athletic performance and you will strive to be accepted by the athletic community. This is true for anything you find your identity in because identity provides purpose; it shapes who you are and what you do. You may know how to play a certain sport or instrument, but you are God's child. There is a fundamental difference between the two. Knowing only means so much, being matters infinitely more. If you understand your identity in Christ, you will embrace and cherish being a child of God far above any knowledge you could possibly acquire.

**REFLECT ON THE QUOTE ABOVE AS YOU  
ANSWER THE QUESTIONS ON THE RIGHT.**



**IF YOU HAD TO RE-WRITE THE QUOTE IN YOUR OWN WORDS, WHAT WOULD IT SAY?**

**WHAT IS SOMETHING YOU ARE TEMPTED TO FIND YOUR IDENTITY IN?**

**HOW WOULD YOUR THOUGHTS, ATTITUDES, SCHEDULE, AND/OR ACTIONS CHANGE IF YOU TRULY EMBRACED WHO YOU ARE (GOD'S CHILD) OVER WHAT YOU KNOW?**

**WHAT IS ONE PRACTICAL STEP YOU WILL TAKE THIS WEEK TO BEGIN EMBRACING YOUR IDENTITY ABOVE YOUR KNOWLEDGE?**

## **DAY 4:**

# **THE FAMILY NAME**

Think of your favorite family tradition. Maybe it is pizza and a movie every Friday, or perhaps each Saturday you eat pancakes together. Whatever the tradition, the reason you participate is that when in you're a family, you bear the family name. In bearing the family name, you submit to the values and actions of that name. This is the case for both your earthly-family and your heavenly-family. As a sinner, when you accepted Christ and his sacrifice, God adopted you into his family. At that time, you began to bear his name as his son or daughter. Now, as his child, God has enabled you to walk by his Spirit and be a co-heir with Christ. If the Smith family wears green, and you are a Smith, then you are wearing green. Likewise, since God's children walk by the Spirit and are co-heirs with Christ, then you walk by the Spirit and you are a co-heir with Christ. This is your identity.

**READ ROMANS 8:1-17 AND USE THE OPA METHOD FOR BIBLE STUDY: OBESERVATION, PRINCIPLES, AND APPLICATION.**

*Helpful tip: the more effort you put in to making observations, the easier the principles and application will be to see.*





## **OBSERVATION:**

*Compile all the facts found in these passages.  
Try to make 15–20 observations about what you read.*

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## **PRINCIPLES:**

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

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## **APPLICATION:**

*How will you apply these principles to your life?  
Be specific—a good application will tell who, what, and when.*

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## DAY 5: ASK A FRIEND

For the last few days, we have discussed how identity drives actions. What you believe to be true about who you are will dictate what you do, what you think, how you spend your time, and who you spend your time with. When you identify as a child of God, you act and speak the way a child of God would.

### WHO DO YOU KNOW?

Think of the person in your life that you believe most exemplifies the characteristics and actions of a child of God. This could be a parent, sibling, relative, friend, small group leader, mentor, pastor, or another adult in your church. Make a list of the actions and characteristics you see in this person.

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## ASK A FRIEND

Reach out to that person and ask to have a conversation about identity. A few questions you could ask are:

When did you learn to find your identity in Christ?

What changed in your life when you learned your true identity?

What are some practical ways you live out your identity in Christ?

What are some scriptures that help you remember your identity is in Christ?

## WHAT ARE YOU GOING TO DO?

When the conversation is over, use this space to journal about what that person said, how they live, and how you intend to live as a child of God because of their example.

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# MENTOR/PARENT PAGE: IDENTITY

This page is designed for you to use to start a conversation about making the leap to high school with a mentor or with your parent(s) or guardian(s). If you don't have a mentor, seriously consider finding one. Start by praying, and then ask someone (like a youth worker or parent) to recommend a person who would be a good fit. Or if you know someone with a deep faith and the kind of character traits and faith you want to develop, ask them to mentor you. Most people will be more than thrilled and truly honored to mentor someone, and most parents would love to hear from your heart and offer their support as you take this big life step!

## QUESTIONS TO GO THROUGH TOGETHER:

- On Day 1, you compared how your friends would describe you with who God says you are. What things can you celebrate about your identity? What things might need to change to help you find your identity more firmly in Christ?
- What can you do when you're tempted to find your identity in something other than Christ?
- On Days 2 and 4, you made some specific life applications in your Bible study. What were they? How did you follow through on them? How can I hold you accountable?

## STUDENTS, ASK YOUR MENTOR/PARENT:

- What made up your identity in high school? Did these parts of your identity help or hinder you in following Christ better?

## MENTORS/PARENTS, ASK YOUR STUDENT:

- How can I help you remember that your identity is in Christ?
- What has defined you or been your identity in Jr. High? Would you like to see that change?

## UNTIL YOUR NEXT MEETING:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: \_\_\_\_\_ (when) at \_\_\_\_\_ (where).

Are there any specific ways your mentor can pray for you until then?



**“To the degree that we embrace the truth that our identity is not rooted in our success, power, or popularity, but in God’s infinite love, to that degree can we let go of our need to judge.”**

**HENRI J.M. NOUWEN<sup>2</sup>**

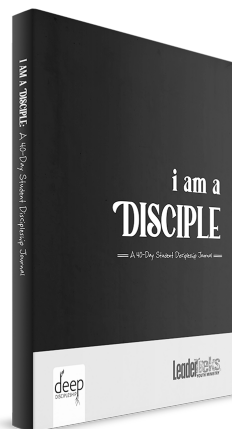
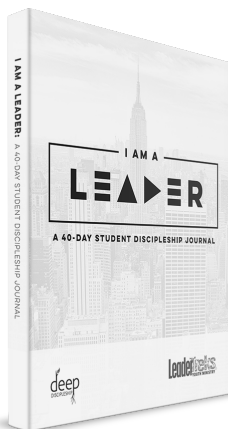
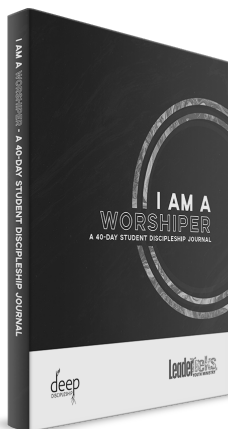
**MENTORS/PARENTS**

Get your own copy of these questions at  
[www.leadertreks.org/jump-journal-mentors](http://www.leadertreks.org/jump-journal-mentors)



# KEEP GOING!

Check out these other journals made just for you:  
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**Jump** focuses on eight spiritual truths and practical skills and is designed to help you land on your feet in high school. Each week has several days of **Bible Studies** (and Bible study methods), **challenges**, **thought-provoking experiences**, and **hard questions**.

- **Identity:** Learning who Christ says you are
- **Friendships:** Loving others the way God loves us
- **Faithfulness:** Remaining steadfast in all things
- **Priorities:** Recognizing what really matters
- **Wisdom:** Seeing the world through God's eyes
- **Choices:** Making decisions with God's wisdom
- **Trust:** Relying on Christ no matter what
- **Dreaming Big:** Taking risks for God's Kingdom

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## ALSO INCLUDED:

Dream Blueprint to help you dream big with God • Pages for your Mentor/Parent

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ISBN 9781939031518



9 781939 031518