

1 WEEK FIELD GUIDE

# JAMES

workouts in Jim's gym

# JAMES

## Workouts in Jim's Gym



THIS BOOK BELONGS TO

---

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.

## *James: Workouts in Jim's Gym Field Guide*

Copyright © 1996, 2017, 2019, 2023 by LeaderTreks. All rights reserved.

ISBN: 978-1-934577-00-4

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or otherwise—without the prior permission of the copyright holder, except as permitted by USA law.

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com) The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Published by LeaderTreks  
28W468 High Lake Rd, Ste 7  
West Chicago, IL 60185

[leadertreks.org](http://leadertreks.org)  
877-502-0699

## TABLE OF CONTENTS

<b>Introduction: Setting Your Compass</b>	– 3
<b>Daily Devotional</b> / James: Workouts in Jim's Gym	– 7
<b>Prayer Journal</b> / ACTS	– 11
<b>Growth Journal</b> / Growing Stronger	– 17
<b>Evaluation</b> / Target 3	– 21
<b>What's Next?</b>	– 75

**"Always remember there are only two kinds of people in this world—the realists and the dreamers. The realists know where they're going. The dreamers have already been there."**

*– Robert Orben<sup>1</sup>*

# Introduction: 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.

**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.

# DAY 1







# Devotional Journal

**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, What's Up?, and Newspaper. 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 journals. 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 study.



# Pushup Perseverance

*Read James 1: 1–18*

James opens his book by addressing his readers as "brothers." The people he is writing to are going through some difficult times. They need encouragement and direction. As you read, remember that his audience is poor and oppressed. James starts this book with encouragement because he wants to lift their spirits. Think about your own struggles. How do you need to apply what James is saying to your life?

Use the **5P Method** to study this passage.

---

## Purpose

Ask yourself these questions: 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 out the verse completely and the corresponding reference.

---

---

---

---

---

---

---

---

## Promises

Make a list of any promises you find. Sometimes you need to infer promises from a passage. For example, John 3:16 does not come right out and promise you heaven, but it implies a promise: *"If you believe, you will have eternal life."*

---

---

---

---

---

## 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. One way to know if you have any problems is to ask yourself, "Is there anything in this passage that I could not explain to a friend?"

---

---

---

---

---

## Practical Application

Think about what the passage means to you. What action should you take? 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.

---

---

---

---

---

---

---

If you want to know about Christian living, a great source is the person who actually grew up with Christ. That would be James, Jesus' half brother. James had a chance to see Jesus in His private moments. He saw Jesus when He was doing His school work, when He was doing His chores, and when He was playing. James is the most qualified to tell us how to live like Jesus because he saw Jesus live.





# 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.

This 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 is the most powerful part. 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" page (located on page 76). This section is designed for you 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.



# 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.

**"Going to church...doesn't make you a Christian any more  
than going to McDonald's makes you a hamburger!"**

*– Keith Green<sup>2</sup>*





## 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.



# Growing Stronger

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?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
LOW		MEDIUM		HIGH

How can I improve tomorrow?

---

---

---

What was the basic thought of my quiet time today?

---

---

---

What has my focus been today?

---

---

---

What do I want to see happen in my life through this trip?

---

---

---

What are my goals for this trip?

---

---

---

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, text, or other markings on the paper.

**As for other matters, brothers and sisters,  
we instructed you how to live in order to please God,  
as in fact you are living. Now we ask you and urge  
you in the Lord Jesus to do this more and more.**

*–1 Thessalonians 4:1*





## Evaluation Tool

Those 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, you will evaluate yourself using the Target Three evaluation tool.

Target Three allows you to:

- » Target three things your team is doing well and
- » 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 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.

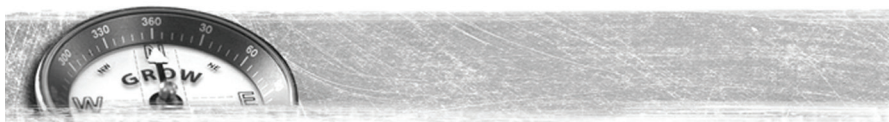
1.

2.

2.

3.

3.



**What do you want to take home from today?**

**What will you tell your family and friends about today?**

# What's Next?

**You have had the opportunity** to dive into a study of the Word of God. You have met daily with your Creator in prayer and the reading of his Word. These habits you developed are important to have as a follower of Christ. Don't stop now. Keep seeking him and his Kingdom daily.

## **God has created you to be a world-changer!**

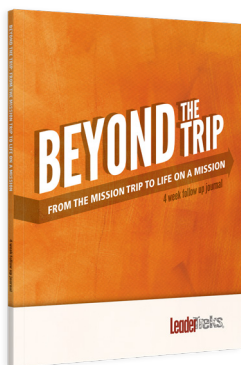
When you were crafted in your mother's womb God designed you just the way you are so that you could do big things in this world. Big things that no one else has ever dreamed about. Big things that you may not have even thought of yet. Doesn't that excite you?!?!

## **A constant walk in Christ is the only way.**

The only way you can become the world-changer that God created you to be is to seek after him. He is the one who created you to change the world. Don't you think that he knows the best path for you? Continuing in daily study of his Word and constant devotion to him through prayer are the only ways to discover all that you can do.

## **Worth running for?**

We get the opportunity to live on earth for about 70 years. This short amount of time is almost irrelevant compared to the length of eternity we may spend in heaven. Would you rather whittle away these 70 years to no avail or spend them seeking the Kingdom of God in order to enjoy forever a crown of life? It's worth seeking God in this life in order to enjoy the crown of life for eternity. Is it worth it to you?



## **Beyond the Trip: Mission Trip Follow-up Journal**

Go from the mission trip to life on a mission.

4 weeks of Bible studies, challenges, thought-provoking experiences, hard questions, and more.

Ask your LeaderTrek's Trip Leader about it, or visit [www.leadertreks.org](http://www.leadertreks.org).



**LeaderTreks**  
YOUTH MINISTRY

*HELPING YOUTH WORKERS  
MAKE DISCIPLES & DEVELOP LEADERS*

leadertreks.org | 877-502-0699

ISBN 9781934577004



9 781934 577004