

# LEGIT

**A FOUR-WEEK STUDENT  
DISCIPLESHIP JOURNAL**

**LEADERTREKS**



## **A FOUR-WEEK STUDENT DISCIPLESHIP JOURNAL**

THIS BOOK BELONGS TO:

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***Legit: A Four-Week Student Discipleship Journal***

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[www.leadertreks.com](http://www.leadertreks.com)  
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# STARTING NOW

Our culture has made it difficult to recognize truth from deception. Filters, Photoshop, and fakes have painted everything with a tinge of doubt. But there is such thing as absolute truth, something we can trust without question. As we search for something authentic and a foundation reliable enough to build our lives on, the Bible teaches us that not only are the words and ways of Jesus true, but he is *the* truth. When everything around us can feel a bit fraudulent or misleading, Jesus is the truth we all search for.

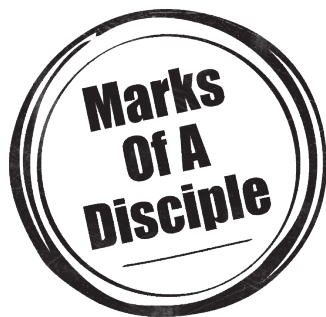
*"Jesus answered, 'I am the way and the truth and the life.  
No one comes to the Father except through me.'"*

*John 14:6 (ESV)*

# HOW IT WORKS

This book has four weeks of journal pages to help you learn more about the truth that when we draw near to God, he draws near to us! 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!



# LEGIT

WEEK ONE

**TRUTH DISTORTED**



# INTRO

Have you ever been amazed by something you've seen or experienced in creation? Maybe it was something as simple as breathing in a fresh spring breeze after a long, cold winter. Or perhaps it was the majesty of a mountain range, the colors of an exotic fish, or the way a puppy squirmed in your arms.

God has clearly shown himself in his creation that humans don't have an excuse to ignore God's power and divinity! We know the truth of God's existence and some of his attributes through creation, and we are to worship him alone. Sadly, many people choose to ignore God and happily worship other things. They exchange "the truth about God for a lie" by worshiping and serving themselves or other created things instead of the Creator. Turning away from God (sin) always leads to destruction.



# DAY ONE

## SARDINES

In the game of sardines, only one person hides, and everyone else has to find that person. When a player finds the hider, that player hides with them. Eventually, everyone finds the hider, and at the end of the game, everyone is packed into a space like sardines!

God doesn't play sardines with us. He doesn't say, "I'll hide, and it's going to be really difficult to find me, so good luck!" No, quite the opposite. God makes himself known through his creation! Romans 1:19 says, "For what can be known about God is plain to them, because God has shown it to them." It's so obvious from what we see in nature that God is a powerful, divine being! Just think of the intricacies of a strand of human DNA or the unknown depths of the ocean. Try to imagine the expanse of the universe with way more stars and galaxies than we can count.

**"Perhaps the 'futile thinking' of our age is to look inward for a Savior instead of towards Jesus—to say that we can therapize or optimize our sinful and broken natures away. It isn't working, and it isn't going to work. We're still disconnected from each other. We're still yelling at other drivers on the interstate. We're still envious of our neighbor's 'perfect' family. Our hearts are still darkened. Turns out, Jesus is still our true hope."**

**- The Culture Translator<sup>1</sup>**

*As we jump into the week, take some time to reflect on these journal questions:*

**What doubts or questions do you have about creation?**

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**When have you seen God clearly through creation?**

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**What other invisible attributes (besides God's divinity and power) are seen in his creation?**

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**What does it tell you about God that he doesn't hide from us, but evidence of him can be seen?**

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# DAY TWO

## CREATOR OF THE UNIVERSE

God is the Creator of the whole universe. This doesn't just include our world or solar system or the Milky Way galaxy or even the tiny percentage of the universe we *can* see—this consists of the estimated hundreds of billions (maybe up to two trillion!) of galaxies that we *can't* see!<sup>2</sup> God is so incredibly mighty that all he has to do is speak, and creation comes into existence! Only a divine being could create things out of nothing by the power of his words. Only God is worthy of our complete worship.

Read **Genesis 1** and use the **Newspaper method** of Bible study to discover all the details. *Approach the passage like a journalist, asking Who? What? Where? When? Why? and How?*

### WHO?

**Make a list of all the major characters in the passage.**

### WHAT?

**What is happening in this passage in your own words?**

## WHERE?

**Where is this story taking place? Why is that important?**

## WHEN?

**What is significant about the timing of this story? What comes before or after that makes this significant?**

## WHY?

**Why is this story important enough to include in the Bible?**

## HOW?

**How does this apply to your life? How are you going to live differently today because of what you read? Be specific—a good application will tell who, what, and when.**

# DAY THREE

## SUPPRESSING THE TRUTH

Have you ever encountered someone so convinced of their position on something that they wouldn't budge even when the evidence showed they were clearly in the wrong? To illustrate with an extreme example, imagine someone convinced that the Earth is flat. They ignore the photos of the round earth from the international space station, the round shadow seen during a lunar eclipse, or even the fact that we can only see so far into the distance on earth (but can still see stars that are light years away with our naked eye), suggesting that the earth curves because things are eventually out of sight. You show them the evidence and have them observe for themselves, yet they are still set in their ways and refuse to admit they might be wrong. They suppress the truth that the Earth is, in fact, round!

On the left side of the space provided, write all the things that Romans 1:18–25 says about those who suppress the truth—list what they did. Then, on the right side, write down how the wrath of God was shown against these sins. There are real consequences for suppressing the truth and embracing a lie instead!



### DISCIPLES OF CHRIST WORSHIP THE CREATOR, NOT HIS CREATION

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PSALM 148

**What They Did**

**What God Did**

# DAY FOUR

## LOVING AND SERVING GOD FIRST

Do you sometimes feel like there's a tug-of-war game going on in your soul? One side is pulling We are made in God's image and created to be in a right relationship with him. However, our worship often is misdirected to ourselves, the created thing, rather than the Creator! Sometimes our idols are physical things like our phone, money, or even our significant other. But often, our idols are invisible, internal. Many people unknowingly worship themselves by seeking comfort, acceptance from peers, or recognition for their accomplishments more than giving God his rightful praise, love, and service. God desires and is worthy of our worship. He deserves to be the most important in our lives!

***"Each of us has a battle raging within us over what we love most—God or something else. Whenever we love or serve anything in place of God, we're engaging in idolatry. . . . We think having [idols] will truly satisfy us. We think they're worthy of our worship. Of course, we're wrong. . . . Idols are all around us. . . . Material comforts Financial security. Sensual pleasures. . . Things like reputation, power, and control." – Bob Kauflin<sup>3</sup>***

**CONSIDER THE QUOTE ON THE PREVIOUS PAGE  
AS YOU ANSWER THE FOLLOWING QUESTIONS:**

**What are some examples of idols you or others might be tempted to have?**

**How do you think God feels when we worship other things (or people) over him?**

**Why do you think idolatry is such a struggle and temptation for us?**

**What is one practical way you can fight against idolatry in your life?**



# DAY FIVE

## IGNORING GOD

If a child has a bucket of Halloween candy, their parents might talk to them about being careful with how much they eat at a time to avoid the risks of getting stomachaches or even sick from eating too much. But if the child ignores their parents and insists on eating a huge pile of candy, the parents might let this happen so that the child learns the natural consequences of too much sugar at one time. The child knew what their parents said but ignored their instruction. Similarly, many people, even though they know what God has said and know that death is the consequence of sin without repentance, refuse to acknowledge God, insist on their own way, and lean into their sins.

Study the verses in **Romans 1:28–32** carefully using the **OPA method** for Bible Study: Observation, Principles, and Application.

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

## OBSERVATION

**Compile all the facts found in the passage. 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

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

# DAY SIX

## GLORY OF THE IMMORTAL GOD

You've probably experienced going from a dark room or building out into the sunlight. You feel momentarily blinded, and to protect your eyes, you instinctively close or shield them. God's glory is like that, but on an infinitely larger scale. As we read the Bible, the topic of his glory comes up quite a bit. It is both fearful (awe-inspiring and profound) and also amazing and beautiful. Romans 1:23 makes it clear that those who worship things other than the immortal (living forever, never dying) God essentially toss aside God's glory and settle for things much, much lesser.

Find these verses in your Bible and write what you discover about God's glory.

**HEBREWS 1:2-3**

**EXODUS 24:17**

**REVELATION 21:10-11**

**2 CORINTHIANS 3:18**

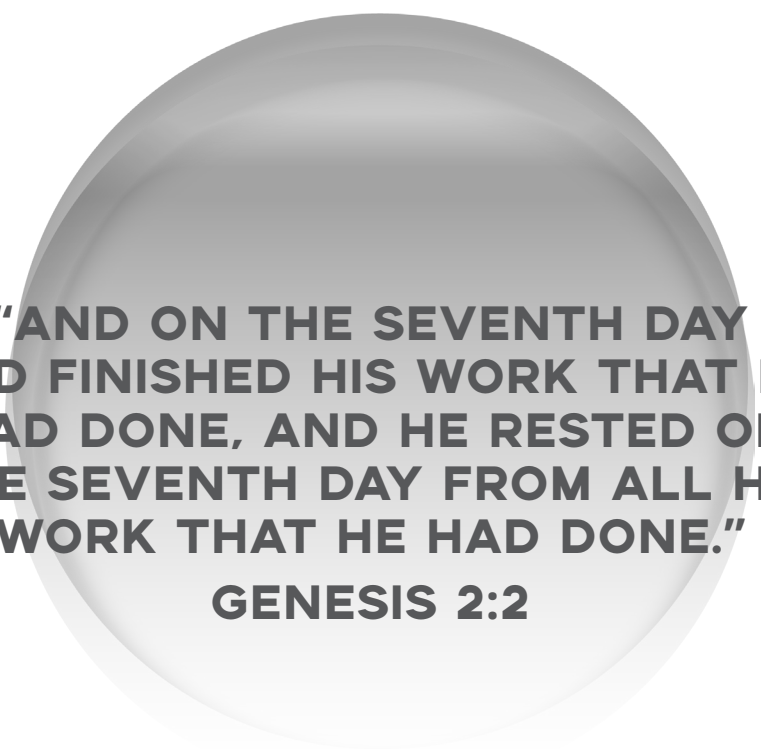
**ISAIAH 6:3**

**REVELATION 21:22-25**

# 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 what 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**

# IS IT POSSIBLE TO KNOW TRUTH?

In this study, you will discover that the Truth is out there—and it's easier to discover than you might think. Believing a distorted truth comes naturally to us as sinners, but the reality is that we can be set free from that by turning to Christ and his Word. This new freedom allows us to take hold of our new life of truth in Christ and display the love of Christ to the people around us. The four lessons explore four aspects of Truth:

1. Truth Distorted
2. Truth Brings Freedom
3. Building Your Life on the Truth
4. Sharing the Truth

Dig in and discover the Truth for yourself!

## LEGIT CONTAINS FOUR WEEKS OF

*Bible Studies*

*Challenges*

*Thought-Provoking Experiences*

*Hard Questions*

*Marks of a Disciple*

**LEADER  
TREKS**

**D** **NOW**  
*STUDIES*

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