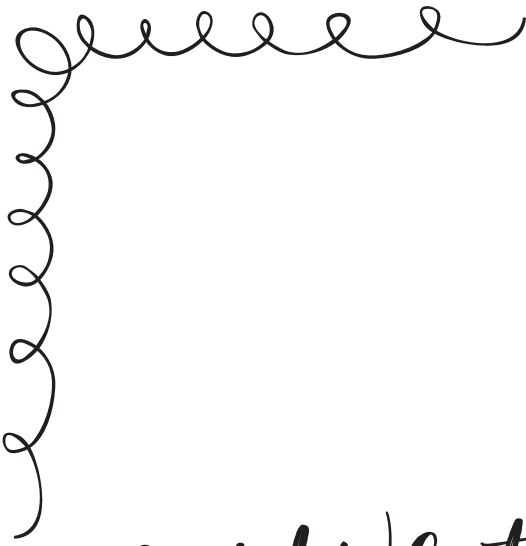


But What Can I Do?

A Study Guide for Pre-teen and Teen Girls

By Lonnie Cruse

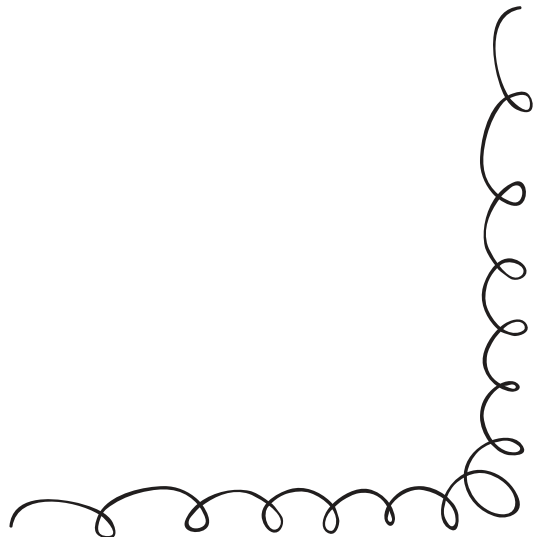




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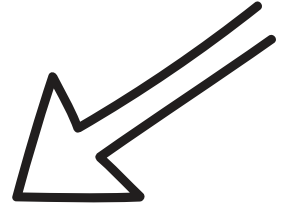
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Focus Scriptures

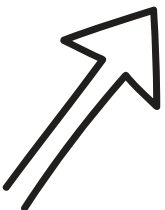
Matthew 20:28



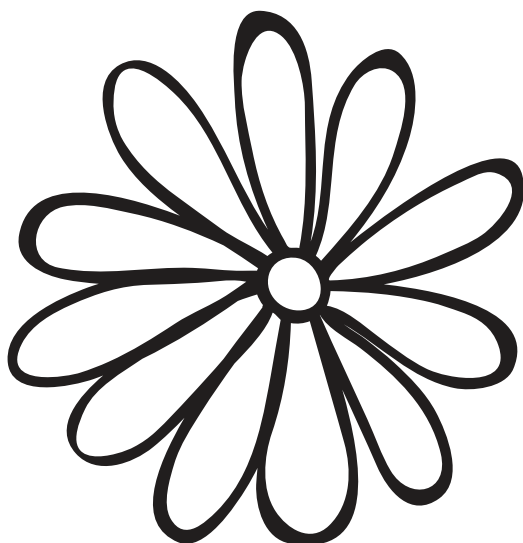
“Just as the Son of Man
did not come to be served,
but to serve,
and to give His life a ransom for many.”

Matthew 25:40

And the King will answer and say to them,
‘Assuredly, I say to you, inasmuch as you did it
to one of the least of these My brethren,
you did it to me.’



*This booklet is dedicated to the young ladies
at the Thirty-Second Street Church of Christ
in Paducah, Kentucky,
who were the guinea pigs for the lessons.
I hope you enjoyed the classes
as much as I did!*



Note to Teachers:

I have been privileged to teach the pre-teen and teenage girls about how to best serve the Lord in the areas where women typically serve Him and men do not. One of the difficulties I encountered was finding material to use for these classes. There are class books on modesty, clean living, who to (or not to) date, how to set the example for their friends instead of caving to peer pressure, the dangers of drinking, drugs, smoking, etc. All excellent, and included in this study booklet as well, but there seemed to be nothing I could find with practical teaching for young Christian females as they begin serving others while serving the Lord.

Since materials to teach these classes seemed in short supply, I decided to write a booklet using the experiences of Christian women I know and lessons in books for adult Christian women, which I adapted for the girls, hoping to come up with a Bible study booklet that will be useful to other teachers.

I'm a visual person who likes props and/or pictures when teaching a class of any age, to get the point across. I am also big on "take-homes" to give my students a reminder about the lesson, hopefully long after the class is over. To that end I decided that besides the lessons, my girls each needed a "toolbox" to keep for now and to have as they grow older.

For their "toolboxes" I chose bright pink folders with pockets inside where items wouldn't easily fall out. Each folder contained a copy of our church directory, (purse-size and very handy.) I stressed that the directories are more than an address book, they are their prayer lists and idea books (who needs a blessing from them this week? Who should they call or send a card to?) The folders also contained small, pretty pens and notebooks, a scripture bookmark they were to memorize, a blank card and envelope they were to fill out and mail to someone in their directory that week, and their assignment for the week. Dollar Tree or any dollar store are great resources for multiple items like this at low cost.

At the end of each lesson they were given an assignment that went with that lesson, and also a recipe, a tract, a Bible study guide, or whatever would help them put into practice what they learned in that week's lesson. I wanted them to be "hands on" as they learned. They loved it! I will include suggested assignments at the end of each chapter to give you an idea of how to get the girls going.

A week or two into the class, after I had given them an easy cookie recipe and the assignment to take cookies to someone who had been sick, injured, or had surgery, in our congregation, the girls wanted to do the baking together. We met at my house and made seventeen batches of cookies (served on paper plates, wrapped in plastic, with recipient's name on top so no confusion as to who got what) to give out to members we knew could use a nice surprise. They each brought different cookie dough, we baked and taste-tested (of course!) and the recipients loved getting them. Most of all, the girls were learning that serving the Lord brings joy to the server as well as to those they served. I pray this book is helpful to you as you teach!

Contents:

But What Can I Do? . . .

- Lesson 1. To Share the Gospel with Others?
- Lesson 2. To Convert a Friend?
- Lesson 3. To Comfort the Sick?
- Lesson 4. To Comfort the Injured?
- Lesson 5. To Help a New Mom?
- Lesson 6. To Comfort and Help the Elderly?
- Lesson 7. To Comfort the Grieving?
- Lesson 8. To Teach Classes for Little Ones?
- Lesson 9. To Make Sure I am Strong Now?
- Lesson 10. To Convert my Family?
- Lesson 11. To Help Me Survive as a Christian in School?
- Lesson 12. To Insure My Future Family?
- Lesson 13. To Serve Him, Whatever My Future?





LESSON ONE

But What Can I Do:

To Share the Gospel
with Others?

If you are old enough to become a Christian, a follower of Christ, then you are old enough to begin serving Him, just as those Christian women who are older than you are doing. You can serve others on your own or by helping your mom or a friend. But you need not wait until you are an adult to begin. You can serve and obey Him now, and learn the joy of following Him. “Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many” (Matthew 20:28).

*Write down an example where Jesus served others
and give the scripture for it.*



A large, light gray rectangular box with rounded corners and a drop shadow, containing five horizontal lines for writing.

You may have grown up attending worship services and Bible classes, and obeyed the gospel based on what you were taught. Or you may be new to the Bible and to becoming a Christian. Either way, you can teach someone else because of what you already know. But it is important for you to begin growing in the Lord and adding to your knowledge, so you can serve Him and others in many ways, throughout your life.

The very best way for you to grow in the Lord, besides attending worship services and Bible classes as often as possible, is to take time alone with the Lord each day, praying and reading your Bible. You can choose a subject, a Bible character, or just begin at the beginning, in Genesis, and read your way through the Bible, a bit at a time. There are Daily Bibles that divide up Scripture into daily allotments for you, take only a few minutes of your time each day, and by the end of the year, you will have read through the entire Bible!



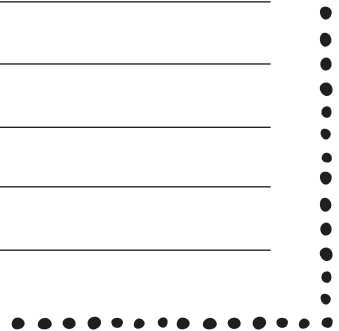
How would you like best to read Scripture?

By subject, Bible character, beginning to end, etc.?

Write down your preference and a plan of action to see it through.

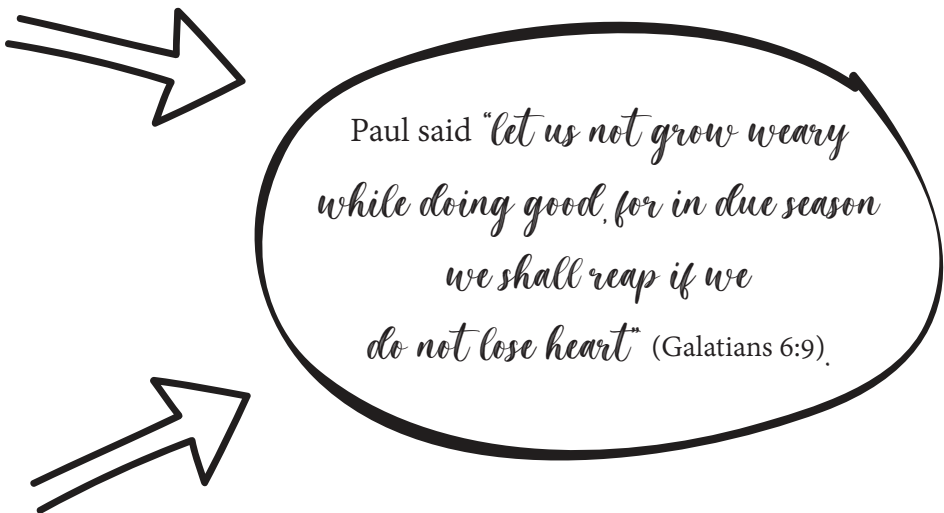
You are likely busy with school, homework, extra-curricular activities, friends, a part-time job, and such, but now that you have followed through with the most important decision of your life, to follow Christ, you need the tools for the job. Prayer and study are your best tools! And please, don't let "too busy" be your excuse for not tackling this all-important part of your day. You can get up a few minutes early or go to sleep a few minutes late and still accomplish this task. And you will enjoy it! Talking to the Lord, one on one, reading about Him and those who have obeyed Him in Scripture will inspire you, and those who disobeyed will teach you what not to do.

*Write a time that works in your schedule
and try to pray and study each day this week.*



If you are afraid to approach others about following Jesus because you think you don't know enough yet or are afraid of making mistakes, you can accompany someone else who is doing a home Bible study and learn from them. Trust me, even those who have been Christians for decades are always a bit nervous about approaching someone to ask for a Bible study with them. And they make mistakes. You can try practicing a few times on a relative or friend who is already a Christian. There are excellent tracts you can use as helps to approach others.

And what is the worst someone can do to you besides say "no" or perhaps make fun of your faith? That's tough, but it doesn't happen often. Was that person really a friend if that does happen? So, shake the dust off your feet and move on to someone else! At least you are doing God's work when you try.



Have you ever wondered what God's purpose is for your life? Is it to become a doctor, a movie star, a hotel maid, or a secretary? Wherever your talent leads you is fine as long as the job is not illegal or immoral or totally keeps you from worshipping God with other Christians. And you can use your talents and your job as part of your purpose. So, what IS your purpose?



To help Jesus in HIS purpose! Jesus said:

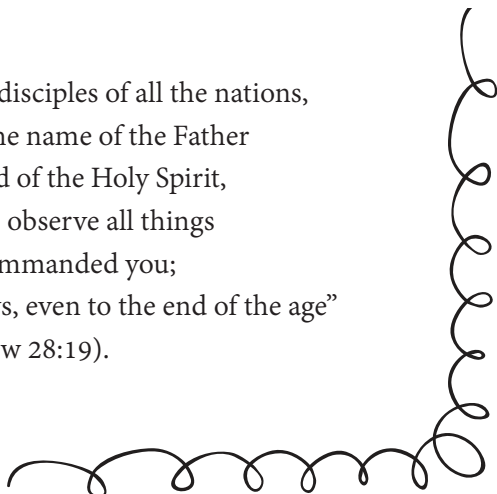
“For the Son of Man has come to seek and to save
that which was lost” (Luke 19:10).

That was His purpose, to save you!
And yours is to obey and remain faithful.

“Receiving the end of your faith-the salvation of your souls”
(1 Peter 1:9).

Share your salvation with others,
as Jesus commanded His disciples and us.

“Go therefore and make disciples of all the nations,
baptizing them in the name of the Father
and of the Son and of the Holy Spirit,
teaching them to observe all things
that I have commanded you;
and lo, I am with you always, even to the end of the age”
(Matthew 28:19).



Comforting words, indeed!

So, no matter how new you are to being a Christian, a follower of Christ, there is work for you to do. If you're nervous, get help from another Christian and from God's word. Remember, you don't have to hit people over the head with the Bible to teach them. Don't tell someone: "If you don't listen to what I say, you're just lost!" I've heard that done. It doesn't work. Use tact, gentleness, and love.

Before asking someone to study with you, you can casually mention a Scripture in your daily reading that really touched you, or a comment the preacher made in his sermon that inspired you to do more for the Lord. You can pass out tracts, or leave some in a public place. If your congregation has correspondence courses, offer them to people you know, or leave the information where someone will find it. Invite your friends to a Bible study or prayer gathering or singing in your home. Invite them to church with you. There are lots and lots of ways to share the gospel. What are others in your congregation doing to spread the word? Can you help them in any way?

The more you share God's word with others, the more comfortable you will become doing it. And the more you will enjoy it. No matter the outcome, you ARE doing God's will and He WILL reward you one day.



Study Tips:



- Recognize your need for spiritual food
- Make the commitment, set a time, stick with it
- Use a basket or tote bag to keep your study tools handy
- Choose a quiet, comfy, private place
- Choose your focus (Bible book, Bible character, or Bible subject)

Tools:

-→ Bible
- Pens/pencils/highlighters (that don't bleed through the page)
- . - . → Notebook
-→ Dictionary
- Concordance

Suggested Assignment:

Check the tract rack at your building, choose a couple and give them to someone who is not attending your congregation. Offer to answer any questions, and if you don't know the answer, tell them you will look it up in your Bible.