

UNDIVIDED

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UNDIVIDED

LOVING GOD WITH **ALL** YOUR HEART

FOLLOW-UP DEVOTIONAL JOURNAL



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THIS BOOK BELONGS TO: _____

DATE STARTED: _____

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Undivided: Loving God with All Your Heart
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1
JOHN
2:15

“DO NOT LOVE THE WORLD OR THE THINGS IN THE WORLD. IF ANYONE LOVES THE WORLD, THE LOVE OF THE FATHER IS NOT IN HIM.”

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GETTING STARTED

It's pretty cool to see people who are "all in," people who have wholly committed themselves to something they believe in. We love stories of athletes, artists, or activists who have sold out to their calling. It's inspiring. It reminds us that we are capable of so much if we will only apply all of our considerable talents and energy.

More than anything, this is the same attitude we're called to approach our faith with. God expects us to be all in. He expects us to be solely devoted to Him. It's how our faith is supposed to work. If you've recently gone through *Undivided* with your youth group, you were introduced to this concept. But there is SO much more to it that can be covered in a few sessions. That's what this book is for.

This book will take you on a four-week journey of going deeper into exactly what it means to pursue God with all that you are. Embrace this journey. Give it your best. Commit to sticking with this book until the end. It will only take a few minutes each day. And you'll find that your life will be more vibrant as a result of spending such quality time in God's presence.

LET'S GET STARTED. LOOK AT THE NEXT PAGE TO LEARN HOW THIS BOOK WORKS.

HOW THIS BOOK WORKS

Here are a few things you need to know to put this book to good use.

START WITH THIS ADVICE

Whether you're super-committed and read your Bible each day or struggle to read a few verses a couple of times a week, the key to sticking with this through four weeks is commitment. Your routine may change, but your commitment to meet God each day has to be there. Tell yourself that whether or not you read this journal at the same time each day, or if you read it whenever you get a few extra minutes, you'll make it a priority in your daily life.

HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. This book is only a guide for the Book. The close relationship with God that you want only happens by reading and doing what's in the Bible. Have it open as you go through this book.

EACH WEEK IS STRUCTURED THE SAME, BUT IS DIFFERENT

Each week's content works in similar ways. But, each day is different. And, there are a lot of different kinds of activities. Some will take 3-5 minutes, some 10-15. Some will ask you to look at two or three passages of Scripture; some will ask you to think about a concept. The variety will make it easier to stick with and help you learn in different ways that are suited to you.

WHAT IF I MISS A DAY OF READING? OR THREE?

Don't give up! Take this at your pace! The goal is for you to grow closer to God. If you miss a day or two . . . Or four . . . Don't throw in the towel. Pick this book back up and start where you left off. You can do this! And by doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this!

WELL, THAT'S WHAT YOU NEED TO KNOW TO GET STARTED! TURN THE PAGE TO READ THE INTRODUCTION TO WEEK 1.

INTRO

WEEK ONE

Before starting Week 1, read this short introduction

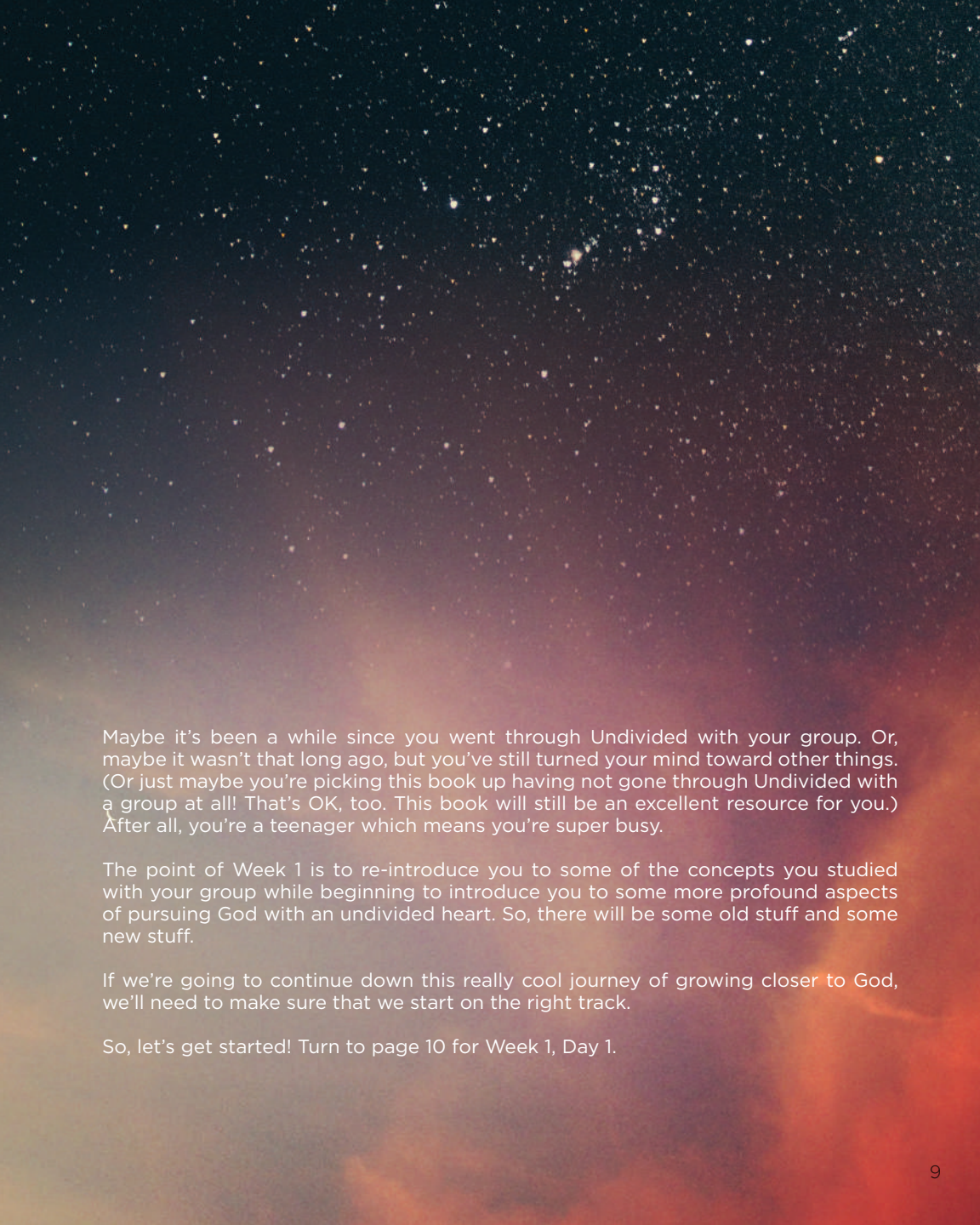
Think about the first week of school after summer break.

After some time getting organized, there's that moment where you crack open a math or science book and jump back into subjects that you've largely (and thankfully) forgotten about over the summer.

Suddenly, your brain finds itself flexing muscles it hasn't flexed in a while.

You can almost feel its "wheels" trying to turn, knocking off a summer's worth of rust, trying to remember how to solve for "x" and "y," or balance an equation. It's a pretty crummy feeling.

This first week, Week 1, may feel kind of similar.



Maybe it's been a while since you went through *Undivided* with your group. Or, maybe it wasn't that long ago, but you've still turned your mind toward other things. (Or just maybe you're picking this book up having not gone through *Undivided* with a group at all! That's OK, too. This book will still be an excellent resource for you.) After all, you're a teenager which means you're super busy.

The point of Week 1 is to re-introduce you to some of the concepts you studied with your group while beginning to introduce you to some more profound aspects of pursuing God with an undivided heart. So, there will be some old stuff and some new stuff.

If we're going to continue down this really cool journey of growing closer to God, we'll need to make sure that we start on the right track.

So, let's get started! Turn to page 10 for Week 1, Day 1.

WEEK ONE DAY ONE

Read today's devotion below and answer the questions on page 11.

Today's content is a quick review of what you should have covered in Undivided. Read the following verses, and follow the questions to recall anything you learned, or to begin reflecting again on these concepts.

UNDIVIDED CONCEPT ONE

There can only be one object of your heart's affection: God, or the world.

Read This: "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever." - 1 John 2:15-17

Now, answer these questions in the space provided:

- In your own words, what does it mean to you to be undivided in your love of God?
- Why is it impossible to love God and the world?

UNDIVIDED CONCEPT TWO

The key to HOW you live as someone who loves God and not the world is by imitating God.

Read This: "Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God." - Ephesians 5:1-2

Now, answer these questions in the space provided:

- What does it mean to imitate God?
- How does imitating God help you live an undivided life where you're following God and not the world?

UNDIVIDED CONCEPT THREE

The Bible is full of examples of what it looks like to have an undivided love of God.

Read This: “If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.” - Colossians 3:1-3

Now, answer these questions in the space provided:

- Describe in your words the difference between “things above” and “earthly things.”
- If you lived each day with your heart and mind on “things above,” list three ways your life would be positively impacted.

UNDIVIDED CONCEPT FOUR

The Holy Spirit is the source of our strength and power when it comes to living an undivided life.

Read This: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.” - Galatians 5:22-25

Now, answer these questions in the space provided:

- Look at these attributes listed above, these “fruits of the Spirit.” Which of these are most prominent in your life? Circle them.
- Which ones do you struggle with? Put a square around them.
- Choose one that you put a square around as an area you’re going to be aware of today. In the space below, write a few ways you can practically live out this “fruit” today.

ALRIGHT! NOW YOU’RE BACK IN THE FLOW. YOU SHOULD REMEMBER THESE CONCEPTS. IT’S A GOOD FOUNDATION FOR STARTING THIS BOOK. TOMORROW’S ACTIVITY IS A LOT DIFFERENT, SO DON’T MISS IT!

WEEK ONE DAY TWO

How aware are you of what you're pursuing? This day's devotional will help you pay attention to how well you're following after God (or whether you're chasing the world).

USE THIS PAGE IF YOU'RE READING THIS BOOK BEFORE YOU START YOUR DAY.

Today, as you go throughout your day, pay particular attention to those times where you find yourself faced with the choice of following after God or following after the world.

Jot down these times in this book. (If you want to, throw it in your bag or backpack.) Or take notes on your phone, or write them on your hand. Whatever you do, make sure to remember them. Then, sometime later on today, record your observations in the section below.

HAVE AN AWESOME DAY! (AND DON'T FORGET TO BRUSH YOUR TEETH BEFORE YOU HEAD TO SCHOOL.)

Welcome back! Hope you had a swell day. Now, describe the situation(s) below where you were aware of the tension between choosing to follow God or the world.

Think about this:

- Were you able to instantly realize these situations, or did you realize them after the fact?
- Think back on your day. Any other instances you missed?
- Did you feel any tension at the moment you had to choose? Or when you thought back on it? Why do you think this happens?

The cool thing is that being aware of the chances you have to follow God or the world is the first step toward choosing to pursue God with a genuinely undivided heart. Congrats! You're going to love Week 1: Day 3. See you there!



USE THIS PAGE IF YOU'RE READING THIS BOOK AT THE END OF YOUR DAY.

Take a second and think back on your day. Were there times today when you found yourself faced with choices to either follow the world or God?

If you can recall them, jot down these instances in the space below.

Think back on the circumstances surrounding these times. Answer these questions:

- Did you realize in these situations that you had a choice to make? Was there a little tension? Or a moment of decision?
- How did you choose today? (You don't have to write your answer down.) Looking back, do you feel good about the choices you made? Did you choose to love God? Or the world? Or a little of both?
- If you did feel any tension in these moments, or if you feel any now thinking back on them, why do you think that's so?

This little exercise you just did? It's part of being aware of the chances you have to follow God or the world. And it's kind of the first step toward choosing to love God in an undivided way. This is a good thing! You're headed in the right direction.

BTW, you're going to love Week 1: Day 3. Catch you there . . .

WEEK ONE DAY THREE

Read today's devotion and answer the questions on page 15.

"CHRIST IS THE VISIBLE IMAGE OF THE INVISIBLE GOD. HE EXISTED BEFORE ANYTHING WAS CREATED AND IS SUPREME OVER ALL CREATION, FOR THROUGH HIM GOD CREATED EVERYTHING IN THE HEAVENLY REALMS AND ON EARTH. HE MADE THE THINGS WE CAN SEE AND THE THINGS WE CAN'T SEE—SUCH AS THRONES, KINGDOMS, RULERS, AND AUTHORITIES IN THE UNSEEN WORLD. EVERYTHING WAS CREATED THROUGH HIM AND FOR HIM. HE EXISTED BEFORE ANYTHING ELSE, AND HE HOLDS ALL CREATION TOGETHER. CHRIST IS ALSO THE HEAD OF THE CHURCH, WHICH IS HIS BODY. HE IS THE BEGINNING, SUPREME OVER ALL WHO RISE FROM THE DEAD. SO HE IS FIRST IN EVERYTHING. FOR GOD IN ALL HIS FULLNESS WAS PLEASED TO LIVE IN CHRIST, AND THROUGH HIM GOD RECONCILED EVERYTHING TO HIMSELF." - COLOSSIANS 1:15-20 NET



This passage is from Paul's letter to the Colossian Christ-followers. It's a super awesome description of Jesus. Paul didn't spare anything, did he? You may even want to look back at the verses.

Take a second and do that, then read the questions below. If you want, write your answers in the space provided. Or, think about them.

1. What did Paul say about Christ in verse 15?

2. What did Paul say about Christ in verse 19?

3. We're called to love God with all of our hearts. Sometimes it's hard to wrap our brains around who God is. Paul told us that Christ is God. We can look at Jesus and observe and see God. Knowing this, what can we say about the role Christ plays when it comes to leading us to love God above all things?

4. If you were to consider Jesus and His life as your roadmap to knowing and following God, how would you go about living this out? How might you begin to apply Jesus' example to your life?



WEEK ONE DAY FOUR

When we think about what it means to follow God, we must first know God before we can love Him. We know Him by learning of His characteristics, or attributes. Later in this book, we'll examine a few of them in greater detail. But for now, here's the first one . . .

Read Luke 6:36.

The word “merciful” that we see Luke use here is a not-so-common Greek word that comes from another Greek word that is pretty common. The Greek word *eleos* appears a lot in the New Testament. It's commonly translated as the word “mercy,” but also includes compassion, kindness, and pity.

SO LET'S MAKE SURE WE'RE CLEAR . . .

Luke is telling us that God is merciful. In other words, God is filled with mercy, compassion, kindness, and pity. And Luke isn't the only place we see God described as merciful. He's described as merciful a lot throughout the Bible. Like in Deuteronomy:

“For the LORD your God is a merciful God. He will not leave you or destroy you or forget the covenant with your fathers that he swore to them.” - Deuteronomy 4:31

BUT THERE'S MORE TO WHAT LUKE WAS SAYING, ISN'T THERE?

Luke said we're called to be merciful, in the same way that God is merciful. So, we're to be full of mercy, compassion, kindness, and pity. Let's take a few minutes to think about these, and to see just where you might see this in your life.

OK, SO LET'S THINK ABOUT HOW YOU CAN CHOOSE TO FOLLOW GOD'S WAYS OVER THE WORLD'S WAYS BY BEING SOMEONE WHO IS MERCIFUL.

You know that showing mercy means to be compassionate, kind, and to have pity for someone. How aware are you of people in your life who need compassion or kindness? Could you write down three people's names?

Considering one or each of these folks, what are a few practical ways you could show them compassion? (Maybe compassion is a churchy word. . . . What if you thought of some ways you could be nice to them?)

What does the word pity mean to you? What's an example of how you have pitied someone?

All things considered, how would you say you're doing in the showing mercy department? Is it something you often do? For instance, are you compassionate toward those who are needy? Describe where you are concerning how you actively live out mercy.

Take a moment and wrap this up by telling God that you want to be more like Him when it comes to showing mercy to others. Pray to God, and ask the Holy Spirit to make you more aware of the needs of those around you and to give you the strength to love God in an undivided way.

WEEK ONE DAY FIVE

Read this quote. Then, take some time to reflect on it.

*"IDENTIFICATION WITH THE WORLD AND
ITS NEEDS IS ONE THING; IMITATION OF
THE WORLD AND ITS FOOLISHNESS IS
QUITE ANOTHER."*

- WARREN WIERZBE



THOUGHTS TO CONSIDER:

- What do you think it means to identify with the world and its problems?
Think of your friends at school or the people on your team or squad.

- Why is this important as a Christ-follower?

- What do you think Wiersbe meant by the world's foolishness? That might sound like an outdated way of talking about it, but you see the "foolishness" of the world all around you, don't you?

- Why is it so easy to imitate the world sometimes?

- How can this quote help you be more of a God-imitator today?

WEEK ONE DAY SIX

The call to be more like God than the world is found throughout the Bible. Let's see how the call is reflected in the following passage:

*"YOU THEREFORE MUST BE PERFECT, AS YOUR HEAVENY FATHER IS PERFECT."
- MATTHEW 5:48*

First things first: Is Jesus telling you that you have to be perfect? Well, actually, He is. At least, that's the goal. Quick explanation:

God is perfect. All of the Bible pretty much confirms this. And as children of God (which is what you are if you believe in Christ), we're to be like our Father. We're to live perfect lives. (In this way, this is how we pursue God over and above the world.) Is this possible? No. Of course not. But it's what God expects.

Think of the best person you know. Not even he or she is perfect. But, we're to strive to live perfectly out of our huge love for God and out of a desire to show others how awesome it is to have God in our lives.

We're made perfect in God's eyes because on the cross, Jesus paid the penalty our sins earned for us. So, we don't have to earn God's love by trying to be perfect. Jesus took care of that for us. But we do have to live as though perfection is possible. Living in a godly way is part of showing the world what it looks like to choose God over all things.

Why? Because we're called to love God and His ways over the ways of the world. And God is perfect.

Think about this concept as you go throughout your day.

WEEK *ONE*
DAY *SEVEN*

TAKE TODAY OFF
YOU'VE EARNED IT.

IF YOU WANT, REFLECT ON SOME OF WHAT YOU HAVE LEARNED. LOOK BACK AND IDENTIFY ONE DAY IN THE WEEK THAT REALLY STOOD OUT TO YOU.

WHAT WAS IT THAT WAS SO MEANINGFUL?

THINK ABOUT ALL THE WAYS THAT GOD HAS CHANGED YOU AND HOW MUCH MORE YOU WILL STILL BE CHANGED AS YOU GROW IN HIM. LISTEN AND LOOK FOR THE WAYS HE WANTS TO SPEAK TO YOU TODAY.