



THE UPRISING

RISING UP TO FOLLOW GOD

FOLLOW UP
DEVOTIONAL
JOURNAL

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THIS FOLLOW UP JOURNAL TRANSFORMS AN
EVENT FROM A ONE-TIME EXPERIENCE TO A
FOUR-WEEK JOURNEY OF DEEPER DISCOVERY.

EVERY YM360 FOLLOW UP JOURNAL IS EQUIPPED WITH:

- 4 weeks of awesome content
- Biblically-solid yet written in a voice students can relate to
- A variety of different activities: Bible studies, devotions, experiential activities, thought provoking quotes, and more

**IF YOU HAVE ANY QUESTIONS ABOUT
THE UPRISING FOLLOW UP JOURNAL,
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THIS BOOK BELONGS TO: _____

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IF THEN YOU HAVE BEEN
RAISED WITH CHRIST,
SEEK THE THINGS THAT
ARE ABOVE, WHERE
CHRIST IS, SEATED AT THE
RIGHT HAND OF GOD.

COLOSSIANS 3:1

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GETTING STARTED

Hi. Welcome to *The Uprising Follow-Up Journal*. Fasten your seatbelts and make sure all your carry-on luggage is properly stowed. We're going on a trip.

If you're holding this book, it means that you (probably) recently spent a few days going through *The Uprising* Bible study with your youth group. Maybe you did this at camp or during a DiscipleNow, but however you came to start your journey with *The Uprising*, this book will help you continue.

This follow-up journal will walk you through four weeks of more in-depth study of the four aspects of *The Uprising*:

Because there is no one like our God, we raise up in worship.
Because Jesus died for us, we are raised to new life.
Because God loves greatly, we rise above the world and love at all costs.
Because we have the Good News, we go and tell, raising the banner of the Gospel.

But we're not stopping there. We're going to dive into those statements in even more detail: learning more about God, Jesus, ourselves, and the world around us. This devotional may be different from anything you've ever attempted before. Right now, commit to finishing this book. God wants to have communion with you and time spent in His word is the best way to do that. It will only take a few minutes each day, and the rewards (a deeper relationship with God) are rich!

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

HOW THIS BOOK WORKS

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 a routine. Try and work through this book at the same time each day, whether that's in the morning, after lunch, or before you go to bed. Block out a time each day to spend in this book, and then commit to sticking to it. **You'll find it's a lot easier to stay consistent that way.**

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 REALLY DIFFERENT

Each week's content follows a pattern. **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 and to have a faith-life that's more "real". 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.

Have you ever been in class and had the teacher announce that today's lesson would not be new material, but a review? This is usually the first indication that a test is coming up. Taking the time to review things that you've already learned can seem tedious or boring, but it's actually essential. It helps set the tone, flexes our muscles, so to speak.

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

Maybe it's been a while since you went through The Uprising with your group. Or, maybe it wasn't that long ago, but you've still turned your mind toward other things. After all, life can take over sometimes: school, family, sports, extracurriculars can vie for your time and attention.

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 deeper aspects of The Uprising. So, there will be some old stuff and some new stuff.

Basically, 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

BECAUSE THERE IS NO ONE LIKE OUR GOD, WE RAISE UP IN WORSHIP.

How do we respond to God's awe-inspiring holiness? Read on to learn more.

The Eiffel Tower in Paris stands out as one of the most photographed landmarks in the entire world. Pictures of this beautiful structure end up on social media more than a million times every year! When someone visits Paris and sees the awe-inspiring architecture, the natural response is to take a picture. No one has to put up a sign saying, "Hey, take a picture!" Instead, the magnificence of the Eiffel Tower calls us to respond in this way.

For Christians, the holiness and magnificence of our God should also call us to respond in a certain way. Take a moment to read Psalm 95:1-5. What does this passage tell us about how we are to respond to God?

Verses 1 and 2 describe the actions of response. We are to sing to the Lord; to make a joyful noise to Him; to come into His presence with thanksgiving, and to make joyful noises yet again. In other words, we are called to worship Him! Then, the next three verses explain how great God is: no one in the world can rival Him as God, and He is in control of the entire earth ranging from the depths of the sea to the highest mountains.

We see through these five verses that the worship of God is connected to the character and attributes of God. He is our holy, gracious, wise, sovereign, all-powerful King of Kings and Lord of Lords who holds the world in His hands. Because of who He is and what He has done, we respond in worship.

Often when we reflect on worship, our minds immediately think about singing songs to God at church. While this is certainly one form of worship, it is only one of many ways that we can give glory to God. When we obey His commands, when we choose righteous living over sin, when we love the unloving, when we give sacrificially, when we proclaim His love to the world — these can also be acts of worship that bring glory to His name.

Like the magnificence of the Eiffel Tower that demands a picture, the character of our God requires a response — and the only appropriate response is worship. How will you rise up in worship today?

Take what you studied in today's devotion and answer the questions below. Fill in your responses in the blank spaces provided.

What is the first thing your mind goes to when you think of "worship"?

Whatever it is you thought about, do you think that is the only way God wants us to worship him? What are other acts of worship that would please God?

Are you more likely to worship God if you have a high view of him or a low view of him? How can you expand your view of God and His character?

It's impossible to take a picture of the Eiffel Tower without visiting it. It's also impossible to worship God without tuning your heart to Him, and that means spending time with Him. Make a plan for the next five days, mapping out time when you will be able to study God's Word and spend time in prayer, and pray that God would help you make this a priority in your life.

WEEK ONE

DAY TWO

BECAUSE JESUS DIED FOR US, WE ARE RAISED TO NEW LIFE.

Read today's devotional and follow the instructions.

Confidence is a powerful weapon. It helps us take action instead of being frozen in fear. When a daredevil tries to break a world record, or when a stunt double attempts to film a tricky scene, or when an athlete steps onto the field in front of millions of people — they have to have confidence in their abilities if they want to succeed. If we don't have confidence, we lack the faith to move forward in action.

This idea plays an important role in today's passage. Take a moment to read Hebrews 10:19-23. Over the course of these few verses, the writer uses terms of confidence three different times. These verses say we are to have "confidence," we are to have "full assurance," and we are to have "hope without wavering."

But what are we supposed to be so confident about? It's pretty simple. The author of Hebrews is writing to strengthen our faith that we have been raised to new life in Christ. Through His death on the cross, Christ opened the door for us to draw near to God. We have been cleansed from sin through faith in Christ. We are no longer dead. We are a new creation called to live a new life.

Do you believe this is true? If you don't, your life will never change. Without confidence that Jesus died for your sins and has raised you to new life, you will never live differently.

But as verse 23 says, we can hold fast to this truth, because our God who promised this new life to us is faithful. We can trust Him. We can be confident in His promises. When you genuinely believe the good news of the Gospel that you are a new creation, the Spirit of God will empower you to live differently.

Once, you were dead in your trespasses and sins. Your fleshly nature was destructive. You sought your own glory, your own pleasure, and you lacked genuine love. However, that is in the past. Christ laid down His life so that yours could be raised up, and this changes everything.

Think about your old life of sin before you trusted in Christ for salvation. Then, think about what your new life is like now that you have been raised to life through the power of the Gospel. In the boxes below, spend a moment describing these two lives:

OLD LIFE

NEW LIFE

After you have spent a moment describing the differences, continue to think about the difference in your new life by dwelling on the following questions. Use the space below each question to answer.

What are things from your old life that need to be cut from your new life?

Do you remember when you first tasted the goodness of this new life in Christ? Do you still think about new life in this way?

What is different right now about your new life?

Do you have a different attitude towards people? Towards life?

Do you view God differently now that He has delivered you from death and raised you to new life?

WEEK ONE

DAY THREE

BECAUSE GOD LOVES US GREATLY, WE RISE ABOVE THE WORLD AND LOVE AT GREAT COST.

Read today's devotional and walk through the questions provided.

Do you remember learning how to ride a bike? For many of us, this experience was marked by fear and frustration. We were tired of falling and tired of failing. Probably tired of scraped up knees, too. Then, in one moment — one instant — everything clicked. We learned to balance. We learned how to use our momentum properly. Suddenly, we mastered the bike.

Christ-followers can recall a similar moment when everything clicked together: the moment of our salvation. As we saw yesterday, at one time we were dead in our sin, and in the next moment, we were alive in Christ when we surrendered to His Lordship. At that moment, we experienced the fullness of God's love for the first time.

Once the love of God flows into our lives like that, it is also supposed to flow out from us. Read today's passage, John 13:34-35, and see what Jesus says about this.

He calls this a "commandment," but it is not burdensome like the commandments of the law. Instead, we should recognize this as joyful command—to love others as God has loved us. Experiencing the powerful love of God is one of the greatest joys in the world, and now we are called to take that love forward and treat others in the same way.

In fact, Jesus says that this love will be the mark of a true disciple. If we love as He has loved us, then we are proven to belong to Him. If we fail to live out that love, then we belong to the world and not to Christ.

This sounds simple enough, but it is challenging to throw off sinful desires and to live a life of love. We will be mocked for choosing the way of Christ. We will be rejected. We will be tempted to throw in the towel and live like the rest of the world.

But the good news is, we don't do this alone. When you are learning to ride a bike, there's someone behind you, holding on to the seat to steady you, to help you maintain your balance. In the same way, we have a loving Father guiding us on this journey. He teaches us through His Word. He empowers us through His Spirit. He fills us with His love. And He goes with us as we rise up and carry His love into the world.

Take what you've learned in today's devotion and meditate on the questions below. If it's helpful, use the space provided to write your answers.

Verse 34 says, "As I have loved you, so you must love one another." How has God modeled this love for us?

How does God's love for us change our capacity to love others?

Can you think of specific areas of your life that are not marked by love? Is there a person you are not loving toward, or someone you are harboring hateful thoughts toward?

Do you believe the love of God can change your heart toward this person or situation? Pray for God to empower you in love and write out a short plan for how you will approach this specific situation differently in the future. This may require an apology from you, or a conversation with someone, and possibly the confession of sin. But love is marked by action, so rise up and allow the love of God to flow into this situation.