

MONTH 10, VOLUME 4

# HOPE

THE HOPE  
OF CHRIST  
IN EVERY  
STUDENT

# WEEKLY GUIDE



# SELF CONTROL

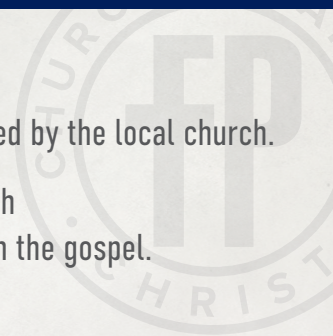
2018-2019 SCHOOL YEAR



# FIRST PRIORITY

is a campus evangelism strategy implemented by the local church.

**MISSION:** To unite the local body of Christ with a plan of action to influence the schools with the gospel.



## FIRST PRIORITY BUILDS NETWORKS OF SUPPORT

**Students "The Players In the Game"** Taking The Love & Message of Jesus Christ As Missionaries To Their School.



**Parents "The Fans In The Stands"** Praying For, Supporting & Discipling Their Children.



**Churches "The Coaches On The Sidelines"**

Equipping, Encouraging and Empowering Students.



**Business / Community Leaders "The Owners Of The Team"** Investing Leadership, Mentoring and Resources In Their Community.

**Educators "The Referees Of The Game"** Providing Guidance and Direction.



*"First Priority is the most innovative way to reach a city for Christ. It unites our local churches together as one to make a difference."*

– Dr. Jay Strack, President of Student Leadership University

# PLANNING GUIDE

## Help Week:

Host:

Student speaker:

Behind the scenes organizer:

## Overcome Week:

Host:

Student speaker:

Behind the scenes organizer:

## Prepare Week:

Host:

Faith story 1:

Faith story 2: (optional)

Faith story 3: (optional)

Behind the scenes organizer:

## Engage Week:

Host:

Activity leader:

Gospel presenter:

Behind the scenes organizer:

**Host:** Welcomes, opens in prayer, introduces the week, introduces the speaker, makes announcements, talks through response cards, thanks everyone, and dismisses.

**Behind the scenes organizer:** Makes necessary arrangements for (but doesn't do it all him/herself) greeters (who also hand out response cards), food, decor, printing, music.

# SELF-CONTROL

## Help Week Leader Guide

**Help Week:** A time for student leaders to equip their peers to become missionaries to their school, as they plan and pray for the month of campus ministry ahead.

### PRE MEETING INSTRUCTIONS:

- Select one student to host this month's Help Week
- Remind students to post on social media and text friends reminding them about First Priority club

### INTRODUCTION: 2 minutes

#### Welcome Students, Prayer and Introduction

- **Help Week Host:** "Welcome to First Priority! This week is Help Week! We are going to close out the school year by talking about **SELF-CONTROL**. **Galatians 5:22-23** says, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **SELF-CONTROL**; against such things there is no law."
  - **Opening Prayer**
  - **Introduce Student Leading Discussion:** "Today, my friend, \_\_\_\_\_ is going to share about how God helps us with self-control through His Spirit."



**GROUP TIME: Reacting or Responding? (20 Minutes)**

**Student Speaker:** In the late 1960's, Columbia University conducted a study at a nursery school to test how well four-year-olds can resist temptation. In the experiment, the kids were given one marshmallow and a choice. The teacher gave these instructions before leaving the room: if they could wait ten minutes alone with the marshmallow without eating it, they could have two marshmallows when the teacher returned. If they gave into the temptation before the ten minutes were up, they wouldn't receive any more marshmallows.

Many of the children tried to resist but eventually gave in to the temptation. Talk about torture, right?! The truth is, those who exercise self-control accomplish greater and more positive things in life. Jesus wants us to have this quality too!

It is difficult in the world we live in to not give in to those things around us that pull us in many different directions away from who we are called to be as Christians. The Bible teaches us not only to say "no" to ungodliness and worldly passions, but to say "yes" to something better: The grace of God. This grace is shown by living "self-controlled, upright and godly lives in this present age." **Titus 2:12**

Take, for example, negative situations in life. Do you respond or react? Do you get angry and assume the worst intentions in those you believe to be mean and hateful? Or, do you give others the benefit of the doubt and withhold judgement until after they explain? When we take on God's characteristics, we don't allow ourselves to be carried away with emotions. Instead, we consider our response



before we act. This is so important for the missionary to understand: Every careless reaction we allow can greatly damage our reputation and our ability be respected by others enough to share the message of the Gospel. How have you done this school year in the area of self-control?

## SELF-CONTROL Help Week Leader Guide (continued)

### APPLY IT:

**Discussion Option 1:** Think of three areas of your self-control that have improved this year.

**Discussion Option 2:** Think of three areas of your life that still need to improve in self-control.

### ACTION CHALLENGE:

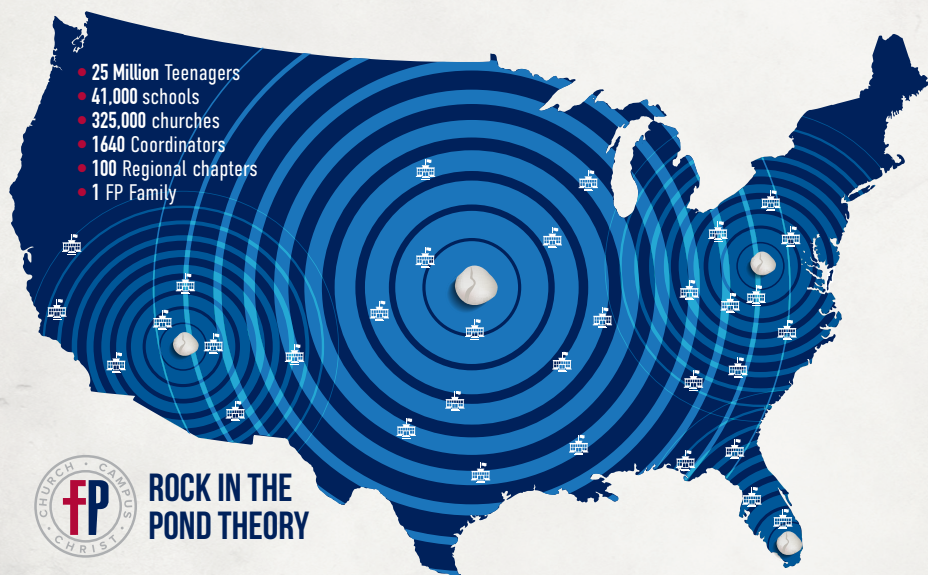
- **Group Challenge:** Come up with and post a #throwback picture from the coolest thing God did at this year's FP club with the following hastags: #Firstpriority #fpthrowback
- **Share Challenge:** Invite 2 new people to join you next week.
- **Prayer Challenge:** Find a partner and pray for those areas of your life that still need to improve in self-control.

### WRAP UP: 2 minutes

- Share any FP Club announcements including that next week's meeting is Overcome Week.



# FIRST PRIORITY IS INFLUENCING STUDENT LEADERS ACROSS THE COUNTRY TO SHARE THE GOSPEL OF JESUS CHRIST IN THEIR SCHOOL.



Do you know a community that needs a First Priority movement started? Throughout the year we train FP Coordinators to lead this movement into their community. Go here to get started;  
[firstpriority.club/roles/first-priority-coordinator](https://firstpriority.club/roles/first-priority-coordinator)

# SELF-CONTROL

## Overcome Week Leader Guide

**Overcome:** A time for student leaders to encourage their peers to overcome their fears of sharing the Gospel.



### PRE MEETING INSTRUCTIONS:

- Select one student to lead this month's Overcome Week
- Post to social media and text friends inviting them to First Priority Club

### INTRODUCTION: 3 minutes

#### Welcome Students, Prayer and Introduction

- **Overcome Week Host:** "Welcome to First Priority, we are glad that you are here! This week is Overcome Week and today we are talking about self-control!"
- **Opening Prayer**
- **Introduce Student Leading Discussion:** Today, my friend, \_\_\_\_\_, is going to share about the kind of character that Christians should have.



**GROUP TIME: When No One is Looking (20 minutes)**

**Student Speaker:** It's so hard to do the right thing 100% of the time, right? Especially when it seems like no one will notice – we can get away with telling ONE little lie, cheating on ONE little test question, going back on ONE little promise we made. No big deal, right? Actually, yes, it IS a big deal if you want to follow Christ and lead your classmates to know Him.

King Ahaz was responsible to lead and govern the people of God, but he couldn't even govern himself. He gave in to every pressure and temptation, resulting in lots of major problems for his people. The Bible does not remember him as a great king, but as one who was neither wise nor righteous. He encouraged his people to worship other gods and even worshipped them himself. His military was defeated by the Syrians, Ephraimites, Edomites, and Philistines. A large number of his people were captured and carried away into captivity. Even God's temple was broken into, and its priceless objects were stolen. The Bible says that,

*"The Lord humbled Judah because of Ahaz king of Israel, for he had made Judah act sinfully and had been very unfaithful to the Lord." 2 Chronicles 28:19*

Even the leaders of other nations that Ahaz expected to help him refused. Ultimately, Ahaz never turned his life around, so he is still remembered as a wicked king with no self-control. He made the mistake of thinking that he would face no consequences for his actions because "no one was looking." But, we know that nothing escapes God's attention. It seems that when you give yourself permission to do everything, you end up with nothing.

**Proverbs 25:28** says,

**"A man without self-control  
is like a city broken into and left without walls."**



## SELF-CONTROL Overcome Week Leader Guide (continued)

If there is one thing we can learn from the main story of the Bible, it is that God's way is the wisest choice, and if we repent (or turn) from our way and follow him, we will experience God's best in the end, no matter the price we pay in the present. To say "yes" to God is to say "no" to the world and even to our own desires. We need to be reminded that it is totally worth it!

The great hope of overcoming is that God gives us the power to do so through Christ! 2 Timothy 1:7 assures us that, "God gave us a spirit not of fear but of power and love and self-control." I want to challenge everyone today to remain totally focused on obeying God and having the same kind of self-discipline and resolve that an athlete would have, only BETTER because it is through the Holy Spirit who gives us the power to succeed!

### APPLY IT:

**Discussion Option 1:** What are some things you hope to accomplish in your life? What kind of self-discipline do you think it will require to reach these goals?

**Discussion Option 2:** How can our self-control help or hinder our ability to share the Gospel?

### ACTION CHALLENGES:

- **Group Challenge:** Come up with a creative social media post about all of the fruit of the Spirit in **Galatians 5:22-23**. Use the hashtags #FirstPriority #FPfruitoftheSpirit #fpmystory
- **Invite Challenge:** Make yourself a reminder to invite 3 people to club next week.
- **Prayer Challenge:** Pray and ask God to help you in the area of self-control.

### WRAP UP: 2 minutes

- Share any FP Club announcements including that next week's meeting is Prepare Week.



# WHY IS TRAINING STUDENT LEADERS TO SHARE THE HOPE OF CHRIST SO IMPORTANT?

Last school year over 2,000 students were trained as leaders and 9,000 of their peers responded to the good news they shared in FP clubs.

#studentsreachstudents  
#firstpriority

# SELF-CONTROL

## Prepare Week Leader Guide

**Prepare Week:** A time for students to learn how to share their story of what their life was like without Christ in contrast to their new life with Christ.



### PRE MEETING INSTRUCTIONS:

- Select one student to lead this month's Prepare Week
- Post to social media and text friends inviting them to First Priority Club
- Print "Your Faith Story" (1 per student) if you want to have every student attending club working on their testimony at the same time. (Faculty sponsors can usually print these for you if given enough notice)

### INTRODUCTION: 3 minutes

#### Welcome Students, Prayer and Explanation

- **Prepare Week Host:** "Welcome to First Priority! This club is a place to seek and grow in God. This week is Prepare week, which is where we practice sharing our personal story about how we came to know Jesus."
- **Opening Prayer**
- **Introduce Students Giving Testimonies:** "Today, my friend \_\_\_\_\_ is going to share their story. Please listen respectfully as it takes a lot of courage to speak in front of others. Afterward, we are going to give some positive feedback on how well they did and also ask questions. Let's welcome them as they share."

**SELF-CONTROL Prepare Week Leader Guide (continued)**

**TESTIMONY TIME: (15 minutes)**

**Share Testimonies**

1. Student Testimony = \_\_\_\_\_

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2. Student Testimony = \_\_\_\_\_

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3. Student Testimony = \_\_\_\_\_

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**TESTIMONY WRAP UP:**

- **Prepare Week Host:** "Let's take the next couple of minutes to give positive feedback to those who shared about how they did and feel free to ask them questions about their story."

**[OPTIONAL]:** Pass out printed copies of "Your Faith Story" and read, explain, and practice each step in groups of 2 or 3.

## Appendix A

# YOUR FAITH STORY - HOW TO WRITE YOUR TESTIMONY

### 1. START WITH A KEYWORD

The first step in writing down your faith story is choosing what keywords describe your life before Christ. Below is a list of emotions. Circle two or three that describe how you felt as a result of a problem you faced without Christ in your life. You are not limited to this list, so feel free to choose a keyword of your own! This part helps keep your story compelling and on track.

#### KEYWORDS

alienated	bitter	fearful	hurt	rejected
alone	confused	frustrated	insecure	uncertain
angry	depressed	guilty	lonely	unforgiving
apathetic	distrusting	heartbroken	lost	unloved
ashamed	doubtful	hopeless	prideful	

### 2. SET UP THE BACKGROUND

Now describe the situation in which you came to face this problem and why your keyword describes the way you felt. It is more important to be honest than dramatic. This helps people to relate with your story personally and understand why we need God in our lives. If you need more space, continue on the back.

### 3. SHARE HOW JESUS ENTERED YOUR STORY

Now describe how you came to know Jesus. Be sure to describe that moment (or that process) if you can with adjectives that show how meaningful and impactful it was for you. Try to describe how Jesus touched your heart, and how you responded (such as asking Him to be your Lord and Savior). This part challenges people's idea of what God is like.

### 4. STATE THE IMPACT OF CHRIST ON YOUR LIFE

Now describe how Christ impacted your problem and your life. Use the emotion opposite of your keyword and share how Christ either reversed your problem or is continually giving you the power to overcome. This is the part that inspires your hearers to place their hope in Christ!



### **ACTION CHALLENGES:**

- **Group Challenge:** Make a social media post with quotes from some of the testimonies today and use the hashtags #Godisfaithful #firstpriority
- **Invite Challenge:** Invite anyone at your school who has not come to an Engage week this year.
- **Prayer Challenge:** Pray that every lost person at club next week would clearly hear, understand and respond to the Gospel presentation.

### **WRAP UP: 2 minutes**

- Share any FP Club announcements including that next week's meeting is Engage Week. Remind everyone to bring a guest because it will be a fun atmosphere with food and a game, as well as a student giving a Gospel presentation.

# SELF-CONTROL

## Engage Week Leader Guide

**Engage Week:** A time for students to engage their school with the Gospel.



### PRE MEETING INSTRUCTIONS:

- Confirm your student guest speaker and remind them to be prepared to share the Gospel and an invitation to accept Christ. More Gospel presentation options can be found at [firstpriority.club](http://firstpriority.club)
- Confirm that student follow up cards have been printed and will be ready to hand out to students as they enter your meeting space. Faculty sponsors can print for you if requested in advance.
- Confirm that arrangements for food for the club have been completed and that it is ready to serve just before club opening.

### INTRODUCTION: 3 minutes

- Allow students to fellowship as student leaders prepare the group activity.

### Welcome Students

- **Engage Week Host:** "Welcome to First Priority! Today we are going to start with a game to get to know one another. There is food for everyone here, so please feel free to grab a bite to eat while we get started."



## SELF-CONTROL Engage Week Leader Guide (continued)

### GROUP ACTIVITY TIME: 5 minutes

- Game: 30 second objects
- Preparation: None
- Play: Have everyone at club get into groups of 5 or 6. The game leader calls out an object and each group must find a way in 30 seconds to make that shape or convey that object with only their bodies (sort of like charades). The game leader or another student can be the judge, and decide which groups' attempt he or she likes best, awarding them one point. Play as many rounds as you have time. Some suggestions for objects could be: a car, a fried breakfast, a clock, a washing machine, or a fire.

### GROUP TALK: Gospel, Invitation, and Response Cards – 15 minutes

#### Introduce Student Sharing the Gospel

- **Engage Week Host:** "Today, my friend, \_\_\_\_\_ is going to share about something that is very important to them. Please listen respectfully as it takes a lot of courage to speak in front of others. You all were given a student response card that looks like this (hold up a sample card) when you came in. Just hold on to them and we will explain what they are for later."

#### Gospel

- **Gospel Presenter:** Begin the presentation by sharing a short version of your testimony.



# GOSPEL PRESENTATION: S.Q.U.A.D.

Who makes up your squad? Most likely your squad is made up of the people in your life that you have the closest bond with. I consider God to be the main member of mine. He is number one, he calls the shots, and I think no real squad is complete without Him. He is my friend – but more than that – He is my Lord. Today, I'd like to tell you why.

## 1. SIN SEPARATES.

As we all know, nobody is perfect. In fact, we all have sinned and fallen short of God's standard. Our sin destroys our connection with God. We simply cannot be good enough to reach heaven or earn salvation.

**Romans 3:23**, *"For all have sinned and fall short of the glory of God"*

## 2. QUIT TRYING TO SAVE YOURSELF.

Even though we know we fall short, we often are stubborn and keep trying to do things our own way. We must stop trying to do things our own way and start doing things God's way. We must let go of our own way and let God lead us into His way.

**Matthew 16:24**, *"If anyone would come after me, let him deny himself and take up his cross and follow me."*

## 3. UNDERSTAND GRACE.

The good news is, Jesus has sacrificed His life for you and me. He took on our guilt so that we could go free. He loves us deeply, unconditionally, and freely. This is an incredible gift offered to every single person in the entire world to accept or reject.

**2 Corinthians 5:21**, *"For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God."*

## 4. ACTUALLY RESPOND TO THE OFFER OF SALVATION.

Sadly, many people claim to know about Jesus but nothing changes in their life. To know Jesus is to receive the gift of salvation and to grow in it. Accepting God's grace also involves putting God in charge of your life. The choice is yours.

**Romans 10:9**, *"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."*

## 5. DECIDE TO NEVER GO BACK TO THE OLD WAY OF LIVING.

Deciding to follow Jesus is not a second chance to do better, but an entirely new position to live from! This means that you must recognize that some of the characteristics of your old life do not belong to your new one in Christ. One cannot have it both ways – one must consider if following Jesus is worth saying goodbye to the old way of living.

**2 Corinthians 5:17**, *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."*

If you are ready to go "all in" with Jesus today, I would love to show you how to join His squad.

### HOW TO RECEIVE CHRIST AS SAVIOR

1. Confess your need (I am broken and in sin)
2. Change your direction in life, knowing that God's way of living is better than our way of living
3. Believe that Jesus Christ died for you on the cross and was raised to life to save you and restore your relationship to God
4. Receive through prayer the free gift of salvation and begin your journey as part of the family of God.



### WHAT TO PRAY

Father God,

*I know that I am broken, and I need your forgiveness. Jesus, I believe you died and were raised so I could be saved. I want to turn away from my old life and toward a completely new life with You in Your family. Right now, I put my trust in You and invite You to come into my life and change it. In Jesus' name, Amen.*

## STUDENT RESPONSE CARDS: 5 minutes

### Opportunity to connect

- If everyone would just take a minute and think about what was shared today. If you decided to follow Jesus today, then on your response card, simply let us know that you made that decision so that we can connect with you and answer any questions you may have to celebrate your new life in Jesus.
- If you have questions or would like us to help you find a local church youth group, mark that on your student card so we can connect with you and just listen to what you have to say. We would love to help you find what you are looking for.
- If you are not interested, that's okay to. No one here will judge you, we are just excited that you are hanging out with us today.

**STUDENT RESPONSE CARD**

My response to the gospel message today  
(please only check one):

Today, I prayed to receive Christ

I would like more information about the Gospel

I have already prayed to receive Christ before today

I am not interested

My name \_\_\_\_\_

Cell # \_\_\_\_\_

Church you Attend \_\_\_\_\_

Who invited you to First Priority today? \_\_\_\_\_

The information you put on this card will be given to a student leader to follow up with you. Your information will not be stored or given to anyone else.

### WRAP UP & PRAYER: 2 minutes

- As we wrap up, I want to close in prayer, but first I wanted you to know that \_\_\_\_\_ is available to connect with you if you have questions today. Also, the response cards can be given to \_\_\_\_\_ and will only be used for follow up requests. Thank you for coming today and please join with me as I close us out in prayer thanking God for His love for all of us today.
- **Student Leader:** Thank you so much for coming today! Please turn in your card to \_\_\_\_\_ before you leave. We meet here every week at this time, so you are all invited to come back next week.

# FOLLOW UP GUIDE

Following up with those who just committed their lives to Jesus or have questions is equally as important as sharing the Gospel! This guide will give you a few pointers on how to do follow up correctly. If your club chooses, you can put one student leader in charge of the follow-up process or delegate to a team of students.

Remember, your main goal is to be **HELPFUL!**

## SIX THINGS TO DO WHEN FOLLOWING UP

- 1. Determine how many and what kind of follow-up has been requested.** As soon as possible, read through the response cards after you have collected them and let your Campus Coach know how many people committed their lives to Christ and how many students have questions or want someone to follow up with them.
- 2. Organize the response card information.** Write down on the follow-up chart the names, response, and contact info of everyone who made decisions and requested to talk with someone.
- 3. Make contact within 24 hours with everyone who responded** to the Gospel on Engage Week. This can be done by text message, personal conversation at school or social media, just remember to check with your parents for permission before contacting someone you do not know. The initial message should be something like this: *"Hello \_\_\_\_\_! My name is \_\_\_\_\_ and I saw that you came to First Priority club this week! We are really excited you came and we hope you'll come back next week. I also noticed that you marked on your response card that you [prayed to begin a relationship with Christ] -or- [wanted to talk with someone about the Gospel] so I wanted to ask how I could help you."* If you have questions about their responses, you can contact your Campus Coach for guidance.
- 4. Invite them to church!** If they were invited by a friend to First Priority, ask that friend to invite them to youth group this week, since they are more likely to attend church with someone they know. If they plan to go to church for the first time, you can also ask your campus coach to notify the student pastor that they will be having a new guest this week! Make sure to discard any response cards that you will not be needing for follow-up.
- 5. Offer a free Bible to those who prayed to receive Christ** if Bibles are available through your First Priority club or church. Make sure one is available before you offer and make sure they receive it if they accept.
- 6. Share any cool stories of salvation and new local youth group** members with your Campus Coach! He or she will want to celebrate with you about what God is doing through your club!

# ENGAGE WEEK FOLLOW UP

School: \_\_\_\_\_ Month: \_\_\_\_\_

Mtg: \_\_\_\_\_ Coordinator: \_\_\_\_\_

Student Name	Committed life to Christ	Wants to talk with someone	Wants info on a local church	Follow up dates and details
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Notes:

# PRAY FOR 1

This month, as we focus on prayer, let's keep it simple.  
Take time each day to pray for 1:

- 1 FRIEND WHO DOES NOT FOLLOW CHRIST
- 1 FAMILY MEMBER
- 1 TEACHER
- 1 MEMBER OF THE ADMINISTRATION

Keep it simple on your own or invite a few trusted friends  
each day to join you to pray


**We believe in the impossible:**  
**THE HOPE OF CHRIST**  
**IN EVERY STUDENT**  
**at your school.**


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