

Parent's Guide



Trek Youth Leaders

Dear Trek Leader:

We believe that being a youth leader is one of the most challenging roles in all of church ministry. You are so often the most under-trained, under-equipped and under-resourced leader in the entire church. Yet the stakes for your ministry are incredibly high!

We realize you have limited interaction with the students in your ministry. At best, you get somewhere around three hours with these kids each week. Yet in many people's minds, you bear the burden for the spiritual development of the students in your care. But we must make no mistake – Scripture makes it clear that it's primarily the parent's role to shepherd their kids and be their spiritual leaders.

If you're reading this, it's likely that you've engaged 24-7 Ministries™ to help reach and teach your students by using Trek® for middle-school ministry. But until now there's been nothing for the parents of your kids.

In the pages that follow, you'll find *Parent's Guide* – a discussion guide designed to help bring Trek home. It includes information about **Compass Points** and **Bible Studies**, and was written specifically to help involve parents in the ministry you're doing with their kids. We hope you find this guide helpful in building bridges to parents in your ministry. (Use the following letter, if you'd like, to introduce the *Parent's Guide* when you first send it home.)

Keep building the links between you, the parents and the students. This unity is the best hope we have that today's teenagers are being trained and disciplined to know, love and serve the Lord Jesus Christ. We know this isn't always easy, but we're here to help.

Praying for you,

The 24-7 Ministries Team

Parent's Guide is a production of 24-7 Ministries and Awana® at Home™



www.24-7ministries.org

 Awana® at Home™

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Parent's Guide



Trek Parents

Dear Parents:

We know that being a parent is not an easy task. And being a parent of a middle schooler is, at times, particularly daunting. Yet despite the stress you face, Scripture makes it clear that it's your job as parents to shepherd your kids and be their spiritual leaders.

Your church is using 24-7 Ministries™ to help teach and reach your teenager with Trek® (24-7's middle-school curriculum). Yet we know that Trek is just a single tool in an entire boxful of resources to help today's youth be spiritual champions — the most important of which is you!

Because we value the part you play in the spiritual development of your teenager, we've put together *Parent's Guide* — a discussion guide designed to help you engage in dialogue with your middle schooler. In essence, Trek is being used at your church, and *Parent's Guide* is designed to bring Trek home.

We hope you find this guide helpful. And we encourage you to work alongside your church youth leaders to ensure today's teenagers are being trained and disciplined to know, love and serve the Lord Jesus Christ. We know this isn't always easy, but we're here to help.

Praying for you,

The 24-7 Ministries Team

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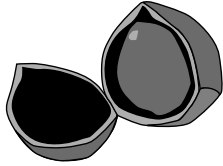


Parent's Guide

Trek Billboard Series: *In Their Sandals*



Lesson 1:1 – Letter From the Editor



In a Nutshell

God is faithful.

Memory Verses

Compass Point – 1 John 4:10-11

Bible Study – 1 John 4:10;
Exodus 15:11-13

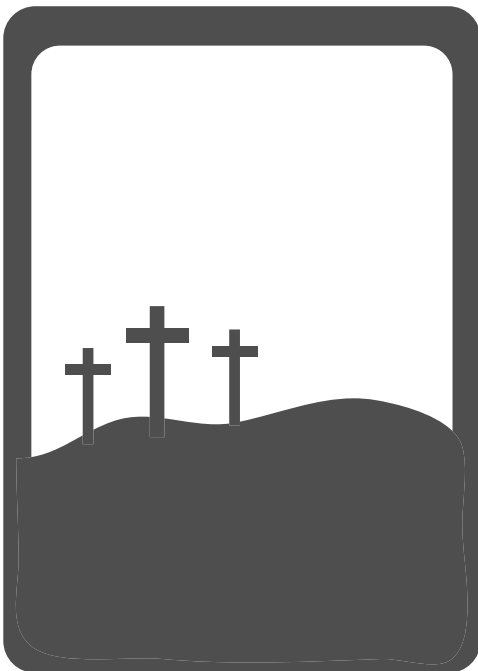
Summary

Compass Point – Whom do you love? Do you love your close friends? Would you ever die for a close friend? Would you ever die for someone who hated you? God did. Because God cannot tolerate sin and everyone is sinful and is an enemy of God, God had to take care of the punishment in order to allow His people to know Him and be loved by Him.

God sent His Son Jesus to die on the cross for your sins in order to reconcile you to God. Now that's love!

Bible Study – After the Israelites left Egypt, the Egyptians were hot on their trail. The Israelites had no fancy weapons or chariots to gain an advantage. As they approached the Red Sea they probably wondered if they would ever make it out of there alive. God parted the sea and protected His people by allowing them to cross on dry ground. The sea collapsed on the Egyptians when they tried to cross.

God not only protected the Israelites from their enemies, but He also provided food for them in the middle of the wilderness while they traveled.



The Next Step

Over the next 12 weeks your teenager will start working on making his “12 stones.” In the Bible the Israelites were told to take 12 stones with them as they crossed the Jordan into the Promised Land. God told them to use the stones to make an altar to be a reminder to them and their children how God had kept them safe those 40 years.

Consider gathering 12 rocks on which to write your family's 12 stones. You may not be able to think up 12 reminders in one sitting. Possibilities include: “God brought salvation to each member in my [your] house” or “God has provided food every day.”

Take a permanent marker or paint and write your reminder directly on the rock. If the rock is too dark, take a piece of duct tape and write your idea on it, then place the duct tape on the rock. Keep the rocks in a place your family can see them to remember God's faithfulness. You can do all 12 now, or one a week as your teenager does each lesson.

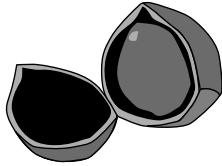
Bible Study Questions

Power Up – The students were asked to read Exodus 13:21-22, Exodus 14:19-20 and Exodus 14:27-30 and to write down how God showed His love to the Israelites in each passage.

Did You Get It? – For the **Did You Get It** section of this series, your son will need to use page 50 of his book to write down ways to apply the lesson in his life. Page 50 is a picture of a pile of rocks symbolizing the 12 stones that Israel used to remember God's faithfulness to them. Have your son write on Memorial Stone number 1 (page 50) a way he has seen God show His love to him.

Take the Trek Challenge – This Challenge asks the teenagers to find or buy a journal in which to draw a picture summarizing each lesson. For this lesson, they can draw a map of Egypt, the Red Sea, the probable location of Mount Sinai, the Jordan River, Canaan and the Great Sea. They can probably find maps in the backs of their Bibles or on the Internet for reference.





In a Nutshell

God provides for His people.

Memory Verses

Compass Point – Psalm 145:9

Bible Study – Psalm 145:9; Deuteronomy 8:2, 3b

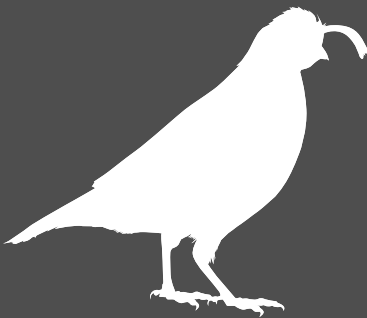
Summary

Compass Point – Everyone is a sinner and deserves to die. But God is rich in mercy and sent His Son Jesus to die on our behalf. All of God's wrath we deserved, Jesus took for us. God sees believers as sinless because of what Jesus did.

Bible Study – Much like the last week, this lesson focuses on God's faithfulness to His people. This lesson touches on how God does that through provision. In the coming weeks the students will see other ways God is faithful.

In Exodus 16 the Israelites were caught complaining (again). God answered their prayers by providing manna in the morning and quail in the evening. God was merciful to His people by providing food even though the people forgot how God had provided for them in the past.

God told Moses to take some manna and keep it in a jar to carry around as a reminder of how God had provided for their needs.



The Next Step

The lesson in the **Backpack Stash** section includes a bread recipe for the student to make. The recipe makes four loaves, suggesting the students keep one and give the other three away (to a needy family or homeless shelter).

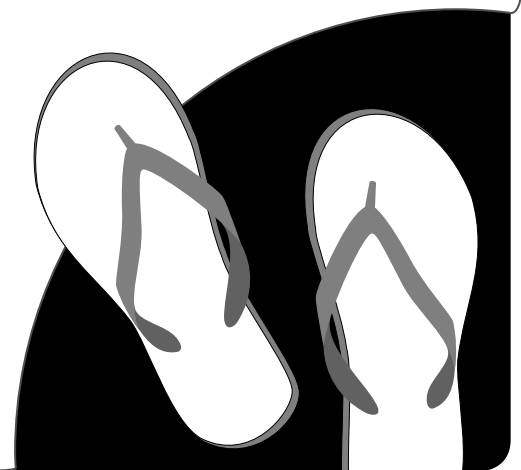
This could be a great time to connect with your teenager over a little cooking! Go to the store together and buy the ingredients and brainstorm to whom you might give the extra loaves. As you mix the ingredients you can chat about how God has been faithful to your family in providing your basic needs, like bread.

Bible Study Questions

Power Up – This Power Up gives the students a breakdown of the week and what they can do each day (over seven days) to finish the Trek® lesson and memorize the verses.

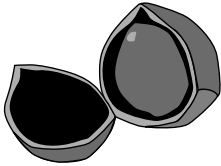
Did You Get It? – How does your daughter remember what God has done for her? Have your daughter write down the answer to this question on Memorial Stone number 2 on page 50 of her book.

Take the Trek Challenge – This week's Challenge asks your teenager to sponsor a child with her family or Trek group. This will allow the student to do something practical to help people who don't have food on a regular basis. The Challenge also tells the student to find a Bible verse that talks about the kind of mercy that Christians should show to people who are less fortunate. You daughter should then write the chosen verse in her notebook and pray for a merciful heart.





Lesson 1:3 – Dear Lisa



In a Nutshell

God is a just God and a Savior.

Memory Verses

Compass Point – Isaiah 45:21b

Bible Study – Isaiah 45:21b-22;
Micah 6:8; Exodus 34:6

Summary

Compass Point – God is a just judge that will and does punish sin. His holiness allows for no sin and nothing we do is or will ever be good enough to get us to heaven.

However, God is not only holy and a just judge, but He is loving. The place where these attributes meet is the cross of Christ. Jesus died to take the punishment for our sin. If we trust Christ to do this for us, God will no longer see our sinfulness because Christ has taken care of it.

Bible Study – Korah is a person you don't often hear much about. He's not exactly the best example to follow. In fact, he's a great example of what NOT to do. Numbers 16 shares his story.

Korah was getting tired of the way Moses was leading the people of Israel. He, along with 250 others, told Moses that they'd had enough. Moses appealed to the Lord immediately and let God handle the situation. The next day there was an earthquake that swallowed up Korah and the 250 others. It was as if they never existed!

It's easy to think that you are better than Korah, but in reality everyone is a sinner, and all sin deserves death and separation from God.

God knew a sinful people could never be good enough to warrant salvation, so God's Son Jesus entered the world to take care of it. All of God's justice that you deserved, God put on Jesus.



The Next Step

Do a study with your teenager on the word *justice* in the Bible and see what you come up with. Read several passages that talk about justice. Understanding, or at least trying to understand, how sinful we are will result in true worship – seeing the hugeness of one's sin will show the bigness of one's Savior.

Bible Study Questions

Power Up – Micah 6:8 gives a list of ways to show that you belong to God. The students should make the list on the lines provided in their books.

Did You Get It? – Does God's judgment apply to you? Have your son write down his answer on Memorial Stone number 3 on page 50.

Take the Trek Challenge – For this Challenge, the teenagers should find articles on a situation where a person hurt another person and a different situation where a person was punished for hurting another. They should put the articles in their notebooks and answer these questions: How do people show they're just or unjust? Does God show His justice today? Why is God's justice important to us?



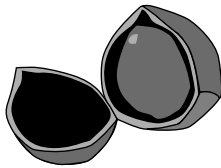


Parent's Guide

Trek Billboard Series: *In Their Sandals*



Lesson 1:4 – Quiz: Are You Grateful?



In a Nutshell

God provides for our spiritual need in Jesus Christ.

Memory Verses

Compass Point – 1 John 2:2

Bible Study – Philippians 4:19; 1 John 2:2; Deuteronomy 1:30-31

Summary

Compass Point – Everyone has basic needs like water, food and shelter. But there is one need that we all have that is even more basic than water. It is our need for a savior.

Jesus Christ came to earth to meet that need. Because we are sinful and cannot earn God's favor, someone had to take the punishment for our sin – that person is Jesus. By trusting Jesus to be the Savior we need, we can know God is with us and for us and the promise of heaven is real.

Bible Study – Even though the Israelites had food and saw God provide, they complained again when they became thirsty. God provided water from a rock when Moses allowed himself to be guided by God's power.

Today God still provides. However, God's provision today is not just with water and food. It is with eternal life through Jesus Christ His Son. Jesus satisfies our ultimate need – righteousness and salvation!



The Next Step

Read through Hebrews 10 with your daughter. Go over the following questions with her.

1. Why did Christ come into the world? What verse helps you know that?
2. How is someone made holy? Find a verse to support your answer.
3. What is the cure for a guilty conscience? What verse supports your answer?
4. Is sin serious? What verse shows you this?
5. What is Hebrews 10 about?

Bible Study Questions

Power Up – The students need to write a prayer thanking God for their salvation through Christ.

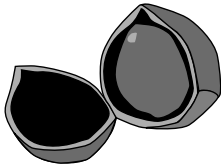
Did You Get It? – Why did Jesus need to die for you? Have your daughter write down the answer to this question on Memorial Stone number 4 on page 50.

Take The Trek Challenge – The students need to grab their notebooks and write a short story where the main character's sibling breaks something, yet the main character takes the blame and takes the parent's punishment. It should fill at least one page.





Lesson 1:5 – Profiles of God and Jesus



In a Nutshell

Jesus is "God with us."

Memory Verses

Compass Point – Mark 14:61b-62

Bible Study – John 14:9-10; Mark 14:61b-62

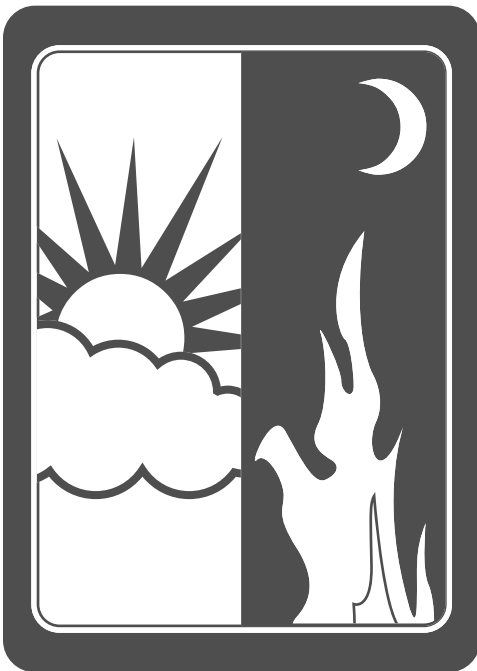
Summary

Compass Point – There is plenty of evidence to show that Jesus Christ was God's only Son. This Compass Point focused on five points: Jesus claimed to be God's Son, Jesus had witnesses to His resurrection, Jesus was born and grew up exactly where the Old Testament prophets said He would, Jesus performed miracles and Jesus changed lives.

Bible Study – When the people of Israel were wandering in the wilderness, God instructed Moses to build a tabernacle. There, God would dwell among the Israelites. Not only would God protect and guide the people by dwelling among them, He would also show them that He was with them and for them.

God guided the Israelites by having them follow a cloud by day and a pillar of fire by night. Wherever the cloud or fire moved – they were to follow. They were never able to see God face-to-face because He was too holy.

Jesus changed that. He came as God in human form and allowed us to see God.



The Next Step

God is holy, and this lesson touches on that. Find verses with your son on God's holiness. Choose a few of them to memorize together!

Bible Study Questions

Power Up – This Power Up is a fun crossword puzzle ... with Bible references in case the student needs help.

Did You Get It? – How did Jesus show that He was God? Have your son use Memorial Stone number 5 on page 50 to write down his answer.

Take the Trek Challenge – The students get to write a poem about what they learned about God and Jesus in the last few lessons.



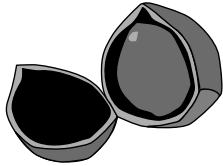


Parent's Guide

Trek Billboard Series: *In Their Sandals*



Lesson 1:6 – Wilderness Photo Journal



In a Nutshell

Jesus is fully God, but He is also fully man, so He knows what we go through.

Memory Verses

Compass Point – Philippians 2:7

Bible Study – Philippians 2:5-8; John 6:35

Summary

Compass Point – Jesus is 100 percent God and 100 percent man. While this doesn't work out mathematically in our human brains, it works out in God's plan.

Jesus became a human being to save us from our sin, and He wants us to know Him and God the Father. In order to do that, He needed to die for us to know and be with God.

Bible Study – The Israelites wandered in the desert for 40 years while God provided food for them on a daily basis. No matter where they were or what circumstance they found themselves in, God provided for their needs.

Fast forward to the New Testament and look at Jesus. The number 40 comes back with some significance. Right before Jesus begins His public ministry He goes into the desert to be tempted by Satan. He goes on a 40-day fast and comes out on the other side still perfect!

Because Jesus not only came out of that temptation sinless but also was sinless through the rest of His life, He is able to handle our spiritual hunger. Jesus has met the requirements to be our Savior and the mediator between God the Father and us.

$$\begin{array}{r}
 100\% \text{ GOD} \\
 + \\
 \hline
 100\% \text{ MAN} \\
 \hline
 \text{JESUS}
 \end{array}$$

The Next Step

Philippians 2:5-8 are the Bible verses to memorize this week. There are some words with “weight” in them. Many times it’s easy to memorize the verses, but often the meanings aren’t entirely clear. Pick the key words in these verses and look up their definitions in a Bible dictionary. If you need help getting started, look up *servant* and *humble* first.

Bible Study Questions

Power Up – For this exercise, your teenager needs to unscramble the puzzle and look up Bible references to find out some other passages where the number 40 comes up.

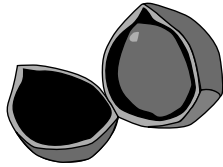
Did You Get It? – What’s one way that Jesus is like you? Have your daughter write down her answer on Memorial Stone number 6 on page 50.

Take the Trek Challenge – The students need to do some research on hunger to complete this Challenge. After reading up on hunger, they should use their notebooks to describe how Jesus would have felt after being without food for that long.





Lesson 1:7 – Science Lesson



In a Nutshell

Jesus is the living water we need.

Memory Verses

Compass Point – Philippians 2:11

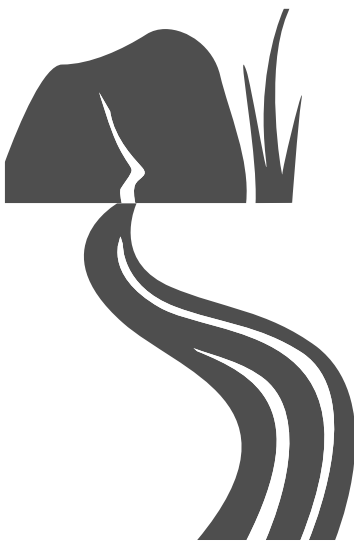
Bible Study – Philippians 2:9-11; John 4:13-14

Summary

Compass Point – At some point in the future, every person – whether or not he has trusted Christ as his Savior – will have to acknowledge Jesus is God.

Bible Study – The first time Moses got water out of a rock, God instructed him to hit it. Sure enough, water came out and God provided for the people. The second time, when the people complained about the lack of water, God told Moses to talk to the rock. But Moses hit it – like he had the first time. Because of Moses' disobedience and lack of faith, God punished him by not allowing him to enter the Promised Land.

Jesus is the true water we need. He quenches our thirst for salvation by offering His life to those who trust Him.



The Next Step

Read through John 4:4-26 with your son. Jesus was able to discuss spiritual matters with this woman beginning with a conversation about water. He used something very ordinary to talk about something rather extraordinary.

As you study the passage, ask your son if there are other common things that can help lead him in a conversation about Christ with friends.

Bible Study Questions

Power Up – Using a Bible dictionary or reference, your teenagers should find five other things that Jesus uses to refer to Himself in addition to “living water.”

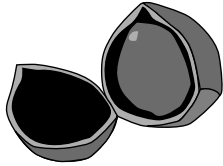
Did You Get It? – Why is Jesus worthy of your trust? Have your son write down his answer on Memorial Stone number 7 on page 50.

Take the Trek Challenge – Your son should review his verses from the last two lessons, specifically Philippians 2:5-11.





Lesson 1:8 – To-Do List



In a Nutshell

All people are sinful, but if we trust Jesus, He gives us His righteousness.

Memory Verses

Compass Point – 1 Peter 2:24

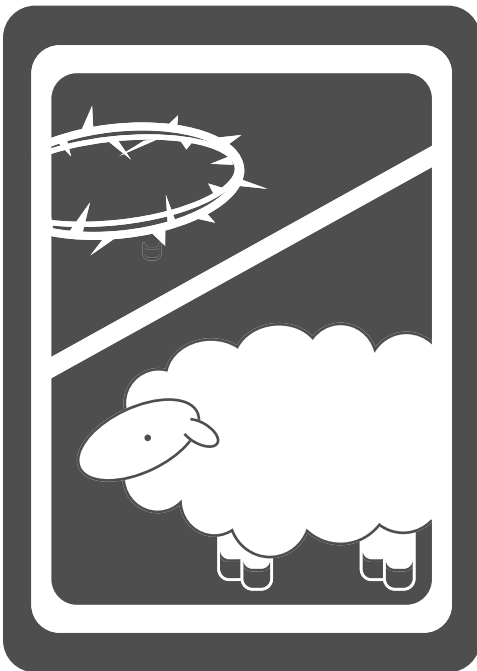
Bible Study – 1 Peter 2:24; Hebrews 10:8-10

Summary

Compass Point – The Old Testament gives us a picture of what the sacrificial system was like before Jesus became our ultimate sacrifice. There was a process for finding the right kind of animal, then choosing the best one, wearing the right clothing and so on. But Jesus replaced that system when He died on the cross. The only way for anyone to be forgiven is to believe in Jesus for the forgiveness of sins.

Bible Study – When the sacrificial system was in effect it was not a bad thing, but a gift from God. It was a gift because it showed God's commitment to wanting to know and love His people.

The sacrificial system also showed the people their need for a savior because sin has consequences. In order to be forgiven, blood had to be shed according to God's law. Jesus' blood pays for the sins of anyone who trusts in Him. When we trust Christ Jesus to take care of our sins, God sees Jesus Christ's righteousness, not our sinful nature.



The Next Step

Every single lesson has pointed to Jesus and how He has fulfilled the law. This lesson particularly focused on Jesus being our salvation. Spend some time praying with your teenager and thanking God for His provision in Jesus.

Bible Study Questions

Power Up – For this Power Up, your teenager needs to answer some questions about how other people view Jesus.

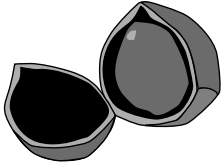
Did You Get It? – What did Jesus' sacrifice on the cross do for you? Using Memorial Stone number 8 on page 50, have your daughter write down her answer there.

Take the Trek Challenge – This Challenge will take your daughter to Hebrews 7:26-28 to answer questions about priests in the Bible.





Lesson 1:9 – Poetry



In a Nutshell

Faith in Jesus Christ saves people.

Memory Verses

Compass Point – John 5:24

Bible Study – John 5:24; John 3:14-16

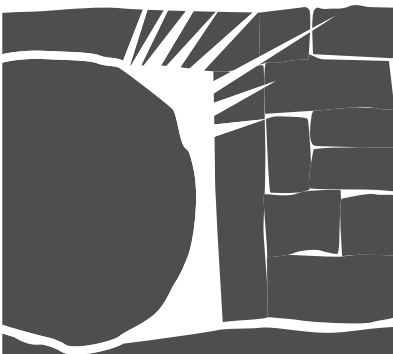
Summary

Compass Point – Jesus Christ loves you so much that He died on a cross for you and rose from the dead three days later. Trusting Jesus Christ as your Savior is the most important decision you will ever make.

Bible Study – After the Israelites lived on the same diet of manna, quail and limited water for a while, they complained to God. Again.

God punished them by sending fiery serpents, and many of the Israelites died. Numbers 21 tells us that after the fiery serpents came, the people finally repented and asked Moses to intercede for them.

God told Moses to make something in the image of a serpent and to put it on a staff and raise it up for the people to see. Moses instructed the people that God wanted them to look at the serpent in order to be saved. By looking to the serpent they showed their faith in God, because they did what God told them to do.



The Next Step

In the **Power Up** section your teenager needs to use the verses given to explain the gospel. Find five other passages of Scripture that explain the gospel and write them down. Work on memorizing them as a family this week.

Bible Study Questions

Power Up – Using John 3:14-16, your teenager needs to write out the gospel message in his own words.

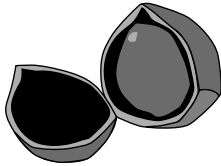
Did You Get It? –From the lesson, what is one thing you have learned about Christ? Have your son write down his answer on Memorial Stone number 9 on page 50.

Take the Trek Challenge – Here your son will answer questions about God’s solution to our need of a savior.





Lesson 1:10 – Story



In a Nutshell

We can worship Jesus Christ, who is God in the flesh.

Memory Verses

Compass Point – 1 Corinthians 15:3-4

Bible Study – 2 Corinthians 6:16-17; Luke 24:5b-7

Summary

Compass Point – The one thing in life that is certain is death. Everyone dies. Many religions have different explanations about what happens to people after they die, but Christianity makes one very unique claim. Christianity's leader, Jesus Christ, is alive. By trusting in Him, and not in what we do, we can have eternal life.

Bible Study – When God instructed Moses to make the serpent, the people of Israel showed their faith in God's Word by looking at it. But years down the road, they did exactly the opposite.

The people began using the serpent as an idol and worshipping it instead of the God who loved them and made them. Hezekiah noticed the people worshipping the serpent and had it destroyed.

It's idol worship when we worship an image of God rather than God Himself. Today, we have Jesus Christ who is the image of the invisible God, and we can worship Him! We have no need for pictures or images because God calls us to worship Him.



The Next Step

Take time this week to review all the past **Next Step** sections and discuss with your teenager how much she has learned in the last ten weeks. Ask her questions and spend some time in prayer.

Bible Study Questions

Power Up – This exercise will ask the teenagers to figure out if they have any modern-day idols or allegiances in their lives.

Did You Get It? – What is one reason you worship Christ? Have your daughter write down her answer on Memorial Stone number 10 on page 50.

Take the Trek Challenge – This Challenge will allow the students to journal about their baptism experience. If they have not been baptized, they are told to talk to a parent or leader and see if this is something they are ready to do.



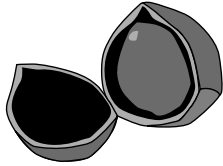


Parent's Guide

Trek Billboard Series: *In Their Sandals*



Lesson 1:11 – Comic



In a Nutshell

Trusting God and putting our faith in Jesus gives us eternal life.

Memory Verses

Compass Point – John 3:36

Bible Study – Joshua 1:8-9; John 3:36

Summary

Compass Point – Your day is filled with choices. Do you sleep in or get up so you have time for a good breakfast? Do you make up an excuse why you didn't turn your assignment in on time or tell your teacher the truth?

In all your choices there is one you can't make. It's deciding how to get to heaven. There is only one way to heaven and it is through Jesus Christ.

Bible Study – Even though the Israelites had seen God work in many ways, they got scared when they finally reached the Promised Land. They sent some spies in to check things out, and some of them lied because they were so scared!

Joshua was one spy who didn't lie. God allowed Joshua to take over Moses' job as leader and promised to always be with him.

When the Israelites crossed into the Promised Land, they were close to seeing God fulfill His promises to them. God promises something to those who believe in Jesus too! Eternal life is a free gift that is given to those who trust Jesus to take care of their punishment for sin.



The Next Step

Romans 8 fleshes out what the Christian life looks like. Study the passage together and go over these questions:

What is the Spirit's role in this passage?

What does the law do?

What kind of lives do people who live according to the Spirit have?

What kind of lives do people who live according to the sinful nature have?

Which kind of life do you want? Why?

Bible Study Questions

Power Up – This Power Up is a fill-in-the-blank review of Lessons 6-10.

Did You Get It? – What is the one thing you need to do in order to have eternal life? Have your son write down the answer on Memorial Stone number 11 on page 50.

Take the Trek Challenge – Doubting is a normal part of the Christian life. This Challenge asks your son to grab his notebook and write down three questions about salvation or what he has learned so far.



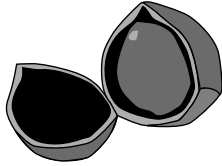


Parent's Guide

Trek Billboard Series: *In Their Sandals*



Lesson 1:12 – Memorial Stones



In a Nutshell

Remembering God's faithfulness helps us worship Him.

Memory Verses

Compass Point – Psalm 119:35

Bible Study – Psalm 119:33-35; John 5:23-24

Summary

Compass Point – The Bible is filled with wisdom from God. It gives you instruction in money matters, looking out for others, being smart, watching what you do, taking care of yourself and having an influence in the world. But the best news in the Bible is about the Savior, Jesus Christ, who came to love you and provide you a way to spend eternity with Him.

Bible Study – After reviewing the last 11 lessons, this (the final) lesson, encourages the students to remember God's promises and provisions.

While the Israelites were on their own kind of "trek" for 40 years, the students are also on a trek with God. Neither should be taken lightly.

Once the Israelites got into the Promised Land, they built an altar using 12 stones representing the 12 tribes of Israel. They were to use those stones as a way to remember God's faithfulness during those 40 years. The rocks would also serve as a reminder to tell their children and their children's children about the faithfulness of God.



The Next Step

Take a long walk (not a 40 year one though!) with your teenager after you read Deuteronomy 8 together. On your walk, talk about how God tells the people to remember His faithfulness to them. Ask your daughter how she would respond if God were to take her on a 40 year trek through the desert.

Bible Study Questions

Power Up – This Power Up will have your teenager looking up Bible references and writing down the promises that the verses give.

Did You Get It? – What is something you have learned from this lesson? Or what is one thing you want to remember about God when things get rough? Have your daughter write down her answer on Memorial Stone number 12 on page 50.

Take the Trek Challenge – This Challenge will encourage your daughter to invite a friend to Trek or church and share with that person how faithful God has been.

