



Parent's Guide

Trek Dashboard Series: *Owner's Manual*



Lesson 2:1 – How to Accept Myself for the Person God Wants Me to Be



In a Nutshell

God is making you into the person He wants you to be and is using the Holy Spirit to accomplish His work.

Memory Verses

Compass Point – Psalm 139:1

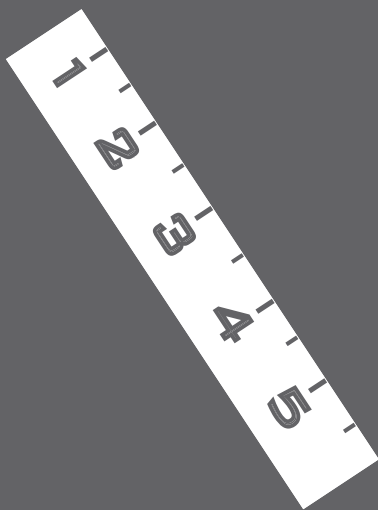
Bible Study – John 15:16, 16:13; 1 Peter 5:7

Summary

Compass Point – One can spend his whole life trying to measure up to a standard that is unattainable. A believer, however, can have confidence that God is working in his life to produce fruit – not because of anything the believer does, but because God works in the lives of His children.

Bible Study – Because Jesus has done everything you need for salvation, there is no need to worry about measuring up! Jesus has already measured up for you. Since Jesus has done everything you need for salvation, it's a good idea to start using the gifts He gives you for Him. And even though Jesus isn't physically here, He left someone with you to help you.

The Holy Spirit indwells the lives of believers in order to lead them into truth and to comfort those who wait for Christ's return. The Holy Spirit never leaves, which is great news! He doesn't have to move around from believer to believer to help each one; He is permanently in every one of God's children.



The Next Step

To help your teenager understand the Holy Spirit better, read the passages that relate to Him. You can read about the Spirit's initial coming in Acts 2 or read about how He uniquely gifts God's children in 1 Corinthians 12. You can also see, in Romans 8, how the lives of those who live according to the Spirit differ from those whose lives don't have the Spirit in them.

Bible Study Questions

Power Up – The students need to fill in the blanks in a paragraph describing the work of the Holy Spirit from John 14 and 16.

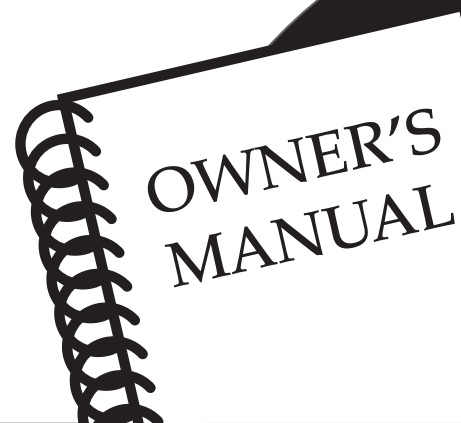
The Spirit would be with you _____ (John 14:6). _____ know the Spirit but _____ does not know Him (14:17). The Spirit will _____ with you by _____ in you (14:17). The _____ will send the Spirit (14:26). He will _____ you into all _____ (16:13).

With all that in mind, how does knowing about the Spirit help you to accept yourself?

The One Thing – What is the one thing you will take from the lesson about **how to accept yourself for the person God wants you to be?**

Note: This question will appear in every lesson asking the student to list his or her own take-away.

Take the Trek Challenge – For the first Trek Challenge, your teenager needs to skip ahead to Lesson 4's Trek Challenge because it will take some time to fill out the entire portion and memorize the required verses. Go to Lesson 4 with your son or daughter and make a game plan, or a "Trek plan," on how to conquer the required questions and memorization. Since there are several lengthy questions, encourage your teenager to do one portion each week until it is finished.





Lesson 2:2 – How to Stop Doing Something I Know Is Wrong



In a Nutshell

As a believer, I need to put off my “old man” and rely on the Spirit to shape my desires.

Memory Verses

Compass Point – 2 Timothy 2:22

Bible Study – 2 Timothy 2:22; Ephesians 4:22-23

Summary

Compass Point – As a child, it's OK to act like a child. Babies communicate by crying because they can't speak, and children have to learn what it means to put others first. It is the same with new Christians. They have to learn how to pray and ask God for help, and they have to learn what it means to trust their heavenly Father. Through the work of the Holy Spirit, God changes the hearts of the childlike Christians into adults who live to know, love and serve Him.

Bible Study – As Christ's followers, we have a lot of resources available to us. Not only do we have the Word of God guiding us and allowing us to get to know the heart of God, but we have God's Spirit living in us to help us grow and mature in the grace and knowledge of Jesus Christ.

When you give the Holy Spirit control of your life, your mind is renewed. When you grow as a Christian, you'll begin to hear the Holy Spirit giving you peace and influencing you through the Scripture you know. You'll notice your desires begin to change too. You have put on the “new man!”



The Next Step

Because the Holy Spirit predominantly uses God's Word to remind us of who God is, to renew our minds and to lead us to repentance, memorizing Scripture is very important. Every week your son or daughter looks at the verse, reads it a few times and tries to commit it to memory so he or she can quote it to the leader. This process isn't in vain.

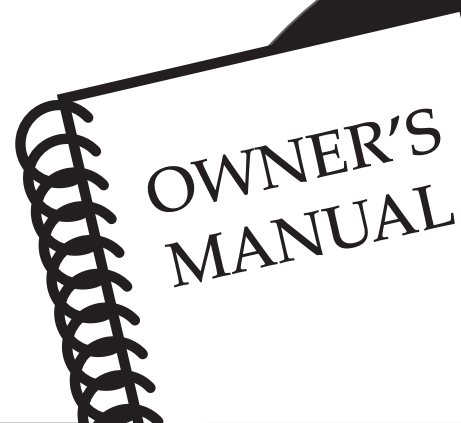
Have a conversation with your teenager about the purpose of memorizing the Word of God on a weekly basis. Ask your teenager if he or she has ever recalled the Scripture committed to memory during a trial or when a friend asks a question about God. Remind them that God uses His Word to communicate His will for His children. When Scripture comes to your teenager's mind, God is speaking to him or her directly. What an amazing privilege!

Bible Study Questions

Power Up – Your teenager needs to read Ephesians 4:22-5:2 for this **Power Up**. From the verses, the students should write (in the columns provided) the things believers put off and put on when they are God's children.

The One Thing – What is the one thing you will take from this lesson on **how to stop doing something you know is wrong?**

Take the Trek Challenge – It was suggested last week to start working on Lesson 4's Trek Challenge. The teenagers should continue to work on it this week as well.





In a Nutshell

Because God is gracious and quick to forgive, we should also be gracious and quick to forgive.

Memory Verses

Compass Point – Psalm 118:8

Bible Study – Psalm 118:8; Jeremiah 17:7-8

Summary

Compass Point – Throughout any given day, you'll see yourself needing things from people and people needing things from you. A lot of expectations are put on us all the time. But what happens when you don't meet those expectations? People are disappointed. In the same way you would like to be shown grace in a time of need, you, too, should show grace to others when they don't meet your expectations.

Bible Study – People aren't perfect and they will disappoint you. But God is different. He is perfect and will never disappoint you. Not only that, God is quick to forgive and show grace to sinners who offend Him. As the verses emphasize, God is trustworthy and so it is better to trust Him than man.

Jesus didn't love people or show grace to people because they were good – as a matter of fact, no one is good except God. No, Jesus showed grace and loved them in spite of their shortcomings. Think about Judas. Jesus still allowed Judas to be a disciple even though He knew Judas would betray him. If you think about it, none of the disciples did everything they were told to do, and neither do we. But Jesus loved them and He loves us, His children. What a gracious God we have!



The Next Step

Encourage your son or daughter to notice the next time someone needs forgiveness from him or her. Once he or she identifies that a wrong has occurred, encourage your teenager to process his or her initial reaction. Is it getting revenge or retaliation? Or is it trying to see it from the other person's perspective so they can be ready to forgive?

Understanding and processing emotions is something that is learned. When a toddler doesn't get his way, he will throw a tantrum and try to get the whole world's attention. But as the toddler becomes a teenager, he learns he can't just roll around on the floor and scream to make his point. The same is true spiritually speaking as the Christian matures. As he grows in the Lord, his decisions will reflect a growing relationship with a gracious God. Encourage your son or daughter to pursue Christian maturity in the area of grace and forgiveness.

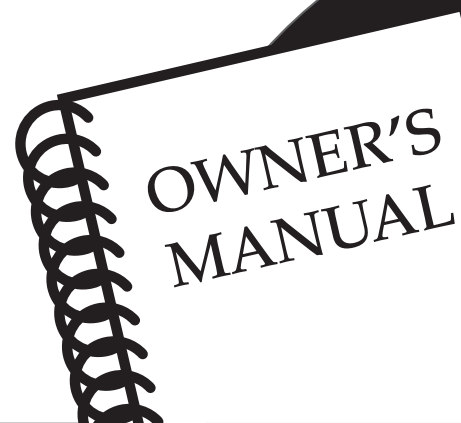
Bible Study Questions

Power Up – This **Power Up** requires using the reading in the lesson to answer some questions. The following are opinion-oriented questions, but should be thought through carefully in regard to the lesson:

- Do you think the student in the story had any intention to make up his past work? Why or why not?
- Did he feel any sense of thanks to his teacher for allowing him to make up the work? Again, why or why not?
- Because of her actions at the end of the story, does his teacher seem unfair or fair to you? Why?
- Read Matthew 18:35 slowly and out loud. What do you think is the key phrase, or the most important part of the verse?
- When have you not done this?
- How can you do what the verse tells you to do? (Hint: Think about what you've learned from the past two lessons. How can you apply those things to forgiveness?)
- Who is the Lord telling you to forgive even as you read this?

The One Thing – What is the one thing you will take from the lesson to learn **how to respond when someone lets you down?**

Take the Trek Challenge – Keep your teenager busy with Lesson 4's Trek Challenge! One more week to get it all done!





Lesson 2:4 – How to Prepare for the Future



In a Nutshell

Your future is made up of what you spend your time doing, what you value and the kind of person you want to become.

Memory Verses

Compass Point – Titus 2:12-13

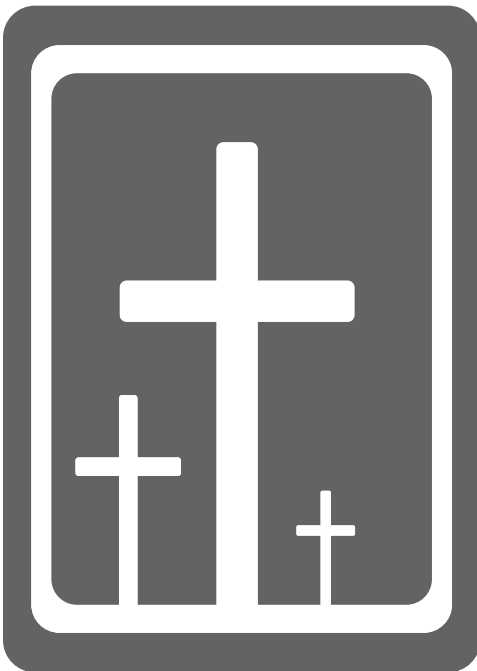
Bible Study – Titus 2:11-14

Summary

Compass Point – Because no one lives forever, preparing for the future is needed to ensure things on earth are taken care of when we are gone. However, in light of eternity God gives us some other guidelines that show us how to live. Titus 2:11-12 helps us know how to live out our salvation.

Bible Study – In Titus 2, after believers are admonished to deny ungodliness and worldly lust in order to live soberly, righteously and godly, Paul shows us Jesus Christ. Paul knew that we have no hope of living a righteous life apart from the complete, perfect and finished work of Jesus Christ.

Jesus Christ didn't die "just because." He died to redeem His people and to purify them from sin. Because He died for us and gave us new life, we can be a people zealous for good works.



The Next Step

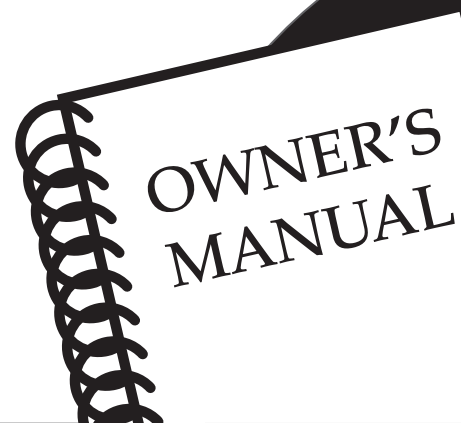
There are a lot of meaningful vocabulary words in this lesson. Go through each word with your son or daughter and make sure he or she understands the meaning and how it fits in the verses.

Bible Study Questions

Power Up – This **Power Up** involves playing *The Game of Life* by Hasbro (if you own or can borrow it). The teenager should observe at least four options of things they want to do or accomplish someday. From the student's list, he or she should write down whether or not those options are things that they think God wants them to be concerned about for his or her future. If you don't have the game, he or she can use examples from real life options – such as marriage, buying a house, having children, taking a cruise, etc.

The One Thing – What is the one thing you will take from the lesson on **how to prepare for the future?**

Take the Trek Challenge – If your teenager did the challenge from Lessons 2.1, 2.2 and 2.3, this challenge should almost be complete because he or she began working on it three weeks ago. Check up on your son's or daughter's progress in memorizing John 14:16-20, 26-27 and Ephesians 4:22-24. Then go through his or her four boxes in the lesson to see if they understood the challenge and used Scripture correctly.





Lesson 2:5 – How to Make My Parents Happy



In a Nutshell

God wants us to obey our parents.

Memory Verses

Compass Point – Ephesians 6:2

Bible Study – Ephesians 6:2-3

Summary

Compass Point – When things in the Bible are said more than once, it's a good indication that whatever was written is really important. The verses this week include one of those repeated phrases. *Honor thy father and mother ...* Just those five words have big implications. God knows that our parents want what is best for us, and learning how to submit to them will make our lives better.

Bible Study – As addressed in the **Compass Point**, this week's verses are not only in the Old Testament but also in the New Testament. Honoring one's father and mother is an important part of the Christian life. In honoring our parents, we honor the God who gave them to us.

I. No other gods.

II. No idols.

III. Do not misuse God's name.

IV. Keep the Sabbath.

V. **Honor your father and your mother.**

VI. Do not murder.

VII. Do not commit adultery.

VIII. Do not steal.

IX. No false testimony.

X. Do not covet.

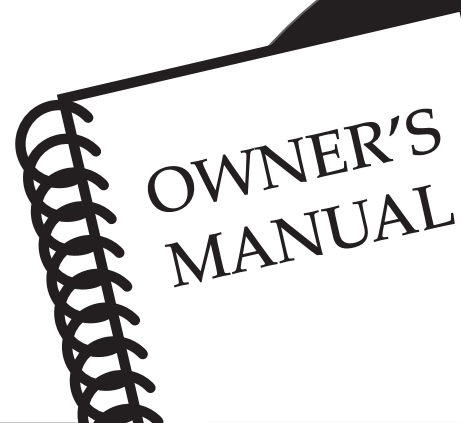
The Next Step

Talking about honoring your parents with your own teenager might come off as confrontational and uncomfortable at first. But, taking it in stride as you teach it like any other biblical doctrine will alleviate the uneasiness. Be honest and gentle as you explore the reasons why your authority in your teenager's life is necessary *and* biblical.

Bible Study Questions

Power Up – Behaviors that aren't God-glorifying have consequences as listed in Scripture. In this **Power Up**, the teenagers should take the biblical reference and align it with the behavior it represents. Have a dictionary on hand in case some of the vocabulary is difficult to understand.

The One Thing – What is the one thing you will take from the lesson on **how to make your parents happy?**





Lesson 2:6 – How to Get Along With My Siblings



In a Nutshell

God has given you your siblings as friends for life.

Memory Verses

Compass Point – Romans 12:10

Bible Study – Romans 12:10; 2 Peter 1:7-9

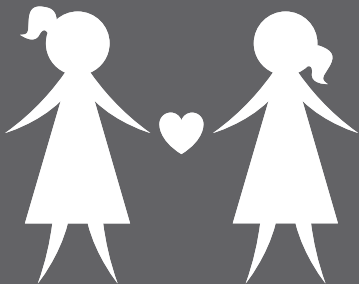
Summary

Compass Point – When you love someone, you put his needs above your own. As believers, this point is especially important because we recognize that our physical and spiritual families are a gift from God. In loving others, we show that we love God.

Bible Study – It's hard to always love your siblings. It's hard to always love anybody. At times it is easier to look out for our own needs more than another's. However, God designed the family unit to mirror His love for the church.

In Scripture we see an example not to follow – the Prodigal Son's brother. When we see the Prodigal Son come home, the brother doesn't respond with relief or joy. He responds with jealousy and anger. When our brothers and sisters do something well, we should congratulate them and encourage them the way we would want to be treated.

Our love for our siblings needs to mirror the way we love our spiritual brothers and sisters in the Lord.



The Next Step

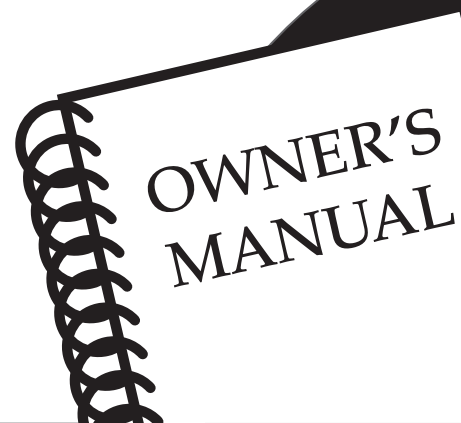
Plan a family game night if you don't already have one in place. Let your kids choose the food and games (by vote if they can't agree). Sometimes it is hard to get all your kids together for an evening meal, but hopefully the games and different type of activity will have everyone excited.

Bible Study Questions

Power Up – At the beginning of the lesson, the teenagers are given scenarios based on if they are the older or younger sibling. After identifying with a scenario, they should answer the following questions:

- What would you do after time freezes? (Help your teenager see that he always has two choices in a situation: positive or negative. Then help him see that this role-play scenario can help him make wise decisions in his future.)
- Which verse from this lesson (or any other previous lesson) helped in guiding you to your decisions? (This will not only answer the question with God's Word, but it will also help you to see where your teenager is with handling and applying Scripture.)
- Would you tell your parents what you had done? Why or why not?

The One Thing – What is the one thing you will take from the lesson on **how to get along with your siblings?**





Lesson 2:7 – How Can I Be a Good Friend?



In a Nutshell

One of God's best gifts is a loyal friend.

Memory Verses

Compass Point – Proverbs 17:17

Bible Study – Proverbs 17:17, 27:9, 17:9, 18:24

Summary

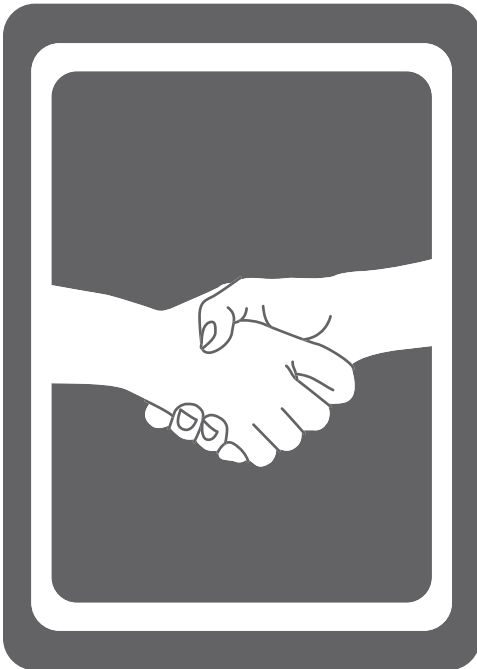
Compass Point – Between the wisdom from Proverbs on friendship and some great examples of good friends in Scripture (Ruth and Naomi or David and Jonathan), we have a lot of teaching on friendships. God wasn't silent in Scripture when it came to friendships, so we have reassurance that even our social networks matter to God.

It is hard to find a good friend whom you can totally trust. Some days it will feel like you don't have any friends and other days it will feel like you have more than you can count. Remember that true friends encourage you to be godly and they stick around. You also become like the people you hang around with, so choose your friends carefully.

Bible Study – The account of David and Jonathan in Scripture shows one of the purest friendships to ever exist. They truly loved each other and were willing to give their lives for one another. Jonathan was put in a predicament where he had to choose between putting David in the hands of Saul (Jonathan's father), who wanted to kill David, or protect David and put himself at risk. Jonathan knew that his father Saul had evil intentions for David, so Jonathan protected his friend.

Ruth and Naomi's story is just as beautiful when it comes to defining what a true friend is. Naomi's husband and two sons died. Ruth, Naomi's daughter-in-law, decided to stay with Naomi and care for her as she would her own mother. Naomi had to move back home to Bethlehem, and Ruth went with her, even though she would be a foreigner. Because Ruth cared more about Naomi than herself, she showed the epitome of true friendship.

Ultimately, Jesus Christ is the best friend anyone could have. If there was anyone who put aside His own interests for the sake of others, it was Him.



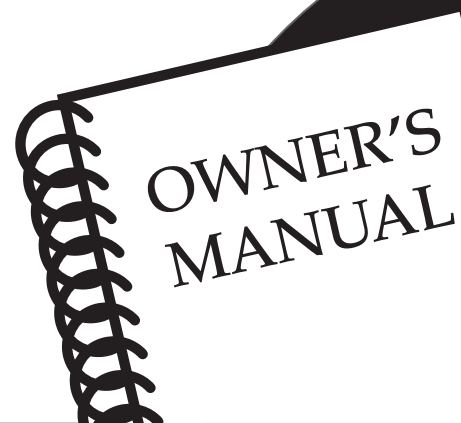
The Next Step

Ask your teenager who his or her best friends are and why. Ask them if any of their friends represent a Ruth or a Jonathan and why. Do any of his or her friends need to change because of what your teenager has learned about friends in this lesson?

Bible Study Questions

Power Up – Your teenager needs to pick the story of Jonathan and David or the story of Ruth and Naomi to complete this section. He or she should find five things that make a good friend from the example of the friends in the text they choose.

The One Thing – What is the one thing you will take from the lesson on **how to be a good friend?**





Lesson 2:8 – How Do I Tell My Friends About Christ?



In a Nutshell

While God uses us to get His gospel out, ultimately He is the one who calls and saves and grows faith in people.

Memory Verses

Compass Point – Philemon 1:6

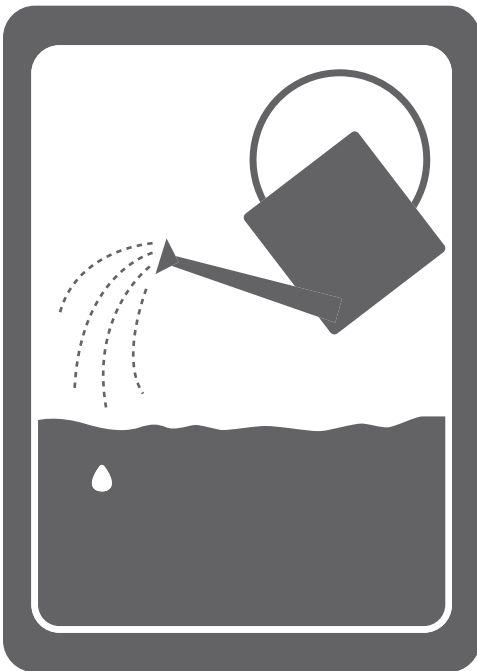
Bible Study – Philemon 1:6; 1 Corinthians 3:7-8

Summary

Compass Point – Witnessing gets easier the more you do it. When you are thinking about how to share Christ with someone in your life, take confidence that it is God who will grow the seed you planted. You don't have to worry about saving them, God is the one who does the saving.

Bible Study – A lot of people in the New Testament were saying their salvation was better because of who introduced them to Christ. "I heard from Apollos!" "Well, I heard from Paul!" You can imagine how childish it must have looked to argue over who introduced them to Christ.

Because of this odd argument, however, we learn in 1 Corinthians that no one but God is responsible for someone else's salvation. What a relief! While we should be prepared and knowledgeable about our own faith so we can share it, we are by no means responsible to change another person's heart. Our responsibility comes with loving the person and sharing how the kindness of God and His gospel has reordered our own life.



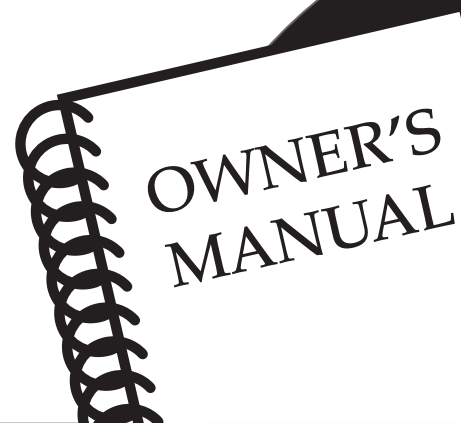
The Next Step

As noted earlier, the more you witness the easier it is. Allow your son or daughter to invite a friend or two over to hang out. Since the goal of witnessing is to have the person start a relationship with Christ, allow this personal relationship with your son or daughter to continue. You may not see the friend come to faith immediately, or even for several years, but don't forget God is the one doing the growing. After more occurrences of sharing faith in a comfortable setting, your son or daughter will be more comfortable (and more prepared!) to share in a difficult circumstance that isn't familiar.

Bible Study Questions

Power Up – In this **Power Up** the teenagers need to keep verbs in mind while witnessing to their friends: watch, listen and act. After they have the method in mind, they are asked to think about whom they would like to invite to Trek or share Christ with.

The One Thing – What is the one thing you will take from the lesson on **how to tell your friends about Christ?**





Parent's Guide

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Lesson 2:9 – How Do I Speak Up About Christ in School?



In a Nutshell

When I am witnessing, I need to remember that the other person deserves a soft, respectful answer.

Memory Verses

Compass Point – 1 Peter 3:15

Bible Study – Proverbs 15:1;
1 Peter 3:15; Ephesians 4:14-15

Summary

Compass Point – When we witness it should be in a winsome manner. Yelling or treating someone as if they were stupid will never win anyone over. Our prepared answers should come from a humble reliance upon God to work in the person's heart and mind. Even if they respond hastily, it's necessary to hear them out and care for them as a person.

Bible Study – The more we grow in the Lord, the more we will know how to respond to criticisms and grievous words. And we will also know how to be prepared to “give an answer” to people who question our faith.

From previous lessons, we have learned that God is the one who changes a person's heart – that is not our job. This will give us freedom to be ourselves and be honest because there is no formula for “winning a person over.” So instead of treating a person as a problem to solve or a formula to finish, we can rely on God's strength and be ourselves!



Algebra

Holy Bible

World History

Biology

Geography

The Next Step

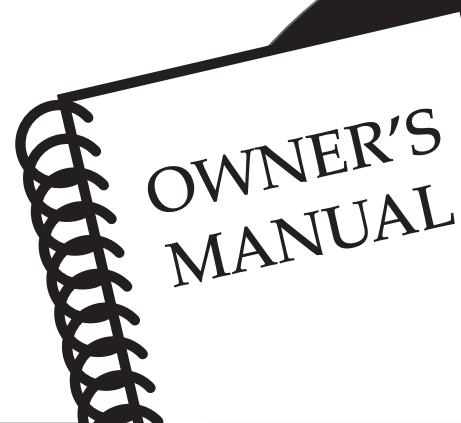
Keeping on theme from last week, continue to have your son or daughter invite the friends over to specifically share Christ with them. The more they are in your home, the more they will be comfortable with your family. Soon enough they will be curious as to why your family is different. Relationships and trust take time (especially if a person has been hurt by Christians before), but it will be well worth it in the end.

Bible Study Questions

Power Up – The teenagers need to read the phrases (mocking Christianity) that might be said to them at some point. Then they should come up with respectful responses to each one. You can help your son or daughter think of ways to respond lovingly to the criticism he or she may encounter and help him or her gain the assurance needed to share the truth with confidence.

The One Thing – What is the one thing you will take from the lesson on **how to speak up about Christ in school?**

Take the Trek Challenge – Since the last four lessons have dealt with relationships, the teenagers will be able to recap and organize the relationships in a “coat of arms.” Each teenager should take the verses given, look them up, and then write or draw something that symbolizes what that verse is saying.





Lesson 2:10 – How Do I Serve in My Church?



In a Nutshell

God wants me to use my spiritual gift in my church.

Memory Verses

Compass Point – 1 Timothy 4:12

Bible Study – 1 Timothy 4:7-8, 12, 16

Summary

Compass Point – If you feel like you are too young to serve Christ and His Church, be encouraged by Paul's words to Timothy – don't let people look down on you because of your age. God wants to use you! Keep pursuing Jesus Christ and be an example in ... *word, conversation, charity, spirit, faith and purity.*

Bible Study – 1 Corinthians 12:1-11, Romans 12:4-8 and Ephesians 4:11-13 are known as some of the spiritual gift passages in the Bible. But something curious happens in 1 Corinthians 13. You are probably familiar with the "love" chapter in the Bible, but note what surrounds it – instructions for gifts. It is as if Paul is plugging away on the specifics of spiritual gifts and then realizes his own heart. Then he writes a short yet poignant passage on loving other people no matter what gift you have.

The gifts we are given are to build the Body of Christ. Without love, that can't happen. You need the body and the body needs you, so church is important. God knows we can't function on our own, and no one person can get all the work done. So get busy loving and serving one another!



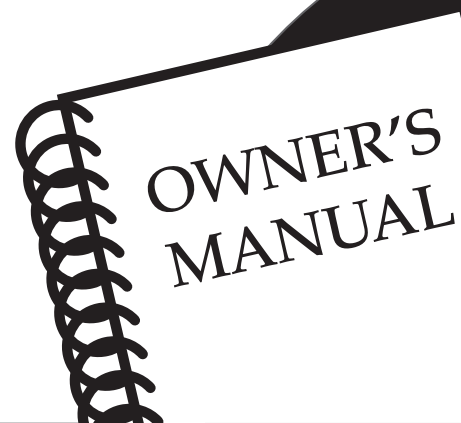
The Next Step

The **Power Up** listed below is a good start on taking this lesson to the next level. You may even want to set up a meeting with the youth leader or another pastor on ways your teenager can get involved in the church.

Bible Study Questions

Power Up – Each teenager should consider if he is ready to start serving in the church with his spiritual gift. If he is ready, there are some suggestions how to get involved and explore his spiritual gift. If he is not ready, there are suggestions how to get prepared and figure out his own gift.

The One Thing – What is the one thing you will take from the lesson on **how to serve in your church?**





Lesson 2:11 – How Do I Find Peace in My Life?



In a Nutshell

The way to peace is focusing on God and not circumstances.

Memory Verses

Compass Point – Isaiah 26:3

Bible Study – Isaiah 26:3; Philippians 4:11-13

Summary

Compass Point – Our circumstances are usually out of our control, but our reactions to them aren't. You can have confidence in the God who loves you no matter what circumstances arise. God promises perfect peace when we rest in who He is.

Bible Study – Many people describe peace as a feeling or calming that comes over them. But peace doesn't come out of nowhere; it has to come from something or someone.

Scripture promises us that peace comes from confidence in God. Even though Paul was shipwrecked, beaten and starving, he said that he learned to be content in whatever circumstance he was in. That kind of faith doesn't come from earthly possessions. Paul knew God and trusted Him to carry out His promises.

The important thing to remember is that God wants us to have peace. When we are in a hard situation or trial, He doesn't want us to be weary or heavy-hearted, but rather trust Him to take our disappointments. We see God's love for us the best when we go through something hard. Unexplainable comfort comes from Him. The fact that He even wants us to come to Him when we are hurt or upset shows how loving He is.



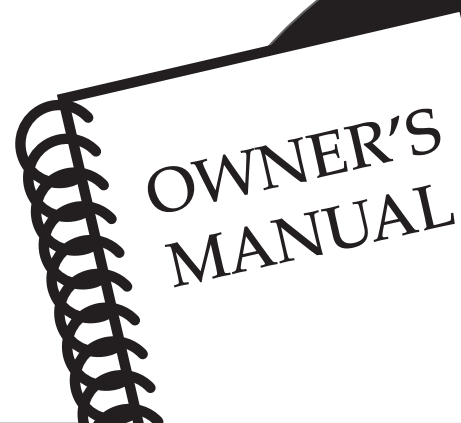
The Next Step

Everyone deals with grief and trials differently. Talk to your teenager about a trial she may be going through and pray with her about it. Ask her how she has been dealing with it up to this point and see if she needs to put her focus more on God.

Bible Study Questions

Power Up – Your teenager will need to decipher the items that bring them momentary or lasting peace. They need to place the appropriate phrases in the correct columns. For example, “Keeping your mind on God” brings lasting peace, but “Having parents who think you’re the greatest” brings only momentary peace.

The One Thing – What is the one thing you will take from the lesson on **how to find peace in your life?**





Lesson 2:12 – How Do I Find Peace in a Chaotic World?



In a Nutshell

True peace comes from knowing Jesus.

Memory Verses

Compass Point – John 14:27

Bible Study – John 14:27, 16:33

Summary

Compass Point – Because we live in a sinful world, true peace can only be found in Christ. Anything else that offers peace is just a temporary fix that will eventually fade. Because Christ is the one who has overcome the world (by living a sinless life, dying for our sin and rising back to life), we can trust His ability to help us be content in life's circumstances.

Bible Study – In life there will be tribulations and stress that will cause you to focus on the external circumstances rather than the eternal hope we have. While things around us that entice us can be distracting, sometimes these very circumstances are what bring us closer to Christ. God often uses circumstances to get our attention off “stuff” and on Him.



The Next Step

Review all the memory verses from the last 11 weeks with your teenager. After she has gone through all of them, show her that she now has God's Word to encourage her and to help her stay peaceful in difficult circumstances.

Bible Study Questions

Power Up – It's time to review! Each of the lessons asks your teenager the "one thing" they need to take from that lesson. For this final week he needs to review the answers and see if there is anything he would write down differently after completing the whole study.

The One Thing – What is the one thing you will take from the lesson on **how to find peace in a chaotic world?**

Take the Trek Challenge – This week's challenge has the students thinking about missions. Because Christ Jesus died to redeem a people for Himself, it is important to think about what that looks like, and embrace it. The variety of people who will be in heaven is something that God intended – God has plans for His people out of every tribe and tongue. These are our true sisters and brothers.

That said, with your permission, the teenagers are asked to look at the Open Doors Web site at www.opendoorsusa.org*. Your teenager will be able to learn about persecuted Christians around the globe and see how God is working in the lives of those affected. If you don't have the Internet, other ways to get involved or contact them are listed in your teenager's Trek book.

*NOTE: References to Web sites not created by Awana are for your information and are not necessarily an endorsement of content.

