

Be a 100 Percenter – Daily Exercises

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Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Growing up in the church, my church friends were the worst influence in my life. From smoking and drinking to being promiscuous, there were any amount of sins going on in the lives of people who were regular church-goers. I have found that the longer I live and the more I experience, that was not a unique experience. There are people like that in almost every church. Write about an experience you had with someone who was a Christian, or called themselves a Christian, that was a bad influence on you. How did you handle it? Did you get mad at God? Did you make excuses that if it was okay for them, it must be okay for you? Did you take a stand and rebuke them? How did it influence your perspective of what it takes to be a man or woman of God?

Day 2

When you begin following Jesus outside of Teen Challenge, you need to make decisions that may not seem too important, but will impact you for the rest of your life. What kind of friends will you pursue? What kind of people will you choose to not befriend or hang out with? Will you be friends with everyone who wants to be your friend? As Christians, we are called to reject the fellowship of some people, namely those who call themselves believers but have no problem indulging in sinful pleasures and conversation. It is not a matter of being snobby, but a matter of the direction your eternal life will take. You need to build close relationships with safe people. Take some time to write out some standards you are going to set for those who you will allow yourself to be friends with. You can't choose your relatives, but you can choose those whom you will hang out with. It is pleasing to God to not be willing to spend time with a relative who refuses to repent of sin and still calls himself or herself a Christian.

Day 3

Memorize

1 CORINTHIANS 11:1 (NIV)

Follow my example, as I follow the example of Christ.

Day 4

One mistake that some Teen Challenge students make is that they are going through this program so they can get out and go back to indulging in all the things they used to do without getting high. Unfortunately, the truth is that because the flesh is all connected, the more you indulge in the flesh, the closer you come to falling back into your addiction. The life of a graduate needs to completely change. There are many ways to have fun without indulging in the flesh. Write a list of things that you notice an increase of temptation when you spend time doing them. Begin looking at ways to diminish these things in your life.

Day 5

It is interesting how God begins to change our lives completely when we begin following Him. He makes us into a new creation, and that means we make a lot of changes in our lives. Where we derive pleasure and meaning from must change. Write out a list of the things that you have changed since before you started the Teen Challenge program. There should be many things that have changed, as many as 30 or 40.