

James 4:7  
Submit yourselves, then, to God.  
Resist the devil, and he will flee from you.  
Philippians 4:6  
Do not be anxious about anything, but  
in every situation, by **prayer** and  
petition, with thanksgiving, present  
your request to God.  
Psalm 51:10

Create in me a **pure heart**, O God,  
and renew a steadfast spirit within  
me.

Titus 2:11- 12  
For the grace of God  
that offers salvation  
teaches us to  
and worldly passions.

**self-control**  
lives in this present  
1 Peter 1:24  
For, "All people  
thier glory is like  
field: the grass  
fall,

Psalm 68:19  
Praise be to the

**Savior**, who  
Proverbs 13:3  
Those who guard  
thier lives, but  
will come to ruin.

Romans 8:31  
What, then, shall we say in response  
to these things? If **God is for us**,  
who can be against us?

Galatians 6:7- 8  
Do not be deceived: God cannot be  
mocked. A man reaps what he sows.  
Whoever sows to please their flesh,  
from the flesh will reap destruction;  
whoever sows to please the Spirit,  
from the Spirit reap **eternal life**.

Acts 1:8  
But you will receive power when the  
**Spirit comes on you**; and you  
will be my witnesses in Jerusalem, and  
in all Judea and Samaria, and to the  
ends of the earth."

2 Corinthians 4:16  
Therefore we do not lose heart.  
Though outwardly we are wasting  
away, yet inwardly we are being

Proverbs 21:21  
Whoever **pursues righteousness**  
and love finds life, prosperity  
and honor.

Proverbs 31:30  
Charm is deceptive, and beauty is  
fleeting; but a woman who fears the  
Lord is to be praised.

Hebrews 12:2  
fixing our eyes on Jesus, the pioneer  
and **perfecter of faith**. For the  
joy set before him he endured the

1 Thessalonians 5:16- 18  
Rejoice always, pray continually, give  
thanks in all circumstances; for this is  
God's will for you in Christ Jesus.

Isaiah 48:17  
This is what the Lord says- your  
Redeemer, the Holy One of Israel: "I  
am the Lord your God, who teaches  
you what is best for you, who directs  
you in the way you should go.

Psalm 34:18  
The **Lord is close** to the broken-  
hearted and saves those who are

# THE BIBLE ICE BREAKER

A guide to help you approach the Bible and  
explore God's written word.

By Alex Muhl

Luke 24:51  
While he was blessing them, he left  
them and was taken up into heaven.  
Psalm 51:1- 2

Have mercy on me, O God, according  
to your **unfailing love**; according  
to your great compassion blot out my  
transgressions. Wash away all my  
iniquity and cleanse me from my sin.  
John 3:18

Whoever **believes** in him is not  
condemned, but whoever does not  
believe stands condemned already  
because they have not believed in the  
name of God's one and only Son.  
Hebrews 12:11

No discipline seems pleasant at the  
time, but painful. Later on, however, it  
produces a harvest of righteousness  
and **peace** for those who have been  
trained by it.

For the Spirit God gave us does not  
make us timid, but gives us power,  
love and self-discipline.

James 1:15  
If any of you lack wisdom, you should  
ask God, who gives generously to all  
without finding fault, and it will be  
given to you.  
Psalm 119:114

You are my refuge and my shield; I  
have put my **hope** in your word.  
Colossians 3:23- 24  
Whatever you do, work at it with all  
your heart, as working for the Lord,  
not for human masters, since you  
know that you will receive an  
inheritance from the Lord as a reward.  
It is the Lord Christ you are serving.

John 14:6  
Jesus answered, "**I am the way**

## Welcome

Time devoted to reading the Bible is essential for any man or woman who is seeking to know God and understand what Jesus has done. Scripture is often referred to as God's word because inside is everything that he wants to say. The Bible is one of many ways that God speaks to you, and from my own experience, he has such wonderful things to share.

### Hebrews 4:12

*“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”*

### Luke 1:37

*“For no word from God will ever fail.”*

### 2 Timothy 3:16 - 17

*“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”*

## Guide Instructions

Understanding God's word and putting it into practice is a life long journey that can be exciting and difficult. Especially when approaching the Bible without knowing where to start and what it means. It is not God's intention that any of us would follow him without the support of others. So I intend to offer that support through guidance by presenting you the opportunity to seek God's word. The following verses have been specifically selected and come with an explanation of its meaning. You are encouraged to read the scripture from your own Bible and answer the questions on what has been covered. Concerning these questions, there is no right or wrong answer, nor are you required to share your answers and prayers with anyone. This is yours to use however you want. We want to do our best in supporting and caring for you. As such, we hope that you get something out of this guide. If you do, please feel encouraged to share that with us! All the best my friend. ~ The Friday Night Youth Leaders ~

## Passages Used In This Guide

#1 John 13:34 – 35      *Bible Reading* - John 14:9 – 15  
*For more* - Matthew 5:43 – 48

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#2 Matthew 6:33 – 34      *Bible Reading* - Matthew 6:25 – 34  
*For more* - Mark 4:35 – 41

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#3 John 5:24      *Bible Reading* - John 5:16 – 30  
*For more* - Matthew 7:15 – 23

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#4 Mark 10:45      *Bible Reading* - Mark 10:35 – 45  
*For more* - Matthew 25:31 – 46

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#5 Luke 12:15      *Bible Reading* - Luke 12:13 – 21  
*For more* - Matthew 19:16 – 30

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#6 John 12:44 – 46      *Bible Reading* - John 12:42 – 50  
*For more* - Luke 11:33 – 36

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#7 John 15:4 – 5      *Bible Reading* - John 15:1 – 8  
*For more* - Matthew 5:13 – 16

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#8 Mark 8:34 – 35      *Bible Reading* - Mark 8:34 – 48  
*For more* - Luke 23:32 – 43

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John 13:34 – 35

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*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

Jesus taught us many things during his time on earth and it all pointed towards the unfailing love God has for us and how we are to love one another. These three simple words, “love one another”, sum up everything that a disciple of Christ should pursue. To love is to know God, because God is love, and it is through Christ’s love that we are to live. God is living in us when we love one another, and if we are to love God then we are also to love one another. However, it is not always easy to have Christ’s love for others. Sometimes relationships fall apart, and we get hurt by people we care about. Other times people intentionally seek to hurt us. They do and say things that are difficult to forgive. God’s love though, is perfect in every single way. For us to be able to love one another the way Jesus showed us, we must first learn how God loves us. It’s through love that we obey God’s command and show that we are followers of God.

***Reflect on these thoughts....***

I will sow the love of God so that I may reap the love of God.

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Father, I will hold onto your word and seek to glorify you only as I pursue a love for others.

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I will overcome the hurt caused by others by developing greater faith in the love of God.

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No mortal man or evil person can take away God’s love for me.

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I will not let my love become cold, but instead, I will follow the steps of Christ committing myself to God.

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When I love, I will love unconditionally. When I give, I will give generously. When I teach, I will speak the truth. When I praise, I will praise your name alone. When I forgive, I will forgive deeply.

Read John 14:9 – 15

Verse 11 – What does it say about believing in Jesus?

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Verse 12 – What will believers in Christ do?

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Verse 13 – Why will believers do these things?

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Verse 14 – Is this true, and if so, what should you ask for?

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Verse 15 – After all you have learned, what does this verse mean to you?

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### WRITE A PRAYER....

...asking God to replace your expectations of others with unconditional love for them.

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**For more, read Matthew 5:43 – 48**

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Matthew 6:33 – 34

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*“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

Throughout the Gospel, Jesus is reminding us to have faith. All through the Bible God talks to us about not living in fear. He wants you to never, in any situation to ever worry about anything, ever. However, the reality is that we do allow fear into our hearts. The truth is that whatever comes into our lives, the name of Jesus is greater! When we walk with him there is no reason to worry, but we must also believe having faith that Jesus is the Good Shepard who will lead you through the valley of darkness. Those moments when we are worried are opportunities for us to draw closer to God, and we do that by listening to his word and sharing our lives with Christ.

***Reflect on these thoughts....***

My life will be filled with your great peace because I delight in your word, and nothing will worry me.

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I have fixed my focus on the result, the revelation of God’s glory in me, not upon the struggles along the way.

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I declare that I will allow the difficult times in my journey to complete the process of becoming more like Christ.

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If my troubles increase, then so shall my faith.

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I thank you for guarding my life, I will trust in you and remember that you are faithful.

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No level of suffering, rejection, negative feedback or difficulty will stop me from following God.

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Even when I am tired, angry and depressed I will trust you, for you are always good.

**Read Matthew 6:25 – 34**

List Four things that worry you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Put an 'X' on the line below to show how often you worry.

*ALL THE TIME*

*NEVER*

List the reasons not to worry found in each verse.

Verse 25 \_\_\_\_\_

Verse 27 \_\_\_\_\_

Verse 30 \_\_\_\_\_

Verse 32 \_\_\_\_\_

Put an 'X' on the line below to show how often Jesus wants you to worry.

*ALL THE TIME*

*NEVER*

**WRITE A PRAYER....**

...handing your concerns over to God and asking for his help to face today's troubles and not run from them.

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**For more, read Mark 4:35 – 41**

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 John 5:24
 

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*“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.”*

We need the word of truth so that we can live by the truth. Without truth, there is the opportunity for lies and deception to take place. It’s here that Jesus shares one of the most fundamental and important truths that all Christians need to understand and believe. Each person that believes in Christ Jesus, has been redeemed by the grace of God and the sins of their past and present are forgiven and forgotten. There is now no condemnation for those who are in Christ Jesus. Unfortunately, this truth is difficult to believe as many continue to live in condemnation, even though all are completely forgiven. Instead of freedom, there is slavery, and instead of truth and belief there are lies and doubts. Jesus made a promise that is true for us all, that anyone who calls upon the name of Jesus will be saved. This is truth, so live in the truth that you are forgiven and free.

***Reflect on these thoughts....***

I have been redeemed and my sins are held against me no more. You have shown me your boundless love and your grace has freely given me new life.

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There is no one good except for God. May I dwell on the good deeds of the Father and act as I see him act.

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I recognise that you are my Saviour by believing that my sins are forgiven.

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I recognise that you are my Lord by obeying your word and following what you have shown me.

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No longer am I judged as a guilty person. There is an eternal life with Christ that awaits me.

**Read John 5:16 – 30**

According to verse 24, how do we have eternal life?

1. \_\_\_\_\_ 2. \_\_\_\_\_

According to verse 29, write down below what will happen to....

1. Those who do what is good.

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2. Those who do what is evil.

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How did Jesus know what was good?

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**WRITE A PRAYER....**

....asking God's spirit to reveal his Word to you and to help you to build your life on the truth.

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***For more, read Matthew 7:15 – 23***

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Mark 10:45

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*“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”*

Everything that Christ did was in the service of others, and whatever we do for others is done in the service of Christ. The life Jesus lived was of one who deeply cared for other people. Jesus, the Son of Man, had all the authority and the highest position above all. God gave him authority over the heavens, the earth, all of mankind and all the animals. Everything was beneath him, yet Jesus did not live that way. In getting to know Jesus we learn that he loved and served others rather than himself. He loved the broken, rejected, forgotten and the lost. He gave food to the hungry and water to the thirsty. Jesus was a friend to the friendless, and the way that he served set an example for those who would follow. To be great in the Kingdom of God is not to be served, but to serve as Jesus did.

***Reflect on these thoughts....***

Father, I serve you because of who you are, shown to me by what you have already done. I will never serve you because of what I want you to do for me.

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I am willing to have the Holy Spirit to challenge me in every area of my life to be a servant.

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When I am humble you lead me down the straight path and teach me your ways of love and faith.

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I am determined to go God's way, even when it is the more difficult choice. I will allow the trials of my life to teach me to live a self-denied life and to receive the blessing of God.

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Father, help me avoid trying to do things in my strength, which will only cause me to fall. I will admit my true condition, seek after your strength and be open to your correction.

Read Mark 10:35 – 45

What does it mean to be great....

According to the world.

According to God.

What do the following scriptures teach you about being a servant?

Luke 16:13

John 12:26

**WRITE A PRAYER....**

...abandoning captivity to the world and yielding yourself to be Christ's helper.

***For more, Matthew 25:31 – 46***

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Luke 12:15

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*“Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”*

Jesus is giving us a warning about something that so often deceives people. Countless things in the world can be enticing and tempting to pursue. For some, it is an abundance of possessions that rules over the heart's desire. It is not wrong to have wealth, the fault that Jesus pointed out was the selfish love that leads to greed. We are being told to watch out, or be alert, pay attention, protect yourself, be prepared and stay vigilant. To, “be on your guard against all kinds of greed”, is to say, watch out for the worldly things that will turn your heart selfish. Pursuing material objects is a trap that will steal your heart away. What does an abundant life consist of? What is the value of money, and it is greater than the value of relationships? The treasure that we store up for ourselves will be lost, but the treasure that we store up for God in heaven will last an eternity. Jesus came to show us that abundant life is not built on having wealth. The true wealth in an abundant life is to both love and to be loved.

***Reflect on these thoughts....***

Lord Jesus, I declare that the unconditional love and forgiveness I have received from you, through the gift of salvation, are more precious to me than money.

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Through the Holy Spirit I will not seek my profit, but the profit of others, that they may be saved.

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Whom have I in heaven but you? And the earth has nothing that I desire besides you.

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My flesh and my heart may fail, but God is my strength and my portion forever.

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Lord I ask you to guide me as I turn away from a self-serving heart and towards the selfless life of Christ.

**Read Luke 12:13 – 21**

Put an 'X' on the line below to show the effort for sharing with others.

*Easy*

*Difficult*

According to verse 18, what was the desire of the rich man's heart?

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According to verse 19, what was the motivation for the rich man's life?

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Complete the following sentences below.

My motivation for serving Christ is....

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The reason Jesus called the rich man a fool was....

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**WRITE A PRAYER....**

....asking the Lord to shake selfishness, pride, and greed from your life.

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***For more, read Matthew 19:16 – 30***

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 John 12:44 – 46
 

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*“Then Jesus cried out, “Whoever believes in me does not believe in me only, but in the one who sent me. The one who looks at me is seeing the one who sent me. I have come into the world as a light, so that no one who believes in me should stay in darkness.”*

No one wants to stay in darkness, but they do because of fear. Fear of what people think, which is to seek human praise rather than approval from God, and fear of being seen in the light. Darkness can be a great hiding place when you think that you have something to hide. It is also the only place that fear can be found because it does not come from God. The light that Jesus came into the world as is welcoming, here to save life and not judge it. There is one who is able to punish those who have sinned with justice, and that is Jesus. He is the only one who has the authority to throw the stone, but he will not do it! He will not throw the stone because he loves you. His light has broken through the darkness that once kept us trapped in fear. In Christ we have freedom. In the dark you are bound, but in the light, you are found.

***Reflect on these thoughts....***

Lord Jesus, fill my heart with the spirit of wisdom, and the revelation that will help me know you deeply.

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I will not be afraid of what man thinks, as it is only a snare.

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I will trust in the Lord and be kept safe, for you freed me from my fears.

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Though my heart is troubled, I believe in God and I believe that he prepared a place for me.

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Though the way forward is unknown, I step forward with freedom.

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I want to serve you with all my heart. All of me is all for you.

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I have confidence knowing that God is leading the way and my heart is being shaped by this path.

Read John 12:42 – 50

According to verses 42- 43, for what reasons did the believers remain silent about their faith?

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List two moments that you are afraid of others knowing about your belief.

1. 

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2. 

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Put an 'X' on the line below to show what would happen if all your friends knew about your belief/unbelief.

*Accept Me* 

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 *Not Care* 

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 *Exclude Me*

What do these verses say about judgement?

Verse 47 

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Verse 48 

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**WRITE A PRAYER....**

...asking the Lord to show you anything in your life that may be a stumbling block, and then remove it.

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**For more, read Luke 11:33 – 36**

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 John 15:4 – 5
 

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*“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*

Jesus wants to live within you, and you to live within him. This is a relationship where we surrender control of our lives and submit to his ways. As we remain in Jesus, he will start to grow in our hearts leading towards all that is good and all that is Holy. With His gentle hands, Jesus will strip away the hatred, bitterness, anger, frustration, lust, selfishness and evil in our hearts and firmly establish his love, peace, kindness, joyfulness and self-control. All that does not produce fruit will be reduced to ashes, but all that does produce fruit will grow you into becoming like Christ. God chose us to be his disciples, to produce fruit that shows the glory of God. To have faith that goes beyond understanding, devotion that has no regard for self and joy that shines in the midst of a furious storm.

***Reflect on these thoughts....***

Expose my heart through the trials of my life, that I may be found with roots established deep in God, firmly established in him.

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My life is like a tree planted by the rivers of water that brings forth good fruit.

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My branches will not wither, and whatsoever I do in your name will prosper.

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Father, I open my life to your examination. Deal with the attitudes of my heart that need to change. Forgive me for my own self-seeking, and shape me into the character of your Son, Jesus.

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Examine me, Holy Spirit, and reveal the hidden weaknesses in my heart. By the grace of God, remove my weaknesses, and help me build my life in your power and might.

**Read John 15:1 – 8**

What are the two things that must happen to bear much fruit?

Verse 2 = \_\_\_\_\_

Verse 5 = \_\_\_\_\_

Put an 'x' on the line below to show often are you in the Word (Bible), so that the word may remain in you.

*ALL THE TIME*

*NEVER*

Tick the fruits that you need God's help to grow as you remain in his vine.

- |                                     |                                       |                                      |                                       |
|-------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Faithfulness | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Gentleness   |
| <input type="checkbox"/> Goodness   | <input type="checkbox"/> Humility     | <input type="checkbox"/> Joy         | <input type="checkbox"/> Kindness     |
| <input type="checkbox"/> Love       | <input type="checkbox"/> Patience     | <input type="checkbox"/> Peace       | <input type="checkbox"/> Self-control |

According to verse 8, what will bearing fruit show?

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**WRITE A PRAYER....**

....telling Christ that you will trust, love and obey him.

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**For more, read Matthew 5:13 – 16**

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 Mark 8:34 – 35
 

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*“Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.”*

Jesus is giving an invitation. It doesn't matter what you have done, or what kind of mess your life is, you are part of this invitation to follow Christ. Notice how this passage says that if we are to follow him we must first surrender our lives willingly, denying what we want for ourselves and to instead live the life that Jesus wants for us. It is each person's responsibility to make this choice for themselves, as no one can make it for you. Giving up your life to follow Christ seems like a difficult thing to do, especially those who have wealth, fame and status to hold onto. It is difficult to surrender your life when the life that you have is filled with richness. However, when you understand the suffering and pain that comes from sin, the hopelessness of being destined for death and the selfishness of the human heart, it becomes easy to give your life over to Jesus. The Messiah who came to bring absolute freedom from sin and death. Who also came to restore the broken relationship between ourselves and God, and lead us into eternal life with him. It is an invitation to us all, and all you need do is come as you are.

***Reflect on these thoughts....***

Lord, I hunger to know you in your fullness in my life. Reveal yourself to me.

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Father, my life is founded on your unconditional love for me, and I trust you completely and would lay down my life for you.

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My God will never do anything to harm or destroy me; therefore I give myself freely and totally to im. I am committed to his care.

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I want to walk the way of the cross, show me the way so that I can follow. Help me to walk by faith.

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Open the closed eyes of my heart so that I can be a witness to the hope that you have called me to.

Read Mark 8:34 – 48

According to verse 34, what are the three things a disciple must do?

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

Complete the following sentences below.

For me, faith is....

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For me, obedience is....

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God wants my life because....

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**WRITE A PRAYER....**

...thanking God for having a good plan for your life and for working all the circumstances of your life.

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**For more, read Luke 23:32 – 43**

## Next Step

For the next step select and read one of the Gospel messages that tell the story of Jesus and his 12 disciples.

- Matthew 28 chapters use well-written blocks of teaching to prove that Jesus was the messiah. A brilliant starting point indeed.
- Mark 16 chapters, the shortest gospel that presents Gods word as the truth, encouraging the reader to start following Jesus.
- Luke 24 chapters telling stories of how Jesus is the saviour of the whole world using other people's eye witness.
- John 21 chapters great for young readers as it tells of the significance of Jesus. A gospel that provides an incredibly powerful presentation of Jesus, and a personal favourite.

## For More

- Psalms 150 chapters that are all practical, personal and magnificently beautiful. The psalms teach us how pray, grieve, rejoice and how to worship. Some are long while others are short, but all are useful.
- Proverbs 31 chapters of biblical wisdom that help deal with most common everyday issues. One a day for a month should cover it!

## For More Advanced

For the more advanced, read through one of these letters from Paul, an Apostle - sent by not men , but by Jesus Christ and God the Father.

- Galatians       Ephesians       Philippians       Colossians

In whatever you choose to do, remember to ask, seek and knock. For those who ask they shall receive, to those who seek they shall find, and to those who knock the door will be opened. (Matt 7: 7-8)