

Proteins

C L A S S I C

of aTrueWinner

Student Handbook

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Printed in the United States of America

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Published by





Positive Action For Christ is a non–profit corporation whose main emphasis is educating and equipping local churches to produce laborers for the harvest. Positive Action For Christ began as a single ProTeen club at the Falls Road Baptist Church in Rocky Mount, North Carolina in the fall of 1969. Under the direction of Rev. Frank Hamrick, then Associate Pastor at Falls Road Baptist Church and founder of the ProTeen program, it spread to other churches.

What is ProTeens?

The word ProTeens is rich with meaning. First, it stands for "Project Teenagers." The name is also a play—on—words. As proteins are essential to life and health, so ProTeens gives youth the essentials to build a strong, healthy spiritual life. The word "Pro" stands for two things—both of which also apply to ProTeens.

First, "pro" is short for "professional." We use the word in sports to indicate one who is not an amateur but is advanced and proficient. ProTeens likewise produces teens who are "pros" in the Lord's service. Further, "pro" is a prefix meaning "for" rather than "anti" (against). Thus, ProTeens means we are "FOR teens" not against them.

Three separate programs carry the name ProTeens: Classic, Sigma, and Delta Force. Classic is the original ProTeen program. In the yellow/red format, it is a more advanced program for teens who want a greater challenge. Sigma is an exciting evangelistic program designed for every teen in the youth group. Delta Force is similar to Classic with an emphasis on leadership development. Together, these programs form the composite ProTeen Bible club. Note: Some churches use a combination of these three programs. Each of these combinations, however, goes by the trademark "ProTeens."

This handbook describes the Classic format. The very fact that you are getting involved in ProTeens Classic is a testimony to the fact that you are ready to accept the challenge of more! Thousands of teens around the

world join with you this year in the exciting project of becoming a quality Christian teen.

A quality program is imperative, for these young people have the awesome task of leading the next generation's churches and evangelizing the lost. Thousands of teens are searching for truth today. They are looking for the real thing. Therefore, the great need of this age is to have an army of trained, equipped, and burdened youth in active service reaching other teens with the gospel of Christ.

ProTeens Classic has been designed to meet this need. It offers youth the training and opportunity so desperately needed for effective evangelism. With this kind of program, churches can send forth their teens proudly, knowing they have given them a thorough knowledge of the Scriptures. Through the evangelistic projects of your ProTeens Classic club, you will have the privilege of seeing many of your unsaved acquaintances trust Christ as their Lord and Savior. Then, invite them to your regular Classic meeting in order that they might be built up in the Word of God.

Your ProTeen program has been designed to mature saved teens for the work of the ministry (Ephesians 4:12). Through a solid program of Bible study, daily devotions, Scripture memory, Practical Christian Work assignments, and extra reading, ProTeens offers you a chance to "grow in grace and in the knowledge" of the Lord Jesus Christ.

Teens need to know the Word in order to live and give the Word to others. It is for these reasons that ProTeens offers a six–year, in–depth Bible study for those teens who really want to be used of the Lord.

The ProTeen program is available in several scoring levels ("colors"). Your youth pastor will explain the "color" you will be using. In this handbook, all references to "Level One" apply to all teens in "White" scoring level clubs and to 7th–8th grade teens in "Yellow/Red" scoring level clubs. All references to Level Two apply only to 9th–12th grade teens in "Yellow/Red" clubs.

Weekly Bible Study

Once a week, you will have the opportunity to attend a ProTeen Bible study. At this meeting, the director will teach a lesson in the Bible study series for the year.

You will receive a student manual for notes from the teacher's lesson and for weekly student's lessons. If you are using the "White" scoring level,

you will be guizzed the following week on the material from the teacher's lesson and the student's Level One at-home Bible study. If you are using the "Yellow/Red" scoring level, you will be guizzed on the teacher's material and the at-home Bible study (7th-8th grade teens will complete the Level One at-home Bible study and 9th-12 grade teens will complete the Level One and Level Two at-home Bible study).

Daily Devotions

ProTeens has two daily devotional programs called Top Priority and Book of Remembrance. The Top Priority manual contains forty weeks of devotions. The Book of Remembrance contains enough inserts for an entire year. You will receive five (5) points each day you complete your devotions.

However, we realize that everyone's tastes are not the same. It was for this reason that we designed both devotional formats so that you could use them with another devotional (still filling in what you learned). Also, some of you may find it exciting to choose your own devotional program. Whatever way you choose to have your devotions, remember, the important thing is that as you have them, you grow closer to the Lord.

Scripture Memory Course

This student's handbook contains your entire Scripture Memory Course for this year. These verses are to be memorized and quoted by passage. A passage is made up of five (5) verses in Level One (and "White" clubs) and ten (10) verses in Level Two. You will receive twenty–five (25) points per passage quoted in Level One and fifty (50) points per passage in Level Two.

There are a total of 120 verses for Level One teens and 180 verses for Level Two teens. You must quote a minimum of one passage per sitting in both levels. Level One teens are to quote no more than six (6) passages per month, and Level Two no more than four (4) passages per month.

Thus, a Level One teen can complete his entire Scripture memory program in four months! A Level Two teen, quoting the maximum each month, will need five months to complete the entire program. This allows teens to go slower if they desire, and it allows those of you who start late to catch up with the leaders.

Practical Christian Work

When you complete a Practical Christian Work assignment, you will be given twenty–five (25) points in "Yellow/Red" clubs and fifty (50) points in "White" clubs. No more than two assignments per month will count for points. The second assignment must be different from the first in order to count. At the end of each month, your ProTeen director will ask you to name the PCW assignments you completed. The following are suggested assignments. Your ProTeen director may make a few changes which you should note on this page.

- Rest home services.
- Jail services.
- Tract distribution. At least five tracts have to be given personally to the lost.
- Hospital visitation. At least two people must be visited, and the patients must be someone other than those in the immediate family.
- Teaching a Sunday school or Wednesday night class.
- Singing in a special musical group in a church–related activity. The ProTeen director must approve of the group. Solos, duets, musical instruments, etc., will count.
- Giving a prepared testimony at a youth rally or church service. "Popcorn" type testimonies in a testimony service do not count.
- Visiting a shut–in. The shut–in must be someone other than those in the immediate family.
- Witnessing (with Bible, and going through the plan of salvation) to an unsaved person.

Such things as passing out bulletins, helping to clean up the church, keeping the church library, etc., will not count as a PCW assignment.

Reading Christian Books

ProTeens offers you the opportunity to read good Christian literature and gives you credit for doing so. Your ProTeen director will give you a list of approved books from which you may choose the ones you would like to read. The books are divided according to categories such as Christian Living, Biography, Missionary, etc. Both levels receive thirty (30) points for each book read. However, in ISC Level One teens only receive credit for five (5) books per year and Level Two teens ten (10) books per year. Also in ISC, only one novel (fiction book) counts as a book read. You must fill out a book report form for each book read.

Visitors

Encourage unsaved teens to go with you to ProTeen Recreation. They will have both a good time and an opportunity to hear the gospel.

You will also receive credit for the visitors you bring to the ProTeen meeting.

Churches may or may not place a limit on the number of times a teen may bring the same visitor. Check with your director. Most churches allow a teen to bring the person only three times for points. Each visitor counts ten (10) points.

Sermon Outlines

Sermon outlines may be required by your youth leaders for Level Two teens. If so, they normally count 10 points per week. Some clubs also require Sermon outlines for Level One teens. If your club scores points for Sermon outlines, you will be given a form to fill out. Complete this form as you listen to your pastor and turn in the outlines of the pastor's sermons to your leader.

Two-Way Competition

Through this unique program, ProTeens offers you two types of competition: 1) Local Scoring Competition; and 2) International Scoring Competition ("Yellow/Red" clubs only)

The Local Scoring Competition

The Ranking System

ProTeens utilizes a ranking and awards system as a guide to measure your progress and to provide an extra incentive to keep you going. The following ranking system is used.

All new members have the dubious distinction of becoming a Recruit. They should wear the Recruit button to each Bible study and Extravaganza.

- Recruits become Rookies when they have earned 1000 points.
- Rookies become Regulars when they have earned 2000 points.
- Regulars become Pros when they have earned a total of 3000 points. Many clubs award gifts for this achievement.

Your rank is based on points scored in the Local Scoring Competition.

Special Recruit Rules

- The Recruit button must be worn in plain view to count as being worn.
- The Recruit button will give the Recruit 10 bonus points for each ProTeen meeting attended.

- The Recruit may wear the Recruit button to any school function (i.e., ball game, gym, to and from school, etc.) for a bonus of 10 points. Note: No more than 10 points per week may be earned by this method.
- When a teen scores 1000 points, he becomes a Rookie and is immune to all Recruit rules.

Uh Oh!!!

At the end of nine months of scoring (September through May), each person loses all his points and must begin the next year with zero points again! However, each person retains the rank from the previous year. For example, John Doe was a Rookie with 1940 points at the end of May. The next September he would still be classed as a Rookie, but he would lose all his points and begin at zero again. He will remain a Rookie until he gets 2000 points in a nine—month period.

Shirts

Recruits, Rookies, Regulars, and Pros may purchase and wear ProTeen shirts. Each time you wear a ProTeen shirt to recreation you earn 15 points.

How To Score Points

The Local Scoring Competition is a race between every member of your club to see who can score the most points in a single nine—month period. Basically, your Local Scoring Competition follows the point structure and rules for the International Scoring Competition (explained later), but your director may change the system, allowing you to score bonus points in your club. Your director may be planning a ProTeen Awards Banquet at the end of the year to honor your achievement. Our exhortation to you is, "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the Word of truth" (2 Timothy 2:15).

Local Scoring

Level One (and "White" clubs) Suggested Points

Area	Points
S.S. Attendance	15/week
ProTeen Attendance	30/week
ProTeen Shirt	15/week
ProTeen Visitors	10/visitor
Daily Devotions	5/day

Practical Christian Work	25/PCW; 50/PCW "White" clubs
Books Read	30/book
Scripture Memory	
Quiz	175/year
Recruit Button (Meeting)	10/week
Recruit Button (School)	

Local Scoring

Level Two Suggested Points ("Yellow/Red" Clubs only)

Area	Points
S.S. Attendance	15/week
ProTeen Attendance	30/week
ProTeen Shirt.	15/week
ProTeen Visitors	0/visitor
Daily Devotions	5/day
Practical Christian Work	25/PCW
Books Read	30/book
Scripture Memory	/passage
Sermon Outlines	10/week
Quiz	375/year
Recruit Button (Meeting)	10/week
Recruit Button (School)	10/week

ProTeen Attendance Slip

On Orientation Day your director will explain the ProTeen Attendance Slip to you. At each meeting thereafter, you should fill in the Attendance Slip at the beginning of your ProTeen meeting.

International Scoring Competition Yellow and Red Clubs Only

Positive Action For Christ offers clubs, at the "Yellow/Red" scoring level, the privilege of competing with other teens in ProTeen clubs around the world through the International Scoring Competition (ISC). If you would like to enter ISC, read through the point potentials and rules for your level on the next few pages. Then, speak to your director about signing up for this exciting program. The International Scoring Competition sign-up sheet must be mailed by October 15, so if you intend to sign up, you need to do it right away.

Level One and Level Two International Scoring Rules

Attendance At Sunday School

You receive fifteen (15) points for attendance at Sunday school the Sunday preceding the ProTeen meeting. Never give yourself credit for the coming Sunday. For International Scoring, credit may be given for no more than twenty-five (25) Sundays.

Attendance At The ProTeen Meeting

You receive thirty (30) points for attendance at each ProTeen meeting, with a maximum of twenty-five (25) meetings counting for International Scoring.

ProTeen Shirts

You are given fifteen (15) points for wearing any ProTeen shirt to recreation. The shirts may be counted for a maximum of ten (10) times in International Scoring.

Visitors Brought To The ProTeen Meeting Or Recreation A visitor is a teen that does not attend ProTeens.

In International Scoring you receive no more than fifty (50) total points for Level One and one hundred (100) total points for Level Two for ProTeen visitors during each nine-month ProTeen year.

A visitor counts ten (10) points and may be counted for three visits only. Visitors may be brought for credit to either the meeting or recreation (i.e., they may count for either, but not both, if held the same night).

Devotions

You receive five (5) points for each day you complete your devotions. A maximum of two hundred (200) days will count for International Scoring.

Practical Christian Work Assignments (PCWs)

When you complete a Practical Christian Work assignment, you will be given twenty–five (25) points. No more than two assignments per month will count for points.

IMPORTANT! The second assignment must be different from the first assignment in order to get the additional twenty-five (25) points.

Christian Books

You receive a score of thirty (30) points for each Christian book read. In International Scoring you will not get credit for more than five (5) books in Level One and ten (10) books in Level Two. Books containing 50–124 pages count as one-half book and are worth fifteen (15) points. Books containing 125–249 pages count as one full book and are worth thirty (30) points. Books containing 250–349 pages count as two full books and are worth sixty (60) points. Books containing 350 or more pages count as three full books and are worth ninety (90) points. Only one novel (fiction book) will count for ISC; and it will only count as one book, even if it is more than 249 pages. You must fill out a book report form on each book read.

Scripture Memory

You will receive twenty-five (25) points per passage quoted in Level One and fifty (50) points per passage in Level Two. In Level One five (5) verses make up a passage, and in Level Two ten (10) verses make up a passage. There are a total of 120 verses in Level One and 180 verses in Level Two. You must guote a minimum of one passage per sitting not to exceed six (6) passages per month in Level One and four (4) passages per month in Level Two. Level One teens can complete the entire Scripture Memory Course in four months, and Level Two teens can finish in five months. Thus, if you get started late, or get behind, you can catch up during the last months of the year. Don't use this, however, as an excuse to slide during the first months of the year. Most teens prefer to get ahead early, so that their Scripture memory is done before spring and all the activities at the end of a school year.

Sermon Outlines

Sermon outlines are not required for International Scoring.

Quizzes

A weekly written guiz will be given over both the teacher's lesson and the student's lesson. Level One guiz points will total 175 and Level Two 375 for the year.

Theme

Teens in International Scoring will be required to write a 1,000 (Level One) or 1,500 (Level Two) word theme for a potential total of 300 points for Level One and 100 points for Level Two. These themes will be graded by Positive Action For Christ, and the results will be added to the teen's final score. The themes will be on a subject to be announced and must be mailed to the Positive Action For Christ office postmarked no later than April 30.

A rough draft written by the teen must accompany the theme. All notations used in writing the theme must be included in the material. (The purpose for this is to see that the manuscript is the original work of the writer.)

The grade for each theme will be kept secret until the names of the International Scoring Champions are announced at The Wilds Christian Camp in July.

International Scoring

Level One Point Scoring Potentials

Area	Points	Max. Times Per Year	Total Yearly Points
S.S. Attendance	. 15/week	25	375
ProTeen Attendance			
ProTeen Shirt	. 15/week	10	150
ProTeen Visitors	. 10/visitor	5	50
Daily Devotions	. 5/day	200	1,000
PCWs	. 25/PCW	18	450
Books Read	. 30/book	5	150
Scripture Memory	. 25/passage	24	600
Quiz Average	. 8/quiz	21	175
Theme (1,000 Words)			300
	Perfect score		4,000

Level One International Scoring Awards

- 1st place—\$300.00 Scholarship
- 2nd place—\$200.00 Scholarship
- 3rd place—\$100.00 Scholarship
- 4th place—Bible and Commentary
- 5th place—Bible

International Scoring

Level Two Point Scoring Potentials

		Max.	Total
		Times	Yearly
Area	Points	Per Year	Points
S.S. Attendance	. 15/week	25	375
ProTeen Attendance	. 30/week	25	750
ProTeen Shirt	. 15/week	10	150
ProTeen Visitors	. 10/visitor	10	100
Daily Devotions	. 5/day	200	1,000
PCWs	. 25/PCW	18	450
Books Read	. 30/book	10	300
Scripture Memory	. 50/passage	18	900
Quiz Average	. 18/quiz	21	375
Theme (1,500 Words)			100
	Perfect score		4.500

Level Two International Scoring Awards

- 1st Place—Free Trip to Israel
- 2nd Place—\$400.00 Scholarship
- 3rd Place—\$300.00 Scholarship
- 4th Place—\$200.00 Scholarship
- 5th Place—\$100.00 Scholarship
- Top Senior Award—\$200.00 Scholarship

All results of the International Scoring Competition will be announced at The Wilds Christian Camp in Brevard, NC during ProTeen Week in July.

All benefits from ISC scholarships should be claimed by the fall semester of the student's sophomore year in college (or, if he or she does not attend college immediately after graduating from high school, no later than five years after the presentation of the award). The trip to Israel should be taken within three years after the presentation of the award.

In addition to the scholarships that Positive Action For Christ provides, several Bible colleges offer scholarships to the top 25 winners in Level Two International Scoring Competition according to the schedule below.

- 1st place—\$1,200
- 2nd place—\$1,000 3rd place—\$750

- 4th–5th place—\$500
- 6th–10th place—\$300 11th–20th place—\$200

• 21st—25th place—\$100

For a current list of Bible colleges offering these scholarships, call Positive Action For Christ (800-688-3008).

^{*}All scholarships for Levels One and Two are good toward Christian schools and colleges only.

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Scripture Memory Course

Psalm 42:1-5

To the chief Musician, Maschil, for the sons of Korah.

- 1 As the hart panteth after the water brooks, so panteth my soul after thee, O God.
- 2 My soul thirsteth for God, for the living God: when shall I come and appear before God?
- 3 My tears have been my meat day and night, while they continually say unto me, Where is thy God?
- 4 When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.
- Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

Psalm 46:1-5

To the chief Musician for the sons of Korah, A Song upon Alamoth.

- 1 God is our refuge and strength, a very present help in trouble.
- 2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;
- 3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.
- 4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.
- 5 God is in the midst of her; she shall not be moved: God shall help her, and that right early.

Psalm 51:1-5

To the chief Musician, A Psalm of David, when Nathan the prophet came unto him, after he had gone in to Bathsheba.

- 1 Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.
- Wash me throughly from mine iniquity, and cleanse me from my sin. 2
- For I acknowledge my transgressions: and my sin is ever before me.
- Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.
- Behold, I was shapen in iniquity; and in sin did my mother conceive me. 5

Psalm 51:6-10

- Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.
- Purge me with hyssop, and I shall be clean: wash me, and I shall be 7 whiter than snow.
- Make me to hear joy and gladness; that the bones which thou hast bro-8 ken may rejoice.
- Hide thy face from my sins, and blot out all mine iniquities. 9
- 10 Create in me a clean heart, O God; and renew a right spirit within me.

Psalm 103:8-12

- The LORD is merciful and gracious, slow to anger, and plenteous in mercy.
- He will not always chide: neither will he keep his anger for ever.
- 10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.
- 11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.
- 12 As far as the east is from the west, so far hath he removed our transgressions from us.

Psalm 103:13-17

- 13 Like as a father pitieth his children, so the LORD pitieth them that fear him.
- 14 For he knoweth our frame; he remembereth that we are dust.
- 15 As for man, his days are as grass: as a flower of the field, so he flourisheth.
- 16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more.
- 17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;

Luke 14:26-30

26 If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.

- 27 And whosoever doth not bear his cross, and come after me, cannot be my disciple.
- 28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?
- 29 Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him,
- 30 Saying, This man began to build, and was not able to finish.

Luke 14:31-35

- 31 Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand?
- 32 Or else, while the other is yet a great way off, he sendeth an ambassage, and desireth conditions of peace.
- 33 So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple.
- 34 Salt is good: but if the salt have lost his savour, wherewith shall it be seasoned?
- 35 It is neither fit for the land, nor yet for the dunghill; but men cast it out. He that hath ears to hear, let him hear.

John 17:14-18

- 14 I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.
- 15 I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil.
- 16 They are not of the world, even as I am not of the world.
- 17 Sanctify them through thy truth: thy word is truth.
- 18 As thou hast sent me into the world, even so have I also sent them into the world.

John 17:19-23

- 19 And for their sakes I sanctify myself, that they also might be sanctified through the truth.
- 20 Neither pray I for these alone, but for them also which shall believe on me through their word;
- 21 That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.
- 22 And the glory which thou gavest me I have given them; that they may be one, even as we are one:
- 23 I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me.

Romans 6:14-18

- 14 For sin shall not have dominion over you: for ye are not under the law, but under grace.
- 15 What then? shall we sin, because we are not under the law, but under grace? God forbid.
- 16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?
- 17 But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.
- 18 Being then made free from sin, ye became the servants of righteousness.

Romans 6:19-23

- 19 I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.
- 20 For when ye were the servants of sin, ye were free from righteousness.
- 21 What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.
- 22 But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.
- 23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

1 Corinthians 15:49-53

- 49 And as we have borne the image of the earthy, we shall also bear the image of the heavenly.
- 50 Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.
- 51 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,
- 52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.
- 53 For this corruptible must put on incorruption, and this mortal must put on immortality.

1 Corinthians 15:54-58

- 54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.
- 55 O death, where is thy sting? O grave, where is thy victory?
- 56 The sting of death is sin; and the strength of sin is the law.
- 57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

Ephesians 4:21-25

- 21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:
- 22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;
- 23 And be renewed in the spirit of your mind;
- 24 And that ye put on the new man, which after God is created in righteousness and true holiness.
- 25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

Ephesians 4:26-30

- 26 Be ye angry, and sin not: let not the sun go down upon your wrath:
- 27 Neither give place to the devil.
- 28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.
- 29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.
- 30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Colossians 3:16-20

- 16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.
- 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.
- 18 Wives, submit yourselves unto your own husbands, as it is fit in the Lord.
- 19 Husbands, love your wives, and be not bitter against them.
- 20 Children, obey your parents in all things: for this is well pleasing unto the Lord.

Colossians 3:21-25

- 21 Fathers, provoke not your children to anger, lest they be discouraged.
- 22 Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God:
- 23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;
- 24 Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

25 But he that doeth wrong shall receive for the wrong which he hath done: and there is no respect of persons.

1 Thessalonians 2:1-5

- For yourselves, brethren, know our entrance in unto you, that it was not in vain:
- But even after that we had suffered before, and were shamefully 2 entreated, as ye know, at Philippi, we were bold in our God to speak unto you the gospel of God with much contention.
- For our exhortation was not of deceit, nor of uncleanness, nor in guile: 3
- But as we were allowed of God to be put in trust with the gospel, even 4 so we speak; not as pleasing men, but God, which trieth our hearts.
- For neither at any time used we flattering words, as ye know, nor a 5 cloke of covetousness: God is witness:

1 Thessalonians 2:6-10

- Nor of men sought we glory, neither of you, nor yet of others, when we might have been burdensome, as the apostles of Christ.
- But we were gentle among you, even as a nurse cherisheth her children: 7
- 8 So being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ve were dear unto us.
- 9 For ve remember, brethren, our labour and travail: for labouring night and day, because we would not be chargeable unto any of you, we preached unto you the gospel of God.
- 10 Ye are witnesses, and God also, how holily and justly and unblameably we behaved ourselves among you that believe:

James 3:1-5

- My brethren, be not many masters, knowing that we shall receive the greater condemnation.
- For in many things we offend all. If any man offend not in word, the 2 same is a perfect man, and able also to bridle the whole body.
- Behold, we put bits in the horses' mouths, that they may obey us; and 3 we turn about their whole body.
- Behold also the ships, which though they be so great, and are driven of 4 fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth.
- 5 Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

James 3:6-10

And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature: and it is set on fire of hell.

- For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind:
- 8 But the tongue can no man tame; it is an unruly evil, full of deadly poison
- 9 Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.
- 10 Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

1 John 4:7-11

- 7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.
- 8 He that loveth not knoweth not God; for God is love.
- 9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.
- 10 Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.
- 11 Beloved, if God so loved us, we ought also to love one another.

1 John 4:12-16

- 12 No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us.
- 13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.
- 14 And we have seen and do testify that the Father sent the Son to be the Saviour of the world.
- 15 Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God.
- 16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

End of Level One Scripture memory

Psalm 1:1-2:4

- 1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
- 2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.
- 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.
- 4 The ungodly are not so: but are like the chaff which the wind driveth away.
- 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

- For the LORD knoweth the way of the righteous: but the way of the 6 ungodly shall perish.
- 2:1 Why do the heathen rage, and the people imagine a vain thing?
- The kings of the earth set themselves, and the rulers take counsel 2 together, against the LORD, and against his anointed, saying,
- Let us break their bands asunder, and cast away their cords from us. 3
- He that sitteth in the heavens shall laugh: the Lord shall have them in derision.

Proverbs 3:1-10

- My son, forget not my law; but let thine heart keep my commandments:
- For length of days, and long life, and peace, shall they add to thee. 2
- Let not mercy and truth forsake thee: bind them about thy neck; write 3 them upon the table of thine heart:
- So shalt thou find favour and good understanding in the sight of God 4 and man.
- Trust in the LORD with all thine heart; and lean not unto thine own 5 understanding.
- In all thy ways acknowledge him, and he shall direct thy paths. 6
- Be not wise in thine own eyes: fear the LORD, and depart from evil. 7
- It shall be health to thy navel, and marrow to thy bones. 8
- Honour the LORD with thy substance, and with the firstfruits of all 9 thine increase:
- 10 So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

2 Corinthians 5:12-21

- 12 For we commend not ourselves again unto you, but give you occasion to glory on our behalf, that ye may have somewhat to answer them which glory in appearance, and not in heart.
- 13 For whether we be beside ourselves, it is to God: or whether we be sober, it is for your cause.
- 14 For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead:
- 15 And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.
- 16 Wherefore henceforth know we no man after the flesh: yea, though we have known Christ after the flesh, yet now henceforth know we him no more.
- 17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
- 18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;
- 19 To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation

- 20 Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.
- 21 For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

Ephesians 5:18-27

- 18 And be not drunk with wine, wherein is excess; but be filled with the Spirit:
- 19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord:
- 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;
- 21 Submitting yourselves one to another in the fear of God.
- 22 Wives, submit yourselves unto your own husbands, as unto the Lord.
- 23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.
- 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.
- 25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;
- 26 That he might sanctify and cleanse it with the washing of water by the
- 27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

Colossians 1:9-18

- For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;
- 10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;
- 11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;
- 12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:
- 13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:
- 14 In whom we have redemption through his blood, even the forgiveness of sins:
- 15 Who is the image of the invisible God, the firstborn of every creature:
- 16 For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:
- 17 And he is before all things, and by him all things consist.
- 18 And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence.

Revelation 20:1-10

- And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand.
- And he laid hold on the dragon, that old serpent, which is the Devil, 2 and Satan, and bound him a thousand years,
- And cast him into the bottomless pit, and shut him up, and set a seal 3 upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.
- And I saw thrones, and they sat upon them, and judgment was given 4 unto them: and I saw the souls of them that were beheaded for the witness of Jesus, and for the word of God, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years.
- But the rest of the dead lived not again until the thousand years were 5 finished. This is the first resurrection.
- Blessed and holy is he that hath part in the first resurrection: on such 6 the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.
- And when the thousand years are expired, Satan shall be loosed out of 7 his prison.
- 8 And shall go out to deceive the nations which are in the four quarters of the earth, Gog and Magog, to gather them together to battle: the number of whom is as the sand of the sea.
- 9 And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them.
- 10 And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.

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