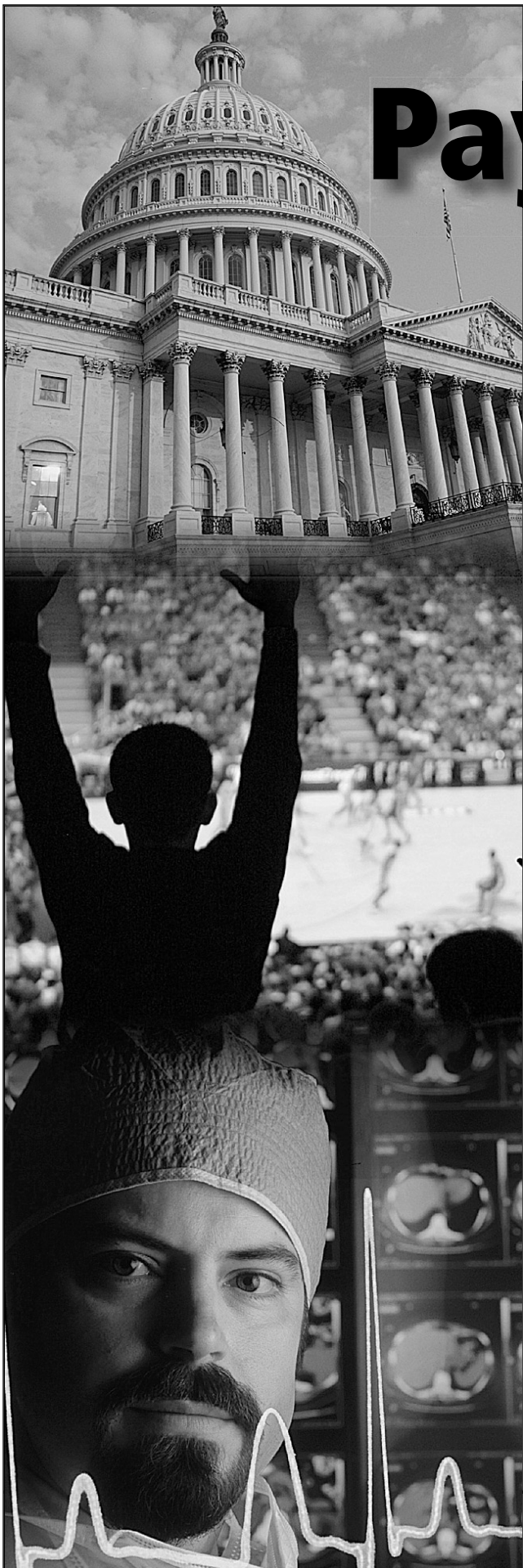


# Pay The Price



Let's pretend for a minute. Imagine you could be any one of the following people listed below.

Determine whom you would want to be and then explain why.

## Professional Athlete

(unlimited salary, fame, travel, sponsor)

---

---

---

---

---

---

---

---

## President of the United States

(unbelievable power, world recognition)

---

---

---

---

---

---

---

---

## Prominent Doctor

(financial security, prestige, help people)

---

---

---

---

---

---

---

---



# Get A Grip!

Name an area of your life that you feel is in control of you (e.g., food, entertainment, dating, etc.).

---

How long has this been in control of you? \_\_\_\_\_

---

How does it affect your ability to glorify God? \_\_\_\_\_

---

---

---

---

What steps are you going to take to be in control of your body? \_\_\_\_\_

---

---

---

---

---



# Getting To Know God

Let's get started! Turn in your Bible to Psalm 103, and take your time to read through the verses. Don't worry—there aren't that many. As you read, look for God in the verses. When you find a quality or something said about God, write it down. When you are finished, write down one verse that really stuck out to you and what you are thankful for. This thought is something you can use to pray back to God in thanks.

## Psalm 103

- (v. 2 ) *My life is filled with many blessings from God that I often quickly forget.*
- (v. \_\_\_ ) \_\_\_\_\_
- (v. \_\_\_ ) \_\_\_\_\_
- (v. \_\_\_ ) \_\_\_\_\_
- (v. \_\_\_ ) \_\_\_\_\_
- (v. \_\_\_ ) \_\_\_\_\_
- (v. \_\_\_ ) \_\_\_\_\_

## My Meditation Verse

Write out the verse you wish to "chew on" for a while.

---

---

---

---

---

---

## My Prayer Thought

This is what I want to thank God for in my prayer.

---

---

---

---



# My Spiritual Journal

**Today's Date:** \_\_\_\_\_

\_\_\_\_\_

On the lines below write out one of the following reflections:

\_\_\_\_\_

- 1. When and how you trusted Christ.
- 2. An answer to prayer—give details of what the request was and how God answered it.
- 3. An unexpected blessing God gave you.
- 4. A verse that has specifically influenced you and why.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Tell Me The Story

Write out the most difficult thing you ever tried to do and succeeded at. Tell what kind of things you had to give up or sacrifice in order to do or become the best you could be. (It could be basketball, singing, school grades, devotions, or others.)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

