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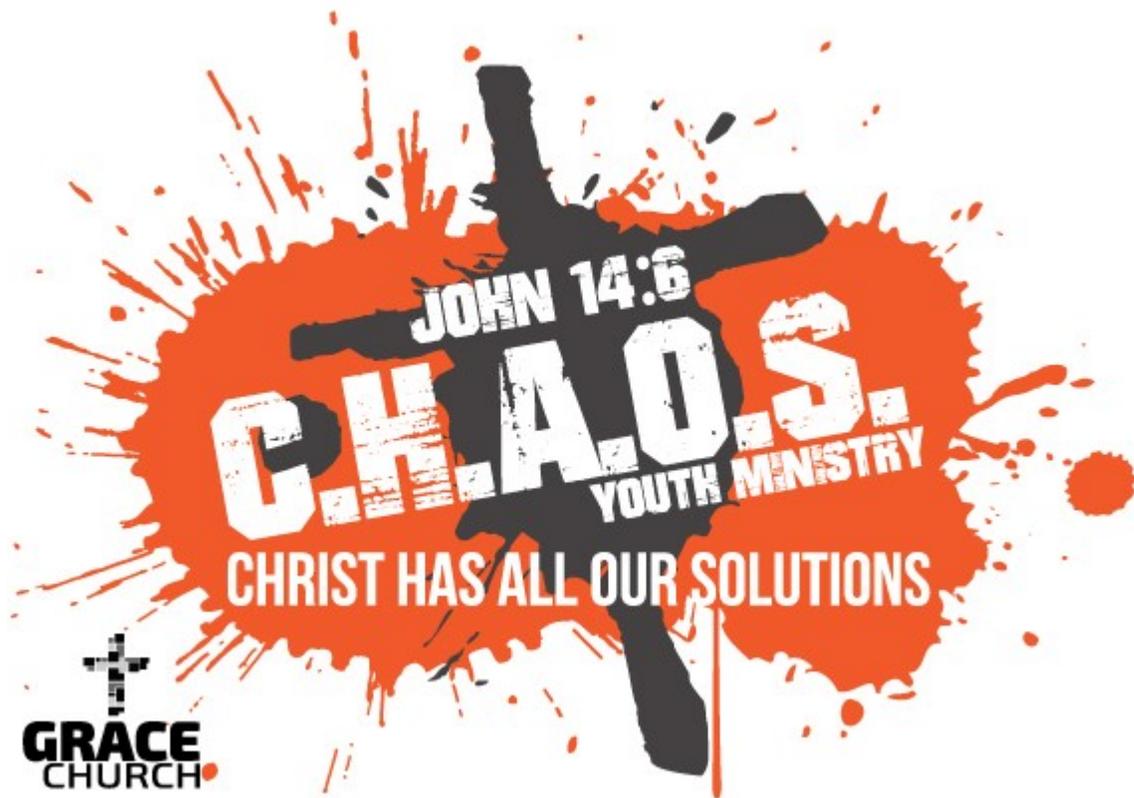
The 7 Checkpoints



Seven Principles Every Teenager Needs to Know

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THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #1

AUTHENTIC FAITH

Putting Your Trust in God

Principle: God can be trusted; He will do all He has promised to do.

Critical Question: Are you trusting God with the critical areas of your life?

Key Passage: Proverbs 3:5-6

Job 1:6-22

⁶ One day the angels came to present themselves before the LORD, and Satan also came with them. ⁷ The LORD said to Satan, “Where have you come from?”

Satan answered the LORD, “From roaming throughout the earth, going back and forth on it.”

⁸ Then the LORD said to Satan, “Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil.”

⁹ “Does Job fear God for nothing?” Satan replied. ¹⁰ “Have you not put a hedge around him and his household and everything he has? You have blessed the work of his hands, so that his flocks and herds are spread throughout the land. ¹¹ But now stretch out your hand and strike everything he has, and he will surely curse you to your face.”

¹² The LORD said to Satan, “Very well, then, everything he has is in your power, but on the man himself do not lay a finger.”

Then Satan went out from the presence of the LORD.

¹³ One day when Job’s sons and daughters were feasting and drinking wine at the oldest brother’s house, ¹⁴ a messenger came to Job and said, “The oxen were plowing and the donkeys were grazing nearby, ¹⁵ and the Sabeans attacked and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!”

¹⁶ While he was still speaking, another messenger came and said, “The fire of God fell from the heavens and burned up the sheep and the servants, and I am the only one who has escaped to tell you!”

¹⁷ While he was still speaking, another messenger came and said, “The Chaldeans formed three raiding parties and swept down on your camels and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!”

¹⁸ While he was still speaking, yet another messenger came and said, “Your sons and daughters were feasting and drinking wine at the oldest brother’s house, ¹⁹ when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!”

²⁰ At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship ²¹ and said: “Naked I came from my mother’s womb, and naked I will depart.

The LORD gave and the LORD has taken away; may the name of the LORD be praised.”

²² In all this, Job did not sin by charging God with wrongdoing.



What was Satan implying in verses 9-11 about Job's faith?

List everything Job lost that one day. How would you feel if this happened to you? Explain your feelings.

Why do you think Job was able to respond the way he did in verses 20-22?

Think about it

Define faith in your own words. Be as detailed as possible

Was Job's faith based in the present or in something else? What do you think Job's faith was rooted in?

How could a good God allow all these bad things to happen to Job? Why didn't God stop the bad circumstances from happening?

Is your faith faulty or authentic? Take a moment and listen to what God is saying to you in regard to your faith.



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #1

AUTHENTIC FAITH

Putting Your Trust in God

Principle: God can be trusted; He will do all He has promised to do.

Critical Question: Are you trusting God with the critical areas of your life?

Key Passage: Proverbs 3:5-6

Hebrews 4:14-16

Jesus the Great High Priest

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

When the writer urges us to “hold firmly to the faith,” what does that suggest to you?

Why does the fact that Christ is our high priest hold so much significance?

This passage seems to imply that the Hebrew Christians had a faulty understanding of the nature of their high priest, Jesus. What were they missing, and why?



Think about it

Could you describe the foundation of your faith? Explain.

Do you tend to worry and doubt God when bad things happen? Why?

Could you think of a time when you nearly abandoned your faith? What happened and why?

The foundation of your faith must be the person of Jesus Christ. Is that true of you?

Food for thought: *If your faith rests on anything other than Christ—who He is and what He has done for you—you are building your life on a fragile foundation.*



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #2

Spiritual Disciplines: Seeing with God's Eyes

Principle: When you see as God sees, you will do as God says.

Critical Question: Are you developing a consistent devotional and prayer life?

Key Passage: Romans 12:2

Romans 7:15-25

¹⁵I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶And if I do what I do not want to do, I agree that the law is good. ¹⁷As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

²¹So I find this law at work: Although I want to do good, evil is right there with me. ²²For in my inner being I delight in God's law; ²³but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵Thanks be to God, who delivers me through Jesus Christ our Lord!

Romans 12:2

²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

What do you think Paul means when he talks about the “pattern of this world”?

According to Paul, what is the key to transformation?



What does “the renewing of your mind” mean to you?

Think about it

Think of one area in your life where you tend to continue to sin. What excuses do you make to rationalize that wrong behavior? What is the lie behind that justification?

Think of one area in your life where you tend to overreact. How do you overreact? What is the lie behind your overreaction?

Think about your most dangerous temptations—the ones that are the hardest for you to resist. What is the lie behind those temptations?

Remember this: You must remove the lies and replace them one by one with the truth of God’s Word.



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #2

Spiritual Disciplines: Seeing with God's Eyes

Principle: When you see as God sees, you will do as God says.

Critical Question: Are you developing a consistent devotional and prayer life?

Key Passage: Romans 12:2

Psalm 131

¹ My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. ² But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. ³ Israel, put your hope in the LORD both now and forevermore.

Mark 1:35-37

Jesus Prays in a Solitary Place

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: "Everyone is looking for you!"

What do you think was Jesus' reason for getting up so early to spend time with His Father?

What was His purpose for leaving the house?

How are your times alone with God different from Jesus' times alone with God?



Think about it

Think about the following people from Scripture and explore their stories in the Bible: Moses, Jonah, David, John the Baptist, Paul and Jesus. What was the one common denominator in their lives that God used to draw them closer to Him?

Do you struggle with being distracted in your time alone with God? Why or why not?

Do you have a consistent time and place where you spend time with God? Why or why not?

“If God doesn’t want something for me, I shouldn’t want it either. Spending time in meditative prayer, getting to know God, helps align my desires with God’s.” Phillips Brooks

Remember this: Intimacy with God is elusive because it hinges on a fleeting component in life: time. Solitude helps you capture time.



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #3

Moral Boundaries

Principle: Purity paves the way to intimacy.

Critical Question: Are you establishing and maintaining godly moral boundaries?

Key Passage: 1 Thessalonians 4: 3-8

Proverbs 4:23

²³ Above all else, guard your heart, for everything you do flows from it.

According to this proverb, how high a priority should you place on guarding your heart?

Why is guarding your heart so important?

What do you think the writer means by “the wellspring of life”?

Think about it

Do you effectively guard your heart? How?

How has a lack of guarding your heart affected your wellspring of life?

What specific areas of the wellspring of your life need guarding?





THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #3

Moral Boundaries

Principle: Purity paves the way to God's plan

Critical Question: Are you establishing and maintaining godly moral boundaries?

Key Passage: 1 Thessalonians 4: 7-8

1 Thessalonians 4:7-8

⁷ For God did not call us to be impure, but to live a holy life. ⁸ Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

Proverbs 28:26

²⁶ Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Ephesians 5:1-4

¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. ³ But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. ⁴ Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

How do these verses challenge you in relation to your moral boundaries?

Why is trusting in yourself foolish?

What is the promise for those who walk in wisdom?



Think about it

When it comes to physical involvement with the opposite sex, how does Scripture encourage us to make wise choices?

How do *you* protect your mind from bad choices?

What is the key, in your opinion, to being wise with moral boundaries?

Food for thought: Even when we don't understand it, God's design is there because He wants what is best for us.



Connect the Checkpoints:

AUTHENTIC FAITH

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Principle: God can be trusted; He will do all He has promised to do.

Critical Question: Are you trusting God with the critical areas of your life?

SPIRITUAL DISCIPLINES

Seeing with God's Eyes

Principle: When you see as God sees, you will do as God says.

Critical Question: Are you developing a consistent devotional and prayer life?

MORAL BOUNDARIES

Principle: Purity paves the way to intimacy.

Critical Question: Are you establishing and maintaining godly moral boundaries?

How are these checkpoints related and connected to each other in the areas we have studied so far?



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #4

Healthy Friendships

Principle: Your friends will determine the direction and quality of your life.

Critical Question: Are you establishing healthy friendships and avoiding unhealthy ones?

Key Passage: Proverbs 13:20

Proverbs 22:24-25

²⁴Do not make friends with a hot-tempered person, do not associate with one easily angered, ²⁵or you may learn their ways and get yourself ensnared.

Proverbs 13:20

²⁰Walk with the wise and become wise, for a companion of fools suffers harm.

According to these verses, what is the result of having a relationship with a wise person?

What is the result of having a relationship with a fool?

Who wrote Proverbs? Do you think the identity of the writer gives validity to this principle?



Think about it

Write down the names of your closest friends.

Which of your friends are wise? Are any of your friends fools?

Have you ever suffered harm because of a friend?

Food for thought: seeking wisdom will do more to evaluate your friendships than anything else you can do.



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #4

Healthy Friendships

Principle: Your friends will determine the direction and quality of your life.

Critical Question: Are you establishing healthy friendships and avoiding unhealthy ones?

Key Passage: Proverbs 13:20

Proverbs 4:7

⁷The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.

How much value does the writer put on wisdom?

To what extreme does the writer challenge us to go to get wisdom?

Why do you think wisdom is so valuable?



Think about it

Do you hunger for wisdom? Why or why not?

How would you go about finding a wise friend?

How would you go about being a wise friend?

Are you willing to pay a high price for a wise friend? Why or why not?

Are you willing to pay a high price to be a wise friend? Why or why not?



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #5

Wise Choices

Principle: Walk Wisely

Critical Question: Are you making wise choices in every area of your life?

Key Passage: Ephesians 5: 15-17

Ephesians 5:15-17

¹⁵Be very careful, then, how you live—not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the Lord’s will is.

Why do you think Paul encourages us to be “very careful” about how we live?

What is his solution for living a careful life?

Is this a suggestion or a command?



Think about It

Would you say that you live a careful life? Why or why not?

Do you have defined boundaries in these areas: music, friends, television shows, alcohol, drugs, morality?
What are those boundaries?

Does wisdom play a part in your decision making process when it comes to these areas?

Food for thought: “Is this the wise thing for me to do?”



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #5

Wise Choices

Principle: Walk Wisely

Critical Question: Are you making wise choices in every area of your life?

Key Passage: Ephesians 5: 15-17

Proverbs 28:26

²⁶ Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Ephesians 5:15-17

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

James 1:5

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

What is the promise in this scripture for those who walk wisely?

What does the writer mean by “kept safe”?

What does a fool trust in?



Where should we turn to get wisdom in our choices?

Think about It

Think of one mistake you have made that continues to haunt you to this day. How and why did you make it?

What have been the consequences of that mistake?

Has God ever delivered you from an unwise decision? How did He deliver you?

Food for thought: the problem is not that most students plan to get into trouble. The problem is that most students don't plan not to.



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Critical Question: Are you developing a consistent devotional and prayer life?

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Principle: Purity paves the way to intimacy.

Critical Question: Are you establishing and maintaining godly moral boundaries?

HEALTHY FRIENDSHIPS

Principle: Your friends will determine the direction and quality of your life.

Critical Question: Are you establishing healthy friendships and avoiding unhealthy ones?

WISE CHOICES

Principle: Walk Wisely

Critical Question: Are you making wise choices in every area of your life?

How are these checkpoints related and connected to each other in the areas we have studied so far?



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #6

Ultimate Authority

Principle: Maximum freedom is found under God's authority.

Critical Question: Are you submitting to the authorities God has placed over you?

Key Passage: Romans 13: 1-2

Genesis 3:1-24

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

² The woman said to the serpent, "We may eat fruit from the trees in the garden, ³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

⁴ "You will not certainly die," the serpent said to the woman. ⁵ "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, "Where are you?"

¹⁰ He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

¹¹ And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

¹² The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it."

¹³ Then the LORD God said to the woman, "What is this you have done?"

The woman said, "The serpent deceived me, and I ate."

¹⁴ So the LORD God said to the serpent, "Because you have done this, "Cursed are you above all livestock and all wild animals! You will crawl on your belly and you will eat dust all the days of your life. ¹⁵ And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."



¹⁶To the woman he said, “I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you.”

¹⁷To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. ¹⁸It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”

²⁰Adam named his wife Eve, because she would become the mother of all the living.

²¹The LORD God made garments of skin for Adam and his wife and clothed them. ²²And the LORD God said, “The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever.”²³ So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken. ²⁴After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.

What was Satan trying to do by asking the question in verse 1?

Whose integrity was he calling into doubt when he stated, “You will not surely die”?

What was the difference between what God had said to Adam and Eve and what Satan was now telling them?

Think about It

Why were Adam and Eve the freest people who have ever lived?

How did Satan convince them to break God’s one rule?

What was the immediate result of Adam and Eve’s breaking the rule? What was the long-term result?

Food for thought: Maximum freedom is found under God’s authority----and only under God’s authority.



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #6

Ultimate Authority

Principle: Maximum freedom is found under God's authority.

Critical Question: Are you submitting to the authorities God has placed over you?

Key Passage: Romans 13: 1-2

Romans 13:1-2

¹³ Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. ² Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.

1 Peter 2:13-15

¹³ Submit yourselves for the Lord's sake to every human authority :whether to the emperor, as the supreme authority, ¹⁴ or to governors, who are sent by him to punish those who do wrong and to commend those who do right. ¹⁵ For it is God's will that by doing good you should silence the ignorant talk of foolish people.

What is the foundational principle on authority found in Romans 13:1?

According to Romans 13:2, what are people really doing when they rebel against authority?

What is the reason given in 1 Peter 2:13-15 for submitting to authority?



Think about It

List all the authorities you have in your life (parents, coaches, teachers, etc.).

Put a check by the authorities on your list that you have rebelled against at one time or another.

Have you ever thought about the fact that when you rebelled against each of these authorities, you were ultimately rebelling against God?

Food for thought: You cannot pursue intimacy with God and ignore your conflicts with authority.



THE SEVEN CHECKPOINTS

Lesson One

Checkpoint #7

Others First

Principle: Consider others before yourself

Critical Question: Are you putting the needs of others ahead of your own?

Key Passage: Philippians 2:3-11

Philippians 2:5-7

³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

⁵ In your relationships with one another, have the same mindset as Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! ⁹ Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

What does Paul mean when he says that Jesus “did not consider equality with god something to be grasped”?

Based on this passage, do you think Jesus was born with the heart of a servant or do you think He developed it?

Why is the fact that Jesus “made Himself nothing” so amazing?



Think about It

Would you consider yourself an extremely selfish person, a somewhat selfish person, or a selfless person? Explain.

Is your attitude toward serving others the same as Christ's attitude?

Do you struggle with ego and pride? Do you think deep down that you are "something"? Be honest!

Food for thought: the attitude of a servant is the perspective of a heart and mind that says, "My life exists for others."



THE SEVEN CHECKPOINTS

Lesson Two

Checkpoint #7

Others First

Principle: Consider others before yourself

Critical Question: Are you putting the needs of others ahead of your own?

Key Passage: Philippians 2:3-11

Philippians 2:8

⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

How do you think Paul would define *humility*?

What is the significance of Jesus “being found in appearance as a man”?

What was the process of humility that Christ went through?



Think about it

Do you serve others with a humble heart more times than not?

Think of someone in your life whom you know you need to put before yourself. If you were to commit right now to serving that person, what changes would you need to make?

What would you be willing to give up to serve that person?

Food for thought: Jesus is your example of humility as it relates to serving others.



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Critical Question: Are you putting the needs of others ahead of your own?

How are these checkpoints related and connected to each other in all of the areas we have studied?

These seven checkpoints are the foundation for a strong and confident, Christ-exploring faith. These Biblical principles are crucial for us to study and practice to be properly equipped for a life pleasing to God.

