



10 Minute Moments: Plugged In  
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# INTRODUCTION

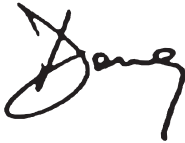
I'll admit it; sometimes people make fun of me for getting excited about stuff. Like a fresh tap of Diet Pepsi at Taco Bell. Or getting Chick-fil-A. Or... why are all these about food?

Anyway, one thing that always gets me excited is when teenagers take up the challenge of making more of their faith. And there's no better way I know of doing that than reading the Bible on a regular basis.

That's exactly why we put together the 10 Minute Moment journals. So that you can get a "quick fix" of the best medicine to fight against a culture that's trying to bring you down and connect back with God.

I know sometimes it can be hard to find 10 minutes in your day, every day. But I promise you that if you make the effort for one month, it'll pay off. You'll experience God in a new way. One that will keep you coming back for more.


Keep growing,



Doug Fields







# DAY 1:

## EVERYTHING IS SPIRITUAL

A lot of people tend to think the world divides neatly into two categories: things that are “spiritual” and things that aren’t. Going to church is spiritual; going to a basketball game is not. Reading the Bible is spiritual; watching a movie is not. It’s all based on the belief that there’s an invisible line cutting through our lives: On one side is the stuff God cares about, and on the other is the stuff He doesn’t care about. But is that really true?

2 MINUTES

Read the passages several times (as many times as you can in 2 minutes).

### **1 Corinthians 10:31**

*So whether you eat or drink, or whatever you do, do it all for the glory of God.*

### **Colossians 3:17**

*And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.*

### **1 Peter 4:10-11**

*<sup>10</sup>God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. <sup>11</sup>Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.*

## 5 MINUTES

Think about the following questions and how they might apply to your life.

- The Colossians verse says we can do everything as a “representative of the Lord Jesus.” In politics, a representative is someone who acts on behalf of the group of people he represents. How are we like that for Jesus?
- How is acting like a representative different than being “religious”?
- What do the Colossians verse and the Corinthians verse say about the idea of there being “spiritual” things and “unspiritual” things?
- What do the verses in Peter say we should do with the gifts God has given us?
- What are some gifts God has given YOU? How can you use them so that “God will be given the glory”?

## 3 MINUTES

Spend three minutes talking to God. Here are some things to talk to Him about today.

- Talk to Jesus about how you want to be a “representative” for Him. Ask Him to help you think of ways you could do that better.
- Are there areas of your life that you’ve kept Jesus out of because they aren’t “spiritual”? Pick one area of your life you know Jesus would want to change, and ask for His help in giving that area of your life to Him.
- Ask Jesus to show you people who need to see Him today. Ask Him to show you ways that you can represent Jesus to these people.

# THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.

# DAY 2:

## WE WERE SINNERS...

There's an old saying within Christianity that goes something like this: "I'm just a sinner, saved by grace." The idea being that we once were completely separate from God because we'd disobeyed (that's the sinner part) but then Jesus did something for us we didn't deserve (that's the grace part) and now we don't have to be separated from God anymore — both now and for eternity. Awesome, huh? The problem is that people who talk about being a "sinner saved by grace" think we're still separated from God. But that's not what the Bible says...

2 MINUTES

Read the passage several times (as many times as you can in 2 minutes).

### **Romans 6:6-11**

<sup>6</sup>We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. <sup>7</sup>For when we died with Christ we were set free from the power of sin. <sup>8</sup>And since we died with Christ, we know we will also live with him. <sup>9</sup>We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. <sup>10</sup>When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. <sup>11</sup>So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.



## 5 MINUTES

Think about the following questions and how they might apply to your life.

- What does vs. 6 say happened to “our old sinful selves”?
- What does vs. 7 say we are free from?
- What does vs. 11 say we should be able to do now?
- Why do you think it’s important to know we are free from sin? How is this better than thinking we’re still “sinners.”
- A lot of times we tend to think of worship — which just means doing things for God instead of for us — as something that’s unnatural. It feels like everything in us wants to do what’s wrong. Why do you think we feel that way? How does Romans 6:6-11 help us be better “God-worshippers”?

## 3 MINUTES

Spend three minutes talking to God. Here are some things to talk to Him about today.

- Almost all Christians — and probably you too — struggle with understanding that they are FREE of sin. We don’t worship God well because we don’t understand that worshipping is our new IDENTITY. Ask God to help you see yourself the way He does.
- A lot of us believe lies about ourselves. That we are basically bad, flawed, or unlovable. Ask God to remove any lies that have built up in your life.
- Ask God for His help over the next 24 hours to realize that He’s always with you. Tell Him you want to learn how to live life constantly worshipping Him.

# THOUGHTS

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# DAY 3:

## LIFE FROM 35,000 FEET

If you've had a window seat when flying somewhere you know how different the world looks from 35,000 feet up. Houses are specks. Neighborhoods are swallowed up by cities. Cities become islands in the middle of unpopulated land. Whenever we can see the big picture of our lives, everything looks different. Now imagine if we could see our lives from GOD'S perspective...

### 2 MINUTES

Read the passage several times (as many times as you can in 2 minutes).

#### **Colossians 3:1-4**

*<sup>1</sup>Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. <sup>2</sup>Think about the things of heaven, not the things of earth. <sup>3</sup>For you died to this life, and your real life is hidden with Christ in God. <sup>4</sup>And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.*

### 5 MINUTES

Think about the following questions and how they might apply to your life.

- In vs. 1 it says "set your sights on the reality of heaven." What do you think that means? What ARE the realities of heaven?

Imagine that you die and go to heaven, and you and Jesus are looking back on your life...

- Write 3 things in your life right now you'll be proud of:
  
- Write 3 things in your life you'll wish you'd done differently:
  
- What do you think it means in vs. 3 when it says "your real life is hidden with Christ in God"?

The truth is that it's really easy to live each day seeing things from ground level. And because of that we waste our time — or make poor decisions — that one day we'll regret. Part of worship is learning to see things from God's perspective and believing that His way is best.

## 3 MINUTES

Spend three minutes talking to God. Here are some things to talk to Him about today.

- Look at the three areas in your life you think you'll be proud of someday. Spend time talking with God about those areas. Ask God to help you realize how PROUD He is of you for doing well in those areas.
  
- Look at the three areas in your life that aren't so good. Ask God to help you see those from His perspective, and REALLY BELIEVE His way of seeing it is the right way.

# THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.