



NO FILTER

Stop Hiding. Live Unhindered.

A Four-Week
Student Discipleship Journal

LeaderTreks[®]
YOUTH MINISTRY



NO FILTER

A 4-WEEK STUDENT DISCIPLESHIP JOURNAL

No Filter: A Four-Week Student Discipleship Journal
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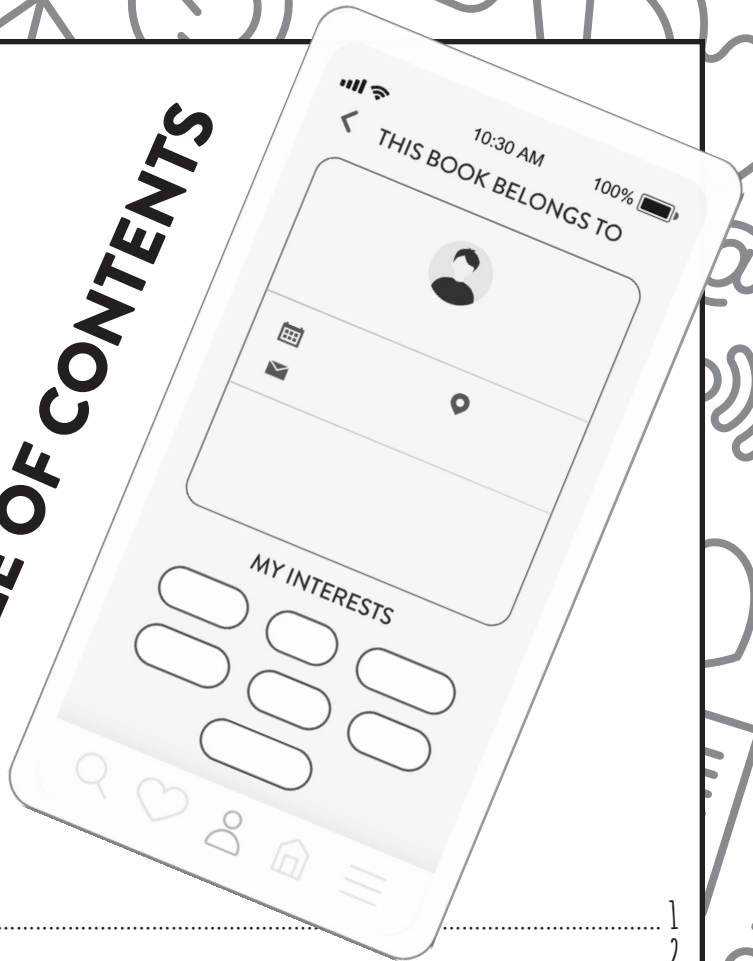
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STARTING NOW

WE ALL HIDE

We hide behind filters that distort reality. They may seem harmless, but the truth is that filters are dangerous. Our view of God is affected. Our view of ourselves is inaccurate. Our view of others is skewed.



When we see God clearly, we aren't worried about the past mistakes we've made or about gaining others' approval. Our goal is to please God, reflect his image to the world, and invite others into unfiltered life.

But we can only do that if we step out in faith. The good news is that God offers us freedom to remove our filters, stop hiding, and live unhindered.

HOW IT WORKS

This book has four weeks of journal pages to help you learn how to see God, yourself, and others clearly. You'll see that God is inviting you to live a life of freedom, with no filters. Each week takes you through seven days of questions to get you thinking, Bible studies to shift your perspective, and challenges to stretch you out of your comfort zone. Then, on the seventh day of the week, you'll get a break to recharge for the next week. It'll help you get into a rhythm of learning, growing, and putting that knowledge into action.



Throughout this journal, you'll also find the **MARKS OF A DISCIPLE**. These are things that Christ-followers are committed to and have in common, like connecting with God through prayer, applying his Word to our lives, serving without personal agendas, managing God's gifts, and many other things.

Remember, you'll get out of this book what you put into it. The challenges you'll encounter won't always be easy—they're designed to stretch you! Take a risk and use this journal to run hard toward God. When we make ourselves available to him, he'll transform us and use us in ways that will blow our minds!

The background is white with a pattern of faint, light gray icons including a smartphone, envelope, megaphone, globe, Wi-Fi symbol, camera, speech bubble, and heart. Two large, solid black abstract shapes are positioned in the top right and bottom left corners. The text is centered in the middle of the page.

WEEK ONE

SEEING GOD CLEARLY

WEEK ONE INTRO

Wouldn't it be easier to follow God's will if you could just FaceTime him whenever you want? Paul writes that Jesus is "the image of the invisible God" (Col. 1:15). Jesus was God in human form. Until Jesus came to us as a baby in a manger, no one had ever seen God. He is, after all, invisible.

But that doesn't mean God hasn't shown up. The Bible has hundreds of examples of God showing up: Moses and the burning bush (Ex. 3), Elijah atop Mount Horeb (1 Kings 19:11–13), guiding the people of Israel in the wilderness, etc. God usually didn't show up in physical form because he is more than human eyes can behold.



Even though we can't see God, we can still know who he is. He's given us all we need to know about him in the Bible, in his creation around us, and in the ways he continues to provide for us. We might not be able to see God's face, but if you look around, you'll see him everywhere.

DAY ONE: THINK DEEP

The questions below will help you unpack what you think about God. Thinking about God is a really deep and complex subject because, well, God is really deep and complex—far more than we'll ever totally understand! So don't feel bad if you can't come up with beautiful, eloquent answers. These are your thoughts, so be honest. With each question, take a few minutes to reflect on your answer. Really push yourself! Sit quietly for a while. When you've spent some time on it, start writing things down. Thinking about who God is will further your relationship with him because you'll be getting to know him better. You'll never have him figured out 100%, but the more you seek him the more he'll reveal.

“WE NEED TO FIND GOD, AND HE CANNOT
BE FOUND IN NOISE AND RESTLESSNESS.
GOD IS THE FRIEND OF SILENCE.”

—MOTHER TERESA¹

JOURNAL QUESTIONS:

As we jump into the week, take some time to reflect on these journal questions:

● WHO IS GOD IN YOUR LIFE? WHEN DID HE COME INTO YOUR LIFE? WHERE IS HE NOW?



● HOW WOULD YOU DESCRIBE GOD TO A STRANGER?



● MAKE A LIST OF AS MANY OF THE CHARACTERISTICS OF GOD YOU SEE THROUGHOUT SCRIPTURE AS YOU CAN.



● NOW, LOOKING AT THAT LIST OF CHARACTERISTICS, WHAT DO THEY SAY ABOUT WHO GOD IS?

● WOULD IT BE EASIER TO BE A CHRIST-FOLLOWER IF YOU COULD SEE GOD? WHY?

DAY TWO: LOOKING FOR GOD IN ALL THE WRONG PLACES

When things aren't going great and it seems like everything in your life is crumbling around you, have you ever looked around and thought to yourself "Well, God, where are you?" When things are going poorly, it's easy to blame God for not showing up.

In today's passage, you'll see that the disciples were having a rough couple of days. Their Messiah, the hope for all Israel, had been crucified. Their purpose in life was uncertain. And then they heard that Jesus' body was missing. What else could go wrong? God, where are you?

The truth is God is *always* with us. He *always* shows up—just not always in the way we'd choose. Sometimes God shows up, and we don't even recognize him.

Read **Luke 24:13–35** using the **OPA Method** for Bible study: Observation, Principles, and Application.

Helpful tip: the more effort you put in to making observations, the easier the principles and application will be to see.

OBSERVATION:

Compile all the facts found in this passage.
Try to make 10–15 observations about what you read.

PRINCIPLES:

Draw a few principles from the observations you made.
What is God trying to teach you in this passage?

APPLICATION:

How will you apply these principles to your life?
Be specific—a good application will tell who, what, and when.

DAY THREE: GOD IS HERE, THERE, AND EVERYWHERE

Yesterday in our Bible study, we read about two disciples who were traveling to Jerusalem after Jesus' crucifixion. They were distraught because everything in their lives was going poorly. When Jesus appeared to them, they didn't even recognize him.

God shows up in our lives in many unexpected ways that can be hard to recognize. Even though we don't see him in a physical form, we can see him in all sorts of other ways. You can see God in the beauty of his creation. You can see God in the way parents love their children. You can see God when extraordinary circumstances come together to work things out. If you look hard enough, you'll see God all over the place!

Throughout your day, keep an eye out for where you see God working. When you see something, write it down. You might see him in something that's happening with a friend or maybe you'll see him on the news or maybe in your own life. At the end of the day, share with a friend (you can share with your parents or your youth pastor, too) about all the ways you saw God today.



DISCIPLES OF CHRIST RIGHTLY RECOGNIZE
THE GREATNESS OF GOD. (PSALM 96:4)

DAY FOUR: OH GOD, HOW GREAT THOU ART

“And if there is one terrible disease in the Church of Christ, it is that we do not see God as great as He is. We’re too familiar with God.”
– A.W. Tozer²

If you ever get to a point where you think you’ve got God all figured out, you can be pretty certain that you’re not even close to fully understanding him. We often use analogies and other ways of comparison to try and understand God, but nothing in the entire scope of our language or reason can accurately describe his greatness. He is so much more than we can even imagine. When we try to make him into something we can understand, we make him into something he’s not.

Read the quote above from A.W. Tozer. As you read it, think about how you’ve grown “familiar” with God and underestimated his greatness. Then answer the following questions:





What do you think Tozer means when he says we're "too familiar with God"? Why would this be a bad thing?



How might being too familiar with God affect a person's faith?



Do you think you're too familiar with God? How have you overlooked his greatness and made him smaller than he actually is?



How can you have the familiarity of a personal relationship with God while still remembering how great he is?

DAY FIVE: SMALL WORDS, BIG IMPACT

Nineveh was not a great place. It was famously sinful, full of barbaric practices, and aggressively set in its ways. In the eyes of any reasonable person, there was no way the people of Nineveh would give up their lifestyles and turn to God. Nineveh was a lost cause.

At least, that's what Jonah thought. What's the point of telling them about God if they're never going to listen? Fortunately, God got Jonah to see things differently. When you read today's passage, you'll see how even in the worst circumstances, telling people about God can make a big difference. You'll also see why we can hope in God's unlimited mercy and forgiveness.

Use the **5P Method** for Bible study as you read through **Jonah 3:1–4:2**. *(This title, 5P Method, is simply a way to help you remember this Bible study technique so you can use it to learn from other passages later.)*

PURPOSE

Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.

PRIMARY VERSE

Which verse seems to contain the most important thought in the passage? Which one stands out most to you? Write it out.

PROMISES

Make a list of any promises you find in this passage.

PROBLEMS

If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself.

PRACTICAL APPLICATION

What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.

DAY SIX: GO TELL IT!

Yesterday you read about Jonah's ministry in the city of Nineveh. Even though the people of Nineveh were deeply sinful, when they heard God's message, they repented of their sinful ways and turned to God asking for his forgiveness. Jonah was a reluctant missionary (you've probably heard about the whole thing with the big fish) and didn't believe that Nineveh could ever be saved. But because he was eventually obedient to God's will, the people of Nineveh came to know and follow God.

Your challenge today is to tell at least one person about God's big-time forgiveness and mercy. Maybe there's a particular friend at school who needs to hear your message or maybe you need to tell someone you don't know at all. You can text it, shout it, post it—whatever! Just get out there and tell someone about the God whose forgiveness and mercy know no bounds. Tell them about how you have been changed by this God who loves sinners. You never know—your small testimony might lead to a big revival. After all, Jonah never thought his words would change Nineveh. Maybe your words will make a big change, too.

WHO DID YOU TELL ABOUT GOD'S FORGIVENESS? WHAT HAPPENED?

“WHAT WRITING TEACHES ME, OVER AND OVER, IS THAT GOD IS WAITING TO BE FOUND EVERYWHERE, IN THE DARKEST CORNERS OF OUR LIVES, THE DEAD ENDS AND BAD NEIGHBORHOODS WE WAKE UP IN, AND IN THE SIMPLEST, LIGHTEST, MOST SINGULAR AND LUMINOUS MOMENTS. HE'S HIDING, LIKE A CHILD, IN QUITE OBVIOUS AND VISIBLE PLACES, BECAUSE HE WANTS TO BE FOUND. THE MIRACLE IS THAT HE DWELLS IN BOTH.”

— SHAUNA NIEQUIST³

DAY SEVEN: SABBATH



Have you ever heard of someone refer to Sunday as the Sabbath? That means it's our day of rest. So today that's your challenge. Rest! Reflect on what you've learned so far, the challenges you did, or Bible verses that stuck out to you. Spend some time praying and talking with God. Recharge your batteries and refresh your mind. Then come back tomorrow ready to go deeper.





“AND ON THE SEVENTH
DAY GOD FINISHED
HIS WORK THAT HE HAD
DONE, AND HE RESTED
ON THE SEVENTH DAY
FROM ALL HIS WORK
THAT HE HAD DONE.”

— GENESIS 2:2

