

Bahamas Academy Week of Prayer

Building the

Hot

YOU

Spiritual guidelines for high school students

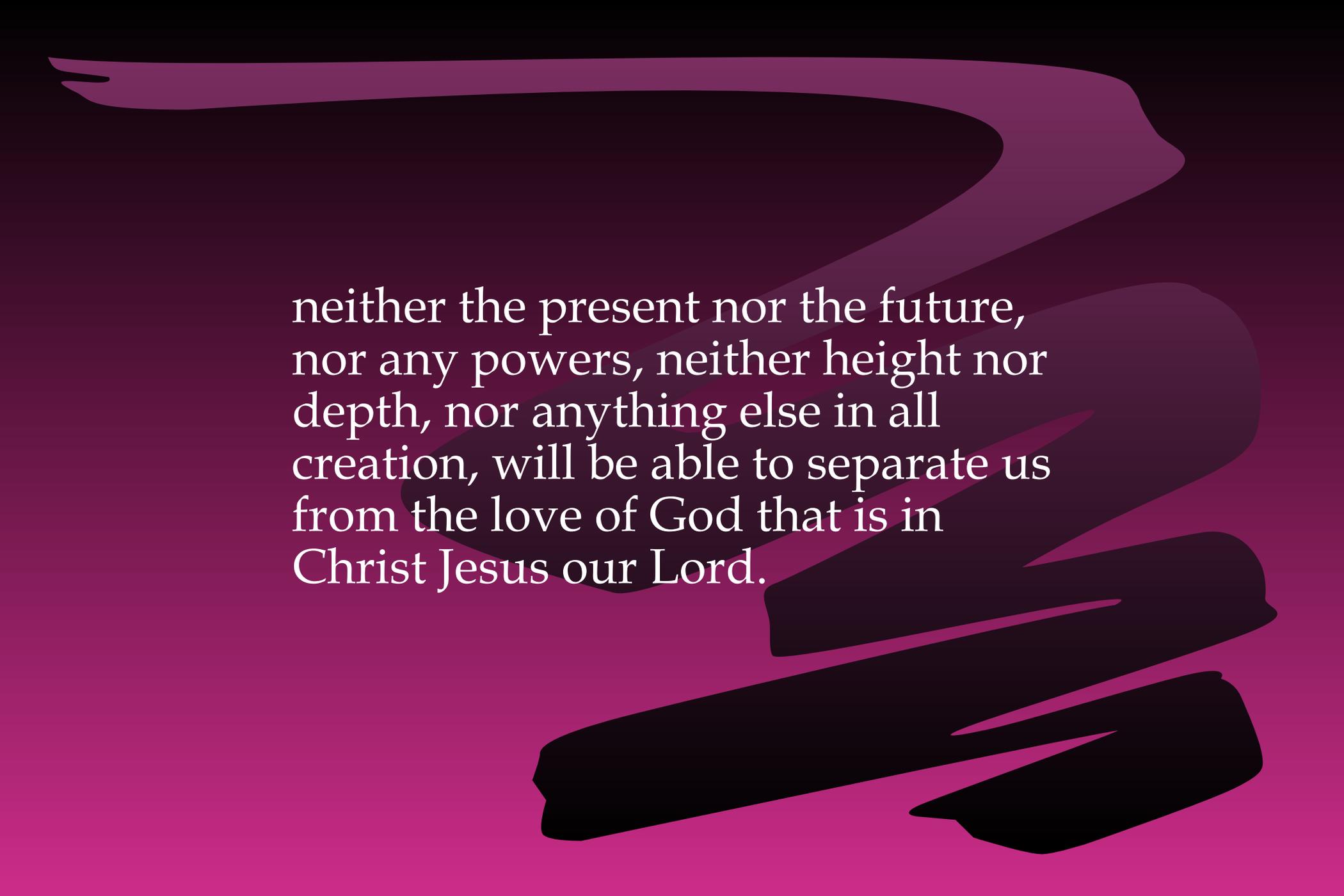


The Power of
the New
Hot You

Because I am hot for
Jesus, no boyfriend or
girlfriend can cause
me to fall into sin.

Romans 8:37-39

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons,



neither the present nor the future,
nor any powers, neither height nor
depth, nor anything else in all
creation, will be able to separate us
from the love of God that is in
Christ Jesus our Lord.

Nothing Will Separate Me from God's Love

- ☹ Sex outside of marriage will not
- ☹ Pornography will not
- ☹ Homosexual behavior will not
- ☹ Maturbation will not
- ☹ Free deep kissing will not
- ☹ Petting will not
- ☹ Anal sex will not
- ☹ Figuring will not
- ☹ Oral sex will not

My Body is God's Temple

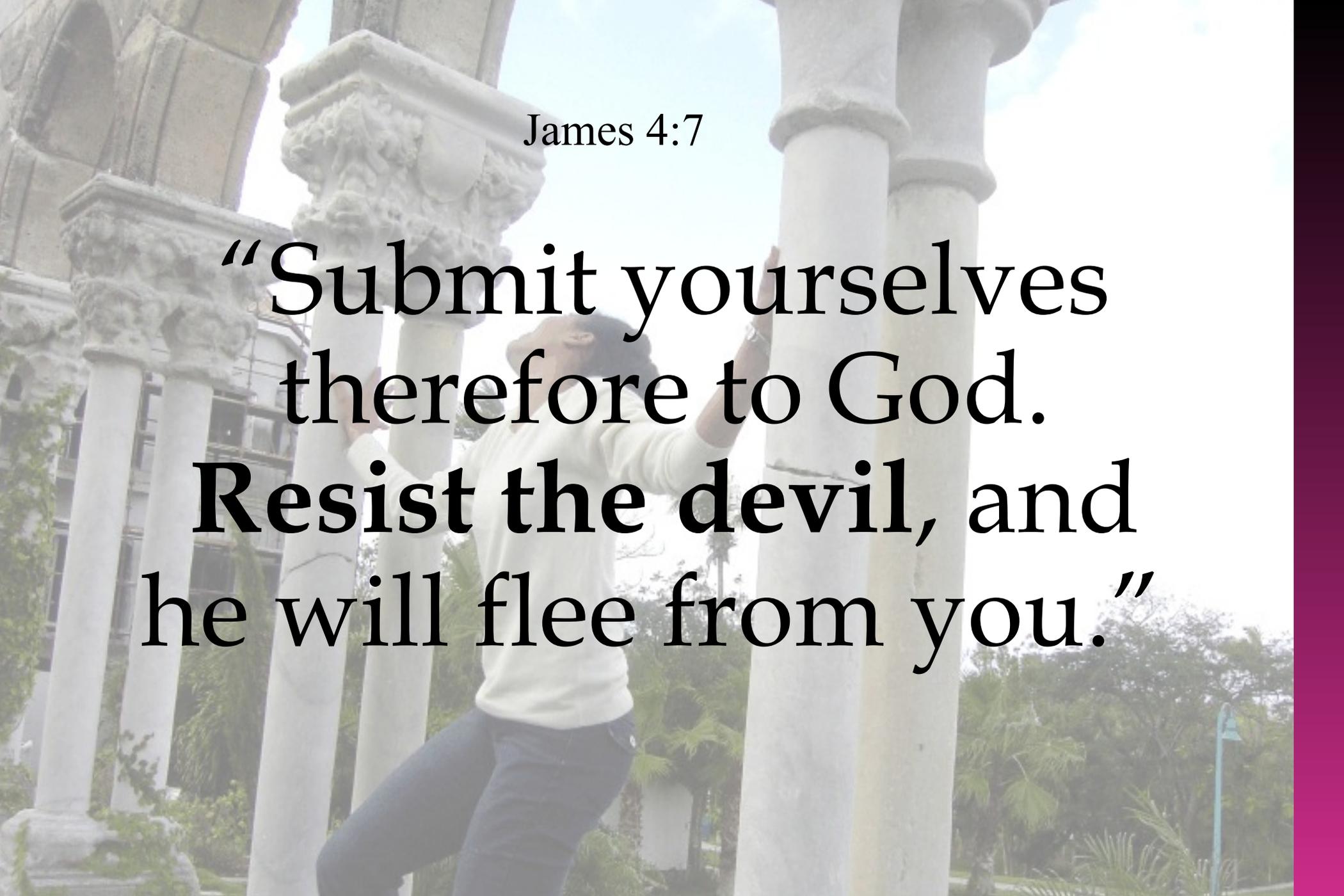
I dedicate my penis,
lips, tongue, fingers,
eyes, and ears to God.

I dedicate my vagina, breast,
lips, tongue, fingers, eyes,
and ears to God.

God's power I will

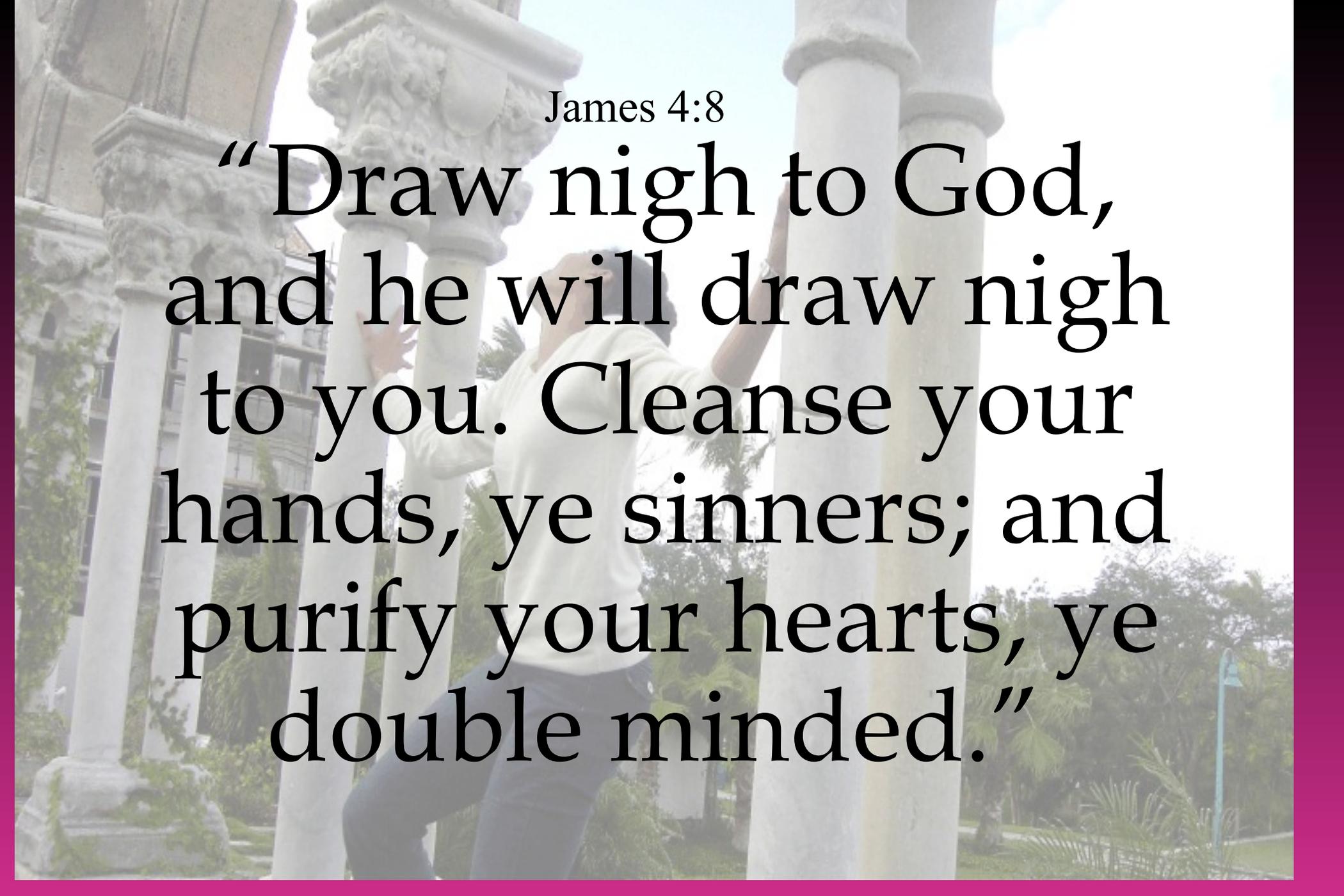
Resist

All temptations



James 4:7

“Submit yourselves
therefore to God.
Resist the devil, and
he will flee from you.”

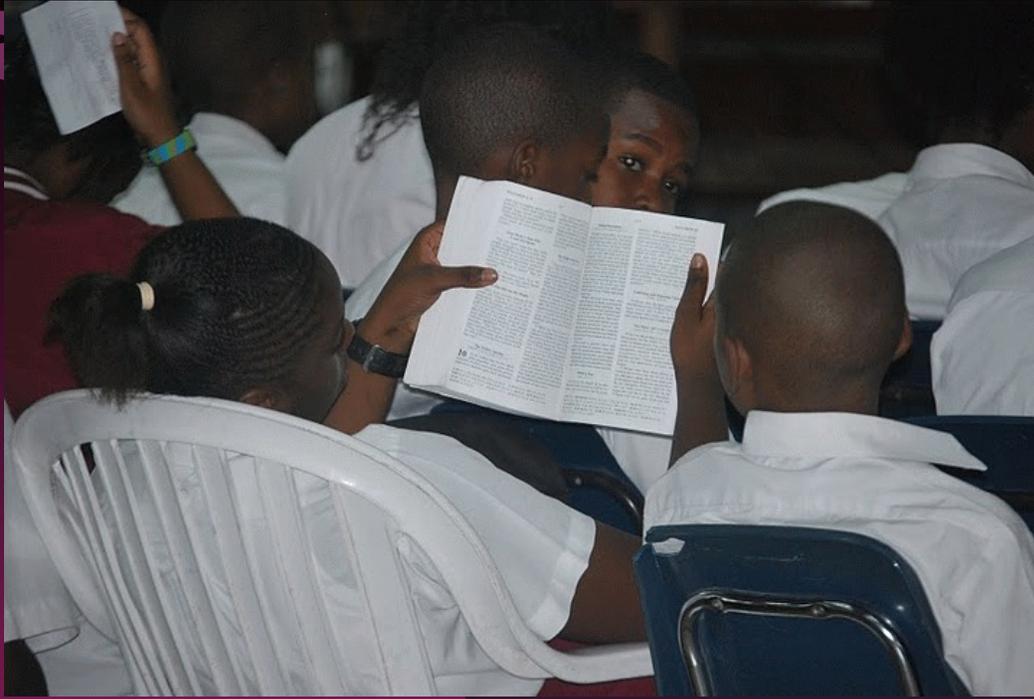


James 4:8

“Draw nigh to God,
and he will draw nigh
to you. Cleanse your
hands, ye sinners; and
purify your hearts, ye
double minded.”



The more I remain hot
for Jesus, the stronger I
become.



The more I resist Satan's temptations, the stronger I become.

Resistance
training is great
for the body.

Resistance in the Bible

Greek “anthistemi”

Translates as “resist” nine times, and “withstand” five times.

Resistance

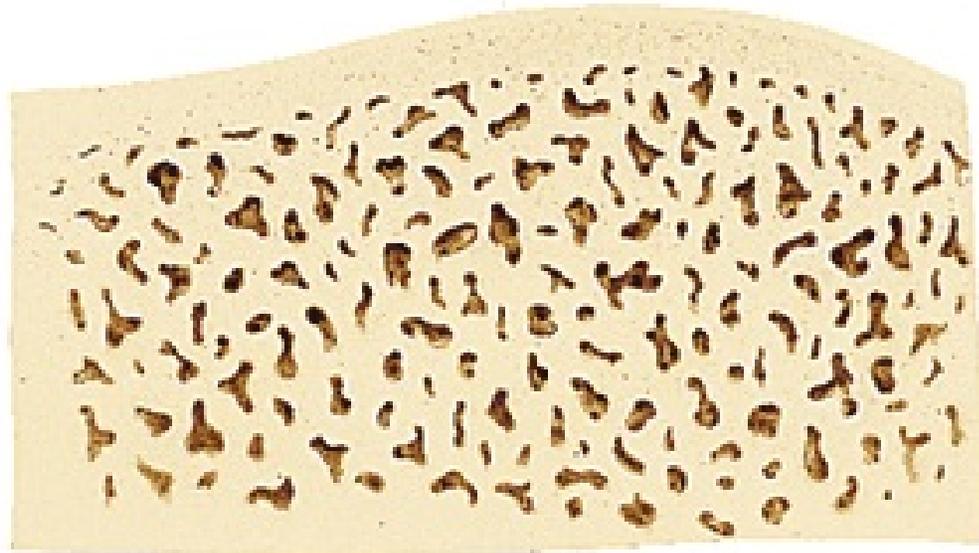
Means

“To set one’s self against, to withstand, resist, oppose, to set against.”

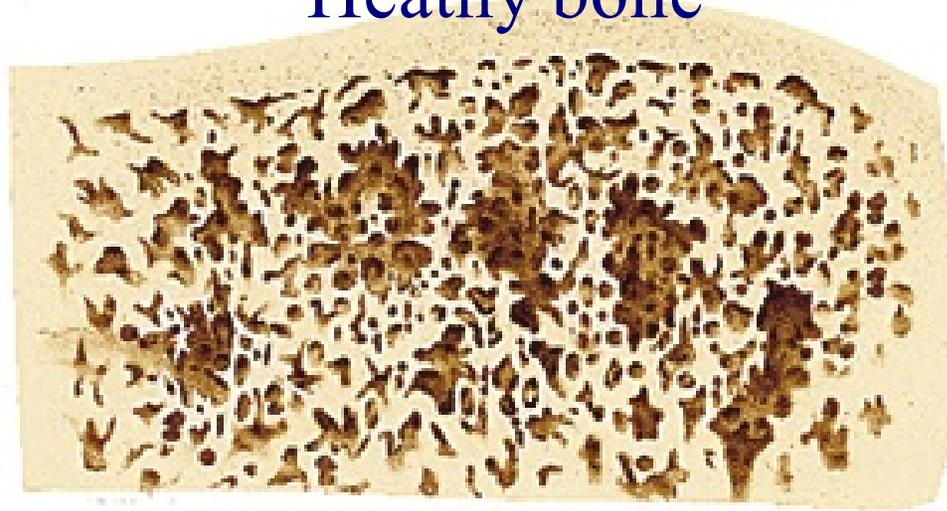
Resistance Training & Bone Density



“Recent studies have shown that resistance training is also effective at increasing bone density, and in fact, may be more effective than aerobic training.”

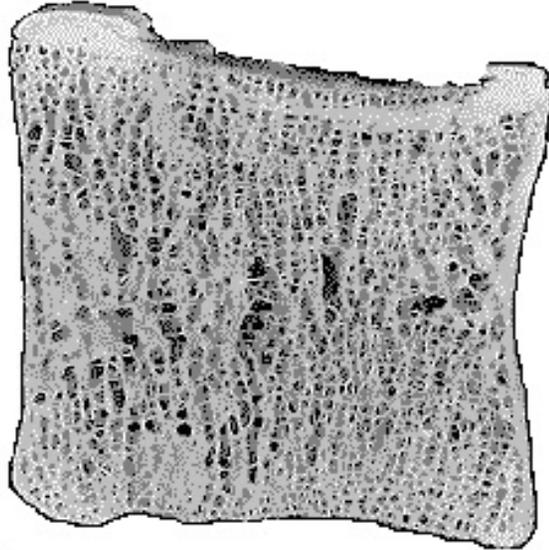


Healthy bone

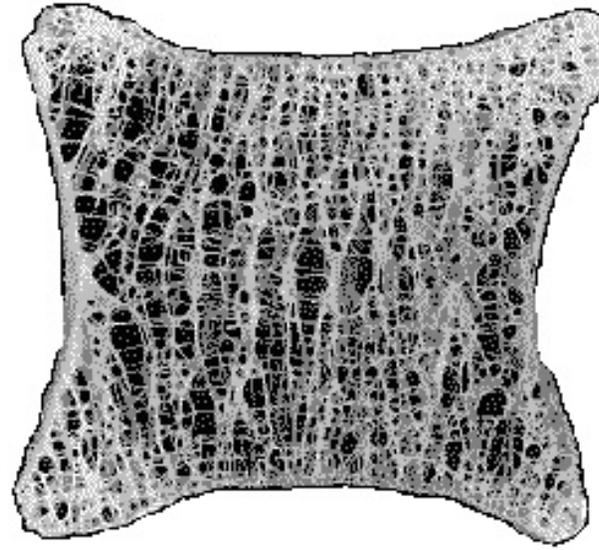


Unhealthy bone

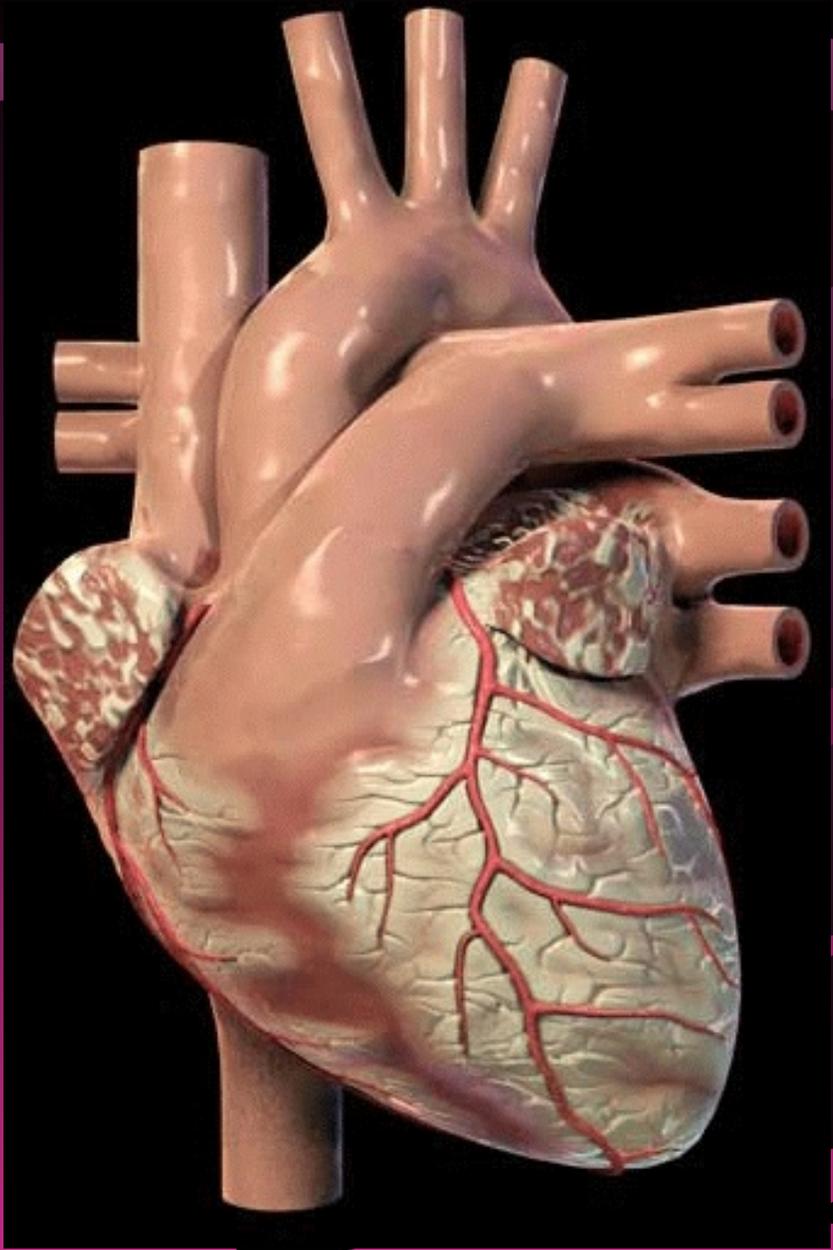
Bone Cross Section



Healthy



Osteoporosis





Resistance
increases your
speed





A jet goes against the wind to lift off.

Spiritual Resistance

If we do not resist
we will not grow.

Without resistance there is
no character development.

Spiritual Resistance



Without
resistance
we die
spiritually.

James 1:21

So get rid of all the filth and evil in your lives, and humbly accept the message God has planted in your hearts, for it is strong enough to save your souls.



I can become a
shining star to those
around me.

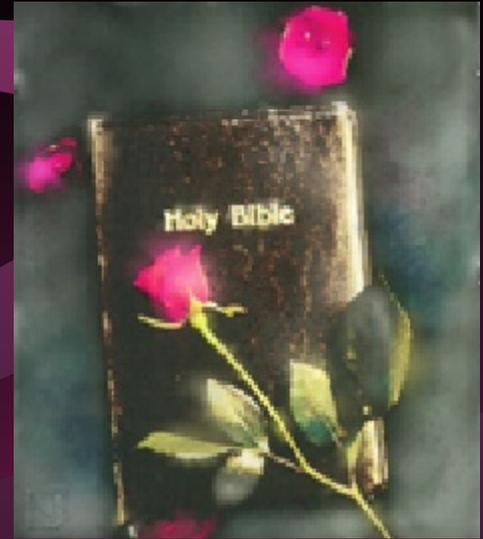
Matthew 5:16



Let your
light so shine before men, that
they may see your good
works, and glorify your
Father which is in heaven

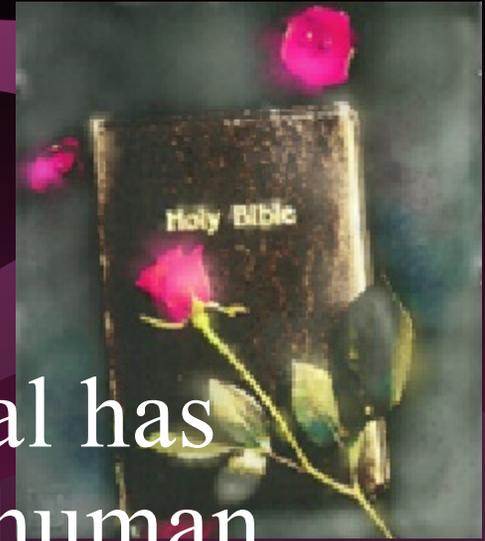
1 Corinthians 10:13

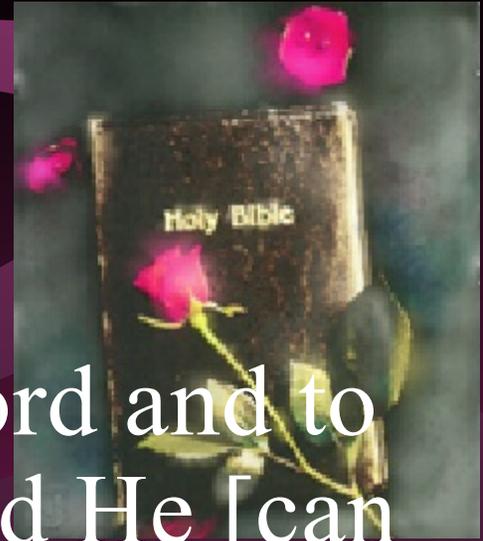
Amplified Bible



For no temptation (no trial regarded as enticing to sin), [no matter how it comes or where it leads] has overtaken you and laid hold on you that is not common to man . . .

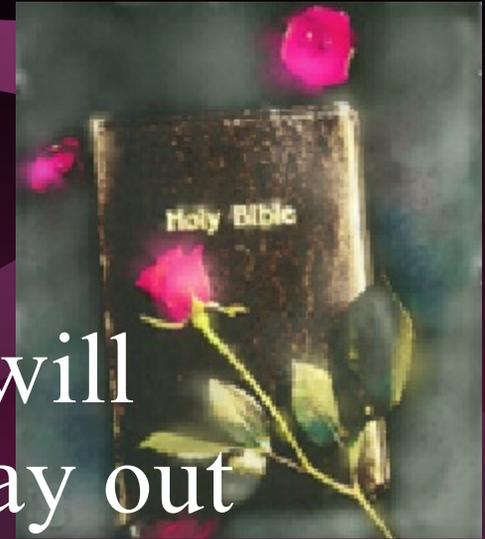
[that is, no temptation or trial has come to you that is beyond human resistance and that is not adjusted and adapted and belonging to human experience, and such as man can bear]



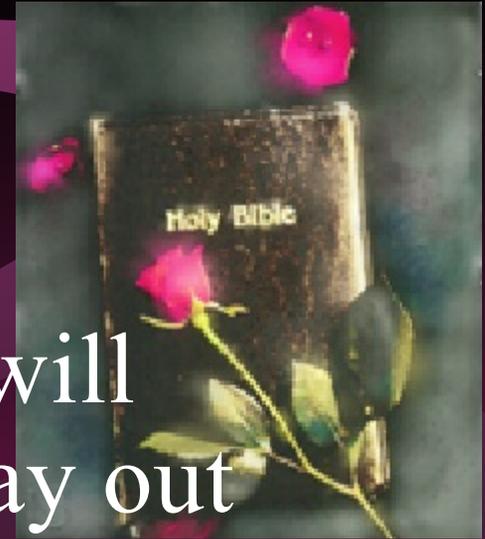


But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of **resistance and power to endure,**

but with the temptation He will [always] also provide the way out (the means of escape to a landing place), that you may be capable and strong and powerful to bear up under it patiently.



but with the temptation He will [always] also provide the way out (the means of escape to a landing place), **that you may be capable and strong and powerful to bear up under it patiently.**



My commitment:



Living for Jesus is the
answer. I am going to
remain **hot for Jesus.**



Hot for Jesus

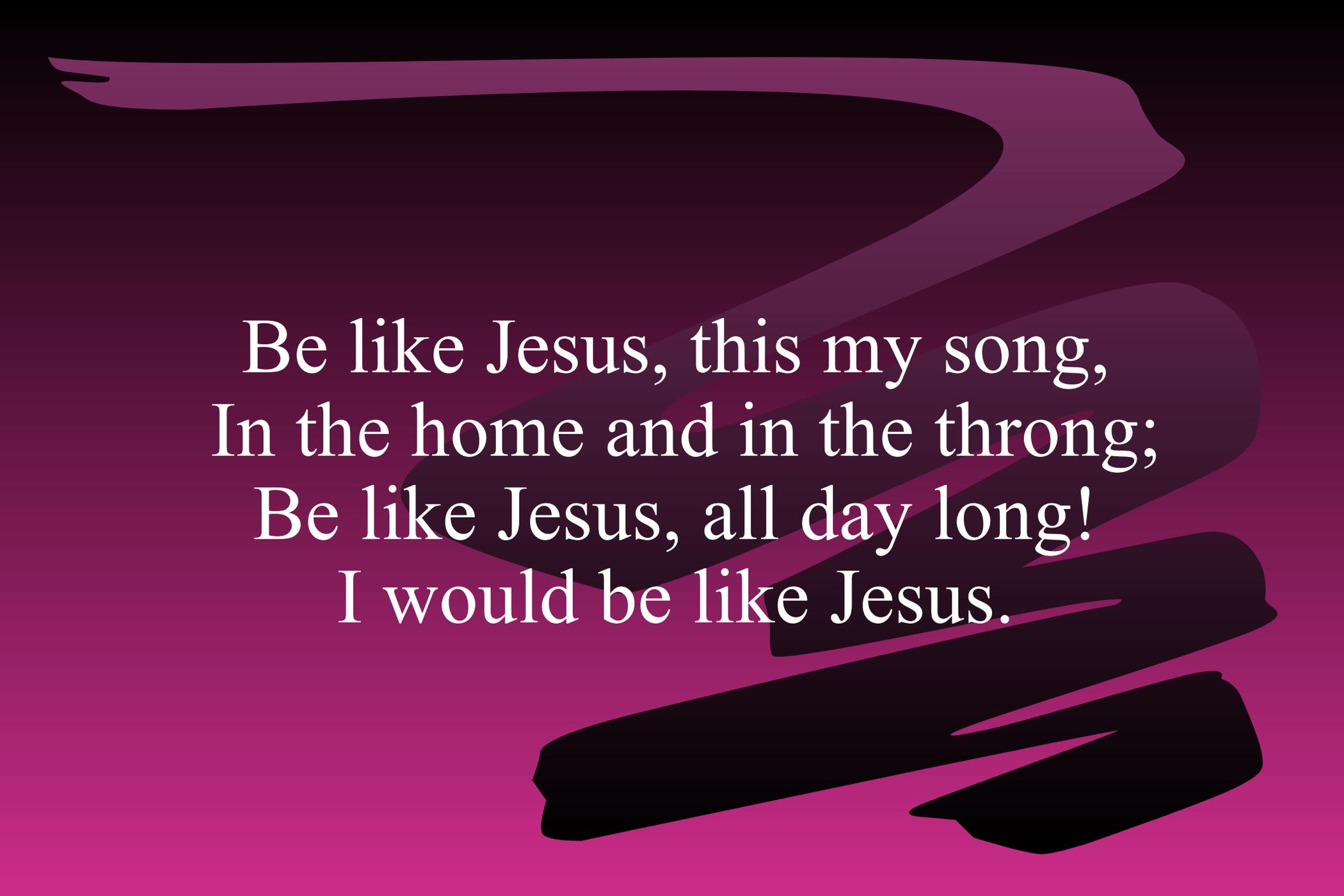


Earthly pleasures
vainly call me;
I would be like Jesus;
Nothing worldly shall
enthrall me;
I would be like Jesus.

Be like Jesus, this
my song,
In the home and in
the throng;
Be like Jesus, all
day long!
I would be like
Jesus.



He has broken every fetter,
I would be like Jesus;
That my soul may serve Him better,
I would be like Jesus.



Be like Jesus, this my song,
In the home and in the throng;
Be like Jesus, all day long!
I would be like Jesus.

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