

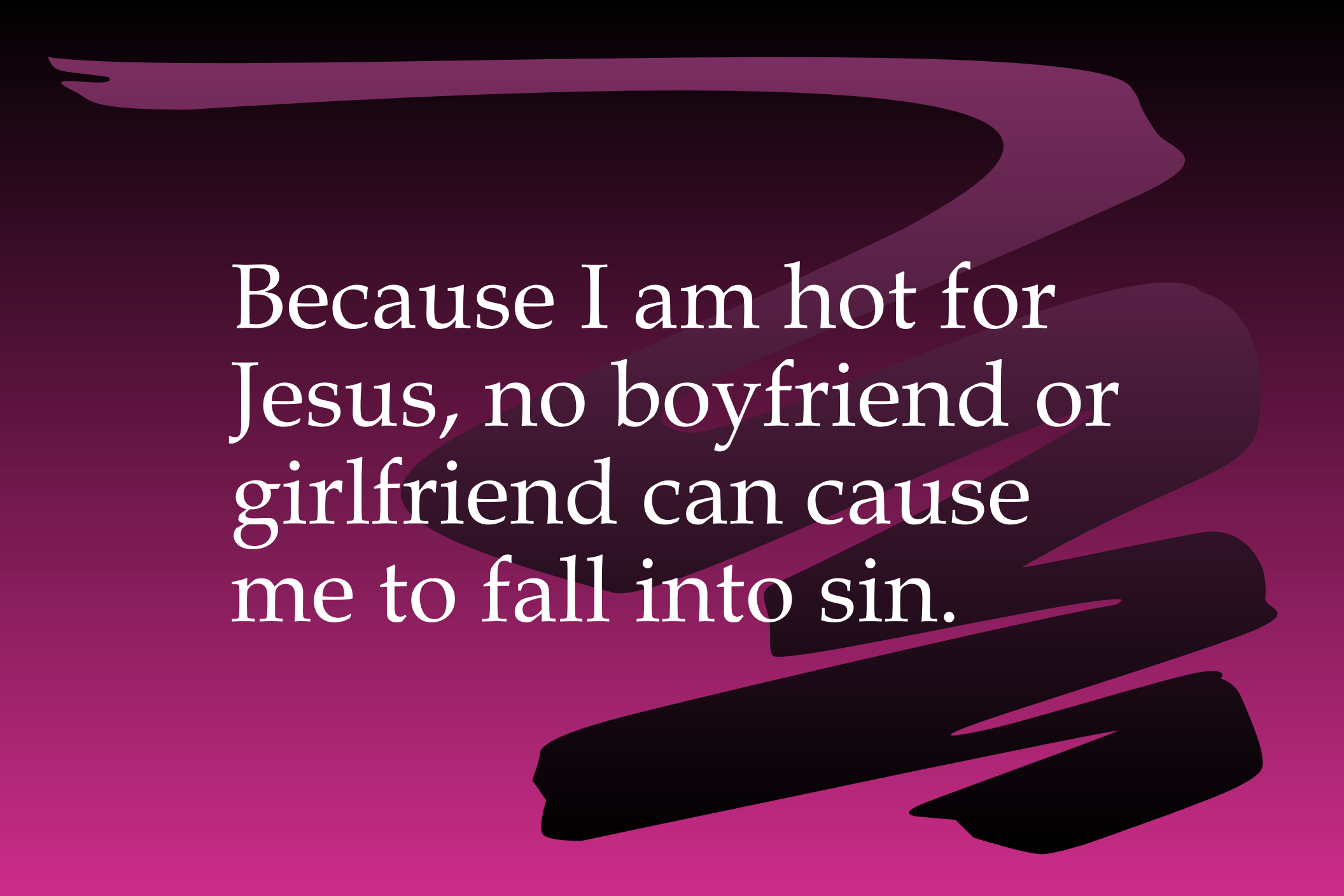
**Bahamas Academy Week of Prayer**

*Building the*  
**Hot**  
*YOM*

**Spiritual guidelines for high school students**

The background features several broad, expressive brushstrokes in shades of purple and pink. A large, light purple stroke sweeps across the top and middle of the frame. Below it, darker purple and magenta strokes create a layered, textured effect. The bottom right corner is dominated by a solid, vibrant pink area.

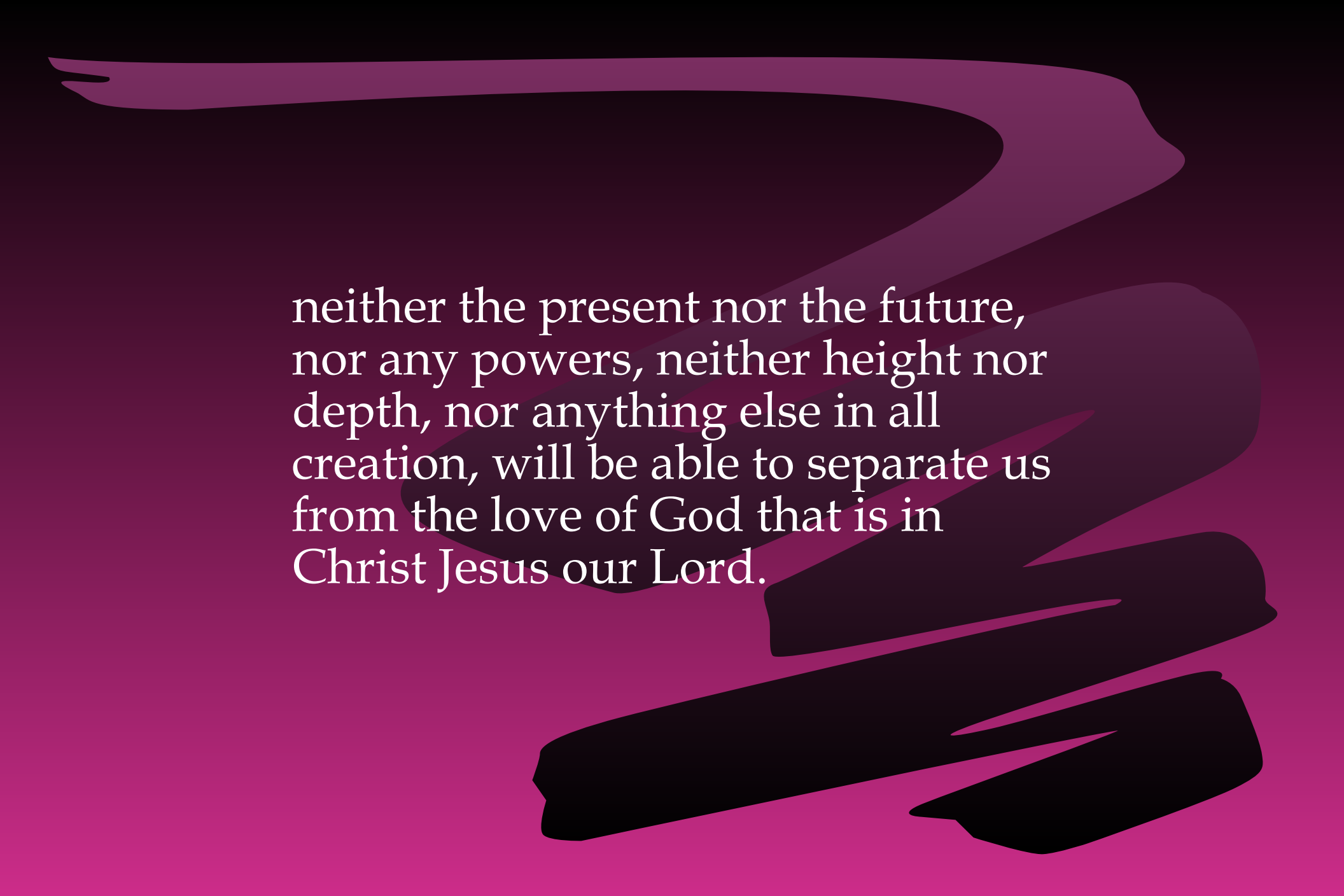
The Power of  
the New  
Hot You



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
- ☹ Masturbation 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.



By 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.”**



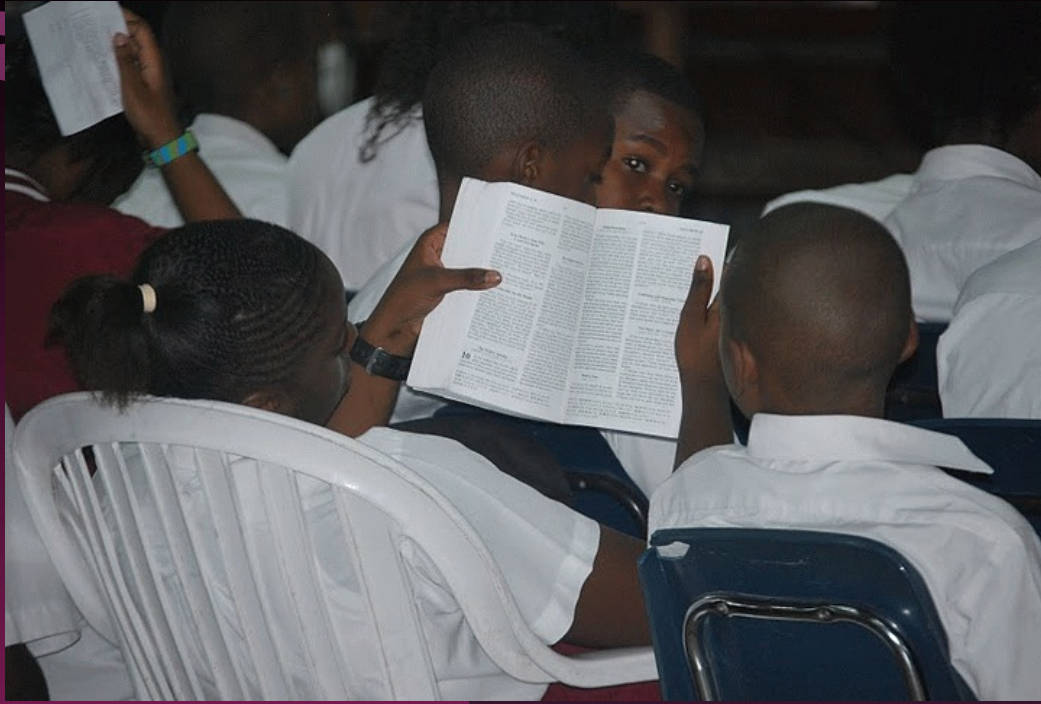
James 4:8

“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

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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.”

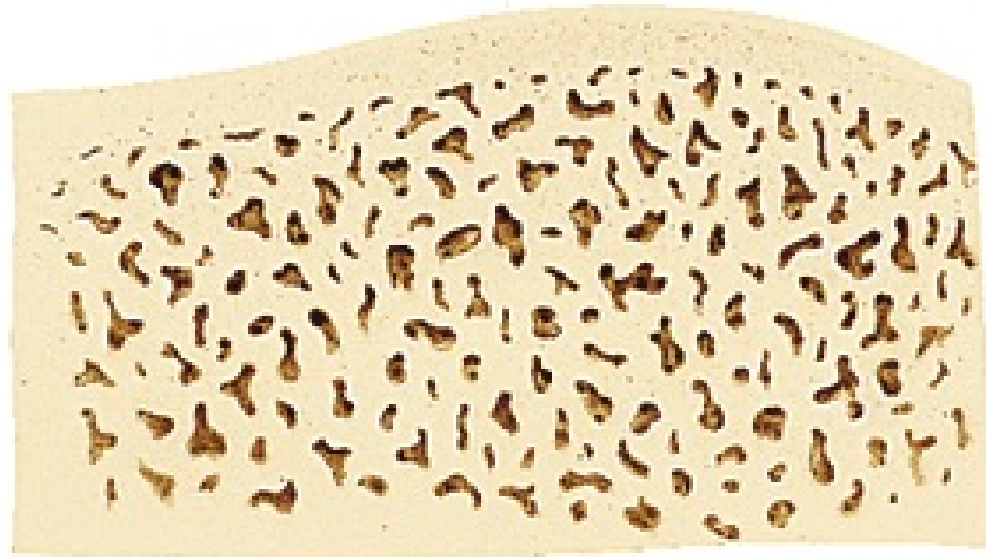
## Resistance Training & Bone Density

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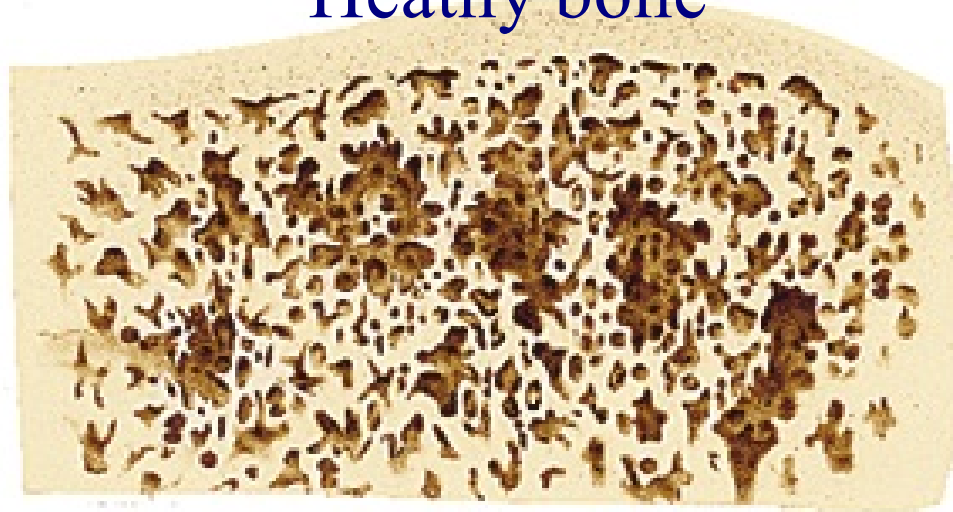


“Recent studies have shown that resistance training is also effective at increasing bone density, and in fact, may be more effective than aerobic training.”



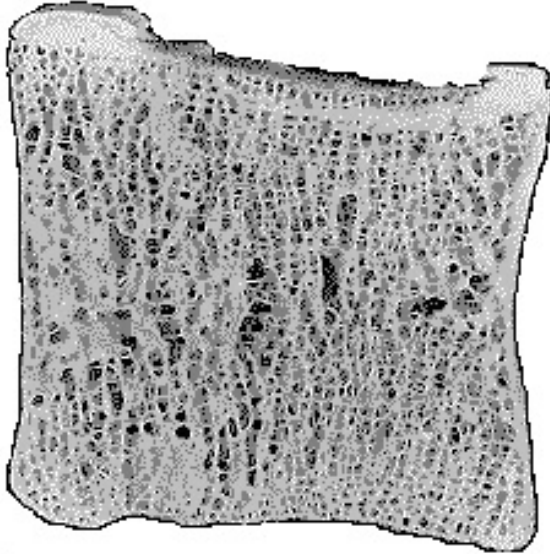


Healthy bone

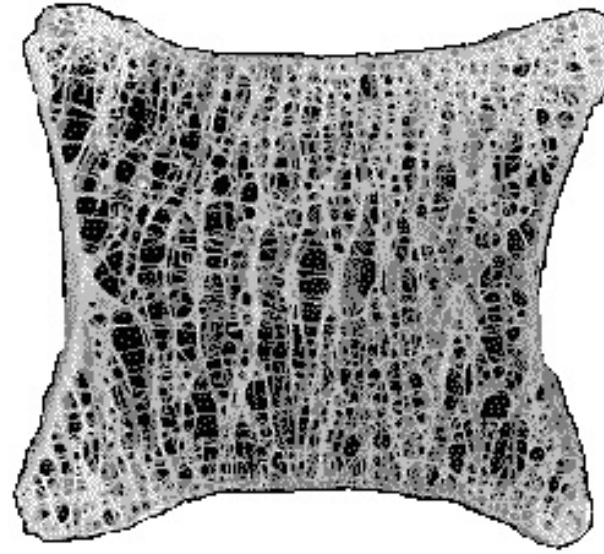


Unhealthy bone

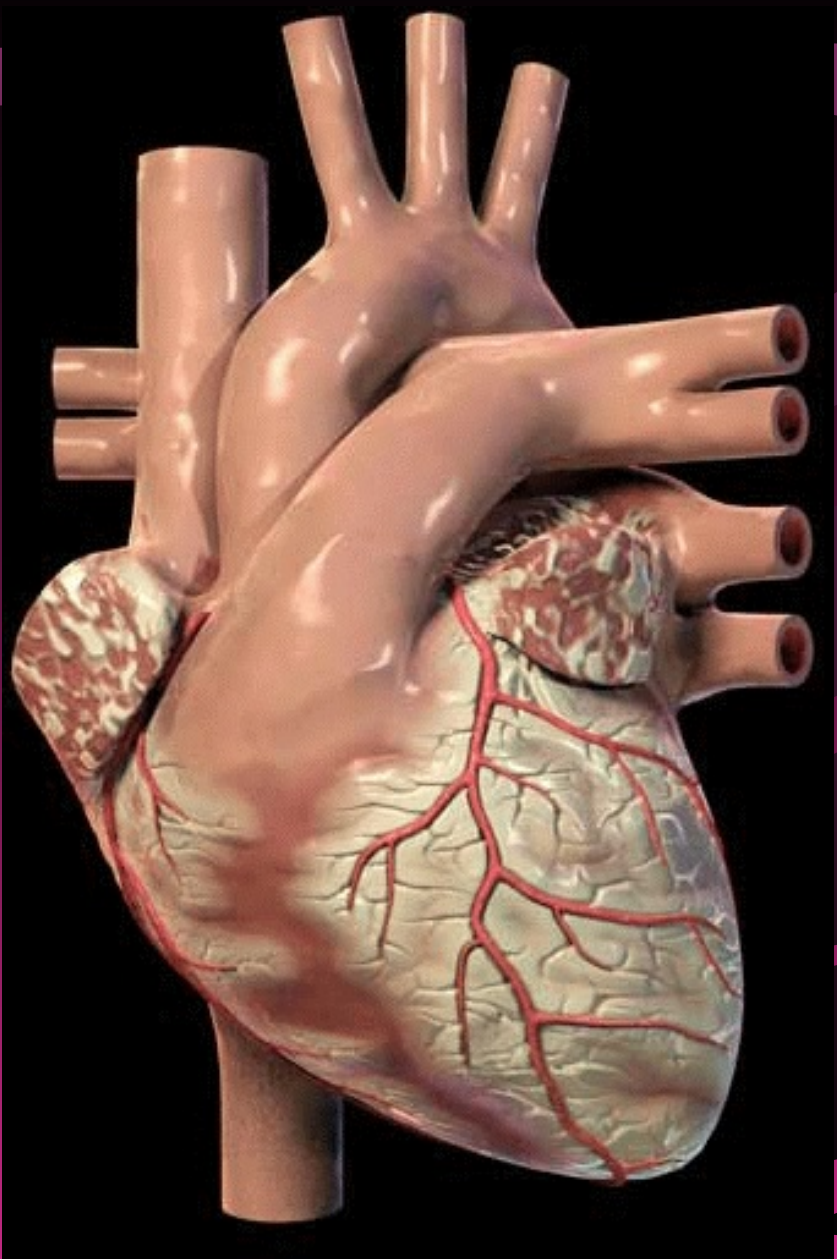
# Bone Cross Section



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

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Without  
resistance  
we die  
spiritually.

## James 1:21

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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.

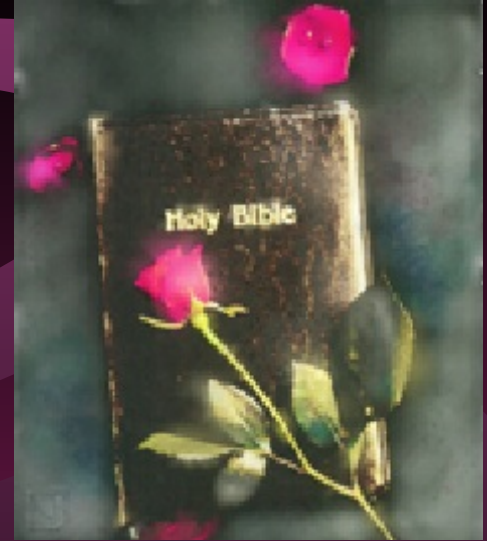
Matthew 5:16



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

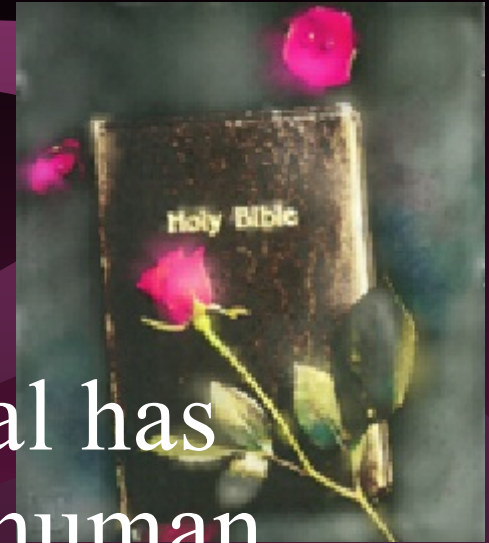
# 1 Corinthians 10:13

*Amplified Bible*

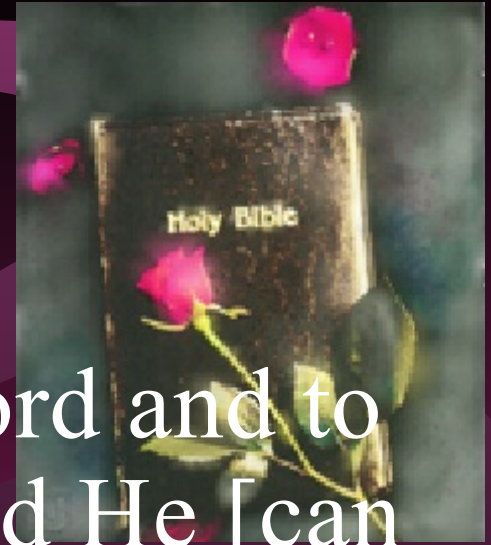


For no temptation (no trial regarded as enticing to sin), [no matter how it comes or where it leads] has overtaken you and laid hold on you that is not common to man . . .

[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]

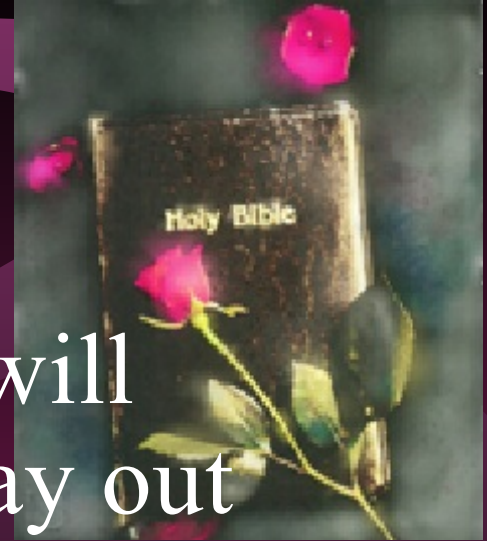


But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of **resistance and power to endure,**

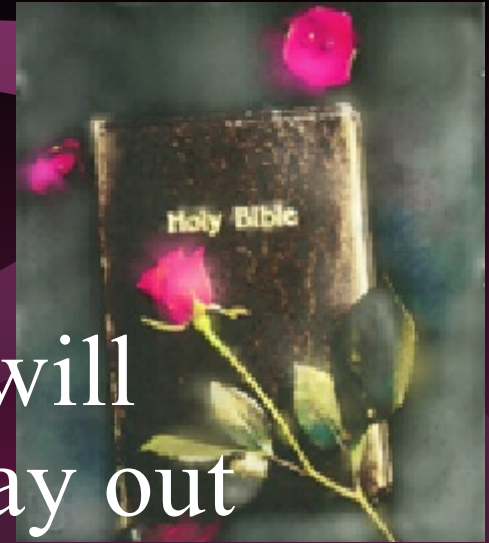




but with the temptation He will [always] also provide the way out (the means of escape to a landing place), that you may be capable and strong and powerful to bear up under it patiently.



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.**



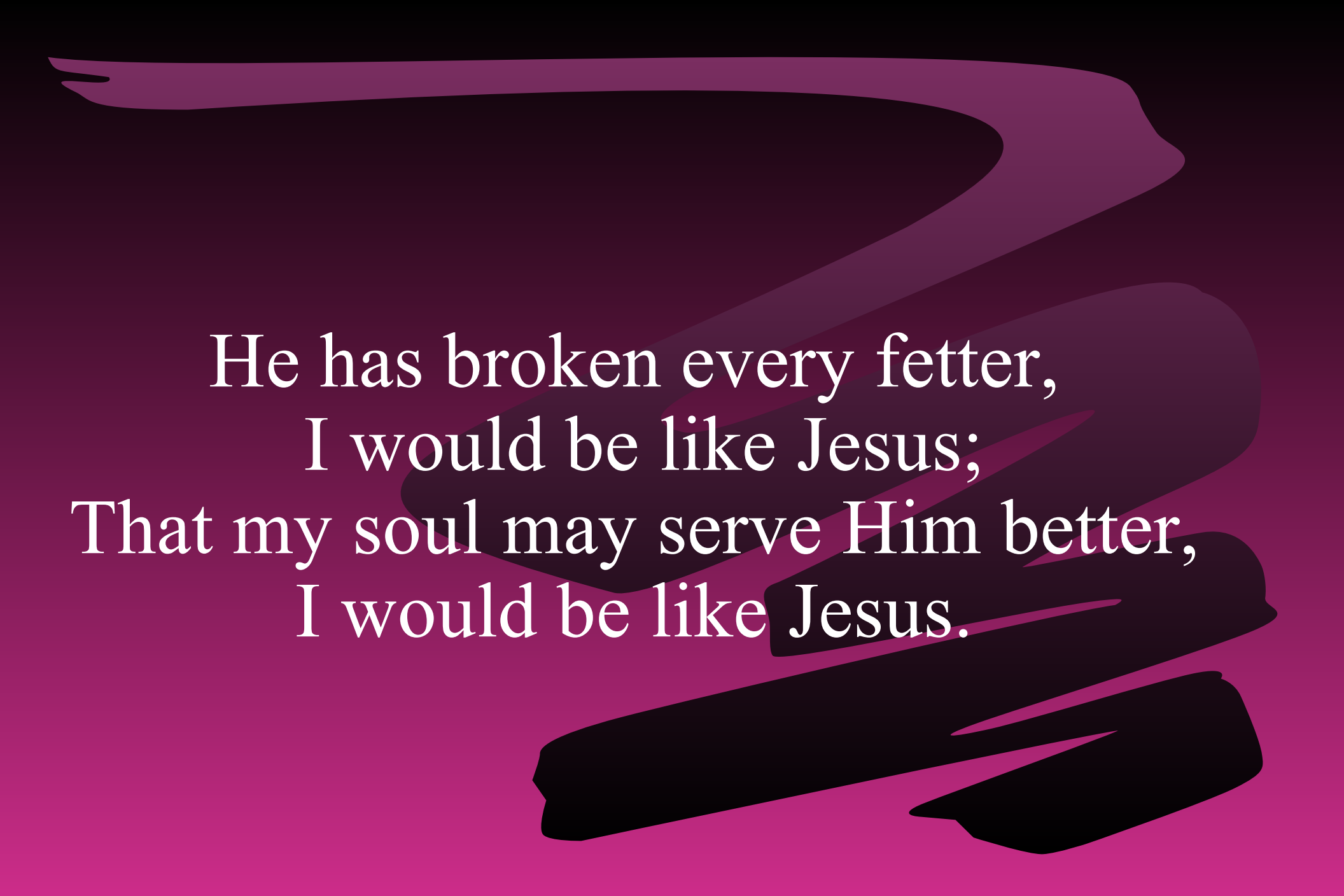




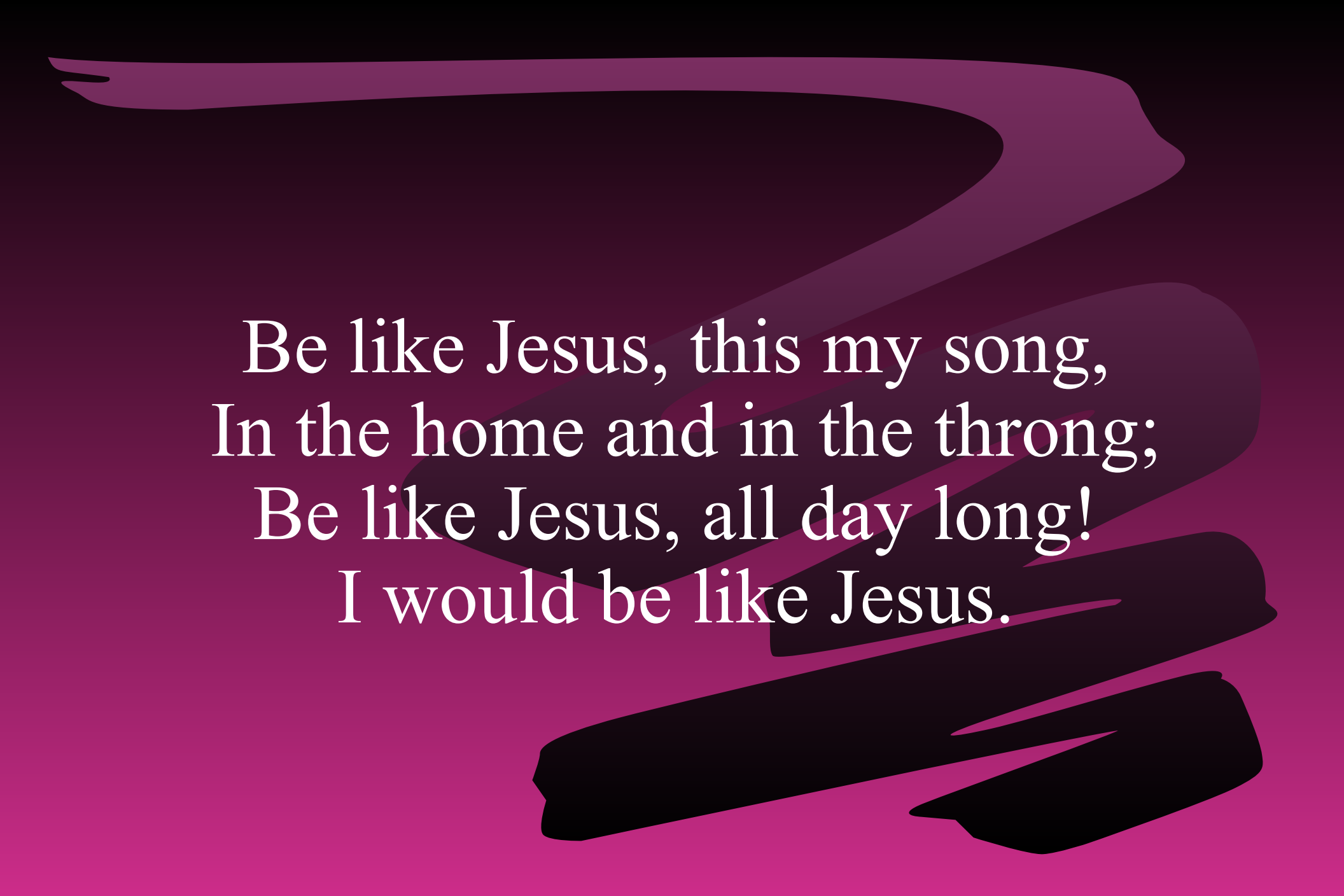
Earthly pleasures  
vainly call me;  
I would be like Jesus;  
Nothing worldly shall  
enthrall me;  
I would be like Jesus.

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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