



These are ideas that we hope will help you be intentional about being the good news in your world. Customize them for your community. Let them inspire you to come up with your own. No matter what you do with these, please BE the Good News in your world.

▶ **UP - EVERY WEEK SPEND TIME LEARNING ABOUT JESUS.**

- ▶ Read the gospels. Just a little bit a day until you get through all 4.
- ▶ Find a Podcast that challenges you about who Jesus is in your life. Listen to it at least once a week.
- ▶ Ask a pastor to help you find good videos on Youtube or Vimeo of people who might inspire you about Jesus.
- ▶ Read a chapter of the Gospel of John each day a week at school.
- ▶ Find verses that encourage you, write them down, and leave them in encouraging notes to friends.
- ▶ Ask a close friend how you can be praying for them today. Stop and say a quick prayer with them.
- ▶ Pray a blessing on the lockers on each side of yours (if you don't have a locker pray for your neighbors). Pray they would experience joy and love today.
- ▶ Pray for courage to care for your school, family, neighborhood, and friends this week.
- ▶ Ask you mom/dad/pastor/small group leader to recommend a book about Jesus not in the Bible that you might be able to read.
- ▶ Read or Re-read *The Lion, The Witch, and the Wardrobe*.
- ▶ Watch your favorite movies and ask Jesus to show you why they inspire you.
- ▶ Ask a your pastor a question you've always wanted to know the answer to and spend someone time discussing it.
- ▶ Read a passage of scripture using a commentary for a whole week (ask for help).

▶ **IN - EVERY WEEK SPEND SOME TIME HANGING OUT/EATING WITH SOMEONE FROM YOUR TRIBE TO BUILD COMMUNITY.**

- ▶ Ask a friend to sit with you at lunch (or ask them out to lunch) and pay for their lunch.
- ▶ Invite a bunch of people to your house for a fire, games, movie, or just to be together.
- ▶ Invite one friend over to watch a movie or play games or just be silly together.
- ▶ Spend some time hanging out and being silly with someone having a rough week. (Don't talk about the rough week, unless they need to talk).
- ▶ Ask one of your friends the last time you offended them. Try to make things right and do better next time.
- ▶ Write an encouraging note to your Tribe leaders and tell them thank you for the work they put in for you. (texting, messaging, snapping, Insta, its all good so is pen & paper).
- ▶ Write an encouraging note to your best friend. (texting, messaging, snapping, Insta, its all good so is pen & paper).
- ▶ Write an encouraging note to someone in the Tribe you don't know well. This may start up a new friendship. (texting, messaging, snapping, Insta, its all good so is pen & paper).
- ▶ Find out one interesting thing about a person in your Tribe.
- ▶ Ask your Tribe leader(s) at least one thing they wish they could have known at your age.
- ▶ Ask "How are you doing...No, really, how are you doing today?" to at least 3 people from your Tribe. (texting, messaging, snapping, Insta, its all good so is a phone call).

▶ **OUT - EVERY WEEK SPEND SOME TIME BLESSING SOMEONE (OUTSIDE YOUR TRIBE)**

- ▶ Pray a blessing over the lockers or houses on either side of yours. Pray they would experience love and joy this week.
- ▶ Find out one interesting thing about the person who has the locker next to you, on either side. (If you don't have a locker find a neighbor kid or your next door neighbors).
- ▶ Write a note of encouragement to the people in the lockers on either side of yours. Then slip it through the slits of their locker. (If you don't have a locker write the note to your neighbor and leave it in their mailbox or a person on team or in a club with you and drop it in their bag or just hand it to them).
- ▶ Clean up duty. Serve your table at school by taking everyone's trash and tray.
- ▶ Clean up duty. Offer to mow your neighbor's lawn/rake their leaves/shovel their drive without being paid.
- ▶ Pay for someone's meal at school without them knowing or invite them out to food with you.
- ▶ Leave a \$10 gift card in a neighbor's mailbox with a card saying, "Have lunch on me."
- ▶ Write an encouraging note to a teacher, coach, principle, office staff, librarian (school or public library), or even the regular cashier at the grocery store.
- ▶ Ask how you can be part of helping in a special needs class, then go help as you can.
- ▶ Pray for God to provide for the needs of the person whose locker is next to yours. Pray for God to provide for the needs of the people who live next door to your family. Pray for God to provide for the needs of the people on your team or in your club. (First step: Find out those needs by asking)
- ▶ Find someone who does not have a lunch and buy one for them at school. Or just randomly pay for someone (school or restaurant) without them knowing.

- ▶ Buy a Cafeteria worker a candy bar and write them a thank you note for all their hard work.
- ▶ Leave a \$10 gift card to the people in the lockers on either side of you.
- ▶ Spend the whole day without complaining. Only encouraging words for everyone.
- ▶ Ask someone for help in some area of your life whether with a subject or any type of need you have.
- ▶ Ask the custodial staff at school or church what you can do to help clean up.
- ▶ Bring a small gift (fruit/cookies) to the elders of your church.
- ▶ Bring a small gift to your teachers/coaches/principles/office staff at school.
- ▶ Exercise patience for a whole week in practical ways: holding the door, letting someone go in front of you in line at lunch, etc.
- ▶ Ask Ning and/or anyone from the international ministry who, from their ministry, could use a friend, and go be that friend.

THE BALANCED LIFE OF A DISCIPLE

