

***A 40 Day Revolution***



***Making a Difference in my own life  
Making a Difference in the lives around me***

Name: \_\_\_\_\_

March 1 2009—April 9 2009

February 2009

Regardless if you have recently have gone to a Winter Retreat, will go to a Winter Retreat or are just simply trying to figure out how to grow in your personal relationship with God, sometimes life gets a little complicated and sometimes overwhelming. Sometimes it's tough to know what really should be the 'next step.' Sometimes life is tough because you simply feel like you are going at it all alone. I want to encourage you to know that you are not alone. The prophet Elijah felt like that (You can check out 1 Kings 19 for specifics). Simply the fact that you are reading this you should be encouraged that you are not alone. There are several programs that have a similar design that thousands of students and adults have and are participating with in order to grow in their relationship with Christ and are trying to make a positive difference out in the world.

Beginning March 1st, we'll be taking 40 Days to not only try to better connect with God, but to also specifically and actively make a positive difference in our world together.

Regardless of where you call 'home,' We will be providing resources, ideas and opportunities for you to see God do amazing things in and through your life!

The next couple of segments will help explain some of the things that we will be doing and why. I hope that you will join us in this Adventure of not only being changed by God, but also in helping to change our community and the world for the better! Additional information and resources will be regularly found online at [CEFCYouth.com](http://CEFCYouth.com). You can download weekly updates and challenges there as well as share your thoughts, questions and helps.

God promises that if we look for Him with our whole heart, we WILL find Him. (Jeremiah 29:13) This is a great way to do that. If you are looking for God's direction in a specific circumstance, if you are looking for specific answers, or if you simply just desire to help make a positive change in our community, I invite you to join us!

Eager to see what God will do,

Jackson Fong  
Student Ministries Pastor Community Church of Susanville

## The basis of the program

There are multiple growth and change programs that are out there and are excellent and work. Rick Warren's 40 Days of Purpose, and Richard Mull's 40 Day Revolution are just two of many programs that this particular program has come from. If you look at these programs, you will find that most of the general concepts are from them.

You will find that overall, this is simply just a compellation or a collection of thoughts from many people with many applications. If you are well read or well versed in Christian literature, you will probably recognize most of the concepts.

Though applications can be pulled from many contemporary writers, the main basis for this work comes from Scripture. People can be wrong or applications can be misused or misinterpreted.

What we are simply trying to do is to take some of the best ideas and concepts and make them practical and applicable for our lives here today in Lassen County. Can these be used in other areas? Sure? The general concepts are currently being used all over the world by those people using the aforementioned 40 Day programs, but also by those who are simply trying to live out what the Bible says. You'll find that through the course of these daily readings that there is a mix of scripture, application options and reference to thoughts and stories. The Bible refers to itself as useful, living and active (Hebrews 4:12, 2 Timothy 3:16)

Most of the Biblical references are left for you to look up in a Bible that you are most familiar and comfortable with. My encouragement to you is to take a little time and read that references in more than one version of the Bible. Different versions of the Bible are translated with particular audiences in mind. As we are all different in reading styles and habits, additional translations have the potential of encouraging you to consider the possibilities and perhaps clarify thoughts that you may struggle with. You may also find that reading additional versions of the same scripture bring new questions or even broaden some thoughts.

I encourage you to allow God to stretch you and change you as you read. Ask Him to clarify and don't be afraid to talk with others for their thoughts as well.

## Defining Revolution

Rev-o-lu-tion: Noun

- A sudden, radical or complete change
- Activity or movement designed to effect fundamental change
- A fundamental change in the way of thinking or visualizing something

-Merraim-Webster Dictionary

When most people think about revolutions, violent overthrow of government usually comes to mind. These are usually intense, bloody, long and drawn out.

Real change, regardless of the type or surrounding circumstances, requires effort and a personal ownership of those making the change. There are all sorts of things we may not like about our surrounding circumstances. There may even be a lot that we struggle with in relation to ourselves. The sheer volume of information regarding revolutions is slightly overwhelming.

Ultimately though, revolutions come from discontent, people not desiring to continue living the lives that they are.

When we look around, there are numerous things that we are not thrilled with. Some things can be perceived as minor while other issues seem insurmountable and all encompassing.

A phrase that has been used many times in the last several months is that it is "Time for Change".

Regardless of your personal political affiliations, it's difficult to look around and not say that there needs to be some change. It can be extremely tough to change something large, especially if there are many people involved in it. Whether it be in the political arena, in church leadership, in schools, the work place or home, sometimes the details that need to come with change are complex and increasingly difficult. However, we can always affect change in our own lives. Change starts with a single individual choosing to make that single step.

## Why 40 Days?

No, 40 is not a magic number, though if the number 40 is on the back of your jersey you may feel differently. However, the Bible does speak of multiple that correlate with the number 40

Noah and the Flood– It rained 40 Days and 40 nights.

Isaac married his wife when he was 40.

The limit to scourging was 40 lashes.

The Israelites had to wander the wilderness for 40 years.

Moses spent 40 days and nights before receiving the 10 commandments and the plans for the tabernacle and the Ark of the Covenant.

Joshua was 40 when Moses sent him out to scout out the land of Canaan.

Goliath taunted the Israelites for 40 days before God sent David.

Elijah traveled 40 Days and 40 Nights to hear God.

God gave the Ninevites 40 Days to repent.

Jesus Fasted for 40 Days and 40 Nights.

Jesus was tempted for 40 Days.

During the 40 Days after the Crucifixion, Jesus appeared to many revealing his resurrection.

Most habits can be formed in 40 days.

Richard Mull, the originator of the Operation Life Force 40 Day Revolution, shares a story about the Mediterranean fruit fly whose life cycle takes 40 days.

The main concept we are focusing on with these 40 Days, is to give enough time to end a cycle of habits and present enough time to develop another.

## **The Main Concepts**

### Fasting

—A discipline of self restriction and refocusing, not solely of vacuum.

For this program we are solely focusing on **1** Food item and **1** Media item. (Food item—Chocolate, Junk Food, Starbucks, Soda, etc. Media Item—TV Program, Video Game, Television, Non Christian Music, Ipod, etc.)

### Servant hood

—A discipline of putting others needs first, or helping those in need.

### Blessing

– A Discipline of being a blessing or a help to other people you encounter.

### Prayer

– A discipline of communicating with God on one's own as well as other's behalf.

### Personal Bible Reading and Meditation

—A discipline of making time to hear from God and to make personal application.

All of these are aspects of our 40 Day Revolution. Individuals or families may choose to take things more intensely, but for the purpose of the group as a whole, these are the tenants we are focusing on.

## **Evangelism Methods**

Friendship Evangelism—Sometimes people will accept information from a stranger, However, people will depend more on their friends and those that they are close to. Most people find it more important to listen to some one they trust, know and have a proven track record with. If a person has a personal relationship with Christ, their interaction with their friends can mean much more than speaking with a total stranger. Sometimes, beginning and developing a friendship says more than 'preaching' at someone.

Blessing Evangelism—It can be easy to tell someone something, but it can be much tougher to DO something. To take the time to bless someone during a time of difficulty or crisis means more than words. To help someone who is elderly, hungry, thirsty or tired can speak volumes to them.

Servant Evangelism—Following in the steps of Jesus, we see that Jesus was not afraid to serve, but that He embraced it and calls His followers to do the same.

Prayer Evangelism—The Bible talks numerous times about the importance of prayer and that some things only work out when prayer is involved. A simple act of regularly praying for an individual specifically opens up the opportunity to see God to something tremendous.

It is human nature to ask "Why?" These methods can open up many opportunities to share about Christ. As you interact with others and they ask "Why?" prepare yourself to use these opportunities to share the love of God.

## Evangelism Core Concepts

How do I know that I have a Relationship with Christ?

1. **Admit** I'm lacking.

As God is perfect and I am not, I'm lacking. That imperfection is known as sin. (Romans 3:23, Romans 6:23) That sin will forever keep us from enjoying all that God desires for us.

2. **Believe** in who Jesus is and what He has done.

Because God Loves us, He sent His only son Jesus to be born on this earth to die a horrible death on the cross, was buried and was raised from the dead three days later. Jesus paid the price so that we would not have to (John 3:16, Romans 10:9-10, Acts 16:31)

3. **Commit changing** your life to growing and developing in loving God and other people.

(Luke 13:3, 1 John 1:9, John 13:33-35, Romans 10:9-10, 1 John 4)

Sharing your faith becomes much easier when you **make the time to prepare**. It would be easy to just not plan ahead, but when God provides opportunities for you to interact with people, God will do more through you when you plan ahead and prepare yourself to interact with others. The more you fill yourself with God, the more He overflows out of your life.



## Week 1

Verse for the week:  
Matthew 22:37-39

### The Great Commandment

<sup>37</sup>Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' <sup>38</sup>This is the first and greatest commandment. <sup>39</sup>And the second is like it: 'Love your neighbor as yourself.' (NIV)

<sup>37</sup>And He said to him, " 'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' <sup>38</sup>"This is the great and foremost commandment. <sup>39</sup>"The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOUR-SELF.' (NASB)

<sup>37</sup> Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind." <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> A second is equally important: 'Love your neighbor as yourself.' (NLT)

<sup>37</sup>And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup>This is the great and first commandment. <sup>39</sup>And a second is like it: You shall love your neighbor as yourself. (ESV)

<sup>37</sup>Jesus answered:

Love the Lord your God with all your heart, soul, and mind. <sup>38</sup>This is the first and most important commandment. <sup>39</sup>The second most important commandment is like this one. And it is, "Love others as much as you love yourself." (CEV)

Day 1 Sunday, March 1, 2009



### A Day of Commissioning

Com-mis-sion: Noun

- A group directed to perform a duty.
- An authorization or a charge to act in a prescribed manner
- Authority to act for, on behalf of or in the place of another; a task or matter entrusted to one as an agent of another.

Today you will be given the opportunity to take a stand and accept a challenge to make a difference in the world for Christ as well as for you to let God do something amazing in your own life.

Take some time to read the Applicable Passages:

Luke 9:1-2

Colossians 3:23

Acts 1:8

Matthew 22:37-38

Matthew 28:19-20

What are you willing to sacrifice for the next 40 days?

Food Item(s) \_\_\_\_\_

\_\_\_\_\_

Media Item(s) \_\_\_\_\_

\_\_\_\_\_

Are you willing to step out in faith and actively seek God over the next 40 days to the best of your ability?

Who are some people that will pray with you during this process?

Monday, March 2, 2009

Day 2

## Fighting Giants

Gi-ant: Noun

Something unusually large or powerful

Take some time to read the Applicable Passages:

1 Samuel 17:45-47

Deuteronomy 31:5-7

What would you consider to be some of the giants that affect your life? (Your school, workplace, neighborhood)

Here are some examples to start you off:

Violence Low Self Esteem Drugs Alcohol Depression  
Rape Racism Sexual sin \_\_\_\_\_

Make a list of what affects you and those around you.

Take some time to pray for that list you just made.

Pray for yourself and for those around you.

Do at least one of the following:

1. Take a rock and paint it (This can be a symbol of the rock David used to kill Goliath.) You can place it on campus, put it in your locker, your pocket or bag. Use it to remind you that God is ultimately victorious and that your prayers and your participation CAN make a difference!

2. Make a leather bracelet to remind you of the sling that David used to kill Goliath. Use this as a reminder that God desires to use you to make a difference in helping others.



3. Pray with someone about these "giants".

Day 3 Tuesday March 3, 2009

A Lighthouse in Darkness



Take some time to read the Applicable Passages:

Matthew 5:13-16

1 Timothy 2:1

What would you consider to be some of the giants that affect your life? (Your school, workplace, neighborhood)

List some of the people that sit/live/work around you.

Write down their names and some of their prayer needs.

If you don't know, ask!

Ask God to give you wisdom and discernment to know how to specifically pray for them.

Ask THEM what you can pray for them about.

Ask God to help you to discover how you can serve them, love them and bless them in specific ways so that they can experience God's love.

# Lighthouse Worksheet

Take a piece of paper and diagram to help you to remember who to pray for.

By Class/ Period/work setting

1st Period

	You	

2nd Period

	You	

3rd Period

	You	

4th Period

	You	

5th Period

	You	

6th Period

	You	

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Your Block / Work Space

	You	

## Prayer List:

Focus on the needs of at least 5 people. Write down what and when God answers.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

Day 4            Wednesday, March 4, 2009

S.Y.A.T.P.

Take some time to read the Applicable Passages:

Luke 22:31-33

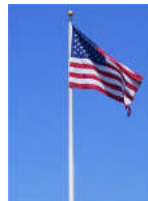
Acts 1:13-15

Acts 2:42

Acts 3:1

Acts 12:12

Hebrews 10:25



Typically speaking, people gather around flagpoles to pray two times a year, once in September for international **See You At The Pole** (S.Y.A.T.P.) day and another time in the spring for the National Day of Prayer. Why not make it a regular habit?

There are numerous benefits to come together.

You can do any of the following:

Share about what God has been doing through the daily assignments.

Share about what God is doing in your life.

Share about what God is teaching you.

Pray for our campus

Pray for each other.

Take note of who joined you. Thank God for them and pray for them.

Think about who you can invite to increase your support.



Thursday, March 5, 2009

Day 5

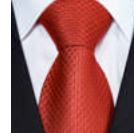
Administrators and Managers

Take some time to read the Applicable Passages:

Romans 13:1-3

Hebrews 13:7

1 Timothy 2:2



It's funny how we don't think much about those in authority unless we are in trouble or if we want something from them. Regardless if it is one of the administrators at school or a manager at work, they go through extreme periods of stress and they do need support. Think about all the negative attention that they receive. Consider what it would mean to them if they received some positive attention instead. Pray for some of those people in leadership.

Principal            Vice Principal    Secretary  
Counselor        Manager            Boss  
Other: \_\_\_\_\_

Take some time and ask some of them how you can pray for them.

Principal/Boss: \_\_\_\_\_

Vice Principal/Manager: \_\_\_\_\_

Secretary: \_\_\_\_\_

\_\_\_\_\_

You can also get them a Thank You card or a gift.

You can also pray one of these passages for their lives.

Ephesians 1:17-20

Philippians 1:8-11

1 Thessalonians 3:12-13

Ephesians 3:16-20

Colossians 1:9-11

2 Thessalonians 1:1-11

Day 6

Friday, March 6th 2009

A Day to Express Forgiveness (To Seek and to Give)

Take some time to read the Applicable Passages:

Matthew 6:12	Matthew 5:21-24	
Matthew 18:20-35	Mark 11:25	Luke 6:37
Luke 11:4	Luke 17:3	John 20:23
Acts 10:43	Acts 13:38	Romans 4:5-8
Ephesians 4:32	Hebrews 8:12	1 John 2:12

Throughout these passages there are a couple of points that are pretty obvious.

God desires to forgive us.

God desires for us to forgive others.

The way we forgive others affects us.

When God forgives us, He doesn't keep bringing up the past.

Take some time to think about this.

If you have people you need to ask for forgiveness, go do it!

If you have a list of people who you have not forgiven, ask God to help you to forgive them. (Write their name on a list and cross it out after you have forgiven them)

If you are struggling with forgiving yourself, ask God to help you and memorize a passage on God's forgiveness.

Bitterness and unforgiveness can harden us to others and also reduce our quality of life.

Ask God to help you to move forward and to leave these hurts and burdens behind.



Saturday, March 7th 2009

Day 7

A Day of Demolition  
(A Guy's favorite)

Take some time to read the Applicable Passages:

Psalms 119:9-11

Romans 6:12-14

Ephesians 5:11

Ephesians 6:11-13

Colossians 3:4-6

We make a great investment on things. Some things are incredible. Some things may cause us to stumble. Go to your room, locker, desk, bag, and car and ask God if there are things that you need out of your life, things that get in the way of your relationship with Him, or with others.

Here are some options to consider:

-Delete pictures, songs, videos etc from your computer.

-Transfer those things to a CD/DVD and Smash it.

(Adrenaline is kinda nice sometimes)

-If the item is expensive or has the potential to be, spend some time talking with your parents or another adult about it.

-If you need to destroy something, be creative.

-If you would like additional support with the item, bring it in a plastic bag to Church tomorrow and ask the group (Or people in the group) to help keep you accountable.

## Week 2

Verse for the week:  
Matthew 28:19-20

### The Great Commission

<sup>19</sup>Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (NIV)

<sup>19</sup>"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, <sup>20</sup>teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age." (NASB)

<sup>19</sup> Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. <sup>20</sup> Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." (NLT)

<sup>19</sup> Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (ESV)

<sup>19</sup>Go to the people of all nations and make them my disciples. Baptize them in the name of the Father, the Son, and the Holy Spirit, <sup>20</sup>and teach them to do everything I have told you. I will be with you always, even until the end of the world. (CEV)