

Preparing For College

Listed Scriptures

Mt 6:33; Jn 8:32; Jude 20-21

Lesson Aim

- 1) To create a list of priorities important to a successful college life.
- 2) To know what types of struggles we may encounter in college and how to overcome them.
- 3) To have a reality check on what college life is really like.

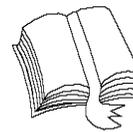
Memory Verse

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” (Mt 6:33)

Bible Reading For This Week (for students and teachers)

Daniel 4–6

B I B L E B A C K G R O U N D



Matthew 5–7 is known as the Sermon on the Mount. In it we see how the people yearned to see the teachings of the Lord Jesus. They deemed everything the Lord Jesus spoke as precious. If we look at these three chapters closely, we see that none of the multitude was forced to be there. They came on foot to see and listen to the Lord Jesus in the desert. To them, all notions of time and all feelings of hunger and pain were forgotten: they had a heart and a desire to seek God. Consequently, our Lord Jesus gave them spiritual and physical fullness. As Christians today, we need to have this same heart of yearning. If we put the Lord Jesus first, not only will our hearts be satisfied, but He will truly fulfill our needs. That is why our Lord emphasized the importance of first seeking His kingdom and His righteousness and all the others will be given to us.

W A R M U P



Jim was a freshman at college, but he had a problem with one of his classes: it began at 8:00 am three days a week. Jim had a bit more difficulty than the average student getting up in the morning, but he had a strategy to overcome it: he had at least five alarm clocks scattered around his room, all set a few minutes apart, to insure he would get up on time. It never worked though and he ended up in trouble. His professor called him into the office and said that if he continued to miss another class, he would fail for the semester. He had to come up with another plan.

Thankfully, many of the buildings on Jim's campus remained open twenty-four hours a day. So on those nights when he had an 8:00 am class the next day, Jim would curl up for the night in the building that housed his 8:00 am class. As extreme as this may be, it brings up a good question of how we manage our own schedules when we are away from our family. How do we organize and prepare ourselves at college so that we can be sure of leading a successful college life? Today, we'll look into the importance of preparing ourselves mentally, physically, and spiritually so that we can continue to live victoriously for the Lord.

B I B L E S T U D Y



Part 1

The Importance of Preparing Ourselves

It seems we are always preparing for something. We prepare for tests, we prepare dinner, we prepare to go to church. Why? What is so important about preparation that everyone needs to do it, especially Christians? Let's look into the importance of preparation in relation to our spiritual lives.



A. To Be Alert

As Christians we need to constantly be aware. Out of the ten virgins recorded in Matthew 25, five lost their awareness of time. They were not spiritually prepared, woke up at the last minute, and realized that they did not have enough oil. They

should have prepared well in advance and not at the last minute. By the time they woke up from their sleep, it was already too late. Their lack of preparation reflected that they did not have a heart of pursuit. The five wise virgins, however, were fully prepared and were thus able to see the Bridegroom. Likewise, if we are to see the Lord, we need to be constantly aware and to be alert to temptation. We need to be spiritually alert and constantly on the watch "for you do not know what hour your Lord is coming" (Mt 24:42). If not, we may find that it is too late.



B. To Understand and Do God's Will

Oftentimes we fail to understand God's will. Genesis 19 records that God was going to destroy Sodom, and that Lot failed to understand and be aware of this. Even when he was finally aware of the destruction of the city, his preparation was last-minute. Genesis 19:16 records how he lingered on and how the angels had to drag him and his family out of the city. If Lot had understood the Lord's will, he would have acted on it immediately. As sojourners in this world, we need to have a heart which understands God's timing. If we are spiritually prepared, we will be very watchful and will constantly prepare ourselves. Let us ask the Lord to help us understand His good will.



C. To Be Diligent

Proverbs 6:6–8 reminds us to observe and learn from the ant. The ant is the most diligent creation of the Lord. We need to be as diligent as the ant and not be lazy. As students, we often like to procrastinate, which, according to the Oxford English Dictionary, means "to defer action, especially without good reason." Procrastination is a sign of laziness. It is not a characteristic that Christians should possess. As the elder James reminds us, "Come now, you who say, 'Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit'; whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away" (Jas 4:13f). Instead, we should follow the advice of King Solomon: "Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going" (Ecc 9:10).



Part 2

The Results of a Lack of Preparation



A. Living Life on the Edge

As a student, we think we can have a lot of fun during weekends until mid-terms come. However, if we fulfill our duty, we will do better and will not leave things until the last minute. If we plan ahead, we will not have to cram for our exams or pull all-nighters, just so that we can get everything done in time. Spiritually, if we do things last minute, we will barely make it. According to 1 Peter 4:18, "The righteous one is scarcely saved." If this is the case, then we must all the more live a life of full preparation, and not one that will barely make it.



B. Feeling Regret

Luke 24:1–3 records how some women wanted to embalm the body of Christ, but were too late. They tried to do this at the last minute and thus lost the opportunity. If we have a tendency to do things at the last minute we will feel pressure and anxiety. If we had to prepare a presentation for our class at the last minute, we would perspire when presenting because we would know that we were not prepared. We would keep on reading our notes and would not look up. Our audience and our professor would know that we were unprepared. In the end, we are the one who lose out. Don't live a life of regret. Instead, live out a fulfilling, meaningful and vibrant life.



C. Losing Salvation

The rich man recorded in Luke 16 did not show any love towards Lazarus while he was on earth. He lost his opportunity and consequently lost his salvation (Lk 16:25). When we have the opportunity to do good, do not withhold it (Prov 3:27f). Likewise, if we continuously procrastinate with our spiritual lives, putting off our spiritual preparation until tomorrow, we could end up losing our salvation too. Do not let this happen. Seize the day!



Part 3

The Secrets to Being Prepared



A. Prioritize

Time is unique. We are all given twenty-four hours a day to use as we wish. However, if we know how to prioritize our time and use it wisely, we will prevent ourselves from doing things at the last minute. According to Romans 5:3–4, the tribulations we encounter will produce certain characteristics. Sometimes our character comes from nature. We are genetically predisposed to certain characteristics, but sometimes our character comes from our habits. If we accumulate habits, it will gradually become our character. Being ill-prepared or procrastinating suggests that we allow ourselves to manage things at the last minute. Consequently, it becomes part of our character. We need to persuade ourselves to do things in advance and to gradually change ourselves to overcome procrastination. If we prioritize our time correctly, putting God as our focus, then everything else will fall nicely into place (Mt 6:33).



B. Plan Wisely

In today's fast-paced society, we emphasize the importance of saving time, introducing such things as fast food and drive-through. But, in our effort to save time, how do we actually use it? Having fellowship with our brothers and sisters is a good way to get to know each other and to help each other out. However, sometimes we just use the time talking for hours on end, without a spiritual focus. In addition, we may spend a lot of time sleeping and this results in doing things last minute. We also spend a lot of time and energy on entertainment, which is supposed to relax us, but we have gradually turned it into the goal of our lives. Psalm 90 reminds us to treasure time, to ask the Lord to "teach us to number our days, that we may gain a heart of wisdom." We need to have the right concept in managing time. "To everything there is a season, a time for every purpose under heaven"(Ecc 3:1). There is a time for everything. God is a planner. He planned salvation for us. We need to learn to cherish the time the Lord has given to us and to use it fruitfully and wisely. Ask the Lord to give us wisdom to be able to plan wisely and to set up a schedule and follow it.



C. Use Every Minute Meaningfully

Since time is precious we need to use every minute in a most meaningful way. If we use time wisely, we will reap 10 times in return. Abraham Lincoln was very poor in his upbringing. Once, he went to the bookstore and asked the owner how much a certain book was, but it was expensive. He looked around and around but came back to the book. Then he asked the owner again how much the book was. The owner raised the price. Lincoln asked him why, to which the owner replied: "You're wasting my time. If you ask me again, I'll raise the price again." This little anecdote highlights the importance we place upon time, and how we should use every minute meaningfully. We need to make the most of every opportunity because the days are evil (Eph 5:15f). We often waste a lot of precious time because we use it in a meaningless way. We need to make the most use of our time and treasure the time that the Lord has given to us.

The Lord reminds us to be faithful to Him in all things. "He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much" (Lk 16:10). Being faithful also applies to having the right concept of time. If we are able to use our time wisely, we will be entrusted with more responsibility. If we cannot manage our time well, then how are we supposed to manage our lives?



Part 4

How Do We Prepare?

Teaching Tips

Ask your students to write down a list of things they need to prepare beforehand, both mentally and spiritually, before going to college. Once they have finished, go through the list with them, adding any others that they may not have mentioned.



A. Mental Preparation

The following is a brief list of things students should mentally prepare for before setting foot on a college campus.

a. Define Your Plans

Make sure you have a set of well-structured plans before you head off to college. Ask yourself, "What do I want to do/develop/be in college?" Then, ask yourself how you are going to accomplish this. Make sure you think this through and make sure you have it written down somewhere! (Prov 16:3)

b. Be Prepared to be Homesick

Homesickness isn't just something that happens to little kids at camp. It's a natural reaction for anyone leaving familiar people and places they love. Instead of focusing on how much you miss your friends and family, think of how God has blessed your life through the people who love you. Write and tell the people you miss how much they mean to you. Homesickness is a sign that you've been given deep, lasting relationships in your life, and they are a precious gift from God.

c. Prepare to Study

College is different from high school. Be prepared to take notes in lectures and be prepared to work hard. Do your work well in advance: don't procrastinate!

d. Learn to Live with Others

College is usually the first time when we have to live with other people for a long period of time who are not part of our family. That means that we will encounter people whose habits may annoy us. We need to learn to be able to deal with such situations: learn to adapt, to talk things through, to share, and to love (2 Cor 2:14f).

e. Handle Your Freedom Responsibly

No matter how shy or outgoing you are, college presents one challenge every new student faces: dealing with newfound independence. When you're in high school, the freedom of college life—making your own schedule, choosing your own friends, and coming and going when you please—sounds awfully appealing. But with that new independence comes a lot of responsibility. When you're in charge of yourself, everything from laundry to choosing a major becomes your job. Independence, however, also means making choices that will affect the rest of your life. Once you're on your own, it's tempting to do the things you may have said no to in high school. But the consequences of these decisions can result in a loss of your spiritual life. There are, however, things you can do before going to college that can prepare you for independence. For example, if you don't already have your own bank account,

ask your parents to help you set one up. Then, see how you can manage your own money for the next few months before you head off to college. Also, help to do the laundry at home. This will prepare you well for doing your own laundry! And learn to cook too. You don't want to starve yourself through college!



B. Spiritual Preparation

The following is a brief list of things students should spiritually prepare for before setting foot on the college campus.

a. Let God Guide the Journey

Focusing right away in college on what we want for ourselves is important, but more important is discovering the path that God has in store for us. "For I know the plans I have for you," declares the Lord, "Plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). God wants us to succeed and wants us to be happy. He wants us to have an abundant life. In order for this to happen we need to put all of our trust in God. We don't need to worry because He is in control. Matthew 6:30–34 tells us to trust our Lord Jesus Christ completely, even when we feel that nothing could possibly help us through our situation in life. We have to recognize that He is our almighty and all-loving Father, and He is always ready and willing to carry us through whatever comes our way.

b. Get Ready to Grow in Our Faith

Attending college is the beginning of newfound independence. It is also the beginning of our own independent faith with our Lord. No longer do we have our parents telling us to go to church anymore. It's up to us. We need to be prepared to go to college with the aim of increasing our faith, not of destroying it. Be prepared to be challenged in faith and be prepared to discuss life as a Christian. When we do, our understanding of God grows and our faith becomes stronger. In fact, our faith really begins to become more and more our own—not just an extension of what our parents or friends believe. As apostle Paul said, we need to continue to reach ahead "toward the goal for the prize of the upward call of God in Christ Jesus" (Phil 3:12–14). Let college be the beginning of a beautiful, strong relationship with our Heavenly Father.

c. Prepare Our Heart, Soul, and Mind

"But you, beloved, building yourselves up on your most holy faith, praying in

the Holy Spirit, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life" (Jude 20–21). It is important to build ourselves up, particularly before we are left on our own. As Christians living in this world we are constantly bombarded with temptations and tests. Our faith must be strong enough to stand through such tests. In our daily lives, it is vital that we study the word of God more so that we can stand firm. Building up our faith with the Lord's word is to read it, internalize it, and to live it out. It is particularly important that we prepare our hearts well before we head off to college, because we need to understand our belief so that we will be able to stand firm when we encounter different trials and tests (1 Pet 1:6f). An important part of building ourselves up is to cast off our old selves and put on the new man (Col 3:9f). Renewal comes through knowledge of the image of God. The more we renew ourselves and build ourselves up in faith, the more it becomes a lifeguard to us. If our faith is not built up we will easily fall into temptation and will be unable to stand firm. Ephesians 6:10–17 reminds us to put on the armor of God to "stand against the wiles of the devil." Note how apostle Paul does not tell us to put on only one part of the armor, but the "whole armor." We need to be fully protected and well equipped in order to fight this spiritual battle, shielding our faith "to quench all the fiery darts of the wicked one."

d. Look for the Mercy of Our Lord Jesus Christ (Jude 21)

Without the mercy of the Lord, it is virtually impossible for us to keep our faith. If it were not for the mercy of the Lord we would not be able to live even for a day. God's mercy is vital to the survival of our faith. We need to look for His mercy until the very day we depart from the world. Hebrews 12:1–3 encourages us to "run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith." This means that since the Lord started our race for us, He will also help us to finish it. We need to hold on to that promise and continue running on this heavenly journey. Do not let our environment, our problems, our friends, our family, or our weaknesses weigh us down. Instead, ask the Lord to fill us with His spirit so that we have the strength and the energy to carry on. We need to continually look to the Lord, the giver of life, for hope, especially as we begin our college years.

Most importantly, we need to keep our spiritual life strong. Develop habits for prayer and Bible study we can take with us to college. And ask family and friends to pray for us as we take this next step in life.

CHECK FOR UNDERSTANDING



- 1 Why is it important to be prepared?
- 2 What are the drawbacks of a lack of preparation? In your opinion, what do you foresee as the most dangerous result of a lack of preparation? Why?
- 3 How would you use every minute meaningfully?

LIFE APPLICATION



Part A: Making God a 7-Day Thing

The worst time of the school year must be exam time, when tension fills the hallways and elevators. It's the time of year when the library seems to turn itself into the local shopping mall during the holidays: the hours are extended, the crowd triples, and finding a place to sit is almost impossible if you're not one of the first hundred to enter.

In college, I dreaded finals week and found myself nearly becoming a different person when it came around. I would unhook the phone and store up a week's supply of canned and preprocessed foods. Outfitted with my study cap and ear plugs, I was set to move into the library. The stress would bring out the worst in me, while everything else in life seemed to be put on hold for a week or two.

I had a friend, however, who was always so calm and cheerful during finals. I figured she was well-disciplined with her work during the school year and did not need to cram during finals. But then I couldn't understand how that could be since she was very involved with church.

On one occasion I asked her how she handled the pressure. She replied by asking me how my time with God was. "Fine," I said to myself. "I keep the Ten Commandments and attend Sabbath service every week. I spend time with God when I'm in church, I say a one-minute bedtime prayer each day, and I do some occasional Bible reading." At the time I thought my faith had a pretty good direction, since at least I kept the Sabbath. "What more can you ask of a college student?" I thought.

The problem with this attitude, I realize in retrospect, was that I took God for granted and really neglected my spiritual life. At the time, I went on with life the way I thought it should go and stressed and worried about the unknown tomorrow. I tried everything I could to make that unknown tomorrow more manageable without much success. But God knows my weakness and wanted to help me overcome it.

During my junior year in college, I became roommates with another sister-in-Christ, Terry. My old roommate had graduated and moved out; Terry was moving out of the dorms and looking for a place. Both of us were seriously considering the option of living with non-Christian friends. Although we went to church together every week and met in our campus fellowship once a week, our friendship remained only at that level. We did not know each other beyond the cordial sisterly friendship we shared, so I was somewhat skeptical about becoming roommates. Thank God, however, that someone who had greater conviction than either of us encouraged us to grasp the opportunity. Little did I know how having a roommate of the same faith would help me deal with the stress of school and life's other surprises.

After Terry moved in, we went grocery shopping together, took turns cooking, and went to church together. Above all, though, we decided to set a prayer time. Every night at eleven, I'd hear, "Hey, Trace. Ready?"

"Yeah," I would reply, shut my textbook, and go over to Terry.

We would kneel before an old brown vinyl couch and first share the joys and troubles we had experienced that day. Then we would set an alarm clock and hide it under the couch so that its ring fifteen minutes later would not startle us. After praying, we would chat some more about our prayers or concerns before turning in.

Prior to that time, I did not really have a consistent prayer habit. Sure, I would say a short prayer before turning in, and I had tried on numerous occasions to set a more consistent prayer schedule, but I could not maintain a five-minute prayer routine for more than a few days. Paul described this spiritual struggle in Romans 7:18–19: "I can will what is right, but I cannot do it."

It had been so easy to just thank God quickly for a smooth day and fall into bed, or just feel too tired to pray. Because I would give in to this battle between flesh and spirit without a fight, God had been a part of my life only in situations directly concerned with him. That is, for me school had been school and church had been church—two separate worlds. I did not even realize that I was living in two different worlds until my life at school and my life as a Christian began to merge.

With more consistent time devoted to God, He gradually became a part of my everyday life. When I rushed from class to class, I'd stop to take a deep breath and thank God for a beautiful day. When I bumped into a friend on the street, I'd thank God for such wonderful friends. When I walked home, I'd find myself humming hymns. And when exams came, I wasn't as stressed about getting good grades because I had something far better. All I had to do was my part, study, and not worry about the result. I felt God's "goodness and mercy" (Psalm 23:6) every day; I began to feel what it means to say to God in prayer, "Hallowed be thy name." Feeling God's grace upon me, I naturally praised and gave glory to His name.

Moreover, keeping the Sabbath became more enjoyable. I wanted to listen to sermons and attend senior class because I was learning so much about God. I then realized that this was what my calm, Christian friend tried to tell me when I asked her how she so gracefully handled stress and pressure. The key was spending time with God consistently!

These changes did not come easily, even with a Christian roommate. We really had to make an effort in the beginning. We tried praying in the morning, but with different schedules, we woke up at different times. We tried praying individually, but without the accountability it was hard for us to keep meaningful prayers each day. After trying different times we decided that 11pm was the most feasible.

At first using the alarm clock seemed silly. But we wanted to make sure that we prayed at least the length of time we set for ourselves, so that we spent at least fifteen uninterrupted minutes with God. Sometimes it was hard for me to do; when my mind wandered, I would force myself to kneel there until the alarm rang. After a while, however, meaningful and regular prayer became easier. This was how I began to experience God outside of church.

Don't get me wrong—prayer never comes easy. Even now I often struggle to put aside my work and kneel down. After I kneel down to pray, I still struggle to focus my wandering thoughts and communicate with God. I always tell myself, however, that time belongs to God, and no matter how hard it is, I have to try to devote it to Him. Just as Exodus 23:19 tells us to offer up the first fruits to God, we must offer up our best time to God and cultivate a daily relationship with Him.

A consistent communion with God will help us bring God out of the church service setting and into our everyday lives. We have to keep trying to maintain it until we develop the habit of talking to God regularly, then daily, then with increasing dura-

tion. We want to keep this relationship because we need it. It brings joy to living in this world. It helps us bounce back from low points in life. It helps us withstand the temptations from Satan, who encircles us. It helps us be more sensitive to the instruction of the Holy Spirit and the will of God. Finally, we will experience what it means for the "God of hope to fill us with all joy and peace in believing, so that by the power of the Holy Spirit [we] may abound in hope" (Rom 15:13).

(Higher Ground, Fall 1997, True Jesus Church, U.S.A.)

Questions to think about:

1. What do you think was the key in helping this sister establish her relationship with God? (Consistent time in prayer, Christian roommate)
2. "Don't get me wrong—prayer never comes easy. Even now I often struggle to put aside my work and kneel down." Do you come across this same struggle? How can you overcome it?
3. It is not always feasible for us to be able to have a Christian roommate. What other methods could we employ to help guard our faith? (Keep in close contact with brothers and sisters from church, have a prayer buddy, set up a prayer network with other youths in church, fellowship)

Part B: Making God a Part of Our Life

The following are excerpts from brothers and sisters talking about their faith experiences while in college. (Their names have been changed.)

Case 1: Ashley

I believe I received many blessings from God during the four years of college. The greatest blessing of all was to grow and to be rooted in faith during those years. I was also wonderfully blessed with brothers and sisters from whom I learned a great deal and through whom I saw the kindness, gentleness, acceptance and love of God. I will just tell you a few examples of how my four years of college were not wasted away.

Before going to college, I had heard of the many attractions and temptations that may draw someone away from God. At the time my faith was simple. I fasted and prayed at the NYTS about it. God's blessing was truly wonderful.

Another blessing is honoring the Sabbath. I had the simple belief that I would not do work on the Sabbath, regardless of how much work had to be done. If a friend requested to meet on the Sabbath, I would decline. If there were a club activity, I

would request for an alternate day, even though I was usually quite accommodating and seldom spoke up to request for personal convenience. God had truly blessed me beyond my expectations. Even though I gave up opportunities for activities that may strengthen my resume, God blessed me so that those opportunities eventually became inconsequential.

I believe many of us who have gone through those years have all come to the same conclusion—that is, to have faith in God and entrust our worries to Him. From our experience we have come to know God as a faithful God. He will lead His children on the right path as long as they follow Him and listen. We also know from experience that although difficult the times may be, there are always lessons to learn from each struggle. God wants us to be perfect like He is. He will not let us down.

Finally, having spiritual friends and a strong fellowship allowed me to experience the sweetness in the word of God. I can never forget the joy of sitting around the small coffee table simply speaking about the grace of God and the word of God. The wonderful thing is, even though we all had very dissimilar backgrounds, we were able to come together, share a common belief and rejoice in the pure word of God, simply because we have the spiritual brotherhood as our common bond. This experience has not only helped my faith, it has also helped keep me rooted and allowed me to continue growing even after college, simply by remembering those times of joy.

Case 2: Kelly

Well, college was really where my spirituality started to grow. My parents were no longer always there and when I realized that they were gone, I also realized how dependent I was. I mean, no longer could I look in the mirror and be that arrogant girl who thought she knew so much. I was scared and that's really why I started to pray and read the Bible. In a foreign place, God was the only one really familiar and I saw that He was the one who could calm my fears. It began little by little ... praying 15 minutes a day developed into 20 and so forth. I think God helps us along when we start trying. You sort of realize, hey, 15 minutes isn't bad. In fact, sometimes it's too soon. Let's try 20. Here are some other ways I kept my faith going.

Singing hymns—always having one in my head and singing them while I walked to school. It made me feel God walking next to me and once, I literally felt Him walking me home from class!

Keeping verses in your head—memorizing them at night and reciting them when you go to sleep. Then, when you wake up, it's still there and it's as if you've woken up in the arms of God!

Brothers and sisters—what would I have done without them?

But keeping God always permeated throughout my day was tough. Once the honeymoon stage was gone, it was hard work trying to keep the desire for God strong.

Case 3: Fred

Problems I have encountered mostly deal with self-control. I remember freshman year I got really carried away with video games and the high-speed internet ... sometimes staying up until 6am even though it was so empty. I guess slowly it occurred to me that a lot of things that I indulged in do not satisfy at all ... most just leave me more and more empty. It seems so obvious now, but truly Jesus is the only one who can satisfy.

I remember my freshman year. I do not think I was very prepared for college. Even though I was a counselor at the SSC just before, when exposed to the environment, mostly your lusts take over, especially without parents to keep you in check.

I think the hardest thing for me was prayer my freshman year. I had a stranger for a roommate, I was ashamed of the Holy Spirit, and prayed secretly and quietly, as if I was doing something wrong. So my habits I had established my senior year in high school for spiritual cultivation slowly crumbled, and I was often feeling very hypocritical.

My routine today is a culmination of learning things the hard way. Nowadays, after I brush my teeth, the first thing I do is to kneel down and pray. I feel it is important to pray long enough to really feel God's spirit moving, or the whole day will go awry. At night I also calm my heart, read a chapter of the Bible, and pray an extended time. This is usually right before I sleep, like 12am or 1am. I am also currently feeling the necessity to pray in the afternoons after classes, because so many things, so many temptations can grab you in a couple of hours of time. So I am starting to pray three times a day now.

I think the most important thing in college is to be grounded in Bible reading and prayer. This especially helps when you have a roommate of the same faith. It is also important to have a good support group like a campus fellowship where we

can meet and share our experiences and struggles. Truly, Christians will have the BEST Bible studies in college. Everyone is close to each other, knows each other, knows where each other comes from, because age is such a powerful commonality.

Questions to think about:

1. What were the common struggles that Ashley, Kelly and Fred encountered? Do you think these are the common struggles that Christians face in college? (Maintaining one's faith, praying, reading the Bible, keeping one's integrity.)
2. Make a list of areas that you think may cause you problems in college. For each one, write down a solution on how you could overcome it. What do you foresee to be your biggest struggle?

R E F L E C T I O N & P R A Y E R



*Sing hymn 358: Breathe on Me.
Preparing our hearts before we go to college is vital if we want to lead a successful student life. Knowing our goals, our values and our vision will enable us to lead a life of integrity. We need to open our hearts so that our Lord can come in and dwell in it, filling us with His wonderful spirit and taking full control.*

Lesson 3

Witnessing in College

Listed Scriptures

Mt 4:20–25; Mt 28:18ff; Mk 16:15–20; Acts 1

Lesson Aim

- 1) To be equipped with specific steps to keeping one's faith in college.
- 2) To be doers of the faith and shine forth God's light.
- 3) To be prayer warriors and have prayer partners in college.

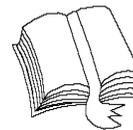
Memory Verse

"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." (Acts 1:8)

Bible Reading For This Week (for students and teachers)

Daniel 7–9

B I B L E B A C K G R O U N D



Prior to His ascension, the Lord Jesus gave His disciples an important commission. When the Holy Spirit comes, they shall be His witnesses to the end of the world. They are to propagate the good tidings to the entire human race, so all will come to believe in Him and receive the salvation of God (Acts 1:1–11).

Our Lord Jesus Himself took on this great task. When He came to this world, He knew His mission and worked unceasingly towards attaining that goal. He even told His disciples that He "did not come to be served, but to serve, and to give His life a ransom for many" (Mt 20:28). From the outset, He knew that He had come to save mankind and His goal was to serve. This strong sense of responsibility was