

LIVE IT - for Jesus!



October 2012
Volume 1, Issue 2

TRUNK OR TREAT!!

On Wednesday, October 31st (Halloween), our youth group will be hosting the “Trunk or Treat” taking place at church. For those of you that have never participated in a “Trunk or Treat” event, members of the church can decorate the trunks of their cars and hand out candy. There will be carnival style games for people to participate in as well.

As members of the youth group, you will be running the games portion of this event. Please feel free to dress up in your costumes, but be aware that you must be dressed in costumes that send a positive message. No costumes that represent evil (devils, witches, etc.), no costumes that contradict Biblical principle (Greek gods, idols, etc.), and no costumes that are too revealing. If you choose to dress up for this event, you must approve your costume of choice with a youth leader before October 31st.

Please plan on attending “Trunk or Treat” so that we can count on there being enough people to run the games. Remember, we are trying to reach members of the community and teach them about the love of Christ!!

On the evening of “Trunk or Treat,” please be at the church by 5:45!

INTERNATIONAL WESLEYAN YOUTH CONFERENCE

International youth conference will be held December 28-31st in Louisville, Kentucky. There will be a variety of activities and time for worship while we attend. Some of the speakers include Blanca Reyes, Keith Loy, Derik Idol, Troy Evans, and John Vermilya. The worship band will be the Brandon Grissom Band, and the entertainment will be provided by Group 1 Crew, Fireflight, Flame, Drew Worsham, Every Sunday, and Jamie Grace!!

Start getting excited about this event!! This will be an awesome experience and a great opportunity to grow closer to God!! Start praying for this event and for all who attend to be changed by the unforgettable time!

**Happy
Birthday!!:**

Josh Hill –
September 24th

Brianna Hunter-
October 10th



Sleep and School

By: Paul Asay

What Happened:

With summer almost gone, most youth are back in school by now. However, when classes start ramping up and homework starts piling on, many teens feel forced to study late into the night, sometimes into the wee hours of the morning.

Lots of teens say they have to stay up late to study; their busy schedules don't allow for an alternative. Parents, teachers, guidance counselors and their own desire to do well in school compel many to work long and hard on their studying and homework. Research suggests that punting sleep in favor of study can backfire.

According to a new study in *Child Development*, teens who stay up late studying often get worse grades than those who sleep well. Cramming for a test the next day is counterproductive if you're groggy or falling asleep during that test.

"Lots of things happen during sleep," Helene Emsellem, director for The Center for Sleep and Wake Disorders, told National Public Radio. "We don't just physically restore ourselves... We take information and organize it and make all the connections." In other words, that eight or nine hours of downtime gives the brain a chance to process what it needs to process.

Students who know they need their sleep to perform well use different strategies to fit in their study time. Some schedule schoolwork at regular intervals during the day, pacing themselves so they don't burn out. Others go to sleep at a reasonable hour, but set their alarm a bit earlier and study then.

Talk About It:

Have you ever stayed up late to study? Stayed up all night? How were you doing the next morning?

Most students typically would rather go to bed later and wake up later, but schools never have gotten the memo. Are you a morning person? If you could set your own schedule, when would you go to bed? When would you wake up?

Doctors say that most middle and high schoolers need anywhere from eight to 10 hours of sleep. How much sleep do you typically get? Do you think it's enough? How do you act when you're tired? Do you get cranky? Forgetful? What sometimes prevents you from getting the sleep you need? Do you sometimes worry too much to sleep? Think too much?

It's not just sleep we often neglect. Lots of us eat more fast food than we should, don't exercise as we want to and sometimes spend too much time in front of the television or computer. If you could, are there things you'd like to change in your daily routine? Would you like to exercise more? Spend less time vegging? What's stopping you?

What the Bible Says:

"I will lie down and sleep in peace, for You alone, O Lord, make me dwell in safety" ([Ps. 4:8](#)).

"I lie down and sleep; I wake again, because the Lord sustains me. I will not fear the tens of thousands drawn up against me on every side" ([Ps. 3:5-6](#)).

"My son, preserve sound judgment and discernment, do not let them out of your sight... Then you will go on your way in safety, and your foot will not stumble; when you lie down, your sleep will be sweet" ([Prov. 3:21, 23-24](#)).

I will lie down and
sleep in peace
for YOU alone, O Lord!
make me dwell in
SAFETY.
Psalm 4:8



Bible Quiz

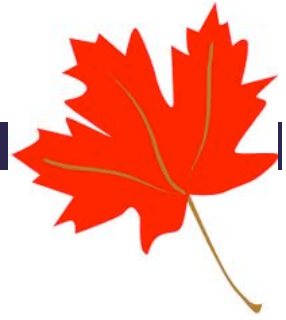


Below are several questions and answers that will be up for grabs in our first competition/Bible quiz. We will use Bible quizzes as a way to compete for various things! For example, we may have a Bible quiz to determine what event we will attend next. We will hold Bible quiz on the last Wednesday night of each month (beginning in November). Start studying these questions and their answers now!! We will tell you the night of the quiz how you will be divided into teams. Be prepared, because these teams may not be the same the next month!! Have fun and start studying!!!

Bible Questions and Answers

1. Who were the twin sons of Issac and Rebekah? A: Esau and Jacob
2. Who was the first man and first woman? A: Adam and Eve
3. What person did the people ask Pilate to spare instead of Jesus? A: Barabbas
4. Why did Jesus die on the cross? A: Jesus died for our sins.
5. Who wrote the book of Acts? A: Luke
6. How many books are there in the Bible? A: 66
7. What are the two divisions of the Bible called? A: Old Testament and New Testament
8. How many books are in the Old Testament? A: 39
9. In what language was the Old Testament written? A: Hebrew
10. How many books are in the New Testament: A: 27
11. In what language was the New Testament written? A: Greek
12. How many men did God inspire to write the Bible? A: about 40
13. What are the four Gospels? A: Matthew, Mark, Luke, and John
14. What does the word gospel mean? A: good news
15. What is the theme of the four Gospels? A: the life and teaching of Jesus
16. Who wrote more books of the Bible than any other man? A: Paul
17. Which of the Old Testament books is a collection of hymns and songs? A: Psalms
18. Who wrote many of the Psalms? A: King David
19. What is an apistle? A: A letter sent by an apostle
20. What is the longest book of the Bible? A: Psalms





Schedule of Events for October

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|------------|---|
| October 3 | Hangin' – A lesson on how you spend your time |
| October 10 | Go For It! – A lesson on success |
| October 17 | Looking Up – A discussion on our church |
| October 24 | Problems Plus – A lesson on everyday problems |
| October 31 | Trunk or Treat!! (Be here by 5:45) |

There are PRIZES up for grabs!!!

Be one of the following people and receive a prize on October 31st!!

-Bring the most friends to youth this month!

*This has to be someone new who hasn't been to youth!

-Memorize at least 5 of the Bible verses we discuss this month!

*You must recite them one the last Wednesday night of the month!



Don't let anyone look
down on you because
you are young, but set
an example for the believers
in speech, in life, in love,
in faith and in purity.
1 Timothy 4:12
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