

# Coming Up For Air

## 21 Day Follow Up To Submerged

Dear Youth Worker

Thank you for using the Submerged Small Group Lessons. We hope that your students will go deep with God and you will grow deeper with your students. This curriculum is flexible enough to to be used as:

- An out of the box sunday school class
- Small group, curriculum
- Part of a retreat or summer camp or
- Leadership Curriculum

We hope that no matter how you us this curriculum, it will be a great blessing to your group. Check out the 21 ways to use the post camp, class or retreat material.

Blessings,

Paul Turner

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# A.I.R.EA 21

Like Area 51, the famous spot of all things alien, A.I.R.EA 21 is uncharted mysterious waters. Too often we take our students and hold their head under the spiritual water and never want them to come up for A.I.R. They live in a real world with real hurts. They have to surface sooner or later. We have the great opportunity to help students walk godly in this world. A.I.R.EA 21 is a collection of ideas to implement this critically important step in the submersion (retreat, camp) process. So, feel free to use these ideas anyway you'd like. You can combine, take away or add. Enjoy.

1. Meet one one one with students weekly, before or after your youth meetings
2. Have a short three week Sunday School or small group for all those coming back. This becomes a great arena to see how students have processed the information they have received as well as the struggles they are having with their commitments.
3. Post one of the devotion weekly on your website or blog and let students interact with it. This give you a great way to pray with students and answer questions.
4. Send A.I.REA 21 reminder cards to all those who went on the trip reminding them to do their follow up.
5. Make it a reward for the next event. Those who complete the follow up receive a discount.
6. Ask a few tech savvy students to make a video journal. Everyday after their devotion let them get on camera and tell what they learned and how they lived it out.
7. Multiply 21 by the number of students you have. and make a big deal of how many days were spent in God's word or devotions. Example 10 kids=210 Days or you could add by the hour or minutes.
8. Put a giant calendar or digital clock that counts down (or up) the days or minutes to show students how much time is left or .This builds excitement over time.
9. On the last day of of A.I.REA 21 throw a celebration for completion. You could give out Air Head candy and have hot air balloons. You could give a way a pair of AIR Jordans.
10. Put a message on your phone that says, "Don't forget to catch A.I.R today!"

11. Every weeks give your students a 21 guns salute. You could have students fire rubber bands or those foam finger shooters or nerf guns.
12. Issue the A.I.R Dare! For al students who complete the 21 days you will do something Crazy like eat 21 gold fish (crackers of course)
13. Put an A.I.R Space in your youth room. The room could be a prayer area where students could work on their devotions or just have a time with God.
14. A.I.R Prayer - Have students make a list of 21 friends they want to see come to Christ this year and that they would pray for during the next 21 days. The could make a list of 21 anything to pray for. The list just helps them focus.
15. Pair A.I.R- During this time each person doing the devotional could have an accountability person.to pray and talk with.
16. A.I.R Wear- for the t-shirt addicted youth ministry, you could make t-shirts for the post retreat events like **I'm Coming Up For A.I.R.**
17. Create A.I.R the music soundtrack (an imix) your students could download from itunes for \$10.00. They could listen to songs like Deeper by Delirious or Learn to Breath by Thousand Foot Krutch.
18. A.I.R Mail- These could be special messages you send out or text encouraging students to do their devo's
19. A.I.R Care- Make special devotion survival zip lock baggie filled with a snack, cue tip so they will be able to hear God, etc. Put the list in each baggie so they know what each item is for.
20. A.I.R Awards- Make special certificates of completion for each students. Ask your Sr. Pastor if you could award them as part of the service.
21. Create an A.I.R Port. This is where kids will land when the 21 days are over. Have a built in plan of what is next. Don't let this be their their final destination. make sure there is a connecting flight to another devotion, class or event after the 21 days are over..

# Coming up for A.I.R

So, you've been submerged? You've been enclosed in the worship of God, immersed in the Word of God and surrounded by the people of God. It's easy to live a life a faith under those conditions. You may be anxious to get back to what others call "real life". The truth is that the submerged life is the real life. I understand that we have to come up for A.I.R. so this 21 day, this three part bible study was created to help you stay submerged all the while getting A.I.R.

A.I.R stands for the three steps that keep us submerged in a life of Christ.

**A** stands for Assignment (You could also use the word action)

**I** stands for Improvement (growth)

**R** stands for Revolution

You can use these as personal devotions or get with others from your retreat or camp and do them together. We hope the A.I.R you catch will help you develop a deeper, submerged life with HIm.

Paul Turner, The Disciple Project, [www.thediscipleproject.net](http://www.thediscipleproject.net)

# Coming up for Assignment

The great temptation after a retreat of camp where you have spend time submerged with God is to believe you have done your duty. You may even say to yourself, "I've given all this time to God now I need some **"me"** time." I hate to break it to you but there is no "me" time. It's all God time. This attitude can do nothing but sabotage your spiritual growth. If God is only the God of retreat and camp then we serve a small God. God is the God of school, home and work too.

Let's take a look at the *Society of the Submerged*. These are stories of those who had extended time with God and how they re-entered "the real world".

Read each of the Scriptures, answer the questions, and write how each person came up for A.I.R. Write down any **Assignments** they received, how did they (or you think) **Improved** (or grew) through the event and how did it (or you think) it might have **Revolutionized** their relationship with God. Do a reading a day.

**Day 1** Read: Matthew 17:1-13

A

I

R

**Day 2** Read: Matthew 4:1-17

A

I

R

**Day 3** Read Acts 1:7, 8, 2:1-13, 41-47

A

I

R

**Day 4** Read Acts 9: 1-19

A

I

R

**Day 5** Read Acts 10: 9-35

A

I

R

**Day 6** Read Mark 14:32-42

A

I

R

**Day 7** Read Revelations 1:9-20

A

I

R

This section is for you to come up for A.I.R

How did God impact you during this submerged period?

Do you sense God has give you an assignment? What is it?

How do you plan on tackling your assignment?

# Coming up for Improvement

Everyone needs improvement. in some area of their life. The apostle Paul encouraged growth in new believers and in those who had been in the faith a long time. When we come up for A.I.R from our intense and focused times with God it should always lead to emotional, mental, and spiritual growth. Read through the following Scriptures and write down what Scripture says we ought to be growing and maturing in and maybe some goals you can set for yourself in this area as well. Do one each day for 7 days

## Day 8

Read Ephesians 4:2-16- tells me to grow \_\_\_\_\_

What does this mean?

My goal to grow is \_\_\_\_\_

## Day 9

Read I Peter 2:1-3 tells me to grow \_\_\_\_\_

What does this mean?

My goal to grow is \_\_\_\_\_

## Day 10

Read 2 Peter 3:18 tells me to grow \_\_\_\_\_

What does this mean?

My goal to grow is \_\_\_\_\_

**Day 11**

Read Colossians 1:9,10 tells me to grow\_\_\_\_\_

What does this mean?

My goal to grow\_\_\_\_\_

**Day 12**

Read 2 Peter:1:3-11 tells me to grow\_\_\_\_\_

What does this mean?

My goal to grow is\_\_\_\_\_

**Day 13**

Read Hebrews 5:11-14 tells me to grow\_\_\_\_\_

What does this mean?

My goal to grow\_\_\_\_\_

**Day 14**

Read James 1:2-12 tells me to grow\_\_\_\_\_

What does this mean?

My goal to grow is\_\_\_\_\_

# Coming up for Revolution

A revolution by definition is *a dramatic change in ideas and practice*. When we jump in a pool we know we are coming out different than we went in (dry to wet) So, we must know if we jump into the pool with God we will also come out different. When we get out of the spiritual pool with God we are too quick to dry off. These next seven days are about change. Each day is a challenge to change, to stay “wet” with God’s presence, God’s power, and to stay on assignment and to keep improving. Read the scripture everyday and write down your challenge to change. Not every area may apply to you specifically but if we pray and think and listen God will share His wisdom with you.

## **Day 15 Change Your Mind**

Read Matthew 21:28-32

Change comes when we have discovered that our way is not God’s way.

What are some Christian disciplines (prayer, serving, bible study) you were not doing but are now committed to start?

## **Day 16 Change Your Relationships**

Read Proverbs 13:20

Are there any unhealthy relationships that keep you from living the life God want for you?

Write a practice note to someone who is not a good influence on you explaining why you can’t hang out as much. Be loving but firm about your new commitment to Christ.

## **Day 17 Change Your Habits**

"Bad habits are like a comfortable bed, easy to get into, but hard to get out of." Anonymous

"We are what we repeatedly do. Excellence then, is not an act, but a habit." Aristotle

Read Matthew 7:21-29

Write down 2-3 things you are good at because you practice all the time.

Write down some spiritual disciplines that you want to do regularly.

Get out your cell phone or a calendar and begin to program in the days you are going to practice these new spiritual habits. Set a ring tone or alarm for the different disciplines so you'll know when it time to do what.

## **Day 18 Change Your Course**

Read: Psalm 119:104

Circle the word that best describes the direction of your life right now

North- My relationship with God has been getting cold

South- My relationship with God is heating up

East- My relationship with God has been over crowded with busyness

West- My relationship with God has been too casual and laid back.

Write or draw yourself a road map to which direction you want to go with God. Put some stops along the way that will help your spiritual direction.

### **Day 19 Change Your Clothes**

Read Romans 13:11-14, Colossians 3:12-17

What are some unhealthy attitudes that are getting you busted at home? School?

Make a list of clothing you put on every day. Now, assign a positive, godly attitude you can pray for as you put it on that article of clothing. (socks could be joy or peace, shoes could be humility, etc.)

### **Day 20 Change Your Focus**

Read I Timothy 6:6-12, 2 Timothy 2:22-26, I Peter 3:8-12

What we focus on (what is fixed in our minds) is what we pursue.

What are some things you have been focused on lately? Are these good, bad or neutral?

After reading the scriptures write down what each one is asking or telling us to pursue.

Choose one of these you are going to focus on and pursue (go after with all your heart) for the week. Keep track of the times you have caught (accomplished) what you pursued.

## **Day 21 Change Your Perspective**

Jesus saw people differently. because his goal was to love them.

Read Matthew 7:1-6

Write about a time you were judged unfairly?

Write down the names of anyone you may be judging unfairly? Is it keeping you from loving them?

We usually judge others based on what we do not know. Make a list of people or kinds of people you should talk to so that judging them will not not keep you from loving them.

How can this help as we share the love of God with others?

**You have been A.I.R conditioned!! Go back over your past 21 day and see what you have learned, where you came up short and how God's grace has been evident during those times.**