



If you're a youth leader who has purchased this material, thanks for investing in your students!

I'd like to share some ideas for using this devotional.  
Feel free to add your own.

Use this for small group devotions.  
One sip a day for 21 days.

Use this as a gift for new believers.

Use this as part of a retreat  
or post retreat followup  
to keep students on track.  
(see the Wake Up 21-Day Challenge in the back of this book.)

Keep copies of this available in the youth hall for anyone who wants to pick one up.

Your Idea Here:

# If you are a student, get ready...

...for the rush  
of energy.

The buzz of obedience.

For that amped feeling that say's  
"I am getting to know God today."

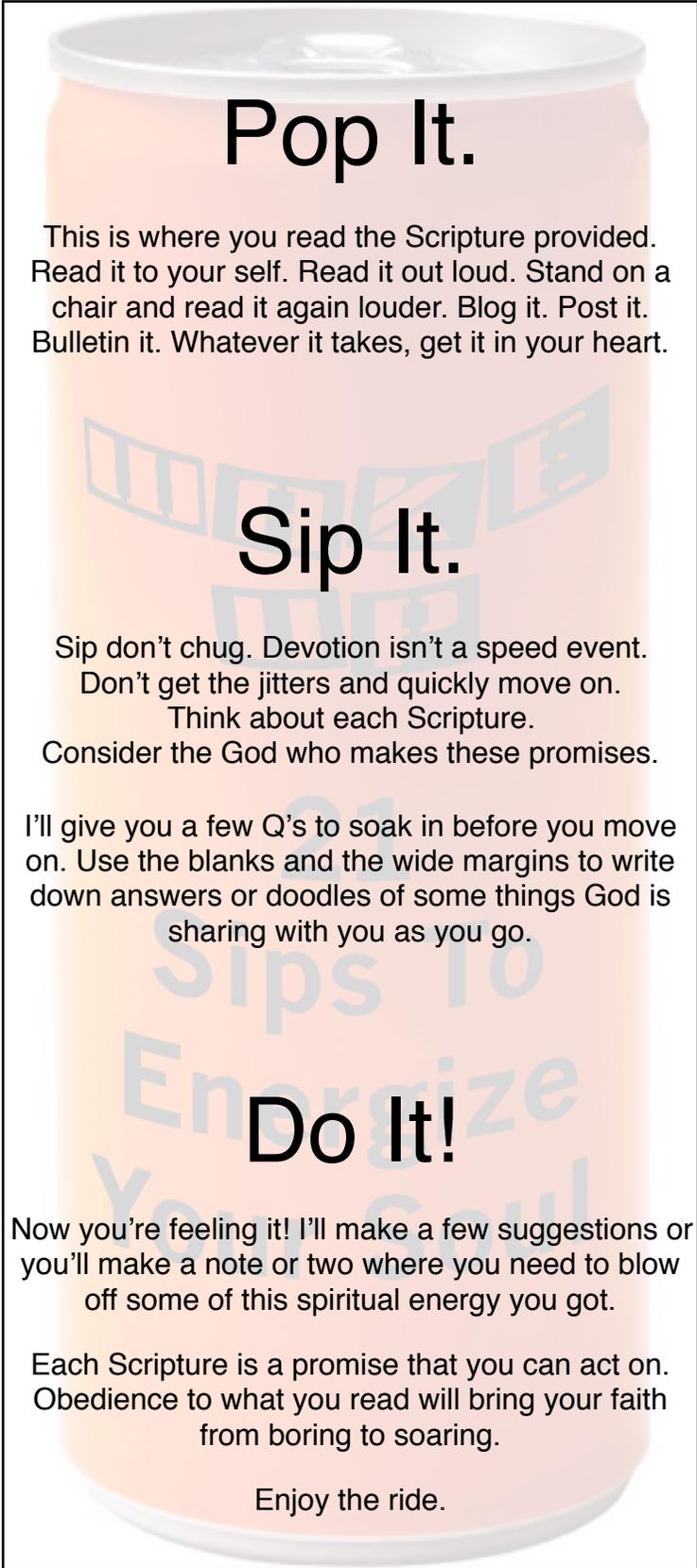
For the next 21 days  
you're going to take a sip  
from the promises of God's Word.

Each sip will energize your faith and  
challenge you to act on what you've read.

Each gulp will refresh your soul and  
charge your faith.

Knowing God is a Trip.  
Obeying God is a Rush.

Pop the top and let's get sipping.



# Pop It.

This is where you read the Scripture provided. Read it to your self. Read it out loud. Stand on a chair and read it again louder. Blog it. Post it. Bulletin it. Whatever it takes, get it in your heart.

# Sip It.

Sip don't chug. Devotion isn't a speed event. Don't get the jitters and quickly move on. Think about each Scripture. Consider the God who makes these promises.

I'll give you a few Q's to soak in before you move on. Use the blanks and the wide margins to write down answers or doodles of some things God is sharing with you as you go.

# Do It!

Now you're feeling it! I'll make a few suggestions or you'll make a note or two where you need to blow off some of this spiritual energy you got.

Each Scripture is a promise that you can act on. Obedience to what you read will bring your faith from boring to soaring.

Enjoy the ride.

Day One

## Pop It.

Ask and it will be given to you;  
seek and you will find,  
knock and the door will be opened to you.  
For everyone who asks receives,  
he who seeks finds;  
and to him who knocks,  
the door will be opened.

**Matthew 7:7,8**

(Read this Scripture slowly 3 times.)

## Sip It.

What three opportunities does Jesus  
give you to trust Him?

What do these promises tell you about Jesus?

## Do It!

What are you asking God for?

What are you seeking His will for?

What doors of opportunity  
has God presented you with?

## Day One

# Pop It.

Underline the words that stick out to you.

Ask and it will be given to you;  
seek and you will find,  
knock and the door will be opened to you.  
For everyone who asks receives,  
he who seeks finds;  
and to him who knocks,  
the door will be opened.

**Matthew 7:7,8**

What is Jesus inviting you to do?

# Sip It.

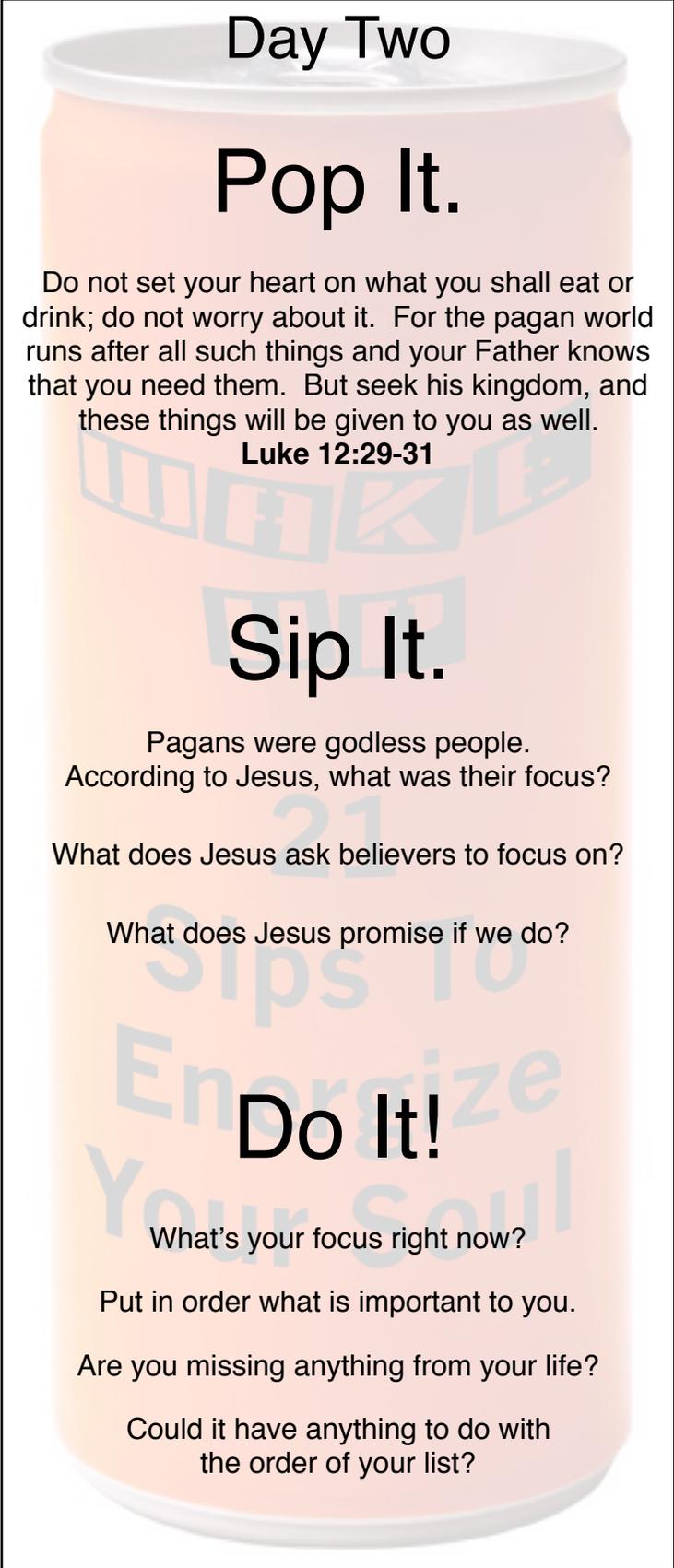
What do these promises tell you about Jesus?

# Do It!

What are you asking God for?

What are you seeking His will for?

What doors of opportunity  
has God presented to you?



Day Two

## Pop It.

Do not set your heart on what you shall eat or drink; do not worry about it. For the pagan world runs after all such things and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

**Luke 12:29-31**

## Sip It.

Pagans were godless people.  
According to Jesus, what was their focus?

What does Jesus ask believers to focus on?

What does Jesus promise if we do?

## Do It!

What's your focus right now?

Put in order what is important to you.

Are you missing anything from your life?

Could it have anything to do with  
the order of your list?

Day Two

## Pop It.

Circle the “Do Not’s.” Underline the promise.

Do not set your heart on what you shall eat or drink; do not worry about it. For the pagan world runs after all such things and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

**Luke 12:29-31**

## Sip It.

Pagans were godless people.  
According to Jesus, what was their focus?

What does Jesus ask believers to focus on?

What does Jesus promise if we do?

## Do It!

Name three priorities  
that would get God’s attention  
and His blessing.



Day Three

Pop It.

I can do everything  
through Him  
who gives me strength.  
**Philippians 4:13**

Sip It.

Ok, not including flying and catching bullets with  
your teeth, how would apply this to your daily life?

Do It!

What are three things  
you have been afraid to do lately?

What does “through Him” mean?

Does it encourage you  
to know God will strengthen you  
if you ask?

Day Three

## Pop It.

Memorize this short verse.

I can do everything  
through Him  
who gives me strength.

**Philippians 4:13**

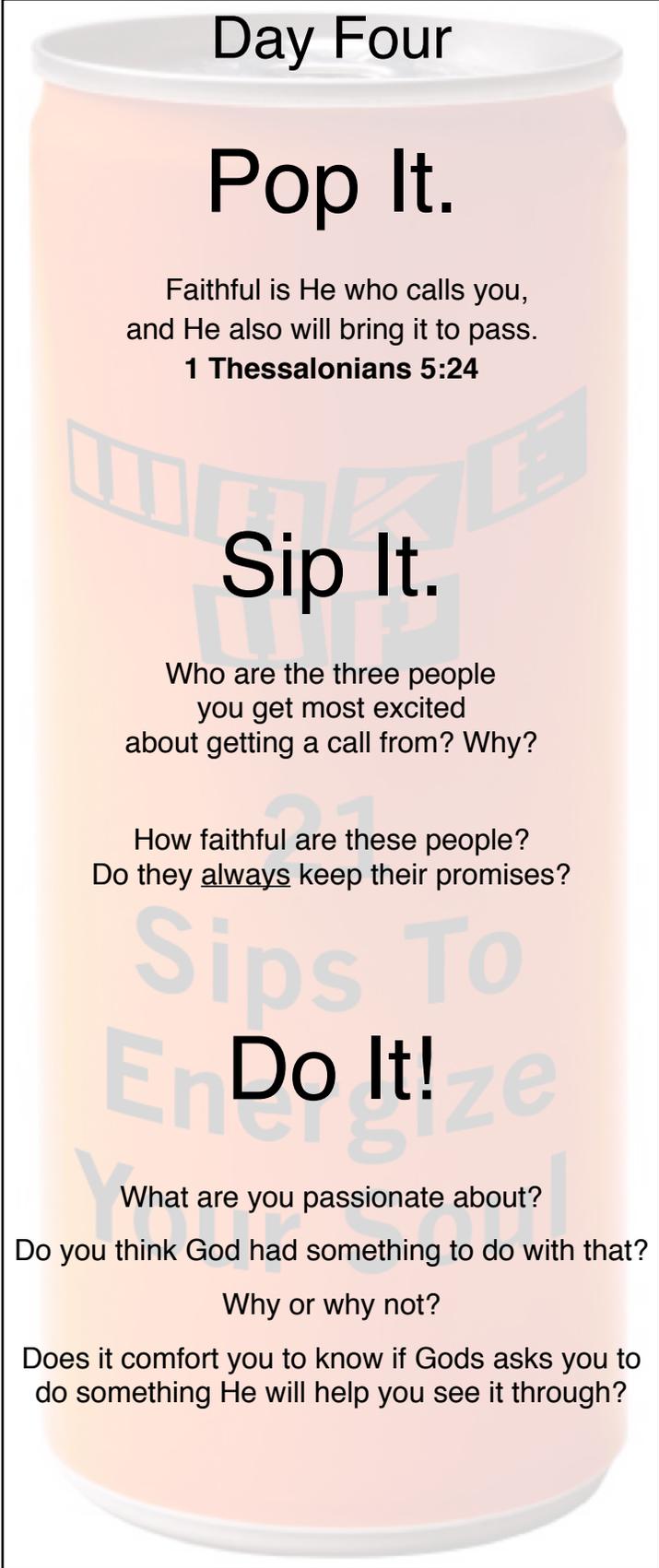
## Sip It.

Write down the names of three people  
who need God's strength.

Take a moment to pray for them.

## Do It!

List three challenges you will tackle  
with Christ's strength this week.



Day Four

## Pop It.

Faithful is He who calls you,  
and He also will bring it to pass.

**1 Thessalonians 5:24**

## Sip It.

Who are the three people  
you get most excited  
about getting a call from? Why?

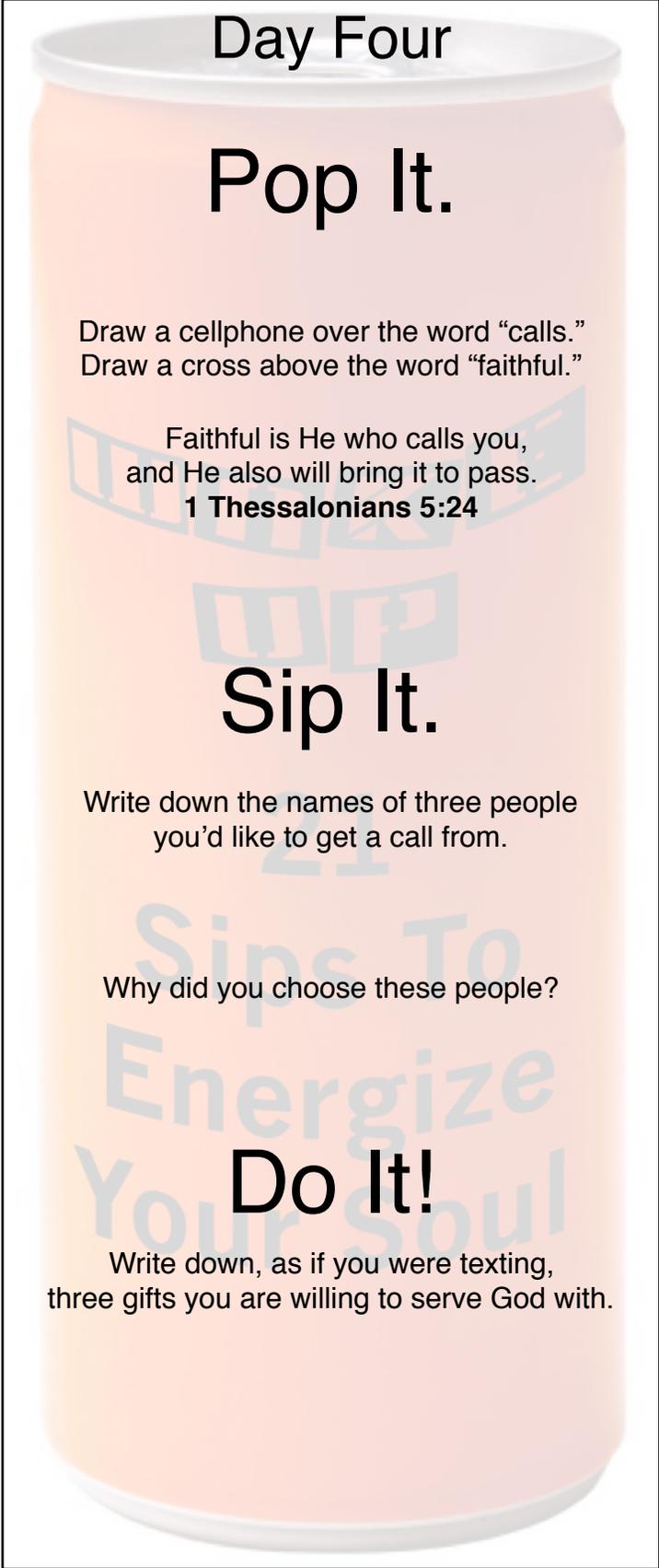
How faithful are these people?  
Do they always keep their promises?

## Do It!

What are you passionate about?  
Do you think God had something to do with that?

Why or why not?

Does it comfort you to know if Gods asks you to  
do something He will help you see it through?



Day Four

## Pop It.

Draw a cellphone over the word “calls.”  
Draw a cross above the word “faithful.”

Faithful is He who calls you,  
and He also will bring it to pass.

**1 Thessalonians 5:24**

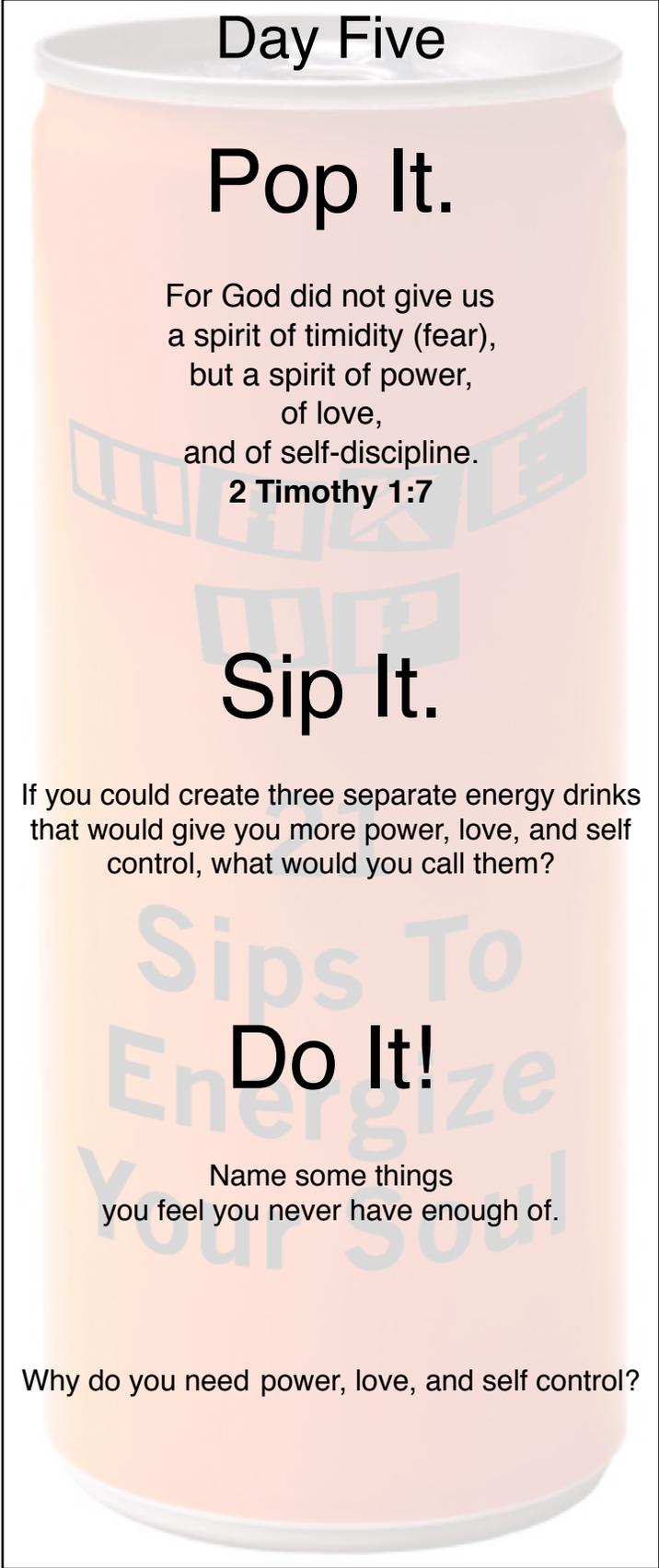
## Sip It.

Write down the names of three people  
you'd like to get a call from.

Why did you choose these people?

## Do It!

Write down, as if you were texting,  
three gifts you are willing to serve God with.



Day Five

**Pop It.**

For God did not give us  
a spirit of timidity (fear),  
but a spirit of power,  
of love,  
and of self-discipline.

**2 Timothy 1:7**

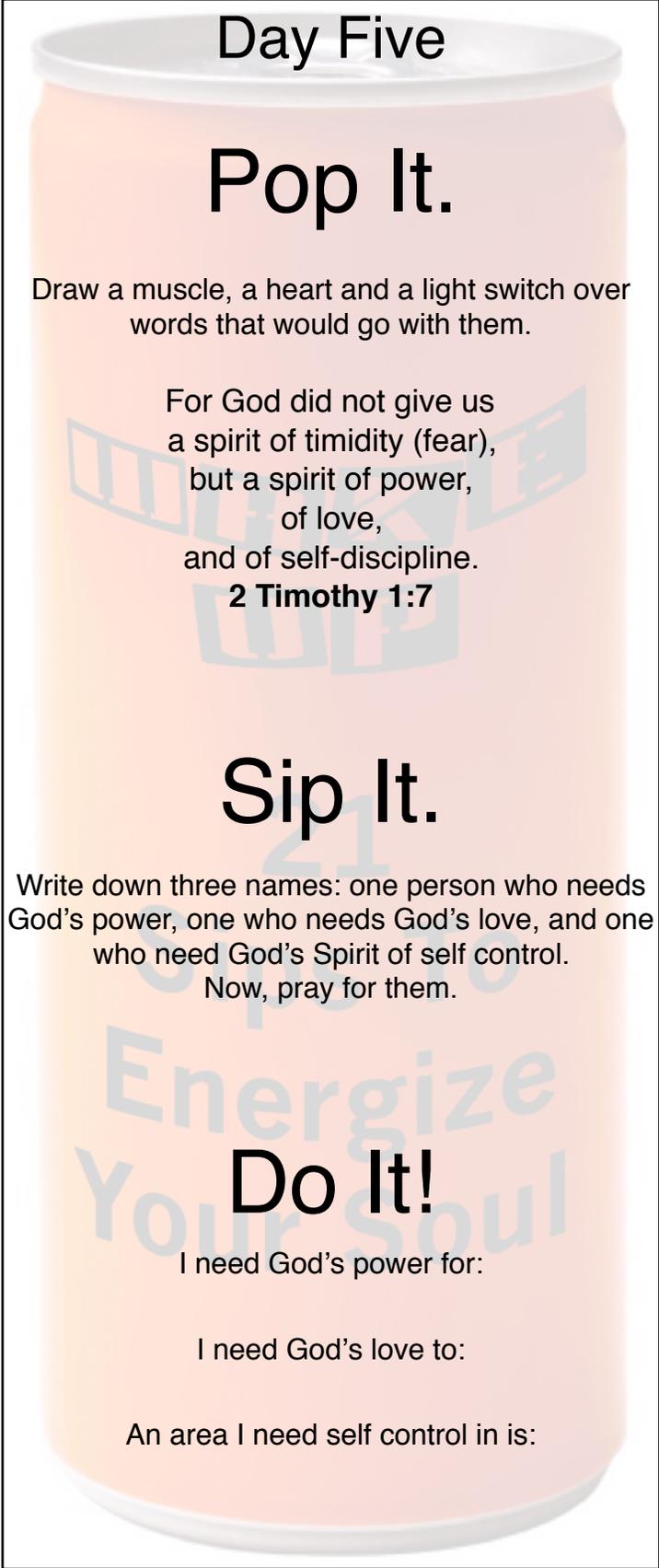
**Sip It.**

If you could create three separate energy drinks  
that would give you more power, love, and self  
control, what would you call them?

**Do It!**

Name some things  
you feel you never have enough of.

Why do you need power, love, and self control?



Day Five

## Pop It.

Draw a muscle, a heart and a light switch over words that would go with them.

For God did not give us  
a spirit of timidity (fear),  
but a spirit of power,  
of love,  
and of self-discipline.

**2 Timothy 1:7**

## Sip It.

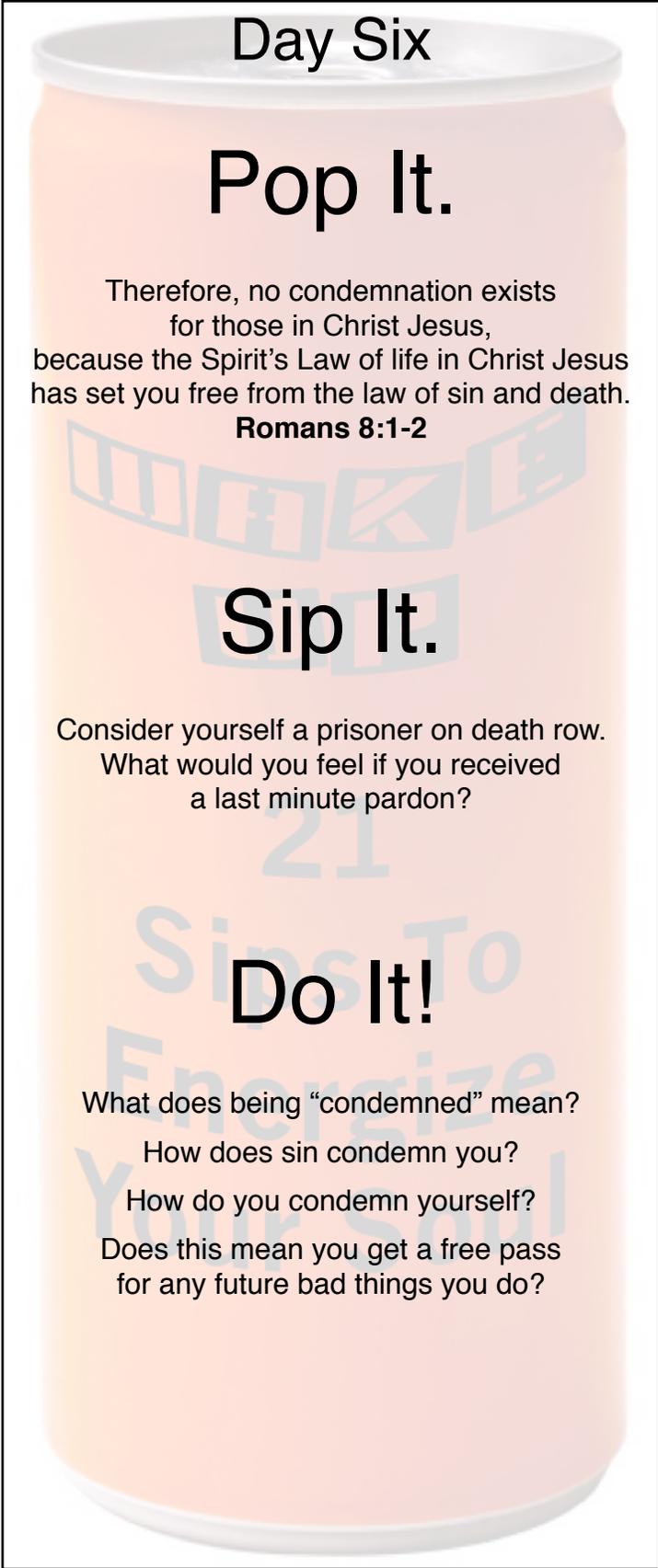
Write down three names: one person who needs  
God's power, one who needs God's love, and one  
who need God's Spirit of self control.  
Now, pray for them.

## Do It!

I need God's power for:

I need God's love to:

An area I need self control in is:



Day Six

Pop It.

Therefore, no condemnation exists  
for those in Christ Jesus,  
because the Spirit's Law of life in Christ Jesus  
has set you free from the law of sin and death.

**Romans 8:1-2**

Sip It.

Consider yourself a prisoner on death row.  
What would you feel if you received  
a last minute pardon?

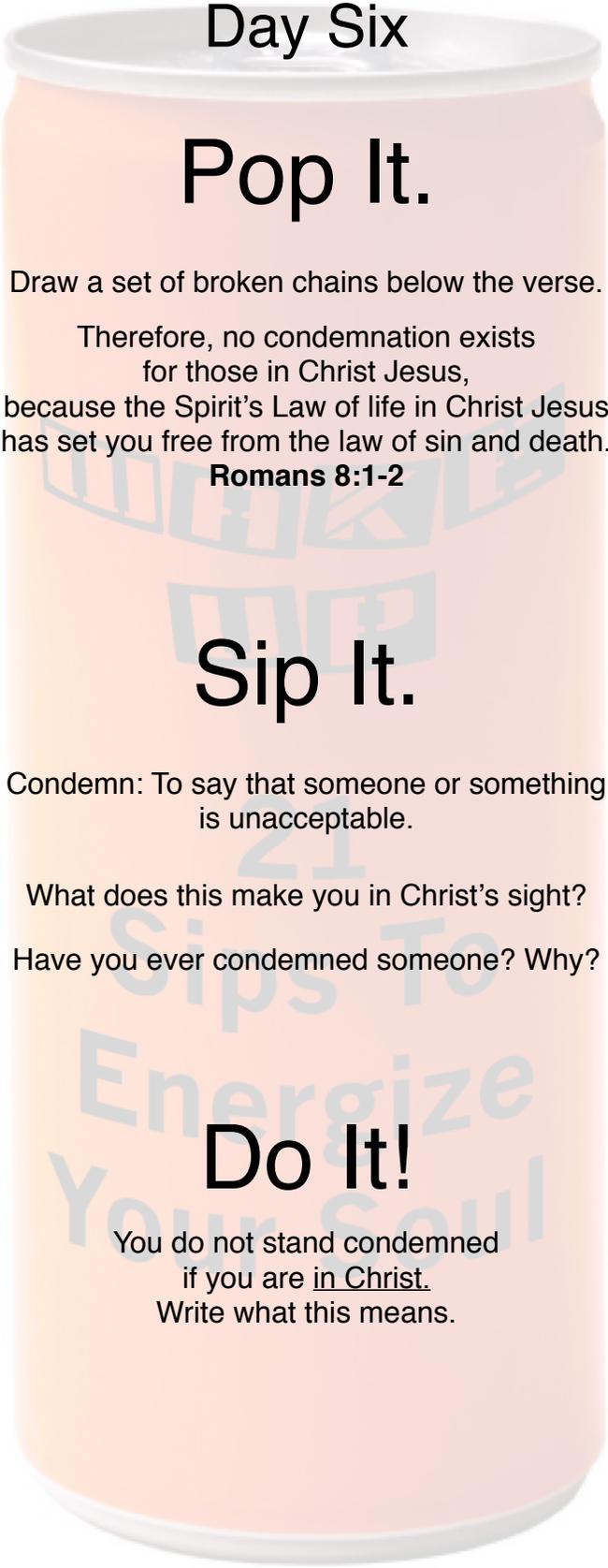
Do It!

What does being "condemned" mean?

How does sin condemn you?

How do you condemn yourself?

Does this mean you get a free pass  
for any future bad things you do?



Day Six

Pop It.

Draw a set of broken chains below the verse.

Therefore, no condemnation exists  
for those in Christ Jesus,  
because the Spirit's Law of life in Christ Jesus  
has set you free from the law of sin and death.

**Romans 8:1-2**

Sip It.

Condemn: To say that someone or something  
is unacceptable.

What does this make you in Christ's sight?

Have you ever condemned someone? Why?

Do It!

You do not stand condemned  
if you are in Christ.

Write what this means.



Day Seven

Pop It.

...whatever has been born of God  
conquers the world. This is the victory  
that has conquered the world: our faith. And who  
is the one who conquers the world but the one  
who believes Jesus is the Son of God?

**1 John 5:4**

Sip It.

Have you ever been conquered by anything?

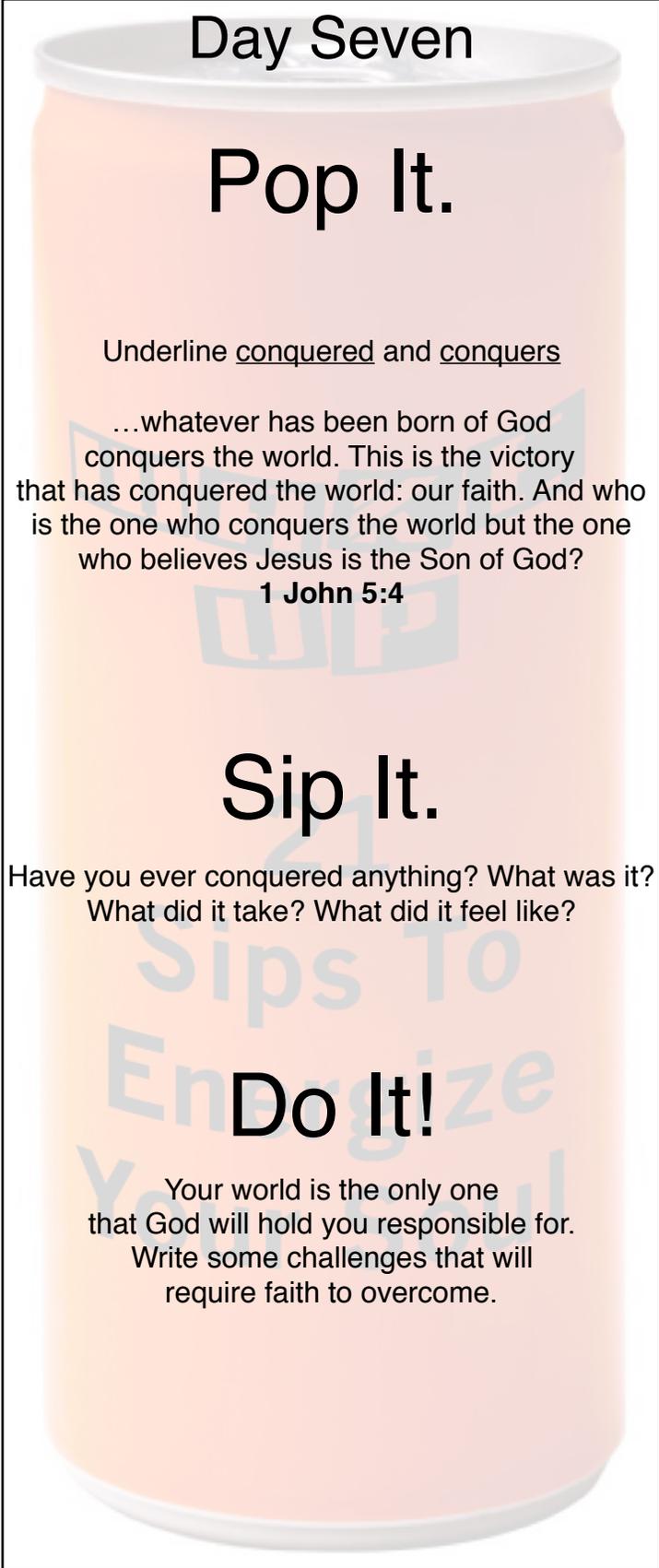
What did that feel like?

Do It!

Did John mean the “earth”  
when he wrote the “world”?

If not, then what?

What does this say verse say  
about how powerful faith is?



Day Seven

Pop It.

Underline conquered and conquers

...whatever has been born of God  
conquers the world. This is the victory  
that has conquered the world: our faith. And who  
is the one who conquers the world but the one  
who believes Jesus is the Son of God?

**1 John 5:4**

Sip It.

Have you ever conquered anything? What was it?  
What did it take? What did it feel like?

Do It!

Your world is the only one  
that God will hold you responsible for.  
Write some challenges that will  
require faith to overcome.



Day Eight

Pop It.

If we confess our sins,  
He is faithful and righteous to forgive our sins  
and to cleanse us from all unrighteousness.”

**1 John 1:9**

Sip It.

When was the last time you confessed  
to doing something wrong?  
How did that turn out?

Do It!

How honest are you when you confess?

How do you feel after confessing?

Have you ever confessed  
and had a negative response?

## Day Eight

# Pop It.

Underline faithful and righteous.  
Circle *forgive* and *cleanse*.

If we confess our sins,  
He is faithful and righteous to forgive our sins  
and to cleanse us from all unrighteousness.”

**1 John 1:9**

# Sip It.

The verse describes two characteristics of God  
and two actions He takes when you confess.  
Does this make confession any easier?  
Why or why not?

# Do It!

Has anyone confessed to you lately?  
What was your response? Use two words to de-  
scribe your actions. Now give two actions you  
took towards the person who confessed.

How much was this like or unlike  
God's response to you?

Day Nine

Pop It.

Submit yourselves therefore to God.  
Resist the devil, and he will flee from you.  
**James 4:7**

Sip It.

What does submit mean?

What does resist mean?

Do It!

What's the hardest part about  
submitting to God?

What's the hardest part about  
resisting temptation?

## Day Ten

# Pop It.

Circle the words *submit* and *resist*.

Submit yourselves therefore to God.  
Resist the devil, and he will flee from you.

**James 4:7**

# Sip It.

Are there any areas of your life  
that you have not submitted to God?

What temptations are toughest for you to resist?

# Do It!

Submitting and resisting takes practice.

I'm going to submit my \_\_\_\_\_ to God

I'm going to resist \_\_\_\_\_ this week

## Day Ten

# Pop It.

Underline “you are of God.”

You are of God, little children,  
and have overcome them:  
because greater is He that is in you,  
than he that is in the world.

**1 John 4:4**

# Sip It.

God gives you the identity as “His”  
and the power to overcome.  
What’s holding you back?

# Do It!

Write your name in each of the blanks

\_\_\_\_\_ is of God

\_\_\_\_\_ is an overcomer

\_\_\_\_\_ can over come the world.

Day Eleven

## Pop It.

For you are my hope, O Lord God:  
You are my trust from my youth.

**Psalm 71:5**

## Sip It.

What was the last thing you hoped for?

Why is hope important to the Christian walk?

## Do It!

What does “hope in God” mean?

Why is trusting in God  
from a young age important?

Day Eleven

## Pop It.

Underline “from my youth”

For you are my hope, O Lord God:  
You are my trust from my youth.

**Psalm 71:5**

## Sip It.

Is anyone more trustworthy than God?

## Do It!

List five ways that you are  
putting your hope in God.

## Day Twelve

### Pop It.

You will keep him in perfect peace,  
whose mind is stayed on You:  
because he trusts in You.

**Isaiah 26:3**

### Sip It.

What's on your mind right now?

How do you feel? Stressed? Happy?

What is the connection between  
thinking and feeling?

### Do It!

How much do your thoughts  
add or take away from your peace in God?

How can God's promise  
to bring you peace?

## Day Twelve

# Pop It.

Memorize this short verse

You will keep him in perfect peace,  
whose mind is stayed on You:  
because he trusts in You.

**Isaiah 26:3**

# Sip It.

What were the circumstances  
the last time you had  
perfect peace in your heart?

How does thinking about God  
bring perfect peace?

# Do It!

Choose a promise  
from the Scripture guide in the back  
and think about what that verse means.

Read the the whole context or story  
from where that verse was taken.

When your thoughts get rough,  
think God stuff.

## Day Thirteen

### Pop It.

God is our refuge and strength,  
a very present help in trouble.

Therefore we will not fear,  
though the earth be removed,  
and though the mountains  
be carried into the sea.

**Psalm 46:1,2**

### Sip It.

When was the last time you were afraid?

What or who were you afraid of?

How did you deal with that?

### Do It!

A “refuge” is a safe place.  
How can God be your safe place  
when you are afraid?

How can prayer and God’s Word  
be helpful during fearful times?

## Day Thirteen

# Pop It.

Underline “very present.”

God is our refuge and strength,  
a very present help in trouble.

Therefore we will not fear,  
though the earth be removed,  
and though the mountains  
be carried into the sea.

**Psalm 46:1,2**

# Sip It.

God is our strength  
at the very time we need it  
and during the most extreme times of our lives.

Is there anything going on in your life where this  
verse can help?

# Do It!

I need to be in a safe place with God because:

I need God’s strength now because:

I am thankful for God’s presence because:

## Day Fourteen

### Pop It.

Then Jesus spoke to them again, saying,  
“I am the Light of the world.

He who follows Me  
shall not walk in darkness,  
but have the light of life.”

**John 8:12**

### Sip It.

Have you ever had a tough decision to make?

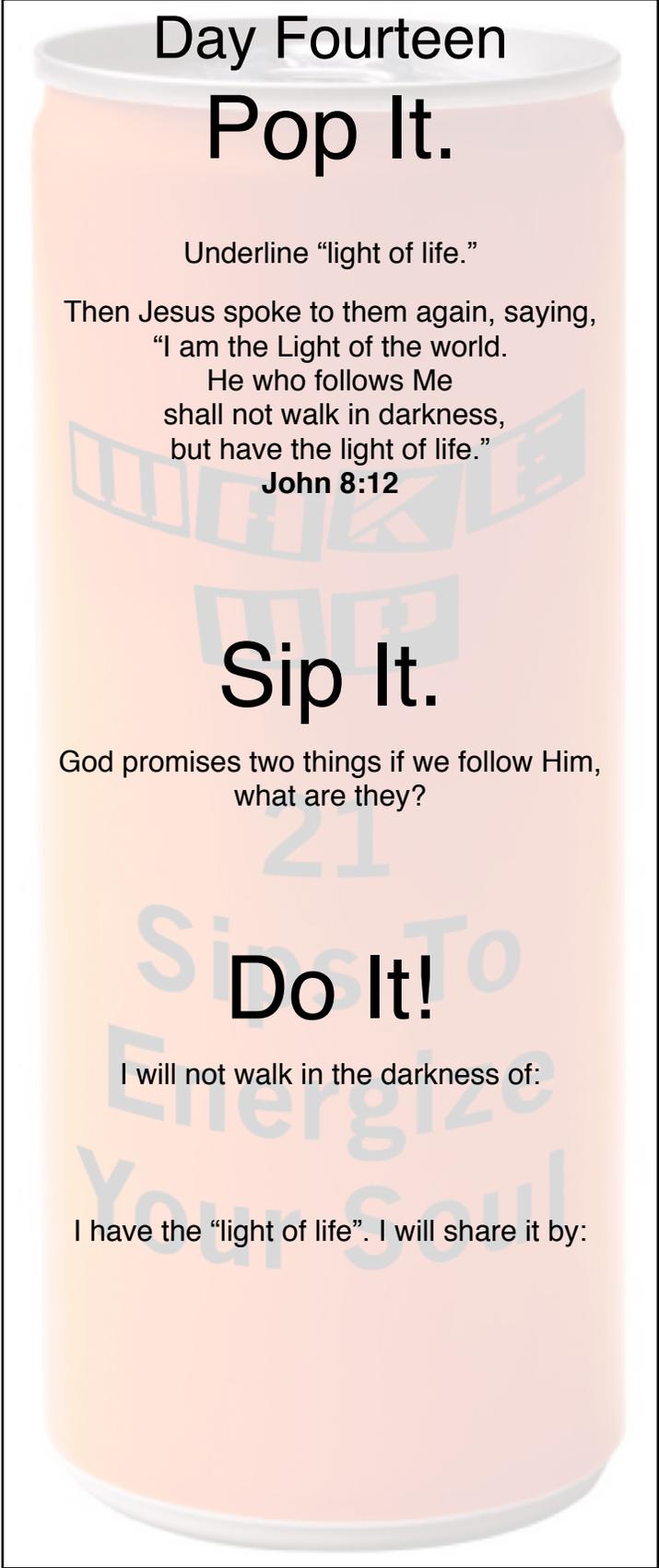
How did you figure out what to do?

Did you make the right choice?

### Do It!

How does this verse help deciding  
whether something is right or wrong?

What happens when you use  
other “light sources” such as  
friends or society as a guide?



# Day Fourteen

## Pop It.

Underline “light of life.”

Then Jesus spoke to them again, saying,  
“I am the Light of the world.

He who follows Me  
shall not walk in darkness,  
but have the light of life.”

**John 8:12**

## Sip It.

God promises two things if we follow Him,  
what are they?

## Do It!

I will not walk in the darkness of:

I have the “light of life”. I will share it by:

## Day Fifteen

### Pop It.

Give, and it shall be given to you;  
good measure, pressed down,  
and shaken together, and  
running over, shall men give to you.

For with the same measure  
that you measure,  
it shall be measured to you again.

**Luke 6:38**

### Sip It.

What was the last thing you gave away,  
not wanting anything in return?

How do you measure what  
and who you give to?

### Do It!

God promises a return based on  
how you give. Does this worry you?  
Why or why not?

What kind of giving brings you the most joy?  
Circle one:

financial (material)  
serving (time)

## Day Fifteen

# Pop It.

Underline “shall men give to you.”

Give, and it shall be given to you;  
good measure, pressed down,  
and shaken together, and  
running over, shall men give to you.

For with the same measure  
that you measure,  
it shall be measured to you again.

**Luke 6:38**

# Sip It.

Blessings are often seen as coming from God.  
Has anyone recently blessed you? How?

# Do It!

Write names of some people who are in need.  
Now, set a day as a “give day”  
and meet as many of these needs as possible.

Give Date:

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

## Day Sixteen

# Pop It.

But seek you first the kingdom of God,  
and his righteousness;  
and all these things shall be added to you.

**Matthew 6:33**

# Sip It.

Read **Matthew 6:25-32**.

What “things” will be provided  
when you focus on God’s kingdom business?

# Do It!

God has built in provision for you through giving.  
How does that change your view of giving?

God’s kingdom is spiritual and physical.  
Why is meeting physical needs as important as  
meeting spiritual needs?

## Day Sixteen

# Pop It.

Underline "these things."

But seek you first the kingdom of God,  
and his righteousness;  
and all these things shall be added to you.

**Matthew 6:33**

# Sip It.

Write down some daily needs everyone has.

# Do It!

Write down a word for each letter  
that reminds you  
to seek for heavenly things first.

G \_\_\_\_\_

I \_\_\_\_\_

V \_\_\_\_\_

E \_\_\_\_\_

## Day Seventeen

### Pop It.

My grace is sufficient for you:  
for My strength is made perfect  
in weakness.

**2 Corinthians 12:9**

### Sip It.

What do you tell yourself  
when you feel spiritually weak?

How does this verse help you  
understand your weaknesses?

### Do It!

How does this verse change your view  
of how God views you when you mess up?

Does this verse give you permission  
to not care about your spiritual walk?  
Why or why not?

# Day Seventeen

## Pop It.

Circle *grace*, *sufficient*, and *strength*.

My grace is sufficient for you:  
for My strength is made perfect  
in weakness.

**2 Corinthians 12:9**

## Sip It.

What areas of your life need God's grace?

Next time you fall short,  
ask God to perfect and give strength  
to that area of your life.

## Do It!

Since God shows you grace and offers strength in your time of weakness, how should you treat others? Write down some names of those you have been less than graceful to and set a date to make things right.

Grace Date:

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

## Day Eighteen

### Pop It.

Therefore if any man be in Christ,  
he is a new creature:  
old things are passed away;  
behold, all things are become new.  
**2 Corinthians 5:17**

### Sip It.

Have you had a makeover or a before-and-after experience? Choose three words to describe it.

### Do It!

The promise of being new is very appealing.  
Why do people want to be “new”?

Being new is tied to your  
relationship with Jesus.  
What do people try do  
to be “new” without Him?

## Day Eighteen

# Pop It.

Underline “in Christ.” Circle *old* and *new*.

Therefore if any man be in Christ,  
he is a new creature:  
old things are passed away;  
behold, all things are become new.  
**2 Corinthians 5:17**

# Sip It.

Describe your life before and after Christ. Are there any major changes? Small changes?

There should not only be a change in your beliefs, but in your actions as well.

# Do It!

What are some of your “old things” (habits) that have passed away?

What are some “new thing” (habits) that have come in?

## Day Nineteen

### Pop It.

You shall seek Me, and find Me,  
when you shall search for Me  
with all your heart.

**Jeremiah 29:13**

### Sip It.

Have you ever lost something? How long and  
hard did you look for it? Did you find it?

### Do It!

Do you ever feel like God is hiding from you?

How does this verse dispel the myth  
of a “hiding” God?

What does this verse tell you  
about God’s character?

## Day Nineteen

### Pop It.

Underline the word "all."

You shall seek Me, and find Me,  
when you shall search for Me  
with all your heart.

**Jeremiah 29:13**

### Sip It.

The time and effort you spend  
looking for something  
is equal to how much you value it.

Do you agree or disagree  
with that statement? Why or why not?

How does this apply to  
your relationship with God?

### Do It!

Have you lost anything with God lately?  
His presence? His voice? His favor?

Make your own list  
and then search with all your heart.  
He is waiting to be found.

## Day Twenty

### Pop It.

And this is the confidence  
that we have in Him,  
that, if we ask anything  
according to His will,  
He hears us.

And if we know that He hear us,  
whatsoever we ask,  
we know that we have the  
petitions that we desired of Him.

**1 John 5:14,15**

### Sip It.

How did you ask for things  
when you were a kid? Did you whine?  
Cry? Throw a royal fit?

How did that work for you?

### Do It!

What are the conditions to receiving  
what you pray for?

What is God's two-part promise  
back to you?

## Day Twenty

# Pop It.

Underline “according to His will”

And this is the confidence  
that we have in Him,  
that, if we ask anything  
according to His will,  
He hears us.  
And if we know that He hear us,  
whatsoever we ask,  
we know that we have the  
petitions that we desired of Him.  
**1 John 5:14,15**

# Sip It.

Whatever worked on your parents  
will not work with God.  
God responds when we ask within His will.  
What kind of prayers have you been praying  
lately? Are they more about His will or yours?

# Do It!

Write down a recent prayer request  
that centered on your will.  
Re-write the prayer request  
so that it is more in line with God’s will.

## Day Twenty-One

### Pop It.

The grass withers, the flower fades:  
but the Word of our God shall stand forever.

**Isaiah 40:8**

### Sip It.

What gum has the longest-lasting flavor?

What energy drink keeps you  
awake the longest? How long?

### Do It!

The Bible has been around for  
thousands of years. Does knowing that  
Scripture makes a promise to  
be around forever give your faith a boost?

If you trust His Word every day,  
starting today,  
what will your faith look like  
twenty years from now?

## Day Twenty-One

### Pop It.

Underline “stands forever.”

The grass withers, the flower fades:  
but the Word of our God shall stand forever.

**Isaiah 40:8**

### Sip It.

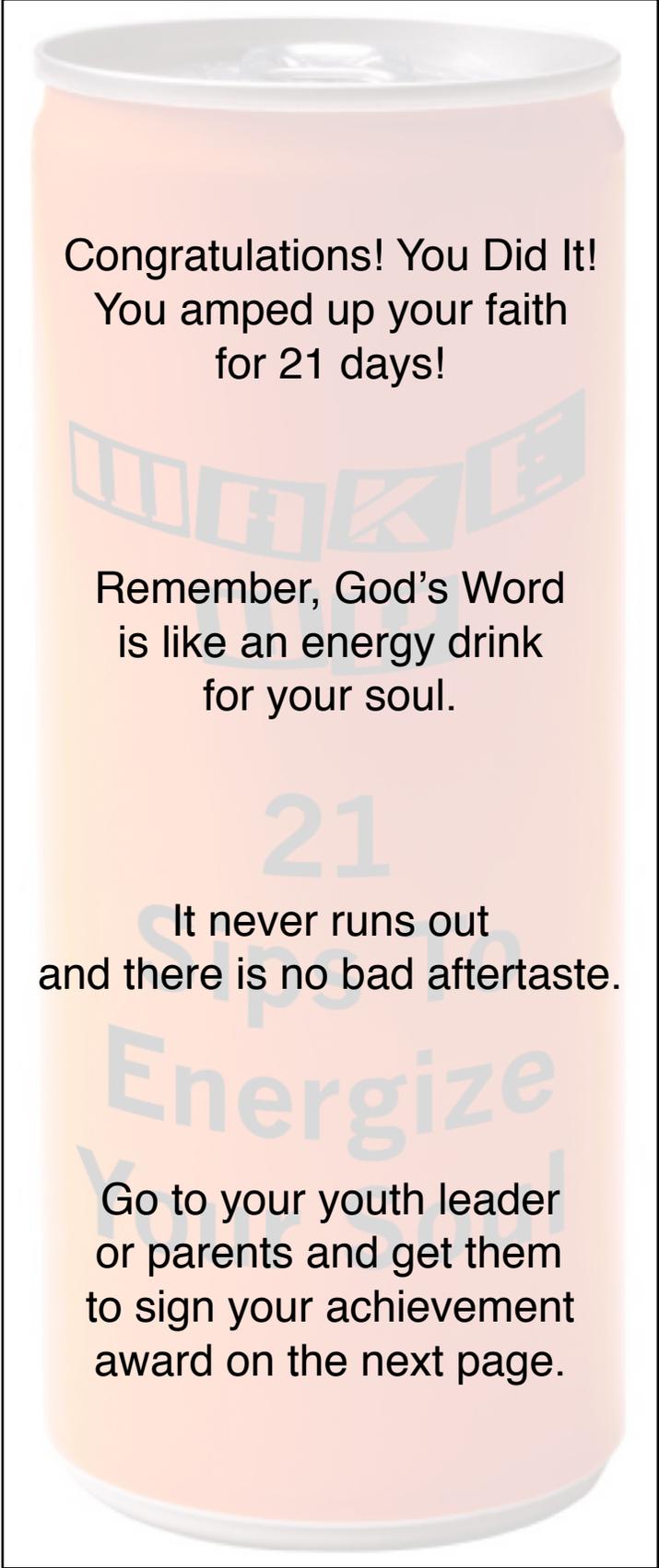
Both gum and energy drinks run out of:

What have you been running out of lately?

### Do It!

God’s Word stands for ever.

List what you are running out of –  
such as love, patience, kindness etc.  
Then go to the Lord in prayer and fill up.

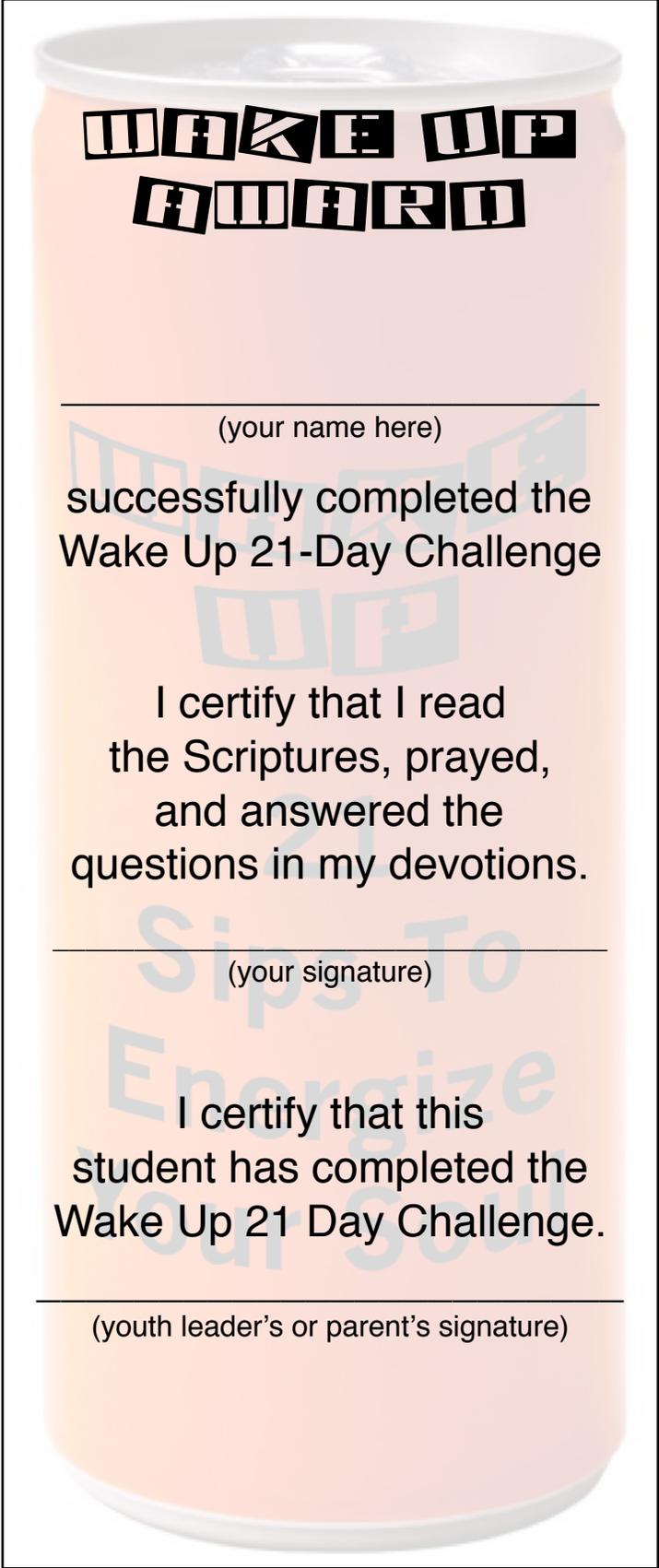


Congratulations! You Did It!  
You amped up your faith  
for 21 days!

Remember, God's Word  
is like an energy drink  
for your soul.

21  
It never runs out  
and there is no bad aftertaste.

Energize  
Your Soul!  
Go to your youth leader  
or parents and get them  
to sign your achievement  
award on the next page.



**WAKE UP  
AWARD**

---

(your name here)

successfully completed the  
Wake Up 21-Day Challenge

I certify that I read  
the Scriptures, prayed,  
and answered the  
questions in my devotions.

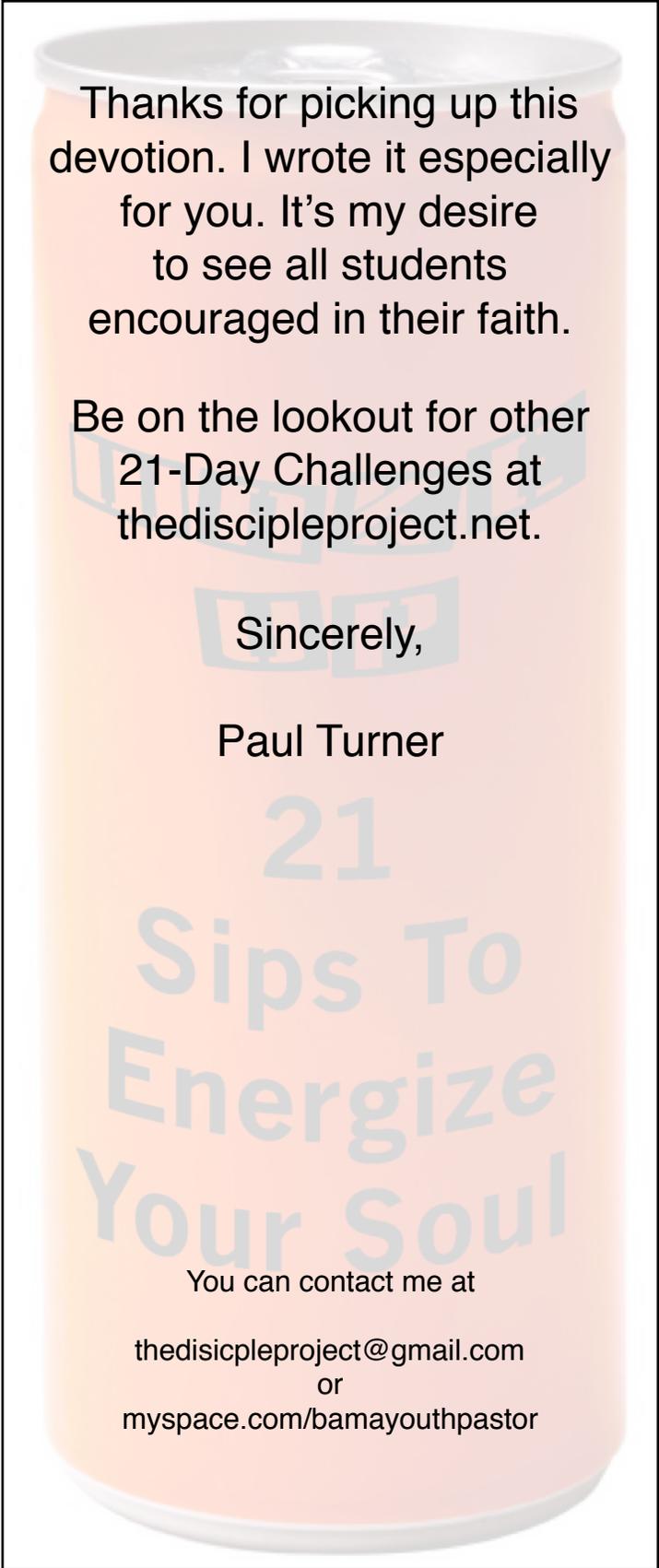
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(your signature)

I certify that this  
student has completed the  
Wake Up 21 Day Challenge.

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(youth leader's or parent's signature)



Thanks for picking up this devotion. I wrote it especially for you. It's my desire to see all students encouraged in their faith.

Be on the lookout for other 21-Day Challenges at [thediscipleproject.net](http://thediscipleproject.net).

Sincerely,

Paul Turner

21  
Sips To  
Energize  
Your Soul

You can contact me at

[thediscipleproject@gmail.com](mailto:thediscipleproject@gmail.com)  
or  
[myspace.com/bamayouthpastor](http://myspace.com/bamayouthpastor)

## 21 Promises At A Glance

**Matthew 7:7-8**

**Luke 12:29-31**

**Philippians 4:13**

**1 Thessalonians 5:24**

**2 Timothy 1:7**

**Romans 8:1-2**

**1 John 5:4**

**1 John 1:9**

**James 4:7**

**1 John 4:4**

**Psalms 71:5**

**Isaiah 26:3**

**Psalms 46:1-2**

**John 8:12**

**Luke 6:38**

**Matthew 6:33**

**2 Corinthians 12:9**

**2 Corinthians 5:17**

**Jeremiah 29:13**

**1 John 5:14-15**

**Isaiah 40:8**

### **Two More Ideas:**

Write each of these Scriptures on an index card and memorize one a week.

Put one of these Scriptures on your social network each week to remind you (and others) of God's powerful promises.