

Aidan Perry

Discipleship
101 For
Kids, Teens
And Pre-
Teens

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August 8, 2017

Published by Rebekah Isaac Incorporated, New York,
New York

<http://www.RebekahIsaac.com>

<https://www.Twitter.com/RebekahIsaac>

A c k n o w l e d g e m e n t s

To the Lord my God, I owe the greatest gratitude for teaching me what it means to be a committed disciple of the Word of God. I know that many people would like to write and publish a book of any length, on any subject, and for any reason. That I was able to accomplish this at my age is something that I will always cherish and always remember, and always think about with gratitude.

I have much gratitude also for my aunt who so loved the Blogs I wrote for her Blog site that she encouraged me to write fourteen more Blogs and turn

them into a book. Most importantly, I have gratitude for my parents who planted the seed of faith in my heart, gratitude for my grandparents, those whom I know and those whom I did not know, for my little brother who keeps me laughing, and for all my other relatives and friends who make life a joy.

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I n t r o d u c t i o n

THIS IS A BOOK for me as much as it is for you. I started out wanting to hear what my spirit had to say about various aspects of discipleship, and discovered that all the answers I ever needed were in my spirit. God had pre-ordained me to be united with him in spirit, and to think as he thinks. When I ask my spirit a question, it is as though I had asked God the question and received God's response.

Knowing that my spirit is one with God's spirit gives me not only peace, but also a sense of belonging that I would

not otherwise have had if my only feeling of oneness was related to my family. One needs to have a sense of belonging physically as well as spiritually, and only then do we experience genuine peace and genuine joy. So as you read this book, I hope you will encounter God and begin to experience a oneness with him.

Furthermore, I hope that you will begin to seek guidance from your spirit and know the joy and the peace that comes from having genuine, truthful answers to every question you can think to ask. When you have completed reading the book, tell someone about it, because

perhaps they too need to become one with their spirit, and one with God. Perhaps also they will become one with God's people, with his kingdom, and with his plan for eternity.

Chapter 1

When All Is Well: Staying Alive

ALL THE WORLD DESIRES to be in excellent health, but they are not certain of how to achieve it. They assume that if they are not in the hospital or on medication, it means that they are healthy, or at least, not ill. In God's definition of health, you not only are:

(1) out of the hospital and off of all medication, you also are

(2) fit physically and mentally,

(3) stable emotionally,

(4) able to climb stairs without getting out of breath or overheated, and

(5) able to walk ten blocks (1/2 mile) without stopping to rest. If you are unable to do any of these, God wants to focus on achieving a better state of health.

In God's definition of health, your heart will pump blood at a fast but

steady rate, you will feel energized and rejuvenated, and your mind will be clear and uncluttered. In order to achieve this state of health, there are several things you can do. This chapter will focus on three different areas of health, (a) physical, (b) spiritual, and (c) emotional.

Physical Health

There are ten things you can do in order to ensure that you remain in excellent physical health. Each of these ten can easily become the chapter of a book, but for now we will merely list them with brief explanation.

(1) Don't eat any foods that are heavily processed, including items such as bacon, hot dogs and cheese. While cheese may appear to be a relatively harmless food product, much of the milk used to create cheese is actually artificially created in a laboratory. It is not cow's or goat's milk, nor is it appropriate for growing children.

(2) Avoid all grains that have not been cleansed prior to being made available for cooking and consumption.

(3) Hand wash all vegetables prior to peeling, cooking and/or consuming

them. If they are to be cooked, use only clean, fresh water.

(4) Place or store all foods that contain yeast in a refrigerated area. Yeast can easily mutate into harmful microbes if exposed to warm temperatures for long periods.

(5) Take the temperature of meat to ensure that the inner parts have been well-cooked. This applies primarily to large meats such as whole turkey, whole chicken, and leg of lamb.

(6) Wash your hands before each meal and before you go to sleep at

night. Bacteria can easily multiply as you sleep, and can become more of a threat than if you were awake.

(7) Eat foods that are relatively natural and close to its original state, such as fruits and vegetables. They have much more natural nutrients than foods that have been processed.

(8) Take medication only when it has been specifically prescribed by a doctor, and avoid the tendency to over-medicate on over-the-counter non-prescription drugs. Advil and aspirin cannot cure headaches. They merely hide

the symptoms of whatever is plaguing you. It would be much better to ask the Holy Spirit for the cause of the headache, and seek his recommendation on what you should do. Follow his recommendation, in consultation with your parents.

(9) Age-appropriate exercise can be beneficial if you have the tendency to be overweight.

(10) In your childhood and teen years, try to get at least eight to ten hours of sleep each night. Growth takes place as you sleep, so a lack of restful

sleep may have a negative effect on your height, and on your ability to function mentally.

If you begin to do these ten recommendations early in life, you have a much better chance of remaining in good health for long periods.

Spiritual Health

If you are seeking the path to spiritual health, the first thing you should do is ask the Holy Spirit Of God to reside in your heart. God's Holy Spirit can be your guide from the moment you are conceived in the womb, until you

enter into eternal life with God. He can answer any question that bewilders you, heal any illness or disease that concerns you, write any letter you wish to compose, and take care of anyone about whom you are concerned and who needs your protection. With the Holy Spirit Of God, you can be in full control, without necessarily being in control.

E m o t i o n a l H e a l t h

A discussion of emotional health can be complex and prone to being misunderstood. For this reason, I will speak of it only from the perspective of

the Lord God Almighty, so that his perspective can be compared to the perspective of modern psychologists, psychiatrists, and similar practitioners.

When someone is diagnosed with an emotional illness, it usually is a sign that they are not properly aligned with God Almighty. They have a tendency to think in ways that are unhealthy, which then affects their emotional state, as well as their emotional balance. This means that the scale is tipping to one side or the other, and they are speaking or acting in an unbalanced or uncontrolled manner. What God considers emotional

health may seem very unhealthy in some urban, metropolitan areas of the globe, but it is worth identifying for those who desire to know God's standard.

There are four benchmarks of emotional health:

(1) A stable family life in which the person has an opportunity to live in such a manner as to fulfill their mission and purpose for being on the earth. Each person came here for a reason, and the earlier we discover that reason, the happier we will be, and the more productive we will become.

(2) A sound biblical knowledge that enables the person to intelligently discuss his or her belief in and knowledge of God, and their role in God's plan. Regardless of faith, the Bible is a book that should be read and understood by anyone who seeks to be a disciple of Jesus.

(3) A desire to grow and change in order to become a better human being, and a better disciple of Jesus.

(4) A desire to live eternally with God.

When all these elements are

present, a person can be described as emotionally healthy, and emotionally stable. God desires that each of us live a healthy and happy life physically, spiritually, and emotionally.