

Discipline yourself for the purposes of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also the life to come

(1 Timothy 4:7-8)



Crossfit is a parent led ministry for ages 12-18. We meet Sunday nights from 6 p.m. to 7:15 p.m. The meetings include a snack, game time, a group lesson and a group discussion supervised by mature leaders. Crossfit also plans monthly fellowship events and service projects for the teens throughout the year.

Purpose

To assist parents in developing God-centered, spiritually discerning, mature sons and daughters, who are characterized by a passionate love for God and a love for others - demonstrated through exemplary living in speech, love, faith, and purity.

How?

- Teaching, demonstrating, and encouraging spiritual disciplines through daily quiet time in order to nurture an intimate relationship with Christ.
- Providing a safe, welcoming, and loving environment where the teens can enjoy the

fellowship and friendships of likeminded adults and peers.

Goals

- Establish a habit of daily quiet time and Bible study



- Understand the importance of the Word of God
- Develop a habit of " [seeing all of life through the Truth of Scripture](#) " (annual focus for the year 2010-11)
- Memorize scriptures related to the study topics
- Read several Christian books
- Involvement in church: choir, children's ministry, missions, communications, etc.
- Tell friends and family about Christ

[Your Word is Truth](#) featured by Desiring God ®

Please click on the link above to preview the lessons and get more information about the study.

As mentioned on the ministry's website "**Your Word Is Truth** is a 40-week study for youth on seeing all of life through the Truth of Scripture. The goal of this study is that, through the work of the Holy Spirit, the authoritative Truth of the Bible might be understood and embraced so students may see and **interpret**

all of life through the Truth of Scripture

. The first nine lessons establish the Bible as God's absolute, objective, universal, and unchanging Truth; the sinful heart's rejection of Truth; and the necessity of the Gospel's transforming work which alone enables sinners to come to know and embrace the Truth through trusting in Jesus. The rest of the curriculum then asks the question: How now should we live? by exploring a variety of contemporary topics in order to help the students understand and apply

Biblical Truth to all areas of life.
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