

PREPARE *to* THRIVE

STUDY GUIDE

Prepare to Thrive Participant Study Guide

SKU: 10-1-904

ISBN: 978-1-9844-1209-6

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Cover images: Getty Images and Unsplash

Interior images: Unsplash

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Printed in China

TABLE *of* CONTENTS

Introduction	1
Study Guide Description.....	3
Introductory Session.....	5
Chapter 1	13
Chapter 2	21
Chapter 3	29
Chapter 4	37
Chapter 5	45
Chapter 6	53
Chapter 7.....	61
Chapter 8	71
Chapter 9	79
Chapter 10.....	87
Chapter 11	97
Chapter 12.....	107
Chapter 13.....	117
Chapter 14.....	125



INTRODUCTION

It's time to prepare for the challenges ahead.

For decades, researchers have known that youth are leaving church at alarming rates. Far too many Christian-raised young people are not being equipped with the foundations, answers, and biblical thinking skills they need to navigate secular classrooms and cultures with a biblical worldview intact.

But what if this trend could change? What practical steps can help Christian students prepare for—and survive—the worldview battle in real classrooms?

That's what this study is about.


With sessions spanning 15 weeks, the *Prepare to Thrive Study Guide* unites different generations of believers around the common purpose of equipping students to keep—and live out—a strong biblical worldview in college and beyond. This study includes:

- Vital facts revealing the challenges Christian students can expect to face on many campuses.
- Biblical strategies for keeping an uncompromised biblical worldview at college—and applying that worldview to impact culture.
- Practical tips for navigating the trenches of secular college, including tools to think through

faith-challenging messages, handle worldview questions, and resist “brainwashing.”

Along the way, opportunities for meaningful discussion, activities, and optional challenges will enable students to strengthen connections with godly adults while building foundations for surviving today’s classrooms and cultures.

Ready to get started?



STUDY GUIDE DESCRIPTION

WHAT IT IS

The *Prepare to Thrive Study Guide* contains materials for 15 weekly sessions, each of which corresponds to a chapter or section of the book, *Prepare to Thrive: A Survival Guide for Christian Students*. Sessions are designed to help Christian students—and the adults who support them—work together to unpack, engage with, and apply the concepts they’ll learn in *Prepare to Thrive*.

WHO IT’S FOR

The tools and concepts in the *Prepare to Thrive Study Guide* can benefit any Christian. However, this guide is most geared toward Christian high school or college students and the older believers who support them, collectively referred to here as mentors. Mentors may include parents, grandparents, youth leaders, pastors, godly senior acquaintances, or other older Christians. While mentors or students can work through these materials by themselves, the best-case scenario is for mentors and students to experience this study together. Just a few possible group makeups include:

- Individual families studying together as youth with parents and/or grandparents
- Two or more family groups meeting to journey through the study together
- Churches combining members of their youth, parent, and senior groups for the study
- Campus ministries inviting godly older community members to join with students for the study

HOW IT WORKS

The *Prepare to Thrive Study Guide* features a series of flexible session templates which groups can configure to suit their unique interests. If you're going through this study guide with a group, you can chat with your group facilitator to find out the specifics of how the study will unfold and which questions, activities, and challenges to focus on during each session.



INTRODUCTORY SESSION

THIS WEEK'S GOALS

In this session, you will:

- Get to know your group members better
- Discover how the *Prepare to Thrive* study will work
- Learn more about the spiritual battle in today's classrooms and culture
- Create a plan for making the most of the study

BEFORE THE SESSION

Read the introductory sections of *Prepare to Thrive*, from “Foreword” to “How to Use This Book,” jotting down any thoughts, questions, and other notes to prepare for this week’s discussion. Before you begin reading, it’s a great idea to look over the questions below to help guide your note-taking.

VERSES

1 Corinthians 10:3–5

QUESTIONS TO CHECK UNDERSTANDING

1. What is the spiritual battle in today's classrooms and culture?
2. What role does evolutionary teaching play in this battle?
3. What keys do Christian students need to survive the battle?

QUESTIONS FOR STUDENTS

4. What are you interested in doing after you graduate (from high school or college)?
5. What specific challenges might you expect to face in that setting?
6. Considering the three foundations students need, what are some practical steps you could take now to prepare for those challenges?
7. What worldview-related challenges have you witnessed or experienced in the settings you're already in?
8. How might this study help with navigating these challenges?

QUESTIONS FOR MENTORS

9. What past challenges have you faced as a Christian in the spiritual battlefield of classrooms or culture?
10. What advice would you give to another Christian experiencing these challenges?

APPLICATION ACTIVITY

Team up with your family, mentor, or small group to complete the following activity.

Based on what you've read and discussed so far, take a minute to think about some goals you'd like to accomplish through this study. What are some simple steps you can take along the way to make sure you complete these goals? Share your ideas with your group or mentor, writing down your plan and goals for future reference.

WEEKLY CHALLENGE

During the week, watch for evidence of the worldview battle being waged in culture (for instance, advertisements that promote unbiblical ideas as facts). How many different settings, subjects, or aspects of everyday life do you notice the battle affecting? Jot down your observations to discuss with your mentor or group next week.



CHAPTER 1

The Foundation of Our Faith

THIS WEEK'S GOALS

In this session, you will learn how to:

- Define different types of evolution
- Recognize the cultural consequences that result from rejecting God's Word
- Explain the 7 C's of Biblical History and their significance
- Explain why Genesis is the foundation of Christian doctrines, morals, and ministries

BEFORE THE SESSION

Read chapter 1 of *Prepare to Thrive*, jotting down your thoughts, questions, and other notes to prepare for this week's discussion. Before you begin reading, it's a great idea to look over the questions below to help guide your note-taking.

VERSES

2 Timothy 3:14–17

QUESTIONS TO CHECK UNDERSTANDING

1. What is meant by evolution in this book, and what are the four subtypes of “evolution”?

2. What is an example of evidence you’ve seen in today’s culture or classrooms which shows how society has abandoned God’s Word as its authoritative source of truth?

3. What are the 7 C’s of Biblical History?

4. What are some examples of “earthly things” that Genesis teaches us about (John 3:12)?

5. The book listed defending marriage and protecting the unborn as two examples of Christian ministries that are founded on Christian morals. These morals are founded on biblical doctrines, which in turn are founded in Genesis. What is another example of how a Christian ministry’s significance traces back to Genesis?

QUESTIONS FOR MENTORS

8. Which of the 7 C's of Biblical History have you seen being compromised during your lifetime?

9. How did you see that compromise unfold?

10. What were some effects or consequences resulting from that compromise?

APPLICATION ACTIVITY

Team up with your family, mentor, or small group to complete the following activity.

Using the 7 C's of Biblical History, practice explaining the "big picture" of the gospel to someone else.

WEEKLY CHALLENGE

Over the next week, jot down a few of the messages you encounter in your surrounding culture—whether in movies, books, social media, advertisements, the news, classes, conversations, or other communicational settings. Practice thinking biblically about these messages by viewing them through the lens of the 7 C’s of Biblical History. Here’s an example to get you started:

Message: Social media post said, “Follow your heart.”

Biblical response: All human hearts are fallen and fallible, affected by the sin that spread to all of Adam’s descendants (Romans 5:12; see the second “C” of Biblical History, Corruption). So we must not use our sinful hearts as compasses for making decisions; instead, we must base our decisions on the Word of our sinless, infallible Creator (see the first “C” of Biblical History, Creation).



CHAPTER 2

The Assault on Scripture

THIS WEEK'S GOALS

In this session, you will learn how to:

- Explain the difference between two kinds of science
- Explain that there are only two kinds of worldview “glasses” for interpreting facts
- Explain why the concept of millions of years does not fit with God’s Word
- Describe how compromising on Genesis causes consequences for society and the church

BEFORE THE SESSION

Read chapter 2 of *Prepare to Thrive*, jotting down your thoughts, questions, and other notes to prepare for this week’s discussion. Before you begin reading, it’s a great idea to look over the questions below to help guide your note-taking.

VERSE

Jude 3

QUESTIONS TO CHECK UNDERSTANDING

1. What two kinds of science exist, and what are the differences between them?
2. What does “worldview” mean, and what are the two basic worldviews?
3. Does worldview affect either of the two kinds of science? If so, how?

4. Does the idea that the earth is millions of years old “fit” with the Bible? Why or why not?

5. How does compromising on Genesis impact society and the church?

QUESTIONS FOR STUDENTS

6. Is there a cause or ministry that you're especially passionate about?

7. How might a compromised view of Genesis affect that cause?

QUESTIONS FOR MENTORS

8. How have you seen a Christian ministry or moral value lose its cultural significance based on society's rejection of Genesis?

9. On the brighter side, what is a positive result you've seen from a Christian living out an uncompromised stand on God's Word?

APPLICATION ACTIVITY

Team up with your family, mentor, or small group to complete the following activity.

As students and mentors working together, brainstorm some practical ways your group, community, or family can actively defend the authority of God's Word and respond to the cultural collapse caused by compromise.

WEEKLY CHALLENGE

To restore the church’s Genesis foundation, we need to help other Christians understand how protecting this foundation is a gospel issue, a moral issue, and a justice issue. So this week’s challenge is to practice raising awareness about the importance of Genesis—even by simply sharing the concepts you’ve learned over the last few weeks with a friend.

You could also get creative by sharing the message through artwork, video, social media, poetry, blog post, or story. There are so many ways to communicate truth! You can work either by yourself or with others in your group. Praying for ideas and opportunities is a great way to start.
