

STOP HITTING SNOOZE AND START
LIVING RADICALLY FOR JESUS



GABRIELLE McCULLOUGH

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ABOUT THE AUTHOR

Gabrielle McCullough is a Minnesota born and raised, disciple maker and Bible teacher who is eager about reaching all people with the gospel of Jesus Christ. Her greatest passion is to specifically fight for her generation to be found faithful by knowing God, fearing God, and loving God, so that they would lead lives consecrated by holiness.

Gabrielle currently resides in Waco, Texas, with her husband Cooper, where they have the privilege of being on mission with the local body at Harris Creek Baptist Church. When she's not with her college ministry girls, you can find her sipping on a latte, searching for vintage antiques, or doing something fun and creative with Cooper.



INTRODUCTION

This is written to the girl who is desperate for more of God. You are desperate to be awakened to deeper degrees of His love, His power, His kindness, His truth, and His grace. You are desperate for conviction and intimacy with Him. You want to be drawn away from the destruction of sin and drawn toward the power of His glorious riches.

Maybe you came to know Jesus at a young age and genuinely fell in love with Him, but now the love you once had is growing colder and you find yourself going through the motions to do the “Christian thing.” I pray that a new fire would be ignited in you to run after Jesus with all that you’ve got, not for the sake of duty but rather for the sake of delight.

Maybe you are the girl who wants to do big things for God, but you don’t know where to start. You’ve been walking with Him faithfully,

and you want to know how to finish faithfully. I pray that this study helps you know what it looks like to be all that God has called you to be and do all that God has called you to do.

Or maybe you’re reading this, and you’re not exactly sure how you feel about following Jesus right now. There is something stirring in your heart that is drawing you closer to Jesus, but you can’t quite put your finger on it. I pray that you would see new things about the heart of Jesus and fall in love with Him with every page you read.

Let’s be honest. We all desperately need more of God. No matter where we are, and whether we realize it or not. So let’s stack our hands, posture ourselves in a place of neediness before God, and fight to not be the generation caught sleeping.

HOW TO WATCH

HOW TO WATCH YOUR VIDEOS

This Bible study has five videos—one for each session. These videos enhance the content and prepare you for discussion.

To stream the *Wake Up* teen girl Bible study video teaching sessions, follow these steps:

1. Purchase the group video bundle at **lifeway.com/wakeup**.
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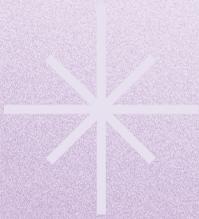
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SESSION 1

OPEN YOUR
EYES

OPEN YOUR
EYES

OPEN YOUR
EYES

**OPEN YOUR
EYES**

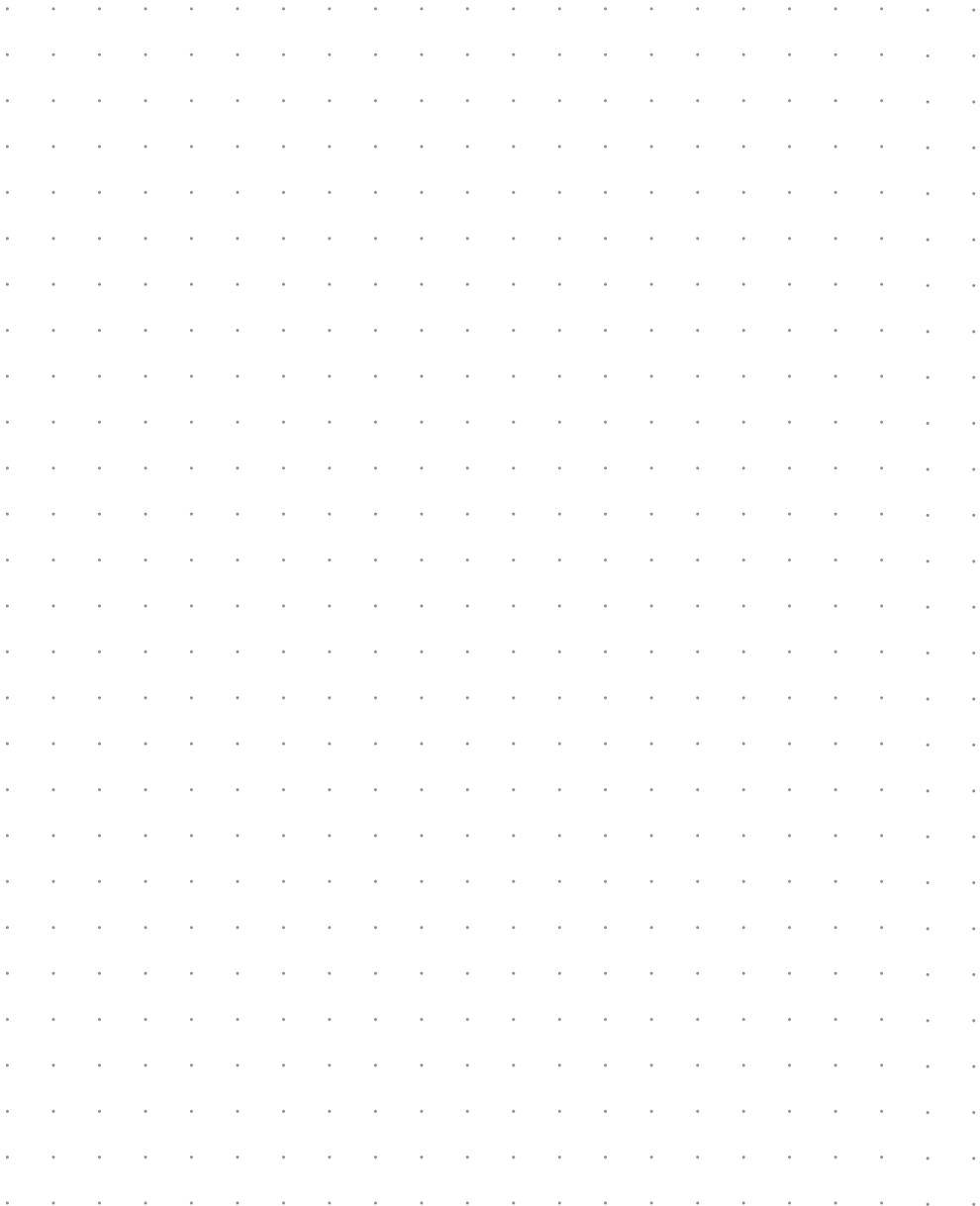
OPEN YOUR
EYES

OPEN YOUR
EYES

OPEN YOUR
EYES

TEACHING/VIDEO NOTES

Watch the Session 1 teaching video, and write down any notes or questions in the space below.

A large grid of dots for taking notes, consisting of 20 columns and 25 rows of small black dots.



GROUP DISCUSSION

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

1 Timothy 4:8, NLT

If you have ever run a marathon before, you know that it takes a lot of endurance and hard work. In order to prepare, you must commit to several weeks of waking up early, eating healthy foods, drinking lots of water, and running distances every week varying in length. Running long distances takes training.

Sounds like a *dream*, right?! (Definitely not my kind of dream.)

Share a time in your life when you had to work really hard for something (e.g. trying out for a new team, studying hard for a test, working your first job, running a long distance race, etc.).

What did the preparation look like?

If you want to finish something well, you have to prepare. The one thing you absolutely cannot do is be lazy. If you choose laziness instead of endurance, you won't finish.

Which type of girl are you? Circle the option that best represents the type of girl you are.

- A. Wakes up right when the alarm goes off, knocks things off the to-do list constantly, and keeps a clean room.**
- B. Snoozes the alarm five different times, waits until the very last minute to get things done, and lives life just “going with the flow.”**
- C. Combination of A & B, depending on the week ;)**

We have a race to run as a generation, and it takes training for us to run well. These pages were written to prepare you for the race set before us. But what's this race God is calling us to run? It is to be awakened to the reality of Jesus and to join the mission as He brings about revival to the ends of the earth.

My prayer is that this is something you want to be a part of and that you want to run well. If that's true, the first step is to open our eyes and WAKE UP.

If you are anything like me, there are times in your life when you are doing "just fine" in your faith. Maybe it doesn't feel like you are completely neglecting God, but you don't have a burning fire to follow Him with everything you have either. If your faith was a car, you'd basically be driving in neutral. There is little acceleration and excitement to your faith because you are doing "just fine."

Sisters, this is a dangerous place to be, yet it's a trap that many of us fall captive to all the time. We fall captive to the trap of apathy.

Apathy: "lack of feeling or emotion; lack of interest or concern."¹

Can you relate to any of the words from the definition of apathy when it comes to your relationship with Jesus? Why or why not?

Have you experienced days when you lack interest in spending time in God's Word, praying, or sharing your faith? I know I have! But in the same way you must resist laziness in order to run a marathon, we must resist apathy if we want to live radically for Jesus.

 **Open your Bibles and read John 10:10. (Note: this is Jesus speaking to you!)**

Jesus has come to give you a "rich and satisfying life." Other translations say that Jesus has come so that you could have life in abundance. These words are far different from the ones that describe apathy.

Share a time in your life when your relationship with Jesus was the opposite of apathetic—a time marked by passion and enthusiasm in following after Him.

There are too many in this generation that fall captive to apathy—we begin to settle for so much less than radical obedience to God and His commands. A friend to apathy is comfort. We strive for maximum comfort and settle for minimum effectiveness in the kingdom of God.

If we're being honest, difficult things just aren't the most fun. We want a pain-free life with very little cost. We want to do whatever we want to do with very little discipline and very little obedience. We want to eat what we want to eat, do what we want to do, and believe what we want to believe. But this life of apathy and comfort is not the way of Jesus.

The way of Jesus is a life filled with freedom, a life of faith, and taking risky steps of obedience. It's a way of sacrifice. Jesus asked His disciples to leave everything and follow Him—which sounds nothing like comfort and apathy. If we want to be young women who follow Jesus with everything we have, then we must allow the old way of apathy and comfort to die in our lives. We must wake up to a new way of radical obedience as we run hard and fast after all that God has for us.

On the scale below, circle what you believe best describes your life.



In your friend group, do you try to fit in or stand out? Why or why not?

What is one thing that would be really difficult to give up for the sake of following Jesus?

The problem is that so many of us just want to stay cozied up in our blankets of sin. We want to rest on the pillows of our preferences, desires, and feelings, so we keep our eyes closed and miss out on all that God has for us.

What “blankets of sin” and “pillows of preferences” do you stay cozied up in? What things do you run to instead of running to Jesus?

Before we can open our eyes to this new way, we must be confronted with what we truly believe about Jesus. In the book of Matthew, we see Jesus challenging His disciples, the men He was primarily doing life with, to wrestle with what they believe about who Jesus is.

 **Read Matthew 16:13-16.**

Take some time to consider what three words come to mind when you answer the question: Who do you say that Jesus is? Write those words here and share with your group.

Did you know that what you believe about who Jesus is, is the most important thing about who you are? What you believe about Him affects your identity, your worth, your purpose, and your calling. Your belief about Jesus impacts and defines every area of your life!

And here’s the deal: we are living in a culture where there are a lot of ideas about who Jesus is. There are some who say that Jesus was merely a good teacher. There are some who say that Jesus was just another prophet, a historical figure who said some noteworthy things. Others claim that the stories of Jesus are myths that teach good morals. While others claim, as Peter did, that Jesus is “Christ, the Son of the living God” (Matt. 16:16).

Directly after this conversation in Matthew 16, Jesus goes on to tell His disciples about His upcoming death and resurrection. Then, Jesus gives a really powerful invitation to follow Him. This is the invitation He gives to you today, as well.

 **Read Matthew 16:24-25.**

Lose your life to find it? It sounds so crazy, right? Not if you know how to answer the question below.

Is Jesus the Lord of your life? How do you know?

If Jesus isn't the Lord of your life, you have no reason to wake up from your slumber of apathy and comfort. If He isn't Lord, you might as well continue to do whatever you feel is best in your own eyes. But if He is Lord, then all of your sin and preferences must be surrendered to His Lordship. If He is Lord, then there is a race to run faithfully. If He is Lord, then it's time to open your eyes and be awakened to the reality of His beauty and follow Him in response.

This is the way of Jesus. We lay down our lives to pick up His. We turn away from our slumber and open our eyes to a life of obedience.



SESSION 1

PERSONAL
STUDY



Day 1

Are You Sleeping?

Before we can wake up, we have to first ask if we are sleeping.

Based on what you read about apathy and comfort in the first group session, spend some time journaling your initial reflection to the question, "Are you sleeping in your walk with Jesus?"

When it comes to sleeping in our faith, many of us fall into one of three buckets:

Bucket 1: We are prone to a type of Christianity where we try to check all the boxes and do all the things. We show up to church, read our Bibles, and say impressive things, but we do it all for the sake of "performance Christianity," while masking it as holiness. In Scripture, these people are spoken of as ones who are like whitewashed tombs. Their outside is beautiful and has an appearance of holiness, but inside they are dead and unclean (Matt. 23:27-28). Is this you? If so, you are asleep to the grace of God.

Bucket 2: This bucket is where we claim the name Christian, have a Bible verse in our Instagram bio, and claim to have a relationship with Jesus, yet the way we live is the opposite of God and His holiness. We regard Jesus as Lord in our speech, but we do not regard Jesus as Lord in the way we live. Is this you? If so, you are asleep to the power of God.

Bucket 3: Finally, the third bucket is where you don't even regard Jesus as Lord of your life, because you are the lord of your life. You want to rule your own life, make all your own choices, and do whatever makes you feel best. Is this you? If so, you are asleep to the truth of God.

Do you need to wake up to the grace of God, the power of God, or the truth of God? What makes you answer that way? Reflect through journaling below.

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Each one of us is prone to apathy and comfort, but through God’s kindness and grace, there is an invitation to open our eyes from slumber so that we can do all the amazing things God has called us to. It takes an awakened generation to be a faithful generation.

Henry Varley once said to D. L. Moody, “The world has yet to see what God can do with a man fully consecrated to him.”² To be fully consecrated means to be set apart for holy purposes. To be a man or a woman that is in complete pursuit of God, such that their soul is wrapped up in grace, power, and the truth of God.

Over the next few days, we are going to dive into 1 Peter 1:13-21. This passage was written by Peter, a disciple of Jesus. Peter walked with Jesus, and he witnessed the sufferings of Christ and the glorification of Christ in His transfiguration. Peter writes to encourage Christians to persevere in their faith, even in the midst of suffering, so that they can suffer with hope if they give themselves completely to God.

List three facts you just learned about Peter—repeating it will help you remember who is writing this letter.

 **Read 1 Peter 1:13.**

In some translations, Peter says to prepare for action. Other say, “To be alert and fully sober,” which is like a call to roll up your sleeves and get ready in anticipation for what is coming.

When I was engaged to be married, it was the most amazing season of my life. There was nothing I had looked forward to in eager anticipation like I looked forward to my wedding day. The countdown was on!

As I anticipated my wedding day, I was doing all the things to prepare. I planned a wedding and found a new place for us to live together. I started wearing my retainer every night so my teeth would be straight and reading books to learn how to be a biblical wife. I was doing everything I could think of to prepare in anticipation of the day when I would marry the love of my life.

What is something in your life that you are looking forward to with excitement? How do you imagine you'll feel when the countdown is over?

In the verse you just read, Peter is calling us to wake up, to be alert, and to be ready as we set our hope on the grace that is coming in Christ's return, His second coming. Peter is reminding us that there is a greater wedding day when Christ will come back for His bride—the church. Therefore, we have to prepare for that day by being alert and faithful.

How does your life reflect that you believe Jesus is coming back soon? If it doesn't, why not?

We cannot be the generation that is caught sleeping as we prepare for day when will meet our King Jesus face-to-face. In Romans 13, Paul implores believers to live in a way that honors God: "The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed" (13:11, NIV).

Jesus is coming back sooner than we think, so it is time to get to work.

Day 2

Wake Up to a Holy & Good God

To wake up from your slumber is an invitation to encounter a holy and good God—a God who loves you, redeems you, and transforms you by His grace and perfection.



Read 1 Peter 1:14-17, then answer the questions below.

What evil desires are you prone to pursue (gossip, sexual sin, people-pleasing, unforgiveness, jealousy, comparison, drinking, substance abuse, etc.)?

What does it mean to be holy? (If you don't know, keep reading and come back when you think you've found the answer.)

Walking in obedience looks like turning away from our evil desires and practicing holiness as we live out our time here on earth.

Write down verse 15 in the space below.

The instruction is not to be holy because it's the right thing to do. It's not to be holy because it's the Christian thing to do. The instruction is to be holy because God is holy.

For God to be holy means that He is above everything that He has created. He is perfect. He is good, and, therefore, everything He

commands is good. He compares to no one. His love is a holy love, and His justice is a holy justice. In Isaiah 6:3, we see the angels declare, “Holy, holy, holy is the LORD of hosts.” It is who He is. You cannot separate God from His holiness. It goes far beyond His righteousness.

Here is the reality: you cannot be God, your evil desires cannot be God, and this world cannot be God because we are not God. We can’t even come close to His supremacy.

So when Scripture calls us to be holy as He is holy, this is a call to be completely set apart from the world in the truths we believe, the words we say, the purity we fight for, and the mission we give our lives to. Holiness is not something we can possess in our own strength; holiness is something that possesses us as we surrender our lives to the Spirit of God.

Are you living to be like the world or are you living to be like God? What would the people closest to you say? Reflect through journaling below.

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This God who has called on you is worthy to be feared. I love the reminder Peter gives to the Christians he is writing that they are foreigners. This broken life where suffering and sin exists is not our home. But as we live here and anticipate Christ’s return and eternity with Him, we are called to live in such a way that demonstrates our love and fear of God.

 **Read 2 Timothy 2:4.**

To pledge allegiance to Jesus means that we forsake the right to do whatever we feel like doing. We forsake the right to please ourselves. We forsake the right to live for the world and what we think it has to offer. To please the One who enlisted us and fear God during our time on earth looks like laying it all down for the sake of the gospel. To live holy lives that look completely different from the world because God in you should be obvious. Once we are changed by God first, this is the way we will change the world.

Today, draw near to the feet of a holy and kind God and find freedom there. Run away from the way of your flesh and run toward the way of Jesus. The way of Jesus is not behavior modification but heart transformation. When our hearts are transformed by Jesus, we will sit with Him and abide in Him. The life that will flow from that connection is a life that clings to what is true, what is perfect, what is pure, what is good, what is lovely, and what is life-giving. There is nothing that compares to submitting to God. Sisters and friends, He is the only place where purpose is found!

What is one way you can pursue holiness today (reading your Bible, spending intentional time in prayer, sharing your faith with someone, etc.)?

How can you find accountability as you take steps of obedience?

Day 3

Wake Up to Good News

As our eyes are awakened to the reality of who God is, our souls are led to be enlightened to the hope of the gospel.

 **Start off today by reading 1 Peter 1:18-21.**

This is the beauty and power of the gospel! The reality is every single one of us apart from Christ is not good. You are not holy, and because God is holy, our sin has separated us from Him. But God in His endless mercy didn't leave mankind without a way out from sin.

In His perfect redemptive plan, Jesus was sent as our means of rescue. A lamb without blemish or defect, He lived a perfect life and took up sin on the cross. He then rose from the grave, proclaiming life and victory over death that we might be redeemed. He who knew no sin became sin so that we could become righteous. He who is holy became unholy so that we could become holy.

 **Read Ephesians 2:1-10, then answer these questions:**

What does your life look like without following Jesus?

What does your life look like with following Jesus?

What does verse 10 say about your purpose here on earth?

If you want to be holy like God is holy, the Scriptures tell us how. It isn't by climbing a ladder of good works or trying to muster up some fake appearance of holiness. It is solely through being transformed by the grace, power, and truth of the gospel.

 **Flip over to 2 Corinthians 3:18 in your Bible.**

This is what God promises us—that as we run this race and pursue Jesus, He will transform us into His image and make us more like Him.

- To be loving like He is loving.
- To care for the needy like He cares for the needy.
- To be merciful like He is merciful.
- To be joyful like He is joyful.

There are nine attributes of God that are commonly referred to in Scripture as the “fruit of the Spirit,” which come from Galatians 5:22. The nine attributes are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The people around us will know we follow Jesus as we display and live out these attributes and fruit is displayed in our lives.

Which attribute of God do you desire to display most in this season? And why specifically that one? Reflect through journaling below.

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Spend some time praying that God would transform you to look more like Him.

When I think about pursuing holiness, the attribute I most often need to grow in is self-control. My prayer often looks like this:

Lord,

You are so holy and so good. I thank You for the gift of my salvation. Sometimes, I cannot even believe that You would make a way for me to be in a relationship with You through Jesus's death and resurrection. It blows my mind that I can have a relationship with You. Lord, I thank You that You are transforming me to look more like You. Would You rid me of my desire to do whatever I feel like doing? Lord, give me a heart that is self-controlled. I want to please You in everything I say and do. Help me look more like You. I love You!

Amen

The Scriptures are clear that each of us is chained to something. We are chained to either unholiness or holiness. And because we are still awaiting Christ's return, there are things in us, even for those who know God, that are keeping us chained to unholiness. However, the good news is that Romans 6:22 says, "but now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life" (NIV).

The way of Jesus means by the power of the gospel we break free from the chains of our sin. We repent, call on His name, and then chain ourselves to Jesus in pursuit of Him, and as we chain ourselves to Him, holiness flows out of us.

Before we seek to see revival in our generation, we must beg God to bring revival in us first. We cannot do anything of eternal significance outside of the working of the Spirit. The life of following Jesus means throwing off the chains of sin and chaining ourselves in submission to Christ.

Why is the gospel good news for those who want to find freedom from sin?

What currently has you in chains? Write about those things below.

If you want freedom from the chains of sin and the patterns of this world, then wake up to Christ's invitation to fall madly in love with Him, submit to His ways, and live more abundantly. Our way to living an awakened life is found in Romans 10:9, "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

Spend some time in prayer and ask God to reveal anything in you that doesn't align with His Spirit. Ask Him to help you follow Him and to lead you into a way that is everlasting.

Sister, if we want to be the generation that brings about revival by the power of the Holy Spirit in us, we must prepare our minds, practice holiness, and pursue Jesus. Are you still sleeping or are you finally ready to wake up?



WEEKLY RHYTHM

WORSHIP



Throughout this session, we've been learning what it looks like to open our eyes to the holiness, goodness, and loving kindness of God. Now, we get to put this into practice, so you can live with a Christ-centered mindset in the everyday rhythms of your life.

Isaiah 43:7 says, "everyone who is called by my name, whom I created for my glory, whom I formed and made." We were created to glorify God!

Have you ever taken a trip to an art museum? When you walk through an art museum and look at all the different painting and sculptures, each beautiful piece of artwork brings attention back to the artist. It leads you to marvel at the talent of the artist. Similarly, this is what our lives are intended to do. As created beings, our lives bring attention, or glory, to our Creator. We have been designed to worship God, and He is worthy of it all!

This week's rhythm is a challenge to spend intentional time worshipping God. It's the very thing you were created to do, and as you worship, your eyes will be continually opened to the majesty of God. Worship in its most simple form is our reverence and adoration of God. That means worship isn't just when you sing beautiful songs at church. It is any time you are posturing your heart in a position to revere and adore the character and nature of God. You can worship God through singing songs that declare truth, you can worship God through being still and meditating on Him (Ps. 46:10), and you can worship God through prayer as you remember His faithfulness in your life. There are many ways you could worship God this week, but choose one to do with intentionality.

STEP 1:

What stirs your affections for God? In other words, what makes you love Him more?

If seeing sunsets makes you love God more, then you should worship God this week by going on a walk at sunset and spending time thanking God for the ways the sky proclaims His handiwork. If gratitude makes you love God more, then you should worship God this week through journaling ten ways God has provided for you and thanking Him.

How will you worship Him this week?

STEP 2:

Posture yourself in a position of humility before the Lord as you worship this week. Pray Psalm 19:14, "may these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer" (NIV).

He is eager for you to worship Him, because it is what He created you for. When you live with a God-focused mindset in the everyday rhythms of your life, it is sure to be pleasing to Him.