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## INTRODUCTION

Put your right hand in...left hand in...right foot in...left foot in...  
PUT YOUR WHOLE SELF IN

THEN YOU SHAKE IT ALL ABOUT...

Do the Hokey Pokey & THEN YOU TURN YOURSELF  
AROUND...

That's what it's all about!!!

## WHAT IF THE HOKEY-POKEY REALLY IS WHAT IT'S ALL ABOUT?

You know the things kids say to stir up peer pressure. Things like, "*everybody else is doing it,*" "*that's what's up,*" or "*that's what it's all about.*" Match that line of emotion with a 1980's dance/game that kids used to play in school, and still in some schools today, and then you have what this Bible study is all about!

## **1. PUT YOUR WHOLE-SELF IN (Commitment)**

The World doesn't care what you believe, as long as you just believe something.

**Romans 12:2** – *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

- the world says Stay Wealthy & Keep it real let the peer pressure of society drive your life.
- Be different. Don't be afraid of standing out.
- Jesus stood out, he was different.

**Matthew 14** – *Jesus feeding the 5000 & Walking on water. Jesus gave it His all.*

What are you willing to fight for?

**Luke 9:23-26** – And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it. For what does it profit a man if he gains the whole world and loses or forfeits himself? For whoever is ashamed of me and of my words, of him will the Son of Man be ashamed when he comes in his glory and the glory of the Father and of the holy angels.

-what are you willing to give up?

–We must deny ourselves & follow Christ

***Commitment –***

***Ephesians 6:10-20 - Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.***

- a. Be Strong – vs. 10
- b. Be Ready – vs. 11
- c. Be Spiritual – vs. 12
- d. Be Dressed – vs. 13-17
- e. Talk to God – vs. 18-20

Examples of Putting Yourself in...

**Genesis 7:12-16** – read – *They went into the Ark.*

8 souls were saved because they went into the ark!

**Romans 6:3-7** – read -- *Baptism into Christ*

What we do today will determine where we will be tomorrow!

--Stay In Christ, Its all or Nothing --- *Ephesians 1:11*

## **2. TURN YOURSELF AROUND (Lifestyle Change)**

**Matthew 5:14-16** – read {be a light/faithful on purpose}

-Light on a hill

-Show what you got, this is your time

**Proverbs 3:6** - read-Don't brag but show

{Give God the credit}

**John 16:33** – *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world*

### ***Repentance – Acts 2:38***

-To repent is not to make a 180 degree turn. Then your still in the same spot! To repent means to leave that dark sinful place and go find a new location, and better lighter Christ-like location. Sometimes that means new friends.

Sometimes it may mean going back to some of the ones you thought you lost. We are talking about a complete change in your life.

**Luke 13:3** – read

**2Peter 3:9** – read

### ***Spiritual Nutrition – 1Peter 2:2***

-Spiritual Workout

a. Walk daily & Cardio – READ THE BIBLE

b. Do Reps –STUDY THE BIBLE

-Spiritual Food

a. The Bible is the nourishment we need

b. This is the kind of food you can't get too much of

**1Timothy 1:5** – *The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith.*

3 things to keep us healthy. John 15:13 – read- Choose the right road. Depart from Sin, Been there done that...Don't do it again

### **3. SHAKE IT ALL ABOUT (Faith & Works)**

What do all these have in common? A wet Dog, A Can of Coke, & a Feather Pillow - [?] it is an Action that causes a Big time reaction.

When we work, the effect goes outwardly.

- Stay focused on your priorities
- Make the Bible a daily reading habit
- Parents, YM, elders, etc. are here to help

-Faith and works have to be together like \_\_\_\_\_  
(favorite sandwich)

**James 2:14-19** – read (talk about faith & works)

**James 2:21 & Genesis 22:8-13** – Abraham was justified by faith

**James 2:25 & Hebrews 11:31** – Rahab was justified by Works

Shake it all About is your very own Explosion of Works & Faith.

-God showed us His Love towards us, He SHOOK IT ALL ABOUT by sending His only Son to Die for us!  
John 3:16

We need to prove to God that we love Him!

--George Blondin,  
Tight Rope Walker on the Niagara Falls –  
GOD: Don't tell me, Show Me

