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1st Edition Student Handbook Published January 2007

Printed in the United States of America

## Your Journey Begins!!

Welcome to Centershot<sup>SM</sup> Ministries! I hope and pray that these next few weeks will be a rewarding experience for you. You may be wondering how archery and church go together. Has your youth pastor lost it? Well, maybe – no, just kidding! Just hang on because your journey is just beginning!

The study you are about to begin is called *The Plan*. What does that mean? Well, through this study, hopefully you will understand that God loves you very much and has a plan for how you should live your life. During this study, you'll use *The Salvation Poem* which was written to help you understand and remember God's plan for your life. Basically, the lessons in this study will help you understand who God is, what God wants, and where YOU fit in! And, as if that wasn't cool enough, we're going to learn about archery in the process!

So listen up! We're all going to learn something new in the next few weeks!

*The Plan* is divided into eight sections, or Flights, that will take you from the very basics of shooting a bow and arrow to a more in-depth critique of your shooting form and performance. Some of you may have been shooting for a long time and see no need for any help. Well, take it from me! I've been shooting for over 20 years and this course has helped me tremendously. And while archery is very important to this study (and there's going to be a lot of shooting!), this handbook was created to help you focus on the many spiritual blessings that God has to offer and the plan God has for your life. Don't worry; I know none of us like homework! Because of that, the lessons are short and to the point without missing the point! Each devotional should take you about 30 minutes. However, I encourage you to study further and be in prayer about what God has in store for you!

Finally, I wish you blessings and will be praying for your success as you undertake this program. I thank God for your effort and I hope that each of you find success in archery and, most importantly, that this study will help you make Christ the target of your life!

**Let the journey begin!!!**

God Bless,

**The Centershot Staff**

**Know the Word**

**Biblical Truth**

I have hidden your word  
in my heart that I might not  
sin against you  
– Psalm 119:11

**Spiritual Goals**

- You should begin to understand the importance of reading God's Word and sharing it with others
- You should understand that the strongest foundation we can build our lives upon is found in God's Word
- You should understand the importance of being obedient in studying, sharing, and practicing God's Word in your everyday life

**Practical Goals**

- You should understand range safety, whistle commands, and equipment used
- At the end of the lesson, you should understand how to properly make and use the String Bow™
- You should be able to determine your eye dominance and understand the 11 steps to archery success

**Suggested Scripture**

- Deuteronomy 6:4-9
- Matthew 24:35
- Luke 6:46-49
- John 15:1-17
- 2 Timothy 3:16

**Back to the Basics**

Usually when spring rolls around I'm fighting for a chance to get out to the archery range and shoot my bow. I love spring days when it's just chilly enough that you need to wear a sweater but not freezing. Yeah, I live for those days!

I remember on one occasion my father calling me up and asking me if I wanted to go out to the range that weekend. Of course I agreed, even though I knew I hadn't practiced for some time. *I'm sure everything will be fine*, I thought.

We drove out to the range; a course of 30 targets that wound their way through the woods at varying distances. Dad asked me if I needed a few warm up shots. I shrugged saying I was good to go. The first target was about a 35 yard shot, or so I thought! Drawing the bow back, suddenly a thought crept into my mind:

*Man, something doesn't seem right!*

As I released the arrow I watched it soar clear over the target and into some brush. *Uh oh, I guess it was 27 yards.*

While I didn't miss anymore targets, I really didn't feel very comfortable while shooting that day. I salvaged somewhat of a descent score towards the end but it was much less than stellar. It was time to go back to the basics!

What I should have remembered was that while I had a lot of experience shooting, I still needed to remember the fundamentals to perform well, *to be an effective archer!*

It's the same for tests in school, sports, drama, and music. You must be prepared. And in many of our activities, there are certain fundamentals and basic knowledge that we must have in order to be successful!

Have you ever had a time when you ended up performing poorly because you weren't prepared? List three activities you participate in that requires preparation in order to be successful!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Overcoming Obstacles

Your instructor will be taking the time to demonstrate and teach you the basics of shooting a bow. This is not a mindless exercise to pass the time but rather it teaches the basic fundamentals that will enable you to be a more effective archer. If you choose not to listen and instead shoot your own way, you probably won't do as well. The same is true spiritually. As Jesus said, if you build your life on a strong foundation and live your life according to His teachings, when obstacles arise, you won't "collapse". Notice that we said "*when* obstacles arise." Knowing God's Word doesn't make you immune to trouble; but it allows you to *avoid* many of life's difficulties and *deal* with others more effectively. Ultimately, by living according to God's Word, we will have a stronger foundation and clearer direction than the world could ever provide for us. We must KNOW THE WORD!

## Know the Word

Read **2 Timothy 3:16**

In light of what we've discussed, what responsibility does this place on us?

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What confidence does this give you as you are faithful in studying the Bible and practicing what it teaches in your daily life?

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## First Flight Summary

The Bible is the inspired Word of God given to us that we may have a deeper and more meaningful relationship with Him. It is a way for us to gather direction, hope, and understanding for our lives and a way for us to better relate to others what God wants from each of us. We must have a strong foundation in scripture so we can better live out the Word in our lives while also teaching others about the love of God.

Ultimately, by living our lives in accordance to God's Word, we will "bear fruit" in a way that glorifies God and draws others to Him.

11 Steps to Archery Success:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

List the 4 whistle commands and their meaning:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## 1st Flight Prayer

Thank you God for giving us your Word through the Bible. Thank you for loving me enough to give me the Bible for direction, hope, and encouragement. Teach me how to study your Word so I might better understand how to live my life and teach others about you. Amen