

MORE THAN STANDARD

**THE STRESSED STUDENT'S
REVOLUTIONARY GUIDE TO**

CONQUERING YOUR COLLEGE ENTRANCE TESTS
BECOMING CONFIDENTLY AWESOME
AND EXPERIENCING GOD'S DREAM FOR YOUR FUTURE



MATT HALLOCK

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ISBN: 978-1-7341146-1-4

To Jesus, my king. You've been asking me to do this for a while. I apologize for not taking you seriously until now. Thanks for teaching me to hear you and follow you.

To my wife, Corrie. May this book be the first of many that bless you. As I write and live in who God made me to be, I will become more the man who is best suited to lead, cover, and love you.

To my girls, Rebecca and Darcy, and to the third little warrior who we don't know yet. As I write the principles in this book, I'm discovering more how to parent you well. Get ready, here it comes!

To every one of my past and present students. I do what I do because I love you and I want you to experience a full, abundant, and surrendered life in Jesus. It's what you were meant for.

To you, whether you are a parent or a high school student or someone else entirely. My heart and soul and years of experience, God's truth and prodding, and all of the angels assigned to this project—have gone into helping you experience true gospel victory and transformation. You are not here by accident. You are loved.

You are more than a conqueror.

You are More Than Standard.

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PREFACE

THIS IS NOT an ordinary SAT book. In fact, I don't know of any others like it. So, to help you avoid any confusion, let me tell you what to expect and what not to expect in these powerful pages you're holding.

Do not expect a comprehensive guide to the SAT, which you probably already knew judging by the fact that this book is minuscule compared to the sheer "massivity" of most standard SAT prep books. Similarly, do not expect an SAT workbook with practice problems. I will gladly assure you that those books are valuable. I've used them myself as a student looking to ace the test, and as an SAT mentor wanting to learn the best techniques from the best teachers so that I can give my students all the instruction they need to raise their scores.

But that is proudly and unashamedly not the goal of this book. I humbly leave that to academics who have more patience for math problems and reading passages than I do.

More Than Standard is a book about you and how you think. It's about laying the foundation on which your SAT practice and strategy-learning absolutely must be built, if you're going to succeed. It's about Jesus and how he transforms you from a victim into a Conqueror. And it's about how and why that matters for you as you take the SAT.

This book is meant both to raise your SAT score and also to completely turn your life upside down. When I started tutoring students on the SAT years ago, I realized that I was doing them a disservice by just pushing and driving and equipping them to be always aiming for a higher and higher score. Behind the curtains of their kind face and ruffled eyebrows, they were hiding a hurting heart. They were crumbling under the pressure of having to perform in order

Preface

to find happiness, approval, worth, or any of the other elusive prizes all of us are searching for.

So I refuse to talk solely about the test. I will only talk about it after I have done everything I can to love your heart. To show you Jesus. To open your eyes to the power of his gospel and how incredibly valuable you are to him and to this world. If you can learn the full extent of the potential and worth that he plunked inside of you before you were born, you can live life in power and confidence and joy. And you can also do way better on the SAT.

To that end, this book has four parts. The first is the shortest. It will inspire you as it begins to open your eyes to a new way of thinking. And it will show you how and why Jesus is an integral part of your taking the SAT.

Part two will lay out for you the standard way of thinking that nearly all high schoolers inadvertently adhere to, which is tragic. This mentality is toxic, drains the life from you, and keeps you living small and downcast.

Part three is where the good stuff comes in. After you've had the bittersweet opportunity to identify the lies that are at the root of the way you've been thinking about God, about yourself, and about your future, you'll now see exactly how Jesus changes all of that. He can free you from discouragement while infusing you with world-changing power. And you'll learn exactly how to get to know him in such a way where he becomes more than merely the right dogma or doctrine or worldview to believe. He becomes a real person who really affects your real circumstances.

And finally, in part four, I'll give you seven SAT-specific strategies or mindsets, which I teach in all of my Conquer the Test classes, that act as somewhat of a liaison between the heart and mind and Gospel content that is the majority of this book and the more in-depth SAT specific techniques that you find in your typical SAT prep books. These seven strategies flow most effectively out of someone who has had their mind completely rocked by Jesus and who is now becoming a Conqueror in life. And I assure you, even if you never picked up another prep book, these principles would definitely raise your score.

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Thank you friend, for joining me. You are awesome. You are an atmosphere-changer. You are loved by God. You were meant for more than just yourself. You were meant for him.

Much love,

Matt Hallock

ACKNOWLEDGEMENTS

CORRIE, AS WITH every one of my endeavors, you call me higher. Your constant companionship helps me to keep going when those discouraging voices come knocking. Your love makes monotonous days of writing into an exciting adventure. Your faith in me and where God is leading us is stunning. And more practically, your insight into the message on these pages and the one that you know I intended to write (they don't always match perfectly) is the most valuable. You know my heart, my audience, and God's plan for how the two can match. You know better than anyone else. Thank you for helping me get them all together in a book.

Laramie, you completely threw yourself into editing this book with everything you've got. Thank you for taking precious time from your already jammed-full life to help a friend. You single handedly cranked up the quality of this book by 37 notches with your mastery of both the English language and the art of communicating well to high schoolers. Without your all-day-long "commitment to Matt and his project" session, I would not have had the wherewithal and determination to develop this thing into its full potential. Thank you for changing my life, like you do so many others, young and old.

Tracy, Josh, Nathan, Dan, Daryl, Mandy, Mike, Nick, Teresa, thank you for saying yes and contributing your heart, support, and insight to get this book off the ground. Whether you feel like your contribution was tiny and inconsequential or actually quite substantial, I'm grateful to you. This, my first book, was monumental for me. And to have you join me in it was life-changing.

Megan, Blake, Roxanna, Ted, Nate, Faith, Sophia, my students. Thank you for reading, sharing your thoughts with me, and being incredible enough to

Acknowledgements

inspire the thoughts in this book. You all have left your legacy in my life, and I owe you more than you think.

INTRODUCTION

As I sit here to write this morning, it's as if all of the years of writing experience, the years of good powerful messages flowing out of me, the consistent positive feedback from readers—it's as if they are all gone. Poof. Vanished. They're out the window. A writer? Who am I to be called a writer? Who am I to think that I can piece together something of value and effectively present it to any kind of audience? How dare I think that what I have to say will change the world? Actually, forget the world. How could what I have to say change even one life?

So I sit and I craft. Meaning, I sit and I plot and scheme and try to formulate. I look up articles on rites of passage and initiation ceremonies. I read commentaries on passages from the Bible. All the while, I'm hoping to put together the winning formula. The string of words that will resonate with you and move you to life-change.

But do you know what this is that's happening in me? Do you know what's motivating this approach to getting my message out there?

Unworthiness.

That might sound strange, but hear me out.

Most of us, as we enter into the world, are quickly faced with this sneaky and faceless enemy of our souls. This nagging, never-giving-up and never-going-away sense that we are plain and simply unworthy. We are not worth someone's love. We are not worth someone's attention. We are not worth someone's time. Or so we think.

We are men or women of little value. What we have inside of us—our thoughts, our opinions, our dreams, our feelings—should not be let out because they are messed up. They aren't deserving of any kind of respect, consideration, or honor.

If we were a car in a used car lot, we'd be the junk heap in the corner gathering cobwebs around the wheel wells and bursting with weeds that have,

Introduction

by some strange miracle of nature, started sprouting out of its engine block. No sale sticker. No interested buyers. Simply spiders, weeds, and possibly a rogue rat or two.

Is that how you feel about you?

So back to my writing. My sitting and crafting and trying to form the perfect message so as not to make any mistakes—that's my own fight where, this morning, I've faced this nagging enemy of unworthiness. Your fight might be the SAT, or friends, or the deep and dark inner world of your emotions.

See, when we operate out of a place of security, high self-worth, and confidence, we become free. We become free to simply be. We become free to be ourselves unedited and unashamed. We begin to bravely move forward in life, not worrying about whether what we are doing is the absolute most perfect, most well-crafted, most mistake-free piece of work that we could possibly produce. We trust that the opinions that drive us are actually valuable and worth the world's attention. So we say them. We put them out there. We expose them to the elements of potential praise or criticism and we take whatever may come...happily.

For those of us who are free, the goal is not the outcome. The goal is not to receive affirmation and acceptance from the world as a result of what we've done. Free people don't need that. Free people are already affirmed and accepted, and they know it. No, free people put themselves out into the world in the face of fear and the possibility of rejection simply because they must. Like Jeremiah the prophet said, God's word burned inside of him like a fire, and he couldn't hold it back.

Free people understand that what's inside of them was never meant to be contained.

Do you know that?

Do you know that what's inside of you was meant to be unleashed on the world? Do you know that he planted his very words into the soil of your soul and that only you can release them to bring their life-giving power into the world?

Do you know that when God made you, he didn't have any regrets?

He still doesn't.

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That's right. When God made you he didn't step back and say, "Well, shoot. I meant to give her blonde hair, but it turns out that it's more brown. And I wanted her to be a bit softer-spoken, but I think she's becoming quite the loud-mouth. Hey! I thought I gave her a brain just like everyone else, so why the heck is she flopping on her tests?! Where did I go wrong in my blueprint for her? Oh well, I guess I'll just put her over here in the Second-Rate pile. I love her, but I don't really like her that much."

This is not your God. This is not your Father. This is not how he sees you. If you don't believe this yet, and you find yourself responding with several "Yeah, rights," that is absolutely okay. I want you to be honest with me and with yourself as you make your way through this book.

But I ask that you at least trust me enough to explore the possibility with me. The possibility that maybe God does like you after all. The possibility that maybe who you are and what you have to offer the world does actually matter. If you do, it will utterly change your life. It will pull you up and out of the swamp crud that keeps wrapping itself around your calves and pulling you flat on your face. It will give you the strength to lift your feet out of the muddy suction-y-ness that keeps you stuck and still. And it will propel you to finally run with all your might towards the future and destiny that your amazingly good Dad already has dreamed up for you.

When God looks at you, he sees his prized possession. He sees his precious kid.

PART ONE

FINDING OUR BEARINGS

CHAPTER ONE

THE SAT DOESN'T MATTER COMPARED TO THIS

LET'S BE HONEST. A book about SAT strategy—how to unlock the reading, writing, and math sections of this beast of a test—is pretty worthless in light of your life as a whole. You are made up of so much more than your ability to answer questions correctly. So if I were to only care about how you can boost your score without caring about how you can live awesome I would be doing you a huge disservice, leaving you wondering who you are, where you belong, and if you have what it takes to survive in this world, let alone to thrive. Does the SAT truly matter compared to those questions?

But that's the standard way of preparing for the SAT: obsessively focus on and prepare for the mechanics of the test. Leave the touchy-feely heart and mind stuff for another time. But you are not standard, and you shouldn't settle for what most standard students do.

You are more than standard. So much more. And your life is not about this test score, a grade on your GPA record, or any other number that somehow measures how you stack up against the millions of other students who are also secretly wondering whether or not they have what it takes to make it in this life.

* * *

STANDARD THINKING

I cannot and will not teach you how to do well on the SAT unless I teach you first who you are, who God is, and how you can think in the way that he has designed for you to think. God's way will free you from the poisonous thinking that keeps killing you, literally and spiritually. This standard approach to life breeds discouragement and depression. It keeps you feeling like you're worthless and like your future is most definitely going to suck. You are therefore destined to live small and without meaning.

This poisonous thinking tells you that you've blown it too many times. It tells you that you're not smart enough. It tells you that you don't have the right pedigree, the right upbringing, the right amount of money. You don't have the right friends. You don't go to the right school. You don't have the right build or looks or brains.

But I'm telling you, God is for you. He is your most ardent advocate. He fights on your behalf and even calls himself your Dread Champion—one who strikes fear into the hearts of your enemies. God hates this poisonous thinking because it kills your soul, and he loves you so freaking much. Why then, do we so often think that God is full of regret for having even made us? Why do we think that he probably isn't too stoked about what we've become and that we are just constantly disappointing him? That's the standard subconscious belief, even for Christians.

But that's crap. Satan, the enemy of your soul, is the one who wants you to think that you are worthless, powerless, and hopeless. Not God.

Think about it. God had the choice to create this world either with you in it or without you. And being God, he probably isn't going to settle for less than the best. No. He always wants, and always gets, more than standard. So the fact that he put you here means that you are amazing. Nobody else sees the world exactly as you see it; nobody else feels the world exactly as you feel it. Because of your unique position, God needs you here. This world needs you. We are better off because you are here with us. So stop thinking that God is disappointed in you!

YOUR MORE THAN STANDARD FOUNDATION

If I'm going to empower you to do well on the SAT then we need to start here. We need to establish an unshakeable foundation that we can build our SAT strategy on. So together, you and I are going to rebuild those ancient ruins of your heart. We're going to completely transform how your mind thinks and introduce you to the more than standard way of living. Once we've done that, then we'll jump into the test. But no sooner.

I assume you've seen the table of contents and that you, being a person, are more than capable of skipping ahead to read about the SAT-specific section. And that's fine. I'm sure there are going to be many people who do that. But I challenge you to not.

If the test is looming and coming soon, and you want to get through this book as fast as you can so that you can conquer the test sooner rather than later, I challenge you to muster up the strength and the grit to make the **powerful** decision to read the entire book. Just read it faster.

Commit to it. Don't cheapen it and sell yourself short by thinking that the SAT is the only part of this book that is applicable to you.

See, you need to go to war. Your life depends on it. Your very survival depends on it.

THE STANDARD ACTION PLAN (DON'T DO IT)

- 1) Worry about the SAT.
- 2) Stress out about the SAT.
- 3) In order to alleviate those feelings, adopt tunnel-vision and obsessively overfocus on SAT strategy.
- 4) Skip ahead to the SAT section.

THE MORE THAN STANDARD ACTION PLAN (DO THIS ONE)

- 1) Embrace the fact that the best way for you to conquer the SAT is to start with your foundation: your heart and your mind.
- 2) Be willing to let go of your normal way of thinking about yourself and your future.
- 3) DON'T skip ahead to the SAT section.

CHAPTER TWO

WHY JESUS IS IN AN SAT BOOK

IT MIGHT SEEM like a strange combination: working on your heart and mastering the SAT together in the same book. But even more strange is when we bring Jesus into the discussion. You don't see a whole lot out there about Jesus wanting you to do well on the SAT. Then again, we're not doing things the normal way, right?

I'm telling you, Jesus does want you to crush the SAT. He's for you. Whether you have had people who believe in you in the past or not, it doesn't matter now. Jesus is for you. God, the Father in Heaven, is for you. The Holy Spirit, walking with you throughout each day, is for you.

His thoughts and his plans for you are good. He says in Jeremiah 29, "I know the thoughts that I have for you. I know the plans, I know the vision that I have for you. It is to give you an amazing wide open future and to give you hope. It is not to bring you harm. It's not to hurt you. It's not to steal good out of your life. It is to benefit you. To help you" (my paraphrase).

WILL YOU ACCEPT THIS?

Will you accept the fact that God has a good dream for you? Will you accept the fact that even though you haven't believed him, he has never left you? He loves you with an unending, undying love. You can't explain it away. You can't sin it away. And you sure can't run away from it. He will continue coming after you over and over and over again. And that's true whether you

currently know him or don't. His love for you is not influenced by what you do or how you think.

Your *experience* of his love, however, is massively influenced by how you think. Your *experience* of powerful, awesome living is likewise massively influenced by how you think. Whether or not you get to live in the benefit and the blessing that the God of the universe offers to you in his open hand—that is definitely influenced by you. But on his end, his thoughts for you will never change.

You can live above the standards of what most people accept as normal. Normal is insecure and worried. You can be secure. Normal is living at the mercy of life circumstances. You can be unshaken. You can be unshakeable. Jesus did all the work needed for that more than standard kind of existence. And he wants to be involved—I mean really involved like a physical dad would be—in every single piece of your life. He wants to be involved not just in your church, if you go to one. He wants to be involved not just in getting you to obey all the rules, to do all the right things, to not sin all the wrong sins, and to follow all ten of the Ten Commandments.

WHAT JESUS WANTS FOR YOU, YOUR LIFE, AND YOUR SAT

No. He wants to join you in the real nitty gritty of your life. He wants to talk to you while you brush your teeth to get rid of your morning breath. He wants to give you pointers on how to talk to that crush who makes you nervous. He wants to help you remember what you studied for your chemistry test on electron shells and orbitals.

And he wants to bring his presence in when your parents are fighting at home again, and you don't know whether they are going to stay together. He wants to walk in step with you at school as you walk by that one kid who has no friends.

He wants to rescue you out of the habits that you've started. When you hurt yourself. When you give in to that addiction yet again. He wants to literally and actually and powerfully set you free so that you don't need things to help you cope anymore; so that you can live unshaken and above the noise of the

storm; so that the only thing that matters to you is him and your connection with him.

And you won't need to medicate because he medicated once and for all with his very blood. Do you understand how powerful and real he is? Do you understand how this is not just church? This is war. And Jesus is in it with you. And he won it already.

That's why Jesus is in an SAT book. He takes the standard method of stressing and overworking and cramming and he throws it out the window. He then takes your heart, soul, strength, and mind and injects you with his *better* way. He will help you with the SAT, sure. But he'll cause your soul to prosper in the process. That's more than standard.

See, he is involved in everything. He wants to be a part of your future. He wants to be a part of your studying. He wants to be a part of your classes. He wants to be a part of your test-taking. He wants to be a part of your college application.

Actually—You know what? That's wrong.

He doesn't want to just be a part of anything.

He wants to be everything. He wants you to give it all to him, no matter how scary that may be. He wants you to say, "This dream, this need, this expectation has been my security. It is the thing that has mattered most to me. But now I'm laying it down before you so that you can have all of me."

So let me correct myself and say that Jesus doesn't want to be a part of your test-taking. He wants you to completely give it to him in surrender.

This kind of living—this kind of surrender of yourself to him is not just for your parents. It's not just for when you've put a few more years under your belt. It's for you right now.

You need this. You need it big time.

THE STANDARD ACTION PLAN (DON'T DO IT)

- 1) Continue thinking that God doesn't like you and isn't proud of you.
- 2) Let the past and other people tell you what God thinks about you.
- 3) Accept your insecurity and worry as normal.
- 4) Keep Jesus out of the process.

THE MORE THAN STANDARD ACTION PLAN (DO THIS ONE)

- 1) Be open to the idea that God might actually like you. Of course he loves you. That one's easy. But he actually **likes** you too.
- 2) Get a journal or a notebook that is only for working through this book.
- 3) Write down this simple prayer (if you want to call it that) to Jesus. "If you want to be involved in all of my life, then I'm yours. I'm giving you full access to everything: the boring stuff, the dark stuff, the sin, the pain, the happy stuff, the SAT, and my future. I don't know what it fully means or looks like, but I want you to know, I'm in."
- 4) When you write it, do it with intention and meaning. Put your emotion behind it. Do not just make it an empty going-through-the-motions exercise.

TRUTH TO CHANGE YOUR LIFE

Jeremiah 29:11

CHAPTER THREE

FEARFUL AND INSECURE

THERE'S A STORY of a guy in the book of Judges. His name is Gideon. Gideon was alive at a time in history when God's people, the nation of Israel, were overrun by an enemy nation called Midian. And these people of Midian had quite literally eaten the Israelites' lunch for a long time. Judges chapter 6 says that the people of Israel had been "doing evil in the sight of the Lord" for many years, and as a result, God allowed the Midianites to overpower them for seven years.

The situation was hopeless. God's people—God's **chosen people**—were running for their lives, hiding all over the country in caves in the mountains. But the Israelites weren't supposed to be running scared. Of all the people on the earth, these were the ones that God decided to live with, to fight for, to do miracles for. And these were the ones who were running scared like babies, like wimps.

Every time Israel would plant crops, the Midianites would get their allies and "devour" all the produce of the land. Israel would do their best to work hard and make a living, but then Midian would steal it all. So you can imagine God's people starving, losing their strength, losing their hope, losing their future, losing their potential to thrive.

They started losing their confidence, their power to bring change into the world. And they started living small, hoping just to make it another day. Judges

says that the Midianites left the countryside as a wasteland. Consequently, the Israelites were running out of strength.

ARE YOU GETTING BULLIED BY LIFE?

Does that sound like you? Does it feel like there's an unstoppable invisible force that lays you out? It wastes you away and drains the life out of you. What makes it even worse is that as soon as you start to see some good progress—something springing up that gives you hope—it's gone. It gets stolen.

Maybe this is your experience in the very realm of life that we're dealing with here: school, taking the test, applying to college. In fact, the majority of students that I work with are in this exact place. They don't feel hopeful. They don't feel confident. They feel like whatever they're going to put out into the world—whether it's applications, SAT tests, opinions, or just themselves—it's all going to be trampled. And they have no future. This is common...standard.

If this is you, then you feel like nothing is ever going to be enough. You're going to starve. So you live in fear. You get overcome and paralyzed by the fear that the world is stronger than you and that you are all alone. Again...standard.

GIDEON, THE HERO?

Next in the story, Gideon enters. Gideon, too, was afraid. He hid. He had no confidence. He did not value who he was. And he had just about had it with God. He felt like God had pretty much abandoned him, his family, and his whole nation. And now he didn't have any hope that God would do anything for him or his people.

On the outside, Gideon was nothing impressive (which may be exactly how you feel). He, like the rest of his nation, was getting overrun by the Midianites, and as a result he decided to do his job of threshing wheat while hiding in a winepress. But if you're like most young western teenagers, that's a bunch of gobbly goop, so let's get a clearer picture.

Threshing wheat was where the farmer would lay the newly harvested wheat stalks out on a big flat floor, usually outdoors, usually in a high and windy place. They would then throw the stalks up in the air and let the wind

carry away the “chaff” while the wheat berries or kernels would fall back down to the floor. This threshing floor was open, visible, and in other words vulnerable to attack.

Conversely, winepresses were big stone pools or vats that were usually sunken into the ground, meaning they were also less visible to any lurking enemies. So Gideon was doing his job in hiding.

We can look at this two ways. One, we can see Gideon as full of grit, resilience, resourcefulness and never-give-up-ness, since he was still pressing on, still working to provide sustenance for his people even while under threat from the enemy. He didn’t give up.

Or two, we can see him as fearful and insecure. Instead of confidently doing his work out in the open and being willing to confront the enemy if need be, he hid and was willing to probably do a less than stellar job in order to avoid detection.

I’ll bet that it was a mixture of both. He hadn’t fully given up. He wasn’t just sitting around on his butt waiting to die and wallowing in self pity. He was moving. He must have had at least a small glimmer of hope. A small vision of what the future could be. But then there’s also the fact that, later in the chapter, we see him acting in fear when God tells him to pull down the statue of Baal, a false god, that was standing in his family’s land. The story says that Gideon was “too afraid of his family and the men of the town to do” the job in the daytime, so he waited for the cover of night to do it.

Nonetheless, he did it.

YOU, THE HERO—JUST AS YOU ARE

Fear mixed with action. Is that you? You are here reading this book, and you aren’t giving up. You have fire and fight inside of you, but you are afraid. You are afraid you don’t have what it takes in this world. You are afraid that all your hard work will be for nothing and the good in life will just be stolen from you. You are afraid that you’re alone. So you have to hide in self-protection and fight to hold on to what little you have.

If this is how you move through life, then you'll approach the SAT from a stance of "I hope I do okay" instead of from a place of strength, courage, and confidence.

But you know what? God doesn't care how unimpressive you may look from the outside or how inadequate you feel on the inside. While Gideon was hiding, the story says that God showed up, appearing right there in the winepress with him, in the middle of his fear, unworthiness, and doubt.

God tells him, "I am with you. And you are a mighty man of valor." And he is telling you the same thing today. Right now. It's up to you whether you're going to believe it or not, but you do hear him saying it. He is with you, and he sees you as a mighty woman or man of valor.

You are not an unworthy, hiding, shivering poor soul. You are mighty and precious to him.

As God showed up, Gideon actually said all the things you may want to say but aren't sure whether you can or not. He questioned God. He blamed him. "Oh yeah?! If you're with me, then where the heck have you been?! Where are all the supposed miracles everyone says you did?"

When God is unfazed and just repeats his high opinion of Gideon by telling him to go in his strength and save Israel, Gideon replies with, "Who the heck am I to do anything? I'm small. I'm worthless. You've got the wrong guy."

So let me encourage you: tell God how you feel. If you want to heal your thinking and become strong and confident, you'll have to work through this stuff.

So tell him how you're feeling. He can take it. He'll listen. Then he will build you into the mighty man or woman that he dreamed you to be. He'll turn you around and call you into an identity that you didn't realize was even there. Just like God saved Israel through Gideon, he'll push back darkness and bring his presence to the world through you.

THE STANDARD ACTION PLAN (DON'T DO IT)

- 1) Continue hiding from life and its challenges.
- 2) Settle for being overrun by discouragement, doubt, insecurity, and fear.
- 3) Don't be honest with God about how you feel.

THE MORE THAN STANDARD ACTION PLAN (DO THIS ONE)

- 1) Open your new notebook or journal that has your exercise from last chapter's Action Plan in it.
- 2) Good. Now write out everything you are feeling right now as a prayer to God. This is not supposed to be proper or fancy or "religious." Tell him your honest feelings as if you were sitting across from him at a picnic table.
- 3) Kindle the fire and the fight that are inside of you, even if they are small. To do this, write about them. Acknowledge them. Say something like, "Yes, I do want change. I do want to live free from fear and insecurity. I can do it. I just don't know how to. Will you help me?"

TRUTH TO CHANGE YOUR LIFE

Judges 6:12

All of Judges chapter 6 through 8: the full story of Gideon.