Study - *Pray* - Lead

THE SPIRITUAL BACKPACK FREE COMPANION:
7 DAYS, 7 TOOLS, AND REAL-LIFE RESPONSES
FOR STUDENT LEADERS









Victoria Davis Gilbert

Study-*Pray*-Lead

The Spiritual Backpack Free Companion: 7 Days, 7 Tools, and Real-Life Responses for Student Leaders

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Dedication

For every student leader who chooses
wisdom over hype and Jesus over pressure.
Your courage matters.

To all of the youth of the International
Armor Bears Union of the Church of Our Lord
Jesus Christ of the Apostolic Faith, Inc.
Know that you are called to do a great work for the
Lord right now. Be sensitive to His voice as His hand
leads and guides you.

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About the *Author*

Victoria Davis Gilbert is an educator, ministry leader, and creator of Victorious Living resources that help students and families walk in wisdom with joy.



How to Use This *Guide*

Read one day at a time. Do the micro-habit. Pray the short prayer. Practice the "Real-life Script" when pressure hits. Repeat the day that meets your moment. Use the Commitment Card at the end to lock in two weekly habits with your check-in partner.



How this book *came to be*

This is a FREE divinely inspired resource created specifically for the International ABYPU Department of the Church of Our Lord Jesus Christ of the Apostolic Faith, Inc., as a companion guide to an online webinar for which Lady Victoria was a presenter.



A Personal Welcome from *Lady Victoria*

Lady Victoria—wife to Pastor Mark, mom to two beautiful girls, a pastor's wife who serves women and families, and educator who champions students and teachers every day. I've walked hallways as a teacher, sat in boardrooms as a leader of leaders, and prayed in living rooms when life felt heavy. I know the mix of pressure and potential you carry. This guide is my heart on paper, to help you keep Jesus first, think clearly, and make wise, courageous choices in real moments. You are amazing! Chosen by God! Go! Be great and add thou to it!

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Why a *'Spiritual Backpack'* Matters

This 7-day companion is a pocket-sized way to pack light and walk strong.

Students are leaders long before they get a title. You lead when you choose prayer over panic, Scripture over rumors, and integrity over easy applause. This 7-day companion is a pocket-sized way to pack light and walk strong. Each day gives you one Scripture, one insight, one micro-habit, one short prayer, and one real-life script you can say when pressure shows up. My prayer is that you'll feel rooted, ready, and Spirit-led—on campus, on teams, online, and at home.



Day 1

Insight:

Worry is loud; prayer is leadership in quiet. When you pray first, you invite God's peace to guard your heart and mind before the day starts swinging. Students carry schedules, grades, group chats, and family pressure. Prayer recenters your identity in Christ, slows reactions, and opens space to hear God before you speak, post, or decide under stress.

Micro-Habit

Thank — Name one thing God has done.
Ask — Share one need; be specific.
Listen — 30 seconds of quiet; write one word you sense (peace, forgive, wait).

Short Prayer

"Lord, I give You today—my thoughts, words, and steps. Cover me with Your peace. Lead me in wisdom. Amen."

Philippians 4:6–7

"Don't worry about anything; instead, pray about everything... Then you will experience God's peace, which exceeds anything we can understand."

Real-Life Script (hallway heat)

"I'm not reacting right now. I'll talk when we're calm. Peace first."

Backup: Text your accountability buddy: "Pray for me—need peace."

Prayer: Peace Before Pressure





Day 2

Insight:

God's Word doesn't just inform you; it forms you. Hiding the Word in your heart helps you walk clean and clear. For students, Scripture becomes your filter: it shapes choices about friends, media, dating, and integrity. A few memorized verses travel with you into exams, practices, and late-night decisions when phones die.

Micro-Habit

HEAR on Psalm 119:11
Highlight — one phrase.
Explain — what it means.
Apply — one action today.
Respond — a two-sentence prayer.

Psalm 119:11

"I have hidden your word in my heart, that I might not sin against you."

Short Prayer

"Lord, plant Your Word deep in me. Guide my steps today. Amen."

Joshua 1:8

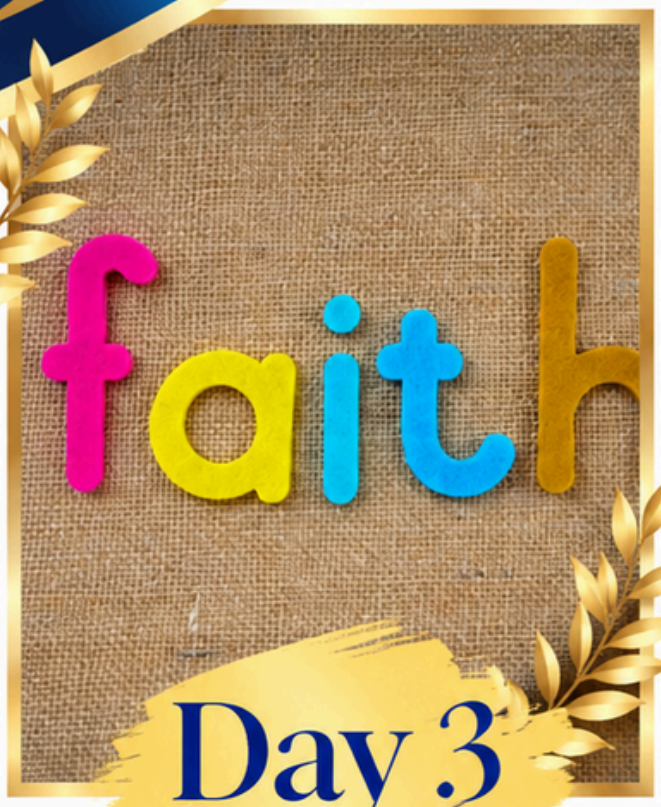
"Study this Book of Instruction continually... only then will you prosper and succeed in all you do."

Real-Life Script (when rumors fly):

"I'm choosing truth, not talk. Let's stick to facts." What does the Bible say about that?

God's Word: Map & Compass





Day 3

Insight:

Faith is trusting God enough to take the next right step, even if your knees still shake. On campus, faith looks practical: sending the honest email, choosing a healthy friend-group, applying anyway, or apologizing first. You move with God, not perfect confidence, but obedient courage.

Micro-Habit

1. God is working behind the scenes.
2. I agree with God's Word.
3. I act like His promise is true.

Hebrews 11:1

"Faith shows the reality of what we hope for; it is the evidence of things we cannot see."

Mark 9:23–24

"Anything is possible if a person believes... I do believe, but help me overcome my unbelief!"

Romans 10:17

"So faith comes from hearing, that is, hearing the Good News about Christ."

Short Prayer

"Jesus, I believe—help my unbelief. Strengthen my faith muscles. Amen."

Real-Life Script (performance anxiety)

"I'm prepared and I'm not alone. Let's go."



Faith: Mustard-Seed Moves



Insight:

Character is the quiet choice that shows up loud later. Integrity walks you safely into your future. In school, character is finishing your own work, telling the truth about mistakes, honoring parents and mentors, and serving teammates. Reputation grows slowly, but it opens scholarships, references, and trust.

Micro-Habit

1. Pick one: Honesty / Humility / Responsibility.
2. Write one action: "Today I will _____."

Proverbs 10:9

"People with integrity walk safely, but those who follow crooked paths will be exposed."

Philippians 2:3–4

"Don't be selfish, don't try to impress others. Be humble, thinking of others as better than yourselves."

Psalm 119:1

"Joyful are people of integrity, who follow the instructions of the Lord."

Short Prayer

"Lord, make my private choices pure and my public witness strong. Amen."

Real-Life Script

"I'm doing this the right way. I'll take the time it takes."

Integrity: Who I Am When No One's Watching



Day 5

Insight:

Lone wolves get lost. Your circle shapes your steps. Choose friends who pray, study, and call you higher. Wise counsel helps you spot red flags, recover from setbacks, and celebrate wins. Isolation whispers lies; community rehearses truth and keeps peace with purpose.

Micro-Habit Text two people:

1. Peer/accountability: "Check on me Friday about ____."
2. Adult/mentor: "Can we touch base this week?"

Short Prayer

"God, surround me with wise voices and make me one. Amen."

Real-Life Script

(to a negative crowd): "Love y'all, but this isn't me. I'm out."

Counsel of Wisdom: Build your wisdom council. God often guides us through godly counsel. Identify 3-5 trusted adults/mentors who love Jesus and know you well. Ask them to check in monthly. Text them when you face decisions.

My Wisdom Council:

1) _____ Role: _____ Phone: _____
2) _____ Role: _____ Phone: _____
3) _____ Role: _____ Phone: _____
4) _____ Role: _____ Phone: _____
5) _____ Role: _____ Phone: _____

Proverbs 13:20

"Walk with the wise and become wise; associate with fools and get in trouble."

James 1:5

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."



Community: Wise Counsel, Safe Circles

The Fruit of the Spirit

LOVE
Seeks the highest good of others.

JOY
Gladness is not based on circumstances.

PEACE
Contentment, unity between people.

LONGSUFFERING
Slow to speak and slow to anger.

GENTLENESS
Merciful, sweet, and tender.

GOODNESS
Generous and open hearted.

FAITH
Dependable, loyal, and full of trust.

MEEKNESS
Humble, calm, non-threatening.

TEMPERANCE
Self-control in all things.

Day 6

Galatians 5:22-23

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

John 15:5

"Yes, I am the vine; you are the branches... For apart from me you can do nothing."

Insight:

The Spirit grows fruit, not force. Your job is to abide; His job is to produce. Students don't earn fruit by trying harder. You practice presence—time with Jesus—and the Spirit changes attitudes in classrooms, cafeterias, teams, and DMs. Fruit makes faith visible to friends far from God.

Short Prayer

"Holy Spirit, grow good fruit in me today. Amen."

Real-Life Script (heat in the group chat)

"Let's keep it kind. I'm muting this thread if it turns ugly."

Micro-Habit (all day):

Choose one fruit + one behavior:
Love + speak someone's value.
Joy + list 3 gratitudes.
Peace + breathe & pause 10 sec.
Patience + wait before replying.
Kindness + do one unseen good.
Goodness + leave a place better.
Faithfulness + finish one thing.
Gentleness + lower your tone.
Self-control + set one boundary.



Fruit of the Spirit: What Grows in You Goes With You



Day 7

Ephesians 6:10–18

10 A final word: Be strong in the Lord and in his
mighty power. 11 Put on all of God's armor so
that you will be able to stand firm against all
strategies of the devil. 12 For we[a] are not fighting
against flesh-and-blood enemies, but against
evil rulers and authorities of the unseen world,
against mighty powers in this dark world,
and against evil spirits in the heavenly places.
13 Therefore, put on every piece of God's armor
so you will be able to resist the enemy in the time
of evil. 14 Then after the battle you will still be
standing firm. 15 Stand your ground, putting on
the belt of truth and the body armor of God's
righteousness. 16 For shoes, put on the peace that
comes from the Good News so that you will be
fully prepared. 17 In addition to all of these, hold
up the shield of faith to stop the fiery arrows of
the devil. 18 Put on salvation as your helmet, and
take the sword of the Spirit, which is the word of God.

19 Pray in the Spirit at all times and on every
occasion. Stay alert and be persistent in your
prayers for all believers everywhere.

Insight:

The Spirit grows fruit, not force. Your job is to abide; His job is to produce. Students don't earn fruit by trying harder. You practice presence—time with Jesus—and the Spirit changes attitudes in classrooms, cafeterias, teams, and DMs. Fruit makes faith visible to friends far from God.

Short Prayer

"Strengthen me in You, Lord. I put on Your full armor. Amen."

Real-Life Script (pressure moment):

"I choose peace, truth, and self-control. I'm stepping away now."

Micro-Habit (morning, 60 sec):

Truth (belt): "I fasten to what God says."
Righteousness (breastplate): "Jesus guards my heart."
Peace (shoes): "I show up as a peacemaker."
Faith (shield): "I block lies with God's promises."
Salvation (helmet): "My mind belongs to Christ."
Word (sword): "I'll speak Scripture today."
Prayer: "I'll stay connected all day."

The Armor of God



Armor of God: Suit Up & Show Up



Commitment & Next Steps

This week I'm "packing":

☐ Prayer ☐ Word ☐ Faith ☐ Character
☐ Community ☐ Fruit ☐ Armor

My two habits:

1. _____ at _____ (time/place)
2. _____ at _____ (time/place)

Accountability partner: _____ **Check-in day/time:** _____

Next Steps:

Share one takeaway with a friend. Invite someone to do the 7-Day plan with you next week.

_____

_____

_____

Commit to the LORD whatever you do,
and he will establish your plans.

PROVERBS 16:3 NIV

A APPENDIX

10 Real-Life Scenarios

Scripts & Steps to Real-Life Responses for Student Leaders

1. She said/ he said — drama turns into a fight challenge
2. Close friend invites you to hang with them and their same-sex partner; you have different convictions
3. Edibles/vaping in the bathroom—peer pressure to join
4. Teacher wrongly accuses you of cheating or acting out
5. Group chat turns toxic—bullying, screenshots, pile-ons
6. Pressure to send sexual images or cross boundaries
7. Group project wants to cheat (copy/paste or misuse AI)
8. Party pressure: alcohol/drugs + unsafe ride offer
9. Family blow-up—tension at home, harsh words flying
10. Racist/sexist joke or microaggression in class or chat



APPENDIX A

10 Real-Life Scenarios

Scripts & Steps to real life responses for student leaders

1 She said He said – drama turns into a fight challenge

Situation: A classmate approaches you: "I heard you were talking about me—say it to my face."
Prayer: "Lord, give me calm and wise words."
Word: A gentle answer deflects anger. (Proverbs 15:1)
Fruit: Gentleness & self-control
Armor: Shoes of peace + shield of faith.
Script: "I'm not here to fight. If there's a problem, we can talk with an adult/mediator. I want peace."
Follow-up: Ask for a mediated conversation (counselor/admin/RV).

2 Close friend invites you to hang with them and their same-sex partner; you have different convictions

Prayer: "God, help me be kind and clear."
Word: "Do all to the name of the Lord Jesus." (Colossians 3:17)
Aruit: Love, kindness, self-control
Armor: Belt of truth + shoes of peace.
Script: "I care about you and our friendship. I'm choosing spaces I'm comfortable with. I can't be part of that, but I still value you."
Follow-up: Keep invitations open to neutral settings, don't gossip.

3 Edibles/vaping in the bathroom—peer pressure to join

Prayer: "Lord, give me courage to say no."
Word: Run from anything that stimulates youthful lusts. (2 Timothy 2:22)
Fruit: Self-control
Armor: Helmet + shield
Time: "No thanks—I'm staying clean." (Repeat once, then leave.)
Follow-up: Report safety per policy (anonymous tip line if available).

4 Teacher wrongly accuses you of cheating or acting out

Prayer: "Give me calm and favor."
Word: The integrity of the upright guides them. (Proverbs 11:3)
Fruit: Patience & gentleness
Armor: Breastplate of righteousness.
Script (after class/email): "I respect your standards. I did not cheat. Could we review my work and the testing conditions? I can show notes and redo if needed."
Follow-up: Document; use appeal steps.

5 Group chat turns toxic—bullying, screenshots, pile-ons

Prayer: "Help me stand up wisely."
Word: Let everything you say be good and helpful. (Ephesians 4:29)
Fruit: Kindness
Armor: Sword + shield.
Script: "Let's not do this. This could really hurt someone." Or "I'm muting—this isn't kind."
Follow-up: Check on the targeted student; report if harassment.



APPENDIX A

10 Real-Life Scenarios

Scripts & Steps to real life responses for student leaders

6 Pressure to send sexual images or cross boundaries

Prayer: "Help me honor You and myself."
Word: God's will is for you to be holy. (1 Thessalonians 4:3–5)
Fruit: Self-control + gentleness.
Armor: Belt of truth + helmet.
Script: "I'm not sending pics. I respect my boundaries. If you can't expect that, this can't continue."
Follow-up: Block if needed, save evidence; report harassment.

7 Group project wants to cheat (copy/paste or misuse AI)

Prayer: "Give me courage to choose integrity."
Word: The Lord detests lying lips. (Proverbs 12:22)
Fruit: Goodness & faithfulness.
Armor: Breastplate of righteousness.
Script: "I won't submit copied work. I'm doing my section with citations. I'll share my part, but not my answers."
Follow-up: Email teacher your plan and what you completed.

8 Party pressure: alcohol/drugs + unsafe ride offer

Prayer: "Lead me in wisdom and safety."
Word: "Don't be drunk with wine, but filled with the Holy Spirit." (Ephesians 5:18)
Fruit: Self-control & peace.
Armor: Shield + shoes of peace.
Script: "I'm not riding with anyone who's been drinking/high. I'm calling a ride—happy to cover yours too."
Follow-up: Eheck on friends next day; use amnesty/safe-ride options.

9 Family blow-up—tension at home, harsh words flying

Prayer: "Slow my anger; give me soft answers."
Word: A gentle answer deflects anger. (Proverbs 15:1)
Fruit: Patience & kindness.
Armor: Helmet + breastplate.
Script: "I want to talk about this, but I need 5 minutes to cool down so I don't say something I'll regret. Can we try again then?"
Follow-up: Revisit with solutions; own your part.

10 Racist/sexist joke or microaggression in class or chat

Prayer: "Give me boldness and wisdom."
Word: "Speak up for those who cannot speak for themselves." (Proverbs 31:8–9)
Fruit: Gentleness & goodness.
Armor: Sword + shield.
Script: "That lands harmful, not funny. Can we choose words that don't tear people down?"
Follow-up: Document/report if it continues; check on those impacted.



APPENDIX A

10 Real-Life Scenarios (BONUS)

Scripts & Steps to real life responses for student leaders

11 Procrastination: Big assignment, zero momentum

Situation: Deadline is close, anxiety is high, and you keep scrolling/cleaning instead of starting.

Prayer: "Teach me to number my days and use this hour well."

Word: "Good planning and hard work lead to prosperity." (Proverbs 21:5) "Work willingly at whatever you do, as though you were working for the Lord." (Colossians 3:23) "See also Psalm 90:12; Proverbs 13:4.

Character: Choose discipline over dopamine; keep your word to yourself.

Community: Text a buddy for a 25-minute body-double (silent work call) or go to office hours/writing center.

Fruit: Self-control & faithfulness—small, steady steps.

Armor: Helmet—guard your mind from "I can't"; belt of truth—replace lies with "I can do all things through Christ." (Philippians 4:13)

Script (to yourself): "Set timer 25 min. Open the doc. Write ugly for five minutes—no judgment."

Script (to friends): "I'm on a work sprint—catch you after 30 minutes."









FOLLOW-UP (TOOLS THAT WORK):

- **5-Minute Start:** Open doc, write a messy outline.
- **Pomodoro 25/5:** Three rounds, then a 20-minute break.
- **Time-block:** Put study on calendar like a class.
- **Phone box:** Phone in another room; use website blocker.
- **Finish line:** Submit a draft to a mentor or writing center for feedback. Add age notes.
- **IIS:** Use planner; ask teacher for rubrics early; set study sessions with a friend after school.
- **College:** Use syllabus to back-plan; meet writing center/TAs; schedule library blocks between classes.

"Commit to the LORD whatever you do, and he will establish your plans."

PROVERBS 16:3 NIV

APPENDIX B

5 College-Only Scenarios
(Scripts & Steps)



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APPENDIX B

5 College-Only Scenarios (Scripts & Steps)









1 Roommate Boundaries: Overnight Guests & Dorm Rules

Prayer: "Lord, give me peace and clear words."
Word: Colossians 3:17; Proverbs 15:1.
Fruit: Gentleness & self-control.
Armor: Belt of truth + shoes of peace.
Script: "I value our space. I need quiet after 11 and no overnights in our room. Can we agree on nights for guests in the lounge instead?"
Follow-up: Recap in writing; involve RA if needed.

2 Hazing/ Mandatory Party With Alcohol or Drugs

Prayer: "Lead me in wisdom and safety."
Word: Ephesians 5:18; Proverbs 1:10.
Fruit: Self-control & peace.
Armor: Shield + helmet.
Script: "I'm here for the team, not hazing. I won't drink/use. I'll join approved events."
Follow-up: Report hazing; bring an ally to meetings.

3 Internship/Lab: Just Tweak the Numbers

Prayer: "Give me courage to walk in integrity."
Word: Proverbs 11:1; Colossians 3:23.
Fruit: Faithfulness & goodness.
Armor: Breastplate of righteousness.
Script: "For compliance and accuracy, I have to report the actual data/hours. I can add context in the notes."
Follow-up: Document; escalate to faculty/ethics if pressured.

4 Dating & Consent: Pressure to Cross Boundaries

Prayer: "Help me honor You and my body."
Word: 1 Thessalonians 4:3–5; 2 Timothy 2:22.
Fruit: Self-control & love.
Armor: Belt of truth + shoes of peace.
Script: "I'm not doing overnights or sex. If that's a deal-breaker, I respect that—but I won't change this boundary."
Follow-up: End relationship if not honored; inform a mentor/Title IX if coercion.

5 Money Traps: Credit Cards, 'Buy Now Pay Later,' & Lifestyle Creep

Prayer: "Give me wisdom with money."
Word: Proverbs 22:7; Psalm 90:12.
Fruit: Self-control & patience.
Armor: Helmet + shield.
Script: "I'm passing on the card. I'm sticking to my budget—let's plan a free hang instead."
Follow-up: Set auto-savings; use an expense tracker; unsubscribe from promo emails.

JOURNALING YOUR THOUGHTS

JOURNALING YOUR THOUGHTS