

# **Momentum/Friction**

## **Module: What's YOUR Excuse?**

### **Lesson 3: I'm All Alone...**

#### **Objectives:**

- Students will develop an understanding that they are not alone in serving God
- Students will work together to perform a group Unity assessment or look for ways to connect with the broader community of believers in their area.

#### **Materials Needed:**

- ☐ Poster paper or Bristol Board
- ☐ Markers
- ☐ Bibles per groups of 2-3 students

## Minds On

Play GET LOST! ([http://www.jubed.com/youth\\_ministry/view/Get-Lost/](http://www.jubed.com/youth_ministry/view/Get-Lost/))

Form trios and have kids introduce themselves. Then tell trio members to alphabetize their first names and make the person with the name closest to A "get lost". The expelled people must quickly join a different pairs. The last person to reach a different pair and the kids in that pair are eliminated from the game. Then instruct the new trio members to introduce themselves and tell each other when they were born. Direct the oldest and the youngest trio members to tell the other member to "get lost". Continue play with new criteria for getting lost.

- has the most colourful socks,
- has the oldest living grandparent,
- has the most cousins,
- has the least pets,
- owns the largest pet
- birthday closest to Christmas day
- etc

At the end of the game, ask the students how it felt to be kicked out of a group and have to scramble to find somewhere else to fit in. What was it like the moment that they realized that they were the ones who would have to leave the group? How did it feel to know that you were one of the two who could stay where you were?

## Action

Say something like: *At one time or another, I'm sure that all of us have felt left out. We all know what it's like to think that we are all alone...maybe walking in to a class at school where you don't know anyone...maybe your first day at a part time job...or maybe, for you, it's struggling to*

*find friends, real friends, at all. Tonight we are going to look at a man who thought that he was all alone and see how God responded to his perceptions.*

Have students divide into groups of 2 or 3 and read 1 Kings 19:10. Either make sure that students have Bibles, or simply print out the verse on slips of paper for each student or group. You will need to set up the context for this verse by explaining that Elijah was a prophet, who had done many great things for God, but now his life was being threatened by the Queen, and he was on the run. Check out the preceding chapters in 1 Kings for some highlights. With the setting established, have the students work through the following questions:

*What do you think Elijah was feeling at this moment?* (answer: Frustrated, angry, confused, self righteous, afraid)

*Why do you think he says what he does?* (answer: He was making his case before God. He felt like he deserved better treatment. He had done his job, but wasn't getting the recognition he thought he deserved.)

*How do you think you would feel if you were in his position?*

*Do you ever feel like you are alone?*

After allowing some time for discussion, bring the whole group back together and allow students a chance to share with the whole group.

Say something like: *Elijah felt like he was alone. He was probably frustrated and angry and didn't know what to do next. What's interesting is that a few verses later, God tells Elijah that he is not alone, and in fact there are over 7000 others who believe in God close by! Sometimes we miss what is happening around us because we are focussed on our own perceptions. Sometimes we don't live the life that God wants for us because we think that we are all alone...but your presence here tonight in this group should show you otherwise. You are not alone!*

At this point, there are a couple of options for how to proceed:

- 1) Sometimes students feel alone, even in the midst of a youth group because there are cliques or other issues that are keeping students from really relating or connecting to one another. Use this opportunity to do a group assessment. Using a large piece of paper or Bristol board, post a Group Unity report card. Categories or “subjects” can include things like Acceptance, Honesty, Concern for one another, Conflict Resolution, Sincerity, and Oneness. Allow the students to work together to assign a letter grade to each of these areas. Try not to influence their discussion in any way. With the group assessment done, pass out sheets of paper and have students do their own individual assessments. It may be helpful for you to compare what the group came up with in comparison to individual responses. This also allows for input from less vocal members of your group. Ensure them that their personal responses will be kept confidential.
- 2) Students may need help understanding, and seeing, the broader community of believers around them. If there isn’t a prayer group at your local high school, use this time to suggest that one get started. If there is, find out more about it and share that information with your students. Depending on your area, you could also encourage your students to attend a community youth service if there is one, or start one if there isn’t. The idea is to help them see beyond the walls of your church or the confines of your youth group. Work with your students to find ways to connect with other believers in your community.

Depending on time, you may want to consider working through both of these options, at least in part, but if there is a particular need to address one over the other, keep the focus there and save the other discussion for another time! Whatever you decide, both of these options are incredibly valuable and should be done at some point.

## **Consolidate/Debrief**

Conclude your time together by making a tangible plan for moving forward. If you have worked through option 1, talk about what can be done to improve some of your lower grades and help keep the high ones strong. If you chose option 2, begin to put together some concrete plans. Decide who will help with the school group or youth service. Who do you need to talk to? What other students and leaders from the community that attend other churches can be connected with?

Close by asking God to show you how he would have you move forward as a group!