

Breathe

Module: PLAYING THE GAME

Lesson 4: OBSTACLES

Objectives:

- Students understand that to effectively serve Christ, we need to actively remove the obstacles stopping us from doing the work of the kingdom.

Materials Needed

- ☐ Items, like tables and chairs, for an obstacle course
- ☐ Bibles
- ☐ 1 piece of scrap paper and pen for each person
- ☐ 1 envelope for each person
- ☐ Garbage can or recycling bin
- ☐ Optional: small treat for the winning team in “Minds On”
- ☐ Chart paper and markers

Minds On

Build an obstacle course out of items you can find around the church (e.g. tables, chairs, rugs, couches, music stands, etc.) Have students do over/unders, zig zags, tasks, whatever you like! Get creative. If your group is big enough, make 2 obstacle courses and divide into teams.

Action

Separate students into 3 groups. Each group will create a “human sculpture” demonstrating the emotion they believe the character has in their given passage. Assign Mark 10:20 to group 1, v22 to group 2 and v26 to group 3. They have 3 min. to create this and will display their “sculpture” when the passage will be read as a large group.

Have a volunteer read Mark 10:17-27. At those specific verses, have the group display their “human sculpture”.

Staying within their groups (if there are more than 4 per group, split the groups accordingly), have the students discuss the following questions:

What must someone do to inherit eternal life?

Is it wrong to have money?

Can rich people go to heaven?

Gather the large group and compare each group’s answers.

Leader’s Note: There is a popular story about a gate in the outer wall of Jerusalem that was so tiny and narrow that people called it “The Eye of the Needle”. In order to get your camel through this gate, you needed to blind fold it and make it follow you on its knees. In the same way, the rich must be humbled and trust Jesus. However, there is no confirmation this gate exists. Jesus is talking about a literal camel and a literal eye of a

needle. He was thinking of getting the biggest animal around to go through the smallest conceivable opening.

Prompt: The Rich young man's problem was that his money was an obstacle to him (as it is for many people). Jesus was standing right in front of him and asking something from him, and the man couldn't bear to part with it. Will everyone be asked to give all their possessions away? Probably not, but all of us have obstacles in our lives that block or hinder our walk with God. We need to get rid of our obstacles so that we can fully follow Jesus.

Have the students write down an obstacle or two that they are stumbling over on a piece of the scrap paper and then put the paper in an envelope and seal it. On the outside of the envelope have them write "2 COR. 10:3-5" in big letters. Ask all the students to read that passage together.

Have the students take their envelopes and tear them in half, saying "We will tear down every stronghold!" as they do it. Have them toss the pieces in the garbage/recycling bin and then take it to a safe place so that items listed remain confidential (you can also have a shredder in place to ensure confidentiality).

Prompt: The obstacles we stumble over are strongholds that the enemy has placed before us. Thankfully, we are equipped with weapons from God! To do this by ourselves would be impossible, but nothing is impossible with God.

As a large group, have the students list what they think the weapons are that are referenced in the verse. Possible answers may include things like, prayer, grace, salvation, accountability, authority of Christ. Spend 1-2 min. compiling that list. Then have them come up with examples of each one. (e.g. Prayer can be used specifically when I don't understand a situation well and ask God to help me make sense of it.)

Consolidate/Debrief

Prompt: To walk with God is to trust him. To follow God is to get rid of your strongholds. Focus on the grace that God has extended to you, and rest in the knowledge that he has a plan for you.

Have students spread out across the room where they have space from one another. For 1 min. they will inhale and exhale according to your direction, reflecting on the work God is doing in their lives. Say, “breathe in the healing power of God’s spirit” and “breathe out all of the strongholds and negativity that Satan has put in their way.” Repeat this for 1 min.

Breathe In: Have students write down on a paper “2 Cor. 10:3-5” and keep it in their wallet. Whenever they face an obstacle, encourage them to look at that verse and ask God to help them proceed.

Breathe Out: Suggest students connect with a mentor or an adult they trust to discuss how best to handle the item they wrote down earlier.

Leader’s Note: You may want to follow up and make yourself or your leadership team available for people who want follow up or encourage students to connect with accountability partners for help with what they wrote in the envelope.