

Rooted When I'm in Messy Community

Lesson 2: Supporting Friends

Objectives:

Students will

- consider the strength God provided Moses through Aaron and Hur
- identify some core friends who have helped them through a difficult life challenge
- recognize friends God has placed in their lives whom they are to support

Materials Needed

- ☐ 5-10 local and national newspapers
- ☐ Tape or wall adhesives (thumb-tacks)
- ☐ Spoons (normal size kitchen spoon) (one per student)
- ☐ Bible (Exodus 17:8-13)
- ☐ Whiteboard
- ☐ Markers
- ☐ Pen and paper (one per student)
- ☐ Computer with internet connection or ability to play a downloaded video

Minds On

After all students arrive, invite a volunteer to distribute a spoon to every student. Challenge the students to a contest to see who can hold their spoon balanced on one finger with their arm in an outstretched position for the longest period of time. Demonstrate the technique.

Instruct the students to spread out to give themselves plenty of room. Count to three and challenge them to begin. After a while the students' arms will get tired and they will begin to give up. The two students who can hold up their spoon the longest will be involved in the "final competition." Challenge each of these final two students that the winner will receive a special prize (i.e. Tim Horton's gift certificate, \$10 off of their Blizzard/Avalanche registration fee, one free church youth group activity, etc.). Challenge the students to make room for themselves so that they cannot be disturbed while competing. Before the contest begins choose a volunteer to come and stand with one of the contestants. Instruct the volunteer to place his/her hands under the arm of one of the contestants and hold the arm of that contestant. Count to three and begin. Obviously, the contestant who has the assistance of a friend will win. Be sure to reward both of the finalists.

After the game is over and the students are seated, say something like: God gives us strength to live our lives, but we've just seen demonstrated we are made stronger, and life's difficult challenges can be made easier when there is someone by our side to support us. Our focus tonight will center on that principle of supporting our friends and seeing them through their struggles.

Action

Task One: Divide the students into groups of 3-4. Instruct each group to read aloud Exodus 17:8-13 and answer the following questions (write these questions on a markerboard before class):

1. Who were the main characters in this story?

2. What was the setting of this story?
3. Who was in need in this story?
4. Why do you think Moses' hands had to be raised?

After each group has completed the questions, call the groups together to discuss their responses. Identify one volunteer from each group to read aloud the answers to their questions.

Task Two: Divide the group back into their small groups again. Distribute 2-3 newspapers to each group. Challenge the groups to spend the next 10 minutes finding stories or illustrations of people who were supported by someone else. Challenge them to only identify stories that involve people or groups of people. Provide an opportunity for each group to share any stories they find. Ask the following questions:

1. Were the characters in the stories always good friends?
2. Were there common elements in the different stories your group found?
3. What was the outcome of each story? Positive? Negative?

After, play the video clip from <http://www.youtube.com/watch?v=hdn79alugA4>

Consolidate/Debrief

After discussing these questions, say something like: We have explored the story of Moses, Aaron and Hur, we've seen the help that a friend can provide by just holding up someone else's arm, we've heard of real life ways people have been helped by others through difficult situations. Now let's explore ways we can begin "Holding up the arms" of our own friends."

Invite students to take a piece of paper, fold it so there are four quadrants, and list the following:

- Quadrant 1: One person they know they can begin to help through a difficult situation immediately.
- Quadrant 2: Two ways they can begin to help that friend.
- Quadrant 3: A difficult challenge they are facing personally.

Quadrant 4: Who they'd like to ask to "hold their arms" during this challenge.

Once the students have listed the items in 1-4, invite them to gather in groups of three and pray for one another. Encourage them to pray that God would allow them the opportunity to quickly begin helping the person they have listed. Encourage them also to pray that God would give them the courage to ask someone to help them in their own personal struggle. End the lesson by praying collectively for the students.