

# Momentum/Friction

## Module: Contagious

### Lesson I: Catching a Good Wave

#### Objectives:

- Students will identify contagiously unhealthy behaviors in their own lives.
- Students will identify contagiously good behaviors in which they feel they should focus more on.

#### Materials Needed:

- ☐ Large poster size construction paper with the heading, “Contagious Behaviors in Teen culture”
- ☐ Another large poster size construction paper with the heading, “Positive Contagious Behaviors.”
- ☐ Markers
- ☐ Song or video of "Give us Clean hands" by Chris Tomlin with something to play it on
- ☐ Bibles
- ☐ Students dressed with faux-hawks and funky hair (optional)

## **Minds On**

Play a game called “The contagious yawn” with students. The object of this game is to get as many people yawning as possible. Have youth form a circle and start by having everyone remain silent for two minutes. Have two students (tell them secretly before the game begins) try to get make eye contact with another person in the circle and let out a yawn, or even several. See how many other students they can get yawning over the period of a few minutes. After the game is played, the leader is free to explain how getting someone to yawn does not really mean that the person is bored or tired. The fact is that yawning is contagious.

## **Action**

Get one of the large sheets and have students make a list of contagious behaviors in teen culture that are not very healthy. If they are not sure what you mean by unhealthy suggest “addictive behaviors” as most addictions are unhealthy. If needed, help them out by adding something like swearing, bullying etc. After the list is completed, ask the students *why* they think these behaviors are contagious.

Get a second large sheet and have the students make up a list of some possibly good behaviors that can be contagious. If needed, help out by adding positive attitude, picking up garbage, having a servant heart etc. After the list is done, ask them *why* and *how* these are also contagious behaviors.

Now read Ephesians 5:1-20. Ask students what teen culture behaviors are mentioned in this scripture? (answers include sexual immorality, cursing, greed, getting drunk, etc.). Next ask why these behaviors are unhealthy?

At the end, the leader can add that each time we sin or are disobedient, we are making the wall between God and us thicker. The thicker the wall gets, the harder it is to hear Him on the other side of it. If we want to be in a good relationship with God and hear all the amazing things He wants to tell us about our lives, we need to not have a thick wall there. Reinforce the fact that the behaviors listed on the papers are all contagious, and that the first list are “contagiously unhealthy” behaviors that can thicken the wall.

Take a look at the second list and think of one “healthy” behavior they would like to focus more on. Go around and have students and leaders share their choices.

## **Consolidate/Debrief**

Inform the students that for the next week, they are to:

- pinpoint and think of one “unhealthy” behavior that they would have a hard time stopping and take it to prayer for the entire week.
- think of one “healthy” behavior that they would like to focus more on.

Have students get into groups of 2-3-with people they are comfortable with and share some of what they will be working on over the next week. Close in prayer. If time is available, play the song “Give us Clean Hands”. It could be as people are chatting right after prayer.

Optional: Reminder of next week’s theme: “The Hippy Sixties” (for groups spicing it up)