DISCOVER 5 Discovering so What?

This module is intended to be a summary of the curriculum. It is important that, once we have discovered who we are in Christ, we need to take time to work through what that means. This module will answer the question of "so what?" What does it mean to us?

- **Lesson 1** is designed to help students develop a relationship with God. With this foundation they can then build a life of prayer to maintain that relationship.
- **Lesson 2** is a time of self-reflection. It is important for students to take some time to consider themselves. We are called to a life of holiness. Understanding this is a key part of understanding what we are to do in response to our relationship with Christ.
- **Lesson 3** is a look at how we can reach out to those around us. What does it mean to reach out and how can we reach out this week?
- **Lesson 4** is about the wake our lives will leave. Just as a boat leaves a wake in its path so too will our lives. What will that wake be? We explore two key ways we leave a wake and how we can ensure it makes a positive impact on those around us.

Module 5: Discovering "So What?" Lesson 1: Reaching Up

Spiritual Aims

Hopefully students will be able to ...

- build a life of prayer
- · get to know God
- become more excited about their relationship with God

Lesson Objectives:

Students will be able to...

- · reflect on what makes them excited
- discover that they can do nothing without a constant connection to God
- understand how to pray

Materials Needed:

- YouTube Video (https://www.youtube.com/watch?v=d8d9nFbesTk) and video equipment
- 1 copy of Appendix Λ per 4 students
- 1 copy of Appendix B per 4 students
- 1 poster paper per 4 students
- 1 pen/marker per student

Minds On (approx. 10 min.)

Prompt: In this lesson, we are going to spend our time talking about reaching up. Reaching up is about building our relationship with God. This is important because, if we do not have a relationship with God, we won't be able to reach out or reach in (as we'll explore in the next lessons). Author Donald Miller once wrote that he could not tell a friend about a faith that didn't excite him. One of the reasons he didn't share his faith with others is that he couldn't share something that he wasn't experiencing, and he wasn't experiencing Christianity.

Ask: What do you think that means?

Leader's Note: Allow the students 2 minutes to talk about Miller's comment. This is an opportunity for them to think about the impact of this quote before moving on to the next activity where this will be further explored.

Prompt: To help us understand this a bit better let's take a moment to think about what gets us excited. So, share something that you are excited about, whether it's sports, computers, painting, music or anything else, one at a time with the large group.

Leader's note: Allow 2 minutes for students to share things they are excited about. The purpose of this activity is for the students to get an understanding of Donald Miller's quote.

Action (approx. 35 min.)

Prompt: It's easy for us to talk about the things that excite us. Yet, many people do not talk about God because they are not excited by God or the church. For example, let's take a few minutes to watch a video clip in which Phil Cann talks about the church and how many people find it boring.

Play YouTube. II# 14



Ask the large group: What is your experience with church? Do you feel like Phil Cann? Is church boring to you? Do you get excited at church?

Allow students 2 minutes to give initial responses to these questions.

Prompt: So, how do we get excited about church? The key is to have a real relationship with God! The problem is that many of us spend our days stalking God instead of actually knowing God. It has been said that many Christians know everything there is to know about God. They go to his house. They read all about him. They know what he did, what he said, and what he wants from us. However, they've never actually talked to him. Many people spend all their lives in church but, as Jesus says in Matthew 7:23, if they were to show up in front of God, he wouldn't recognize them for who they claim to be — a Christian. Who is God? We're going to spend some time thinking about this.

Divide the students into groups of 4. Allow them to go through the place mat exercise in Appendix A. Answer any questions students may have. This exercise is designed to get them thinking about who they think God is. Allow 10 minutes for this section. Then have each representative share their place mat answers.

Distribute Appendix B. Allow another 10 minutes to work through this appendix. This sheet is an exploration of prayer based on 1 Thessalonians 5. Once complete, have each representative share their group's answers.

Leader's Note: There are some concepts in this passage that may be difficult for students to understand. Be prepared to help explain. The key point to get across is that there are a few things we need to be doing on a regular basis (prayer, thankfulness, helping the weak). To get to know God better means to start living these things out in our daily lives.

Consolidate/Debrief (approx. 10 min.)

Prompt: The best way for us to know who God is is to talk to him. That's the heart of prayer. It is about having a conversation with him. Could you imagine what would happen to your friends if you never talked to them? You probably wouldn't have much of a relationship or, more likely, you wouldn't have friends! In the same way, we need to talk to God on a regular basis. That is the best way for you to get to know him. It is the best way for you to get excited about God and the church. Once you see what he's doing you will be more excited to tell others about him! So, we are going to end this lesson in prayer.

Allow time for students to share their prayer requests. Ask students to pray for each other's requests and then close this lesson by praying for the students. Students can choose to pray silently or out loud.

Module 5: Discovering "So What?" Lesson 2: Reaching In

Spiritual Aims

Hopefully students will be able to ...

- · develop goals towards pursuing holiness
- · understand that Jesus came to remove our shame
- understand that God loves them just the way they are but he loves them too much to leave them that way

Lesson Objectives:

Students will be able to...

- discover that holiness can be pursued (as opposed to just happening)
- recognize the responsibility they have to overcome their sins
- identify an area of their life where they want to pursue change
- optional: revisit the area of personal growth that was identified in the first module

Materials Needed:

- optional: prizes for Minds On activity
- YouTube video: https://www.youtube.com/ watch?v=iCvmsMzIF7o. (Start at 3:13 and run until 5:34.) Projection system (LCD projector, laptop, sound).
- 1 Bible with Leviticus 11:44, Matthew 22:36-40, Romans 6:12-14 bookmarked.

Pre-lesson preparation (if applicable):

• Cue the video so that it is ready to play.

Minds On (approx. 15 min.)

Begin your meeting with a game called Lost on a Deserted Island.

- 1. Announce to the youth that on your way to the Avalanche winter retreat (or any other retreat) you got lost on a deserted island in the middle of the ocean.
- 2. Students can only bring one item to the island, something that represents who they are or is something that they enjoy.
- 3. Have some students share their item and why they chose to bring it.
- 4. Divide the students into groups of 3. If you have 5 or less students, keep them in a large group; adjust group size according to the size of your group.

- 5. These smaller groups will create a plan to maximize each item to prolong their life on the island.
- 6. After 5 minutes, have the smaller groups report back to the large group about their findings. (Consider giving prizes to the most creative teams!)

Leader's Note: The purpose of this game is to get the students sharing a bit about themselves to get them focused on who they are. It also helps the youth as a whole get to know each other better. You want to emphasis that the item they are bringing has to be something that represents who they are or something they enjoy, not an item that is specifically based on survival!

Prompt: We all have different activities, likes, sports, clothes. These make us who we are. And, sometimes who we are can get lost in life. In this lesson, we are going to spend some time looking at how we can reach in and take care of ourselves.

Action (approx. 30 min.)

Ask the large group: "What are some of the commandments in the Bible?" Give students 2 minutes to offer up all of the commandments in the Bible that they can think of. e.g. You shall not murder. TT#9

Have a student read Matthew 22:36-40.

Prompt: In this passage, Jesus says that all the commandments God gave can be summed up by saying you are to love God and you are to love your neighbour as yourself. In the previous lesson, we looked at the first commandment. That second commandment is often the one we have the most trouble doing. It means that we love other people as much as we love ourselves. It also means that we love ourselves as much as other people. Many of us can love our neighbours (as we talked about last week), but do not take care of ourselves. The problem with this is that we have to keep this in balance if we want to be effective. One way to pursue this balance is to pursue holiness.

Ask students to define "holiness." Students may raise their hands to offer definitions.

Prompt: Holiness means being free from sin. Now to be honest, we'll never be completely free from sin. But, there are things we can do to get rid of the sin in our lives.

Pursuing Holiness

First, we can pursue holiness. If you do not know what that means, holiness is about us being pure people, people who do not sin. We will likely not get to a place in our lives right now where we do not ever commit sin, but God does command us to be holy, and he can help us reduce the amount of sin in our lives.

Have a student read Leviticus 11:44.

Prompt: The command is simple. "Be holy for I am holy." So, how do we do that? One author, Jerry Bridges, reminds us that we have a part to play in being holy. Sometimes when we struggle with sin we tend to pray that God would take it away and, when we still struggle with it, we blame God for not doing his job. Sometimes we forget that we have a part to play in this.

Have another student read Romans 6:12-14.

Prompt: This passage talks about our role in dealing with the sin in our lives. We have a part to play in getting rid of all the sin in our lives. And so, as you start to take care of yourselves, it is important that you recognize your part in overcoming those areas of your life that need to change.

Prompt: Ultimately, pursuing holiness will help us do a better job of loving God and of loving our neighbours as ourselves. The harder we try to do this, however, the more disappointing and discouraging it can be when we fail. We are going to watch a short video from a researcher who discovered that shame is the biggest thing that stops us from really connecting to other people, and this obstacle can also be the biggest hindrance to our pursuit of holiness. Shame is that feeling you get when you think about what it would be like if everyone out there knew your deepest thoughts. It's the fear that no one would like you if we could all look inside your head and see and hear what's going on up there.

Play the video.

Prompt: How many of you have ever felt shame?

Allow students 5 minutes to share some of the ways they've felt ashamed. It could be for bad grades, not looking right, not being athletic etc.

Prompt: There are all sorts of reasons why we feel shame. Maybe it was something someone said about you. Or it might be something you did. Or, maybe you just feel like you're never good enough. Whatever it is, you need to realize that Jesus came to remove our shame. He came to make it okay for us to be who we are!

Prompt: There are several stories in the Bible where Jesus makes this clear.

Ask for three volunteers to come up and read three passages from the Bible.

Have a student read passage #1: Matthew 8:1-3

First, there's a story about how Jesus meets a leper. Lepers are people who suffer from leprosy, a disease that literally causes their bodies to rot away. Lepers were kicked out of cities in Jesus' day. They had to go live in the wild and, when they were around other people, they had to yell out that they were a leper so that people could avoid them. But Jesus walks up to him and even touches him. It was him saying, "hey, I see your leprosy, but it doesn't matter to me. There is no shame in who you are."

Have a student read passage #2: Luke 19:1-10

Then there's Zacchaeus the tax collector. A man who was shunned by his city because he was a cheat. But Jesus sees him and says it's okay. I know who you are and I still want to be with you.

Have a student read passage #3: John 4:4-26

In this story Jesus talks with a Samaritan woman. There are two key parts of this story that reveal areas where the woman was ashamed of who she is. The first is that she is a Samaritan and Jews simply didn't talk to Samaritans. In Jesus' day, Jews didn't even consider Samaritans to be real people. That alone caused her great shame. Secondly, she is ashamed to even admit that she'd been married 5 times before. But, despite all this, Jesus still

talks to her. He still lets her know that it's okay. He doesn't shame her.

There are many more stories where Jesus told people that he knew who they were, but it was okay. There was no reason for them to be ashamed of who they were or what they had done.

Prompt: And the truth is that Jesus is saying that to us today. "Hey, I know who you are. I know what you think. And, you know what, it's okay! I still love you." So, if you are ashamed of who you are and it is impacting how you feel about yourself, know that Jesus doesn't care about all that stuff. He still loves you.

Prompt: Maybe some of the things we've talked about today have made you feel vulnerable. If that's the case, I promise you are not the only person in this room who feels that way, who feels they need to hide who they are or who is ashamed of something.

The very best news, if you only remember one thing from this lesson, is that God loves us and accepts us just as we are. Even before we start to pursue holiness, and even when we mess up on trying to be holy, God loves us and accepts us. Jesus died for us because that was the only way for us to be free from sin, and when we trust in him, he is the one who makes it possible for us to become more like him.

*Optional Object Lesson

Prompt: Remember in the Leviticus passage it talked about certain animals defiling God's people? For the Israelites, if they became defiled the only way to be clean again, to get rid of their sin and their shame, was to sacrifice an animal. When Jesus came and died on the cross, that was a once and for all sacrifice to cover all sin and all shame for all people. Hebrews 9:14 says the blood of Christ will "purify our conscience from dead works to serve the living God."

Leader's Note: Use the video found at https://www.youtube.com/watch?v=5aMUgzcrgfo as a guide. This could be a cool activity/illustration, especially if you sub out sin for shame (that's not heretical, right!?) - would need to have the supplies added in materials needed*

Consolidate/Debrief (approx. 10 min.)

Prompt: This has been a bit of a heavy lesson. But it is an important lesson. Brene Brown said that shame is one of the things that holds us back from really connecting with other people. I want you to take moment now and answer the question "What image can you think of that represents your shame?" Take 2 minutes and draw that picture.

Prompt: We started this lesson by looking at something that each one of you would bring if you were stranded on a deserted island. We all have something about ourselves that we can be proud of. The purpose of this lesson is help us start to get rid of the areas that are holding us back from connecting with God and those around us.

So, to close this lesson, I want you to think about the image you just drew. Imagine what it would look like in a perfect world if that thing you chose was gone! Back to reality... I want you to rate how much that thing is impacting your life on a scale of 1 to 10. One being not at all, 10 being it completely consumes your life. Once you have that number, I want you to think about what it would take to move that number just one spot closer to 1.

The reason for this is that most of us will not suddenly stop being ashamed of who we are. But if we work towards even the smallest step to getting rid of that shame, it will make a radical difference in our lives. It will make a huge difference in your relationship with God and with those around you! That is your homework for this week. What will it take to move one spot on that scale?

To begin getting rid of it I want you to take the image you drew and we are going to shred them! **Leader's Note:** Have the students shred their images as a physical representation of getting rid of their shame.

Close your time in prayer for the students. Pray specifically that they will be able to remove the shame in their lives.

Optional takeaway: Print out index cards with Hebrews 10:22-23 for students to keep in their wallet or use as a bookmark. Students can write on the back of the card one positive change they want to make to pursue holiness this week.

Module 5: Discovering "So What?" Lesson 3: Reaching Out





Hopefully students will be able to ...

- reach out to help others
- be vulnerable to others as a part of true connection

Lesson Objectives:

Students will be able to...

- evaluate who they spend their time with
- recognize the need to be around unbelievers
- optional: revisit Module 4, Lesson 4 (understanding of how we should respond to unbelievers)
- brainstorm one way they can reach out this week

Materials Needed:

- YouTube Video (https://www.youtube.com/ watch?v=9Zd-aHm2MDk) and video equipment
- Chalkboard, whiteboard, paper, or similar to record answers with appropriate markers
- 1 Bible with Mark 2:15-17, Luke 15:17 bookmarked.
- 1 Bible per 4 students with Matthew 25:31-46 bookmarked.

Minds On (approx. 10 min.)

To begin the night you will play a game of Would You Rather.

- 1. Start with all the students in the middle of the room.
- 2. Divide the room into two areas and arbitrarily call one side #1 and the other side #2. Those are the areas the students will run to as they answer the following questions. (If your room is not large enough to accommodate running you can consider having them sit down or stand up according to their answer.)
- 3. Read out the following statements. Make sure you leave time between each statement for the students to get to one side of the room. Depending on how long you want to play, you can choose a few of these or you can go through them all. Regardless of how many you read, make sure you end with the last statement as part of your transition.
 - Would you rather always take a cold shower or sleep an hour less than you need to be fully rested?
 - Would you rather always lose or never play?
 - Would you rather always wear earmuffs or a nose-plug?
 - Would you rather always win pie-eating contests or always win wheelbarrow races?
 - Would you rather be 3 feet tall or 8 feet tall?
 - Would you rather be a deep sea diver or an astronaut?
 - Would you rather be a dog named Killer or a cat named Fluffy?
 - Would you rather be a giant hamster or a tiny rhino?

- Would you rather be able to read everyone's mind all the time or always know their future?
- Would you rather be able to stop time or fly?
- Would you rather be an unknown minor league basketball player or a famous professional badminton star?
- Would you rather be born with an elephant trunk or a giraffe neck?
- Would you rather be forced to tell your best friend a lie or tell your parents the truth?
- Would you rather be hairy all over or completely bald?
- Would you rather tell your friends about Jesus or swallow a porcupine?

Have students sit down when this activity is complete.

Prompt: That last one was a bit extreme. However, the truth is that, for many people, we would rather swallow a porcupine than tell our friends about Jesus. There are lots of reasons why. It's scary. We are worried about what our friends will think of us. What if they think we are crazy and don't want to hang with us anymore? In this lesson, we are going to spend some time considering how we share Jesus with our friends. Before we start I want you to know that it is okay if you don't believe in Jesus. As we go through this lesson it will be an opportunity for you to hear about Jesus and why we want to share him with you. You can also give us some feedback on how you feel when people try to talk to you about Jesus.

Action (30min)

Prompt: Sharing Jesus with your friends can sound scary. Perhaps you've seen really bad examples of how people try to reach out. For example, the guy in this video.

Play the YouTube video listed in the materials section. 11# 14

Prompt: That's a bit of an extreme example. What are some of the things that come to mind that keep us from reaching out? (Allow 5 minutes for students to give their initial responses to this question. Consider using a chalkboard, whiteboard, or something similar to record their answers.)

Prompt: There are a variety of reasons that we don't reach out. Perhaps you are scared, or you don't know what to say or do. You're concerned people will think you are weird. To help you understand what it means to reach out, we will take a look at what it means to reach out, who we reach to, how we do it, and why.

Have a student read Mark 2:15-17.

Think/pair/share: What this passage is saying? They have 5 minutes to share together.

Allow 5 minutes for students to share their partner's answer

Prompt: At its core, this passage is a reminder that in order for us to reach out, we have to be with people who do not know God. Sometimes we can put ourselves in bubbles where we spend all of our time with people from the church. I'm not saying that you need a new set of friends, but if you do not put yourself in a place where there are people who need to hear about God then you won't be able to reach out. This place can be your school,

sports teams, clubs, etc.! So, how do we reach out?

Divide students into groups of 4-5. Each group will read Matthew 25:31-46. They will write one example of ways to reach out per sticky note. When complete, have one representative post your Post-It Notes on the designated wall. Go through all the groups once before asking for anything that was missed. This enables all of the groups to share in the discussion. As groups share, consider writing their answers on a chalkboard, whiteboard, or other medium that allows everyone to see.

Prompt: There are several ideas listed here. But, what do they mean? Most of us won't be visiting a prison or running into people without clothes. So, let's spend a few minutes thinking about how we could live these out in our own lives.

Have students share examples for each of the areas listed. For example, "food for the hungry" could be sharing with someone at school who doesn't have a lunch.

Consolidate/Debrief (approx. 10 min.)

Prompt: There is a reason why we reach out.

Have a student read Luke 15:17.

Prompt: The Bible says that even one person giving their heart to the Lord causes a party in heaven! That is why we reach out! The Bible repeatedly says that even one person is worth it! So, I ask you to start a party in heaven by reaching out to someone around you!

Have students spend 5 minutes and write down how they can do one of these things at school this coming week.

Give students 5 minutes to think on their own about how they will live this out. Allow them the opportunity to talk to a friend or a leader if they are comfortable doing that.

Leader Tip: To make this concrete, you may want to allow them the opportunity to write out one action step that they will commit to doing in the next 3 weeks.

Close your lesson by praying for the students and the action steps they have identified. Ask students for prayer requests and consider having students pray for each other either out loud or silently.

Module 5: Discovering "So What?" Lesson 4: So What?

Spiritual Aims

Hopefully students will be able to ...

- leave a "wake" in their life.
- fulfill how God wants them to live.

Lesson Objectives:

Students will be able to...

- identify two practical next steps for discovering Jesus
- control their actions
- · control their tongue

Materials Needed:

- YouTube video (https://www.youtube.com/watch?v=TJfDKTk5EbU) and video equipment
- 1 copy of Appendix C per 4 students
- 1 copy of Appendix D per 4 students
- 1 Bible per 4 students
- Min. 1 pen per 4 students
- · Recording paper

Minds On (approx. 20 min)

Follow the Leader

To begin this lesson you will play a game of follow the leader. For this game one person will be the guesser who has to guess who the leader is. Ask them to leave the room. Then, have the remaining group pick a leader. Once the leader is chosen, have the guesser return to the room.

Students follow whatever the selected leader does. The secret of this game is for the group do so without giving away who is leading. The guesser will have 3 guesses to pick the leader. Once they either run out of guesses or they get it right, the leader then becomes the guesser.

Repeat this game as many times at your discretion.

- Ask the large group: What was the experience like for them as a group? II# 9
- Ask the leader(s): What was it like to lead?
- Ask the guesser(s): What was it like to try and figure out who was leading?

Give each question 2 minutes for responses.

Prompt: In this module, we want to talk about what do we do now. In previous lessons, we've talked about who God is and how we need to love others and ourselves. But, what do we do now? When we are in this room it is easy to know who to follow and get help as to what we should do. But, when we leave here it gets a lot harder to know who to follow. What do we do when everyone else is not there? Today we will look at two specific things we are called to do as we end.

Action (approx. 25 min.)

Prompt: What do we do? The answer is simply that we need to start actually living it out. But, the more im-

portant question is how. How do we live out all that we've talked about? Play the Bluefish video. 11# 14

Leader's Note: This video is intended to get the youth thinking about what impact they want their lives to have.

Ask the large group: In your words, what was the main point of that video? Give students 3-5 minutes to respond. (Suggested answer: Every one of them will create a wake in their life. It is up to them what that wake will be.) **TT# 9**

Prompt: Now that we have spent time discovering who Jesus is, it is up to us to respond and determine what our wake will be. The two greatest impacts we will have on the world are through how we act and what we say. The Bible is clear that these two parts of our lives will determine what the wake is that we leave behind. So, let's take some time to explore these a bit.

1. How We Act

Divide students into groups of 4. Split them by getting them to line up by age (oldest to youngest) and then number them off for each group.

Give each group a copy of Appendix C. They have 10 minutes to complete it. Each group will have 1 spokesperson share their insights. When the spokespersons are sharing, have a student/volunteer record their findings on the recording paper.



2. What We Say

Distribute Appendix D to each group and have them complete it within 10 minutes. Each group will have one spokesperson share their insights. During the sharing, have a student/volunteer record the answers on the recording paper.

Consolidate/Debrief (approx.10 min.)

Prompt: We have looked at two key areas of our lives that will leave a wake. Let's take a moment to consolidate our answers.

Ask the large group: If we were to sum up our answers on the Micah 6:8 passage what would we say is the key to this passage?

Ask the large group: What would we say is the central idea of the James passage?

Prompt: These two passages are first steps in responding to this entire module. As we end this module, these are two ways to respond. The first is to live out Micah 6:8 and the second is to learn to tame our tongues. If you can learn those two things then you will have discovered and understood who Jesus is and what he expects of us.

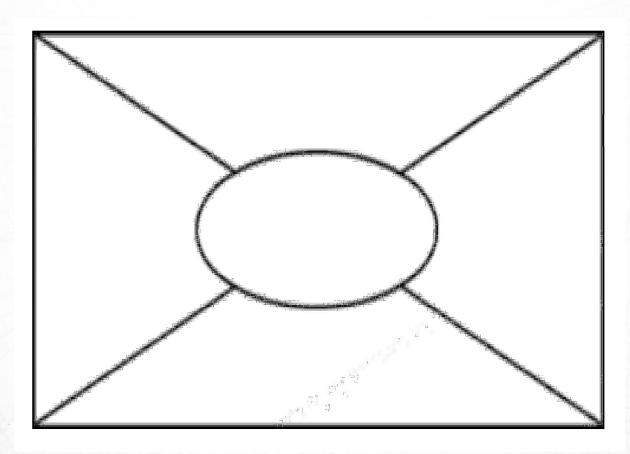
End your time in prayer. Consider having the students pray for each other. Close by praying that your students would be able to build a relationship with Jesus and discover him.

APPENDIX A

Placemat Exercise

Instructions: For this exercise you will do the following:

- 1. In the centre bubble write down the question "Who is God?"
- 2. Each team member will choose a section to write in. In your section of the place mat write down everything you can think of when you answer the question "Who is God?"
- 3. Then, read over each of the other three sides and put a check beside any that resonate with you.
- 4. Finally, as a group, write down all the ones that were checked off as a master list of common ideas your group shares.
- 5. Appoint one representative who will share this with the larger group.



APPENDIX B

Exploring Prayer

As a group, complete the following chart based upon 1 Thessalonians 5:16-24. Begin by having a group member read the passage.

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus. ¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt ²¹ but test them all; hold on to what is good, ²² reject every kind of evil. ²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do it (NIV).

| | Verse | What Does This Mean? | One Example of How You Can Live This Out |
|---|-------|----------------------|--|
| | 12 | | |
| I | 13 | | |
| Ĭ | 14 | | |
| Ī | 15 | | |
| Ī | 16 | | |
| Ī | 17 | | |
| | 18 | | |
| | | | |

APPENDIX C

Instructions: Begin by reading Micah 6:8. Read it twice. Once you are done fill out the following table.

| What is the Topic of this passage? | |
|------------------------------------|--|
| | |
| -What are 3 Key Details? | |
| What is this Passage Mostly About? | |

List 3 ways you can live out this passage this week:

- 1.
- 2.
- 3.

APPENDIX D

Instructions: For this exercise you will read through James 3:1-12. Once your group has read through it take some time to answer the following questions.

- 1. What is the general topic of this passage? What is the writer saying?
- 2. Find the words in the passage that describe the most important idea.
- 3. What are some of the key details from this passage?
- 4. Sum up the passage using your own words.