

TREK

Lesson 5 - "Help Others"

Series Objective: Students will learn:

- That a "Trek" is a long, vigorous journey.
- That every individual's life is their Trek.
- That the Bible is full of stories about others' Treks that help us to better understand how our Trek should be lived out.
- That being a disciple of Jesus is a daily Trek, not a one-time choice.

Series Theme Verse: "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35

Lesson Objective: Students will understand:

- Jesus can forgive our sins.
- Jesus can perform miracles.
- Christians should bring their friends to Jesus.

Lesson Passage: Luke 5:17-26

Lesson Materials:

Pre-service - Music, lights, announcement slides

Video – National Holidays with Andres

Activity – Paper

Worship – Lyrics for TVs

The Story - Copy of story outline

Small Groups - Trek Journals, Pens, 2 sets of notecards with Memory Verse

The After Party – Sandwiches, straws, Q-Tips, tees, scorecards

Attachments – None

Lesson:

Video: *National Holidays with Andres*

Activity: Paper Airplane Competition

- Students are given one piece of paper to make a paper airplane.
- They have 3 minutes to make their paper airplane.
- There will be two competitions:
 - Farthest Flight

- Most Creative Design
- After three minutes, line up Team 1 and have them throw their planes.
 - The two students' planes that land the farthest away pick their planes up and wait at the front of the room.
- Repeat the process with Teams two, three, and four.
- Have the eight winners line up and throw a final throw. The plane that goes the farthest wins. It should be placed on the tv shelf.
- All other planes should be placed on the back table after they have been thrown, to be judged for *Most Creative Design*. The most creative design will be judged by Daley, Randa, and Stephanie.
 - The point of the game is that sometimes we must get creative to accomplish our goals.
 - The four friends get creative when they climb on a roof and start digging to get their friend to Jesus.

The Story: (Talking Points)

- Theme Development: Trek
 - A long and vigorous journey usually made on foot.
 - Remind students of last week's scenic lookout (Visual Aid) of our Trek.
 - Matthew 27 & 28
 - Jesus took our place on the cross
 - Jesus conquered death
 - Jesus can free us from our sins
 - Transition: "God sent Jesus to free us from our sins and Jesus provided the way out of sin by conquering death. Once we follow Jesus, our mission is to continue to bring our friends to Jesus."
- Four Friends Bring a Friend to Jesus: Luke 5:17-19
 - *Use your tone of voice to tell the surprising parts of the story: carrying a friend a long way, trying to push through a crowd when carrying a bed, and taking him up onto the roof!*
 - One day Jesus was teaching. Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. They heard that the Lord had given Jesus the power to heal the sick.
 - So, some men came carrying a man who could not walk. He was lying on a mat. They tried to take him into the house to place him in front of Jesus. They could not find a way to do this because of the crowd.

- So, they went up on the roof. Then they lowered the man on his mat through the opening in the roof tiles. They lowered him into the middle of the crowd, right in front of Jesus.
 - The crowd was keeping people away from Jesus.
 - The friends did not give up on getting the paralyzed man to Jesus.
 - It is possible that the friends tore through the roof of Jesus' house.
- Jesus Heals – Spiritually and Physically: Luke 5:20-26
 - *Make your voice quiet and personal like Jesus is only speaking to the paralyzed man.*
 - When Jesus saw that they had faith, he spoke to the man. He said, “Friend, your sins are forgiven.”
 - *Use a tone that reflects quiet shock. The Pharisees and teachers of the law are thinking these things but not saying them aloud.*
 - The Pharisees and the teachers of the law began to think, “Who is this fellow who says such an evil thing? Who can forgive sins but God alone?”
 - Jesus knew what they were thinking. So, he asked, “Why are you thinking these things in your hearts? Is it easier to say, ‘Your sins are forgiven’? Or to say, ‘Get up and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So, he spoke to the man who could not walk. “I tell you,” he said, “get up. Take your mat and go home.”
 - Right away, the man stood up in front of them. He took his mat and went home praising God. Everyone was amazed and gave praise to God. They were filled with wonder. They said, “We have seen unusual things today.”
 - Jesus met a need the man did not realize he had: forgiveness of sin...spiritual healing.
 - Jesus knew the minds of the Pharisees.
 - Jesus met the man's perceived need: physical healing.
- Transition to Small Groups: “In your Small Groups, you will be discussing your place in this story.”

Small Groups:

Beginning the Conversation

- Go around the room and have each person introduce themselves, beginning with the leaders, by answering two questions:
 - What is your name?

- Grilled Cheese, Spaghetti, Chili Cheese Dogs, Pizza. You must get rid of one, which one?

Trek Journals

- Have Trek Journals and pens on table for students to grab
- Explain to students that part of small group will be journaling in their Trek Journal. Have students AND LEADERS write the following questions in their Journal (*it would work best if you had these questions written on a piece of poster board to make it easier to copy into the journal*) and take about 5 minutes to respond to the questions in their Journals.
 - What is my favorite part of the story I heard in Big Group?
 - Besides Jesus, who are the main characters in the story?
 - What one word would you use to describe the paralyzed man in the story?
 - What one word would you use to describe the four friends in the story?
 - What one word would you use to describe the Pharisees in the story?
 - Where do you find yourself in the story?
 - Are you like the friends, taking others to Jesus?
 - Are you like the paralyzed man, needing Jesus or a friend to help you?
 - Are you like the crowd, watching from the sidelines?
 - How can you be like the four friends more regularly?
- After 5 minutes, have everyone (leaders first) answer the first question out loud to the group.
- Work through the rest of the questions together, letting a couple answer each question.
- Memory Verse Game:
 - Have the memory verse written on two sets of notecards.
 - Divide your small group into two teams.
 - Give each team a set of cards and have them race to put together the memory verse.
 - When a team finishes, have a leader check it and if correct, read it out loud together.
 - Let the second team finish, even after the first has finished and congratulate both teams.
- Close in a prayer like: “Lord Jesus, help us be friends to others and bring them to you...Amen.”

- Transition: “As you go back into the big room, if you have memorized the memory verse, you can tell it to Tique, Stephanie, Randa, or Daley.”

The After Party:

Sandwiches

Q-Tip Golf

- Attach the Q-Tip Golf holes around the room in the marked locations on the scorecard.
- Mark the Tees on the floor in the marked locations on the scorecard.
- After eating, groups of four can grab a scorecard, a straw per player, and a Q-Tip per player and play a round of Q-Tip Golf.
- Scorecards have rules, course map, and place for score keeping.