

TREK

Lesson 1 - "The Trek Begins"

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:

- A trek is a long journey and our lives as God's people are a trek that we get to shape
- God is the Creator and created humanity in God's Image
- Humans disobeyed God
- Disobedience is sin and has consequences

Lesson Passage: Genesis 1-3

Lesson Materials:

PreService - Music, lights, announcement slides

Video - "National Read a Book Day"

Activity - Black butcher paper, chalk, straws, Q-Tips

Worship - Lyrics for TVs

The Story - Copy of story outline

Small Groups - Trek Journals

The After Party - Pizza, straws, Q-Tips, black construction paper, tees, scorecards

Attachments - Creation image, Q-Tip Golf Scorecard, Golf Hole, Golf Tee

Lesson:

Video: *Trekking with Andres* - "National Read a Book Day"

Activity: Q-Tip Archery

- Create 4 targets using chalk on black butcher paper

- Attach the targets to the wall around the room
- Give each student a straw and a Q-Tip
- Let students put their Q-Tip in the straw and shoot it like a blow dart at one of the targets
- Each group should have one Champion based on who they think hit closest to the center of the target
- Have the final four shoot one shot at the target at the front of the room
- The winner is the one closest to the center of the target

The Story: (Talking Points)

- Theme Development: Trek
 - A long and vigorous journey usually made on foot.
 - Every trek has a beginning, a trailhead (Visual Aid)
 - Our trek this semester will take us through Scripture and we will grow together.
 - Reference the summer trek from the pictures on the visual aid
- Transition: “Our Trek begins, even before we were born, our trek begins with the Trek of all humans.”
- The Cosmic Story: Genesis 1
 - God Created
 - 6 Days of Creation – God’s Good Creation (Visual Aid)
 - Light and Darkness
 - Sky and Water
 - Land
 - Sun, Moon, Stars
 - Sea animals and sky animals
 - Land animals (Humans created in the image of God)
 - Genesis 1:27
 - It is very good
 - Day 7 – God rested
- The Human Story: Genesis 2
 - Man formed from dust
 - God breathes in his nostrils
 - God planted a garden and placed the man in the garden
 - Two trees in the garden are mentioned
 - Life
 - Knowledge of Good and Evil (Don’t eat)
 - God creates animals to find a companion for man
 - God creates woman from rib of man
 - Man and woman were naked and felt no shame

- The Human Struggle: Genesis 3
 - Enter the serpent
 - Conversation with woman and man centers on the one rule
 - Serpent plays on desire “to be like God”
 - Woman and man eat of the only forbidden fruit
 - They realize they are naked – sew fig leaf garments
 - Man and woman hid when they heard God walking in the cool of the day
 - Conversation with man and woman center on their failure and the results of their failure
 - Provision from God in midst of failure:
 - Animal garments (sacrifice for sin)
 - Removed from garden to take away tree of life
 - The human struggle is sin
 - God’s desire for us is the center of the target
 - When we miss the center, we sin
 - We need forgiveness
- Transition to Small Groups: “In your Small Groups, you will be discussing the beginning of our Trek as humans, but also, your own personal Trek.”

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?
 - What would you do with \$1,000,000?

Trek Journals

- Pass out Trek Journals and pens
- Have each person write their name on the inside of their journal
- 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?
 - What does this story tell me about God?
 - Who made the world?

- What do I most like about the creation?
 - What does this story say about me?
 - Why am I different according to the Creation Story?
 - How does it make me feel to be created in the Image of God?
 - What have I learned and what will I do?
 - If sin is missing the center of the target, what can I do to hit the center of the target and avoid sin?
 - What is one specific thing I need to do different this week to live a Trek that looks more like the Image of God I am created in?
- 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.
- The last two questions can be pretty personal, so do not force anyone to answer those two questions but give the opportunity for ones to answer that want to.
- Close in a prayer like: “Creator God, thank you for creating each one of us uniquely in your image. Help us be your image bearers as we go home tonight, and we go to school the rest of this week and next. And all God’s people said...Amen.”
- Transition: “As you go back into the big room, you can have some pizza, and after you eat your pizza, find three other people and get a copy of Q-Tip Golf from one of the adult leaders and see who shoots the best.”

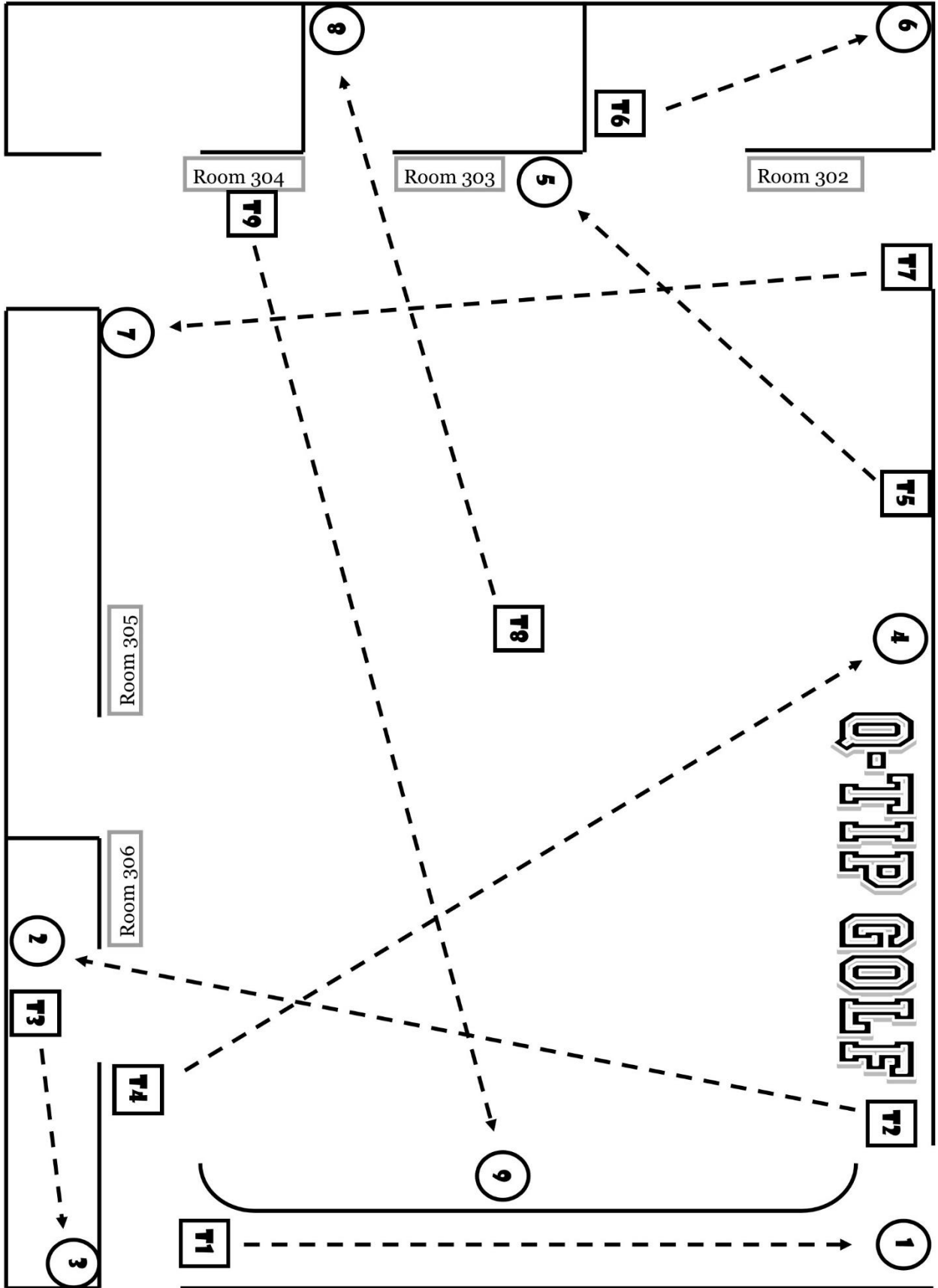
The After Party:

Pizza

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.





Q-Tip Golf

Rules of Play

- No more than four players in a group
- Play begins at the “T” Box... “T1”
- Standing at “T1,” place your Q-Tip in your straw.
- Each member of the group will blow the Q-Tip out of a straw towards Hole 1..①
- Each time a member blows the Q-Tip out of the straw, that is called a “shot.”
- Each member then goes to their Q-Tip and repeats until they hit Hole 1.
- Total the number of “shots” of each member on the scorecard below.
- The goal is to hit the hole in the fewest number of shots. “Par” is an average score.
- Move through all 9 holes and total the scorecard to find the winner.

Hole	Par	Name	Name	Name	Name
1	4				
2	5				
3	3				
4	4				
5	4				
6	3				
7	4				
8	4				
9	5				
Total	36				

