

TREK

Lesson 4 - "The Greatest Friend"

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 took our place on the cross.
- Jesus conquered death.
- Jesus is our greatest friend.

Lesson Passage: Matthew 27 & 28

Lesson Materials:

Pre-service - Music, lights, announcement slides

Video – No Video

Activity – Chairs in a circle, bucket with names, bucket with movements

Worship – Lyrics for TVs

The Story - Copy of story outline

Small Groups - Trek Journals, Pens, Boats with Memory Verse

The After Party – Chicken Nuggets, straws, Q-Tips, tees, scorecards

Attachments – None

Lesson:

Video: *No Video*

Activity: Circle Swap

- Students sit in a circle with one person in the middle.
- All the student's names are in a bucket.
- Another bucket has ways of moving (jump, hop, crawl, crab walk, etc.)

- Four names are drawn out of the name bucket.
- One movement is drawn out of the other bucket.
- The leader says, “*Names 1, 2, 3, and 4*, swap seats by *Movement*. Go!”
- The person in the middle of the circle tries to tag one of the four, moving in the same way before the four get to their new seats.
- If someone is tagged they are now in the middle.
- If no one is tagged, the middle person goes back to the middle and four new names and a new movement are drawn.
 - The point of the game illustrates that Jesus “swapped” places with us on the cross.

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.
 - Mark 1:16-20; John 6:1-13; Mark 12:41-44
 - Follow Me
 - God is Able
 - Live Generous
 - Transition: “God sent Jesus to be our rescuer, and humans follow Jesus because he swapped places with us and did what we could not do.”
- Jesus is put to death: Matthew 27
 - The governor’s soldiers took Jesus into the palace, which was called the Praetorium. All the rest of the soldiers gathered around him. They took off his clothes and put a purple robe on him. Then they twisted thorns together to make a crown. They placed it on his head. They put a stick in his right hand. Then they fell on their knees in front of him and made fun of him.
 - *Note: Use a mocking voice for the Roman soldiers. This is a sad story, so tell it in a way that fits with your own feelings about Jesus dying on the cross.*
 - “We honor you, king of the Jews!” they said. They spit on him. They hit him on the head with the stick again and again. After they had made fun of him, they took off the robe. They put his own clothes back on him. Then they led him away to nail him to the cross. Matthew 27:27-31
 - From noon until three o’clock, the whole land was covered with darkness. About three o’clock, Jesus cried out in a loud voice. He

said, “Eli, Eli, lema sabachthani?” This means “My God, my God, why have you deserted me?” After Jesus cried out again in a loud voice, he died.

- At that moment the temple curtain was torn in two from top to bottom. The earth shook. The rocks split. Tombs broke open.
 - This was a cosmic event that disrupted the creation
 - The Temple Curtain originally separated people from God
 - Creation shook, and dead walked out of tombs
- Jesus’ Followers Respond: Matthew 27
 - *Point to the followers, family, and friends of Jesus in the crowd as well as the Roman commanders.*
 - The Roman commander and those guarding Jesus saw the earthquake and all that had happened. They were terrified. They exclaimed, “He was surely the Son of God!”
 - Not very far away, many women were watching. They had followed Jesus from Galilee to take care of his needs. Mary Magdalene was among them. Mary, the mother James and Joseph, was also there. So was the mother of Zebedee’s sons.
 - As evening approached, a rich man came from the town of Arimathea. His name was Joseph. He had become a follower of Jesus. Joseph took the body and wrapped it in a clean linen cloth. He placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb. Then he went away. Matthew 27:45-46, 50-52, 54-57, 59-60
 - The followers of Jesus were shook.
 - They were left to bury the man who was supposed to save them from Rome, the same people who killed Jesus.
- Jesus Conquers Death: Matthew 28
 - Mary Magdalene and the other Mary went to look at the tomb.
 - There was a powerful earthquake. An angel of the Lord came down from heaven. The angel went to the tomb. He rolled back the stone and sat on it.
 - *Tell this part with as much joy in life as you have told earlier parts with sadness.*
 - The angel said to the woman, “Don’t be afraid. I know that you were looking for Jesus who was crucified. He is not here! He has risen, just as he said he would! Come and see the place where he was lying. Go quickly! Tell his disciples, ‘He has risen from the dead. He is going ahead of you into Galilee. There you will see him.’ Now I have told you.” So, the women hurried away from

the tomb. They were afraid, but they were filled with joy. They ran to tell the disciples.

- Suddenly, Jesus met them. “Greetings!” he said. They came to him, took hold of his feet and worshiped him. Then Jesus said to them, “Don’t be afraid. Go and tell my brothers to go to Galilee. There they will see me.” Matthew 28:1-2, 5-10
 - The first people trusted with the Good News were women
 - Remember the Shepherds: Jesus is for everyone!
 - Jesus conquered sin and death for us, because we could not.
- Transition to Small Groups: “In your Small Groups, you will be discussing how Jesus did for us what we were not able to do.”

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?
 - If you could be any color crayon, what color crayon would you be?

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?
 - What does this story tell me about Jesus?
 - Does Jesus want me in his family?
 - What has Jesus done to invite me into his family?
 - What does this story tell me about me?
 - Can I live a sinless life?
 - How do I live out my trust in Jesus?
- 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 a couple words of the memory verse written on the bottom of serving boats.
 - Let your group piece together the memory verse how they think it should read.
 - When they think they have it, have a leader look at the verse and tell them how many boats are in the wrong place.
 - Repeat this process until the verse reads correctly.
 - Read the verse together as a group.
 - Tell students that once they think they have memorized the verse, they can tell it to Tique, Stephanie Sanders, Randa, or Daley.
 - Have students take a boat with them after you pray to use for their meal.
- Close in a prayer like: “Savior Jesus, thank you for giving up your life so that I can live in your family. Help me to live my trust for you daily...Amen.”
- Transition: “As you go back into the big room, take a boat and enjoy supper.”

The After Party:

Chicken Nuggets

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.