

TREK

Lesson 6 - "Stay Close to Jesus"

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 gives us a model to follow that includes building community and relationships with others.
- We must stay close to Jesus through Bible reading, prayer, and other spiritual disciplines.

Lesson Passage: Luke 10:38-42

Lesson Materials:

Pre-service - Music, lights, announcement slides

Video – National Holidays with Andres

Activity – 4 postcards per student, 1 pen per student

Worship – Lyrics for TVs

The Story - Copy of story outline

Small Groups - Trek Journals, Pens, Memory Verse on Poster Board

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

Attachments – None

Lesson:

Video: *National Holidays with Andres*

Activity: Getting to Know You

- Students will pair up (not with their best friend) and be given four postcards and a pen.
- Student pairs will stand back to back.

- A question will be read by the leader.
- Students will write their answer to the question on the card.
- The leader will count to three and the pairs will turn and face each other, revealing their answers.
- Questions from the leader are questions that help the students learn about each other, like:
 - What is your favorite dessert?
 - What superhero would you want to be?
 - How many warm donuts can you eat in 10 minutes?
 - What is your favorite school subject?
 - What is your favorite Animated Movie?
 - Which do you like better, snowy mountains or a sandy beach?
 - What food could you not live without?
 - What is your favorite place you have ever gone?
- The point of the game is to help students see that relationships are built by getting to know someone personally. In the story today, Mary sits at the feet of Jesus as His disciple, learning about Him and from Him.

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.
 - Luke 5:17-26
 - Jesus heals spiritually and physically.
 - Christians should bring their friends to Jesus.
 - Transition: "Jesus heals us spiritually and physically, but Jesus is more than a healer: Jesus is someone that we should have a relationship with."
- Jesus Goes to Martha and Mary's Home: Luke 10:38-40
 - Jesus and his disciples went on their way. Jesus came to a village where a woman named Martha lived. She welcomed him into her home. She had a sister named Mary.
 - Mary sat at Jesus' feet listening to what he said.
 - But Martha was busy with all the things that had to be done. She came to Jesus and said, "Lord, my sister has left me to do the work by myself. Don't you care? Tell her to help me!"
 - Jesus spent time with people: Community

- Martha and Mary each make a choice in response to Jesus' visit to their home.
- Jesus Explains Priorities: Luke 10:41-42
 - *Jesus' voice is gentle and full of compassion.*
 - "Martha, Martha," the Lord answered. "You are worried and upset about many things. But few things are needed. Really, only one thing is needed."
 - *Use a firm voice for Jesus-He is protecting Mary's choice to be His disciple.*
 - "Mary has chosen what is better. And it will not be taken away from her."
 - Jesus had compassion for Martha, knowing she was trying to do what was right.
 - Do we get so busy "working for Jesus" that we miss the relationship with Jesus?
- Transition to Small Groups: "In your Small Groups, you will be discussing community and your relationship with Jesus."

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 is your favorite extracurricular activity?

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?
 - We often find Jesus spending time with people, building community or relationships with them.
 - What are some ways you build community or relationships with others?
 - What are some things that get in the way of building community or relationships with others?

- Think about your relationship with Jesus:
 - Are you more like Martha, doing things for Jesus: Going to Fields of Faith, Going to Wednesday Nights, etc.
 - Are you more like Mary, reading your Bible, praying, journaling, etc.
 - Is it okay to be a little of both Martha and Mary? Why or Why Not?
- 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 a poster board.
 - Let your team come up for motions to each word/phrase in the memory verse.
 - Say it together with the motions a couple times.
- Close in a prayer like: “Friend Jesus, help us to do the things we need to do to grow in relationship with you...Amen.”
- Transition: “As you go back into the big room, if you have memorized the memory verse with motions, you can tell it to Daley, Randa, Stephanie, or Tique.”

The After Party:

Corndogs

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.