

## TURN lesson nine

### PRINCIPLE 3:

Consciously choose to commit all my life and will to Christ's care and control.

### SCRIPTURAL TRUTHS:

*"Happy are the meek" (Matthew 5:5 GNT).*

*"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship" (Romans 12:1 NIV).*

### SCHEDULE

⋯ CONNECT TIME (15 minutes)

🎵 WORSHIP (15 minutes)

📖 TEACHING TIME (40 minutes)

👥 SMALL GROUPS (30 minutes)

🕒 CLOSING (5 minutes)

⋯ CONNECT TIME (15 minutes)

## SUPPLIES NEEDED

- » CD player (optional)
- » CD with worship music (optional)
- » Potatoes one per teenager (you could substitute some kind of fruit for the potatoes, if necessary)
- » Permanent markers
- » Slips of paper with step-by-step directions from your meeting site to Anchorage, Alaska
- » A Bible
- » Six large boxes or pillows or other large but light, carry-able items; you want enough of the same item that it creates a visual roadblock to move the stack from one side of your meeting room to the other side and if you use boxes, you can bring them collapsed and ask the kids to help you assemble them

## PREPARATION

- » Pray for your teenagers and your meeting
- » Review this lesson
- » Gather supplies
- » Select songs for the Worship Time
- » Print out directions to Anchorage, Alaska, and cut the steps into individual slips



**SUPPLIES:** a potato and a permanent marker for each teenager in your group. (You could substitute some kind of fruit for the potatoes, if necessary.)

Warmly welcome everyone to the group.

Have your teenagers sit in a circle on the floor. Give each one a potato. Encourage them to get to know their potato by using all their senses—smell it, touch it, taste it, see it, even listen to it! Have kids each use a marker to write their name on their potato. Then after a few minutes, take their potatoes away.

Ask your teenagers to close their eyes. One at a time, pass the potatoes around the circle. When kids think they're holding their original potato, have them place their potato in their lap and continue passing the other potatoes.

Once all the potatoes have been selected, have kids open their eyes to see if they chose correctly.

## ASK:

- » How successful were you at determining which potato was yours?
- » How easy or difficult was it for you to “know” your potato?
- » What unique features stood out about your potato?
- » How were all the potatoes similar? different?
- » In what ways are we similar? different?
- » Tell one unique thing about you that others in our group may not know.

## WORSHIP

To bridge into your worship time, have kids each find their potato if they haven't already, then use a marker to write words on their potato that describe some of God's character qualities. If necessary, prompt your group with such qualities as "loving" or "compassionate."

After a few minutes, ask your teenagers to share the words they wrote. Then have them pick the one word they like the best and, silently in prayer, thank God for that attribute.

Then lead kids in three familiar worship songs. If you have a youth band, invite the group to lead your teenagers in worship. Otherwise, play the songs from a CD and encourage kids to sing along—or simply play the music as everyone sits and thinks about the words of the songs.

Then have everyone read aloud, together, this week's beatitude: *"Happy are the meek" (Matthew 5:5 GNT).*

## TEACHING TIM

**SUPPLIES:** step-by-step directions from your meeting site to Anchorage, Alaska; a Bible; and boxes or pillows or other large but light, carry-able items.

Use an Internet mapmaking site (Google Maps or MapQuest, for example) to create a step-by-step map from your meeting place to Anchorage, Alaska. Cut the steps into separate slips of paper. Shuffle slips so they're in random order, and be sure no slip actually names Anchorage as the destination—also be sure to cut off any numbers that indicate if it's the first step, second step, and so on. You'll also need the boxes or pillows or other large but light, carry-able items.

Distribute slips so everyone has one. If there aren't enough slips, give them to pairs or trios of kids.

**SAY:** In Principle 1, you faced some of the hurts, hang-ups and habits in your life and got real about what's wrong and what's right in your life. In Principle 2, you started to believe that God has the power to help you change. Today, we're going to start on Principle 3, where we'll need to make a commitment to trust our lives to Jesus. When we say, "Happy are the meek," we begin to see ourselves as God sees us.

Pray for your group, thanking God for what he's doing in the lives of your teenagers and bringing you to this point in The Landing journey.

**It's never too early to plan for spring break! I've found an uncrowded, beachfront spot with an ocean view—but you have to figure out where it is. You've got three minutes to assemble these directions to your scenic spring break paradise.**

After three minutes, ask for the directions to be read back to you—in order. If kids identified the location, congratulate them. If not, praise their effort and them put the directions in the right order.

Ask teenagers to form trios. Then **SAY:** You worked hard to get directions to Alaska, but that doesn't mean much if that's not where you want to spend spring break. Doing a great job going the wrong way isn't a good thing.

**ASK:**

- » Tell about a time you worked hard to accomplish something and later discovered it wasn't worth the effort.

Ask a spokesperson from each group to tell the whole group about insights from their discussions.

**SAY:** People can do terrible things with the best intentions. Some of the people who crucified Jesus were trying to avoid political conflict. Others acted out of religious conviction. Yet they were wrong. The Apostle Peter spoke to some of the people who'd stood by and let Jesus be crucified. Listen to what Peter says.

Read aloud Acts 2:36-39.

**ASK:**

- » How would you have felt if you'd heard Peter say this? Explain.

- » What are some things you've done—maybe with great intentions—that have taken you in the wrong direction?

**SAY:** It wasn't enough for the people Peter was addressing to feel sorry or learn from their experience. They had to repent—to actively turn from the direction they were going and head the other way. They turned from ignoring or dismissing Jesus to embracing him as their Savior. If you were to "repent" of spending spring break in Anchorage, it calls for *not* going to Anchorage—but it *also* calls for going in the opposite direction (like to Florida). You have to trust Jesus with your life—including your hurts, hang-ups, and habits—if you're intending to truly turn in the opposite direction.

Now ask \_\_\_\_\_ volunteers to help you pile the boxes (or pillows or other large but light, carry-able items that will block \_\_\_\_\_ vision of \_\_\_\_\_ person carrying them) against a wall. Don't reveal what they're for. When you've finished, ask teenagers to form pairs next to the piles.

**SAY:** Each team will now move the stack to the far wall and leave them there, stacked. We'll see which team can do this fastest. The person in your team whose birthday is closest to today will stack, and the other person will carry. You'll need to stack the boxes in a tower in the arms of your box-carrier. Get ready; you'll start across the room at my signal. Work together as you move your baggage to the far wall. Stackers, if your partners drop anything, you've got

to stack it back up for them—and give any directions that might be helpful. Move quickly. Once the first team is done, we'll see how well the second team does. Go!

Be sure each pair has a stack that will block the vision of the person carrying them. Use a watch, wall clock, or cell phone to time how long it takes each pair to transport the boxes to the far wall.

After you've determined a winning team, have pairs form foursomes and discuss these questions.

**ASK:**

- » What strategies helped your pair move the boxes to the far wall and back?
- » How was this activity like living your daily life?
- » How was this activity like living your Christian life?

Ask a spokesperson from each foursome to share insights that emerged during their discussions.

**SAY:** It's tough navigating when you're carrying extra baggage. That's true physically, and it's true spiritually with our hurts, hang-ups, and habits.

Read aloud Hebrews 12:1.

**SAY:** Our hurts, hang-ups, and habits are peace-robbers—baggage that ensnares us, distracts us, and keeps us from doing the things God has set

before us. The good news is that we don't have to carry it. We can turn in the opposite direction (repent) and be forgiven by others and by God.

Ask your teenagers to pick up the boxes, then form a circle. Then read aloud 1 John 1:8-9.

**SAY:** Let this box represent the bad choices in your life. As we pause for a few minutes of silence, pray silently. Ask God to let you know what he'd like you to give to him—your actions, your attitudes, your hidden moments. Mentally place those sins in your box. God doesn't want them to ensnare you. He's ready to forgive you—if you confess those failures to him. Let God take care of them.

Close in a prayer of thanksgiving for God's forgiveness.

## **SMALL GROUPS**

Prior to beginning your small group, read through the following Small Group Guidelines with your teenagers.

1. **Focus on your own thoughts and feelings when sharing with the group.**
2. **Please avoid ALL cross talk.**
3. **We are here to support one another.**
4. **Value and protect anonymity and confidentiality.**
5. **Avoid offensive language; it has no place in a Christ-centered group.**

Remember, as a leader you are to model these guidelines for your group as you lead the discussion.

Break your larger group into small groups of three or more, with a conversation leader in each one. To prime the pump for discussion, have the leaders begin the small group time with an appropriate personal story of a time when he or she repented of something in their life, and what he or she did to trust God in that situation. Then have groups each discuss these questions (available on the CD-ROM).

Remember, as the leader, you may want to model some of these answers for your group by sharing from your own experience.

### **ASK:**

- » **Why is it so important to repent of the things we have done to hurt God, ourselves, and others?**

Couldn't we just decide to stop doing those things and move on? Explain.

- » **What has been the hardest thing about giving up some of your hurts, hang-ups, and habits?**
- » **What have been the fruits—or good results—of repentance in your life? What are the good results of giving up those things?**
- » **How can we really be sure God will forgive us if we turn away from those things and go to him?**

Ask kids to pray for the person on their right. They can pray silently, or if you ask them to pray out loud, they could either all pray at once or pray one at a time around the group—it all depends on the comfort level of your group. Once the teenagers are done praying, thank God for giving everyone the courage to repent.

## **CLOSING**

**Don't forget to remind your students to spend time with their journals this week, reflecting on what God is teaching them during this journey.**

Close by reading the Serenity Prayer together (available on p. 3 of their Student Journal). Keep in mind, some teenagers may not want to read aloud with the rest of the group. That's OK; encourage them to focus on the words being shared.

God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time;  
Accepting hardship as a pathway to peace;  
Taking, as Jesus did,  
this sinful world as it is;  
Not as I would have it;  
Trusting that you will make all things right  
If I surrender to your will; So that I  
may be reasonably happy in this life  
and supremely happy with you forever  
in the next. AMEN.

- Reinhold Niebuhr

## CONNECT TIM

Serve refreshments of some kind so kids and leaders can hang out and connect. Consider having some healthy options for those who may use food as a way of coping. A ping-pong table, foosball table, or even a few board games will give teenagers an excuse to connect.