**TU R N lesson nin e**

**PRINCIPLE 3:**

( :onscíously crioose to commit ail my life and wiil to ( :hrist's care anti control.

**SCRIPTURAL TRUTHS:**

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

*"rherefore, I urge you, brothers, in view of God's*

*merey,* lo *offer your bodies as living sacrifices, holy and*

*¡ J/easing to God � thís Is your spiritual 1::1 ct of worship" (Romans 12: 1 NIV).*

**SCHEDULE**

::. ***CONNECT TIME*** (í 5 minutes)

**/:1 *WORSHIP*** (í tS minutes)

* ***TEACHING TIME*** (40 minutes)

¡i¡ ***SMALL GROUPS*** (::30 n1inutes)

* ***CLOSING*** (5 minutes)

::. ***CONNECT TIME*** (1 tS rninu:es)

### SUPPLIES NEEDED

» CD player (optional)

» CD with worship music (optional)

» Potatoes one per teenager {you could substitute sorne 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-at)le items; you want enough of the same itern that it creates a visual roadblock to rnove the stack from one side of your meeting room to the other side and if you use boxes, you can

1 ilher potaloes.

bring thern 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 Worsr1ip Time

» Print out directions to Anchorage, Alaska, and cut H1e steps into individual slips

# ::. CONNECT TIM

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

**ASK:**

## Use an Internet maprnaking site (Google Maps or Mapüuest, for example) to create a step-by-step map lrom your meeting place to Anchorage, Alaska, Cut lhe steps into separate slips of paper. Shuffle slips so lhey're in random arder, and be sure no slip actually

r 1ames 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'II also need the boxes or pillows or other large but light, carry-able items,

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

**SAY: In Principie 1, you faced sorne of the hurts, hang-ups and habits in your lite and got real about what's wrong and what's right in your lite. In Principie 2, you started to believe that God has the power**

**to help you change. Today, we're going to start on Principie 3, where we'II 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 tr1is point in The Landing journey.

**lt's never too early to plan for spring break! l'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.**

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

back to you -in order. lf kids identified the location,

**SAY:** lt 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. lf you were to "repent" of spending spring break in Anchorage, it calls for *not* going to Anchorage-but ita/so 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.

the effort.

Now ask volunteers to help you pile the boxes (or piliows or other large but light, carry-able items that will block vision of person carrying them) against a wall. Don't revea! what they're for. When ym/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'II 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'II need to stack the boxes in a tower in the arms of your box-carrier. Get

ready; you'II start across the room at my signal. Work together as you move your baggage to the far wall.

this? Explain.

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'II see how well the second team does. Go!**

**before us. The good news is that we don't have to**

**We can turn in the opposite direction (repent)**

**carry it.**

**and be forgiven by others and by God.**

/\sk your teenagers to pick up the boxes,

1 :8-9.

drcle. Then read aloud

1 John

then form a

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 wal 1.

**Let this box represent the bad choices in your**

**life. As we pause for a few minutes of silence, pray**

**Ask God to let you know what he'd like you**

**silently.**

**your**

**your attitudes,**

**to give to him-your actions,**

**Mentally place those sins in your**

**hidden moments.**

**He's**

**God doesn't want them to ensnare you.**

**box.**

**ready to forgive you-if you confess those failures to**

**Let God take care of them.**

**him.**

**SAY:**

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?**

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

**» How was this activity like living your Christian life?**

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

**SAY: lt'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**

**iii SMALL GROUP,��,.**

Prior to beginning your small group, read through the **�ri** followíng Small Group Guidelines wíth your teenagers.]

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

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

**)) What has been the hardest thing about giving up sorne 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 h.1m.?**

/\sk kids to pray for the person on their rigr1t. They can pray silently, or if you ask thern to pray out loud, they could either all pray at once or pray one at a tirne around

Remember, as a leaderyo

**guidelines for yourgroup**

uar9to model these .

**;jJ**

## the group it all depends on the comfort level of your

group. Once the teenagers are done praying, thank God

- - ae..you lead the discuss,on. ,�r�

## Break your larger group into small groups of three or more, with a conversation leader in each one. To prime trie pump for discussion, have the leaders begin the small group time with an appropriate personal story of a time when he or she repented ot something in their life, and what he or she díd to trust God in that situation.

Then have groups each discuss tl1ese questions (available on the CD-ROM).

Remernber, as the leader, you may want to model sorne of these answers for your group by sharing frorn your own experience.

***ASK:***

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

for giving everyone the courage to repent.

**fl CLOSl"N**

**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.**

Glose by reading the Serenity Prayer together (available on p. 3 of their Student Journal). Keep in rnind, sorne teenagers rnay not want to read aloud with the rest of the group. That's OK; encourage therT1 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 ali things right lf** I **surrender to your will; So that 1**

**may be reasonably happy in this lite and supremely happy with you forever in the next. AMEN.**

- Reinhold Niebuhr

**::. CONNECT TIM**

Serve refreshrnents of ��orne kind so kids and leaciers can hang out anci conriect. Consider having sorne hea!thy optíons for those who rnay uso food as a way of coping. A ping-pong table, foosball table, or even a tew board gamos will give teenagers an excuse to cormect.