

Activity Name: App Store

Objective: Critically think about what we post to social media

Scriptural Foundation: For where your treasure is, there your heart will be also. Matt 6:21

Warm Up: Get 3-4 volunteers and ask them if we can see their snapchat, Instagram, twitter and photos

Usually students get nervous at this time which you can use as a sounding board. Why did get nervous? Do your parents know what you post?

Lesson:

- Break into groups: 3-6 youth depending on how big your group is
- Each group or 2 groups take a form of social media (Instagram, snap chat, facebook, twitter, etc.) and diagnose their last 10-15 posts
- Itemize their posts: put in categories (money, sports, relationships, fashion, selfies, complaining, talking about people, Entertainment, music, God) This can happen anyway you choose. They can call out the number in each category or write it down and discuss with the group next to them.
- Who are you projecting yourself to be... what are your last 10-15 posts saying about your strongest beliefs.
- Some students don't post that much but they might follow a lot of other people that post things that don't line up with what God has for them. Ask students to analyze their feed using the same categories.

Debrief:

What you post and what that says about what you believe? What/who you follow?

Why does this matter to my life as a follower/servant of Christ?

As a group we Believe in money, power, sex, drugs, being popular, ego (order the results)

Commandment 1: "You shall have no other gods before me. Exodus 20:3 at this point you can discuss what an idol is (basically anything that takes our eyes off of God) and how idols effect our relationship with God.

Do we have an issue as a generation? What do our posts say about us? Is it a problem? Adults dealt with this same issue, but its so much easier for you to access then it was. Parental controls were on internet, cell phones didn't have the internet or app stores, you were lucky to have color, screenshots weren't a thing. Myspace, blackplanet were our social medias and we used it to showcase music and artistic design

Activity Name: You think you know, you have no idea

Objective: Space to be Open – you must have good relationships with you youth to do this activity because they will have to open up about the way they are feeling

Scriptural Foundation:

But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. Hebrews 3:13

Therefore encourage one another and build each other up, just as in fact you are doing. 1Thessalonians 5:11

Lesson: Students take sheets similar to the one below and write how they feel on them. (You can cut them so students can choose which statement to respond to.)

- **Activity Sheet: (4 by 4)**
 - **They think they know this...but the truth is this...**
 - **It looks like this....but it really means this....**
 - **Why are we doing this....instead of this....**

Collect them and have teens another student's sheet aloud. The teen must express their thoughts on the topic and encourage that person.

Wrap Up: Church is a place where you can be honest, it may not feel that way but we can change that within our youth group. Sometimes it takes you being active to make changes; we can't sit around and complain. Encourage the youth to a leader, trusted person even if it's not in your church

Dear Adults, You think you know but the truth is Sincerely,	Dear Adults, It looks like but really Sincerely,
Dear Adults, Why are we Instead of Sincerely,	Dear Adults, Sincerely,

Activity Name: imTuned

Objective: Critically think about the music that we listen to and how it impacts our lives

Scriptural Foundation: Above all else, guard your heart, for everything, you do flows from it Prov. 4:23

Warm Up: A lot of people favor praise and worship over the sermon each Sunday. Why music is important to church service

Lesson: Grab songs that are currently on the radio or a classic song they would know. Break them down into whatever categories you find appropriate. (Disclaimer: Not all songs have an edited version easily available.) After listening to the clips, ask students what God says about those activates and how they might affect the way they view the world.

Example Songs:

<u>Unhealthy Relationships</u>	<u>Religious, but not Spiritual</u>	<u>Power/Money Hungry</u>	<u>Party Songs</u>
<p>Gold Digger https://www.youtube.com/watch?v=IITJK4jdUEE 2:06 - 2:27 <i>Pre-nups are entering a marriage with the option of it ending and lacks trust</i></p>	<p>Ultralight Beam https://www.youtube.com/watch?v=3mEulWUbfO8</p>	<p>All Falls Down https://www.youtube.com/watch?v=fOK2WZCZRCC 2:32 - 2:51 <i>Admits that he's self-conscious and has problems, but isn't doing anything to address the root of the issue - shopping is not a solution</i></p>	<p>Cut It https://www.youtube.com/watch?v=qfuBsn2L2dw 1:17 - 1:28 <i>The whole song is cutting drugs, but we dance off the beat</i></p>
<p>Down in the DM https://www.youtube.com/watch?v=YXSpXO4N-tl 0:40 - 0:59 <i>Knows she has a man, post emojis and hollas anyway</i></p>	<p>Back Up Off Me https://www.youtube.com/watch?v=OBMb2UiMtdc 0:15 - 0:37 <i>You're holy, godly but discuss having sex with dudes & use vulgar language</i></p>	<p>Betta Have My Money https://www.youtube.com/watch?v=ROzyWh-qytw 0:11 - 0:29 <i>Is willing to do whatever if you don't gave her \$..Gunshots suggest death</i></p>	<p>Panda https://www.youtube.com/watch?v=8wiSpgq5kzU 1:26-1:41 <i>He talks about cars, popping pills at a party, and picking up broads</i></p>
<p>Needed Me https://www.youtube.com/watch?v=SPwqxbhf3D4 0:34 - 1:21 <i>He used her for sex to feel better about himself and she allowed it. He "needed" her</i></p>	<p>On and On https://www.youtube.com/watch?v=-CPCs7vVz6s 2:40-3:04 <i>Erykah is talking about people calling us by our names-gods- and we don't even check the blasphemy behind those lyrics that we vibe too</i></p>	<p>Trap Queen https://www.youtube.com/watch?v=i_kF4zLNKio 0:29-1:01 <i>We love this song but hes talking about drugs being his mean of income</i></p>	<p>Low life https://www.youtube.com/watch?v=K_9tX4eHztY 2:08-2:30 <i>He talks about popping pills and wearing a cross but it means nothing at all.</i></p>

Wrap-Up: Encourage them to listen to other people who aren't Lecrae and give them a list of these people to branch out to: Taelor Gray, KB, Aha Gazelle, Alex Faith, Sean C. Johnson, Anthony Brown and group therapy, B. Reith, Black Knight, Canton Jones, Derek Minor, Christian Gray, Mali Music, etc.

Activity Name: What sticks?

Objective: What the rest of the world thinks about you does not matter in comparison to what God thinks about you.

Scriptural Foundation: “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

Warm Up: Supplies

- Four white t-shirts
- Vaseline
- Two different colors of pompoms (little cotton balls). Feel free to substitute anything else here.

Game:

Split the group into two teams and choose two volunteers from each team to be “it.” Have each team cover the entire outside of the two t-shirts with Vaseline. (Boys against girls is best for this game)

Once the shirts are covered in Vaseline, have the two volunteers from each team put them on.

Put one team on each side of the room and give them each a color of pompoms.

Each volunteer must run across the room twice—once while the other team is throwing their colored pompoms and trying to get them to stick to their shirt, and once while the other team does the same.

Volunteers cannot block their t-shirts with their arms or hands.

(Note: If the volunteers are running too fast and no pompoms are sticking, then change it up. Have the volunteers stand still 10-12 feet away from the other team while they’re throwing the pompoms.)

The objective is to avoid the opposing team’s pompoms and to try to get as many of their own team’s pompoms to stick to their shirt as possible.

Once all four volunteers run through, count up what’s on their shirts.

For every pompom that is their team’s color, they get a point. For every pompom that is the opposing team’s color, they lose a point. The team with the most points wins.

Lesson:

In this world, you are going to constantly be bombarded with what different people think about you. It’s impossible to live life without hearing what other people think about you, whether it be your family or friends, strangers. Companies also tell you what you want to hear to sell you something.

You’re going to constantly to hear negative things about yourself—that you’re too big, too small, too shy, too outgoing.

It seems that everyone has an opinion. However, just like in that game, you need to be careful about what you let stick to you and what you don’t.

How often do you worry about what other people think about you? What negative things they have heard about yourself? Do you believe these things are true? How does this change how you see yourself? How do you choose what opinions you let stick to you and which ones you let slide off?

It’s important that youth know that they don’t have to listen to what the world tells them but only God.

Before giving the teens scripture ask them what they think God says about them. After each one ask them what that means to them. Will it change the way they live their lives?

God says: God thinks that you are worth fighting for. “The Lord will fight for you; you need only to be still.” – Exodus 14:14

God thinks that you are His masterpiece. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

God thinks that you are more than a conqueror. “No, in all these things we are more than conquerors through him who loved us.” – Romans 8:37

You are loved and accepted as-is by God. “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” – Jeremiah 31:3

God thinks you are delightful. The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.” – Zephaniah 3:17

Other choices:

You are fearfully and wonderfully made in God’s eyes. (Psalm 139:14)

You are the salt and light of the world in God’s eyes. (Matthew 5:13-14)

You are complete in God’s eyes. (Colossians 2:10)

You are forgiven and redeemed in God’s eyes. (Ephesians 1:7)

You are anointed and have a purpose in God’s eyes. (Isaiah 61:1)

You are beautiful in God’s eyes. (Psalm 45:11)

You are chosen, holy, and dearly loved in God’s eyes. (Colossians 3:12)

You are God’s handiwork. (Ephesians 2:10)

You are set free in God’s eyes. (Galatians 5:1)

You are a new creation in God’s eyes. (2 Corinthians 5:17)

Wrap-Up:

Think about how you feel when you know that someone thinks or says something bad about you.

Now, think about how you felt just now hearing those things that God thinks and says about you.

Not only should we remind ourselves about what God says about us. But we should also remind ourselves what God says these same things about other people. That means that when you talk and think about others, we should do so with how they feel in mind.

Activity Name: Temptation

Objective: Temptation happens, but with God, you can remain faithful.

Scriptural Foundation: 1 Corinthians 10:12-13

Lesson:

Life is filled with choices, and the choices that you make can change your life and the lives of those around you.

Just think about someone you've seen on the news who seemed to have it all in life and then some type of scandal comes out. An amazing person who seemed to have it all makes a choice that affects the rest of their life.

Can you think of a famous person who made a choice that seemed to surprise everyone and yet affected their life in a really negative way?

If there is a story in the news of a famous person who has been tempted, share with the group or ask for examples of famous people who have been tempted.

We might look at these examples and think "Why did they do that?", but honestly we all have done things that we regret, and sometimes it is really easy to look at someone else's mistakes and think "Oh, that'll never happen to me" or "I would never do that".

But ask yourself, do you really think that these people said "Hey, I really want to do something illegal, or hurt my family, or lie and get caught"?

Ask yourself if you've ever thought any of these common thoughts that often lead us right into temptation: That would never happen to me. Just one lie won't matter that much. No one else will know. Everyone else is doing it.

Everyone is very, very close to the line of temptation.

Read 1 Corinthians 10:12-13

Ask the students what they think the scripture is saying.

Nobody said that being a teenager would be easy, and you probably don't want to hear this, but, the struggles get even more difficult as you get older. Can you think of other temptations that you've seen others face?

Write these examples on the board. Add other temptations if not mentioned such as: partying, trying to fit in, bullying others, physical romantic relationships, sex, drugs, etc. as you think appropriate for your group.

Here's what we have to remember: God wants to help you fight temptation and will provide a way out.

Now, some people read the scripture that God will never let them be tempted beyond what they can bear and think it is a 'Free Pass'. That doesn't mean that they can walk right up 'to the line' and God won't let them pass. That's not what this scripture is saying. God gives us reminders of how we should live. God knows when we are trying to push those lines or those rules. You can't fool God.

Share a time in which you were tempted to do something you know that you shouldn't and how you could look back and see the ways that God offered you an 'out' that you didn't take.

God will offer you a way out, but often it starts at the very beginning. We've all known people who do one small thing that then leads to another small thing, and another until the problem gets to be really big. Nobody sets out to get into trouble or to be addicted to alcohol, drugs, or pornography. It begins when you click on that one picture on the internet or take that one drink.

Because you will be faced with those same decisions and God is offering you a way out before disaster hits. God doesn't promise that the way out will be easy or popular. Usually that way out means that you are the lone person making that decision or not going to that party or not hanging with those friends.

Wrap-up:

Maybe tonight's lesson is God offering you the way out of your situation. Confess to him that you are being tempted or that you've made those decisions, and stop right now. If you need help, ask Him for help. If you feel weak, cry out to Him. God wants to give you the strength.

Ask the students to pray for one another about some temptation they may have faced and how they overcame it. Encourage them to discuss with you how they can get over a temptation if they see no way out.

Activity Name: Priorities – So Much to Do, So Little Time

Objective: When our priorities are in order we can live a more fulfilling life

Scriptural Foundation: Psalm 90:12; Ephesians 5:15-17; James 4:14

Warm-Up: How Much Is Too Much?

Divide students into teams. Ask the following trivia questions about how the average person spends their time. The answers are in bold.

1. How much time per month does the average American spend social networking?

1. 2 hours
2. 1.7 hours
3. 9.3 hours
4. **6.9 hours**

2. How much time per month does the average American spend watching television offline (meaning on an actual television, not on Hulu or Netflix)?

1. 12.5 hours
2. **59.4 hours**
3. 17.3 hours
4. 23.9 hours

3. The peak time for watching television online is:

1. On a lunch break
2. Right before bed
3. **During the workday**
4. Right after work

4. According to a report by NBC News, if you added up the minutes spent on social media in July of 2012 in the United States, how many years would they add up to?

1. **230,060 years**
2. 9,612 years
3. 143,462 years
4. 64,586 years

5. How much time does the average American spend on Netflix per month?

1. 14.2 hours
2. **10 hours**
3. 7.6 hours
4. 13.7 hours

Information found on: <http://www.cnbc.com/id/100275798>

We live in a generation that demands instant gratification, yet spend hours and hours on things that don't really matter. This can leave us with little to no time to focus on what's important and the stuff that actually need to get done. Learning time management is biblical.

Lesson:

There's no arguing that we live in a day where everyone desires instant gratification.

If we have to wait too long in a drive thru, we get mad. We get impatient while waiting on our food to come out of the microwave, because when you're craving popcorn, three minutes seems like an excessively long time. Any amount of waiting time at a doctor's office or a restaurant seems unbearable.

At the same time, one could say that this generation wastes more time than ever before. That doesn't make sense, does it? In fact, it seems like an oxymoron. If having to wait more than 90 seconds for a cheeseburger and milkshake is something that upsets us, surely we must hate wasting time.

Yet, as we learned a few minutes ago, the average American spends 94.2 hours per month on social networks, phone, email, and watching television. Think about that—that's almost **four days a month wasted on things that probably have no significant importance.**

So we act like we hate wasting time, yet we gladly give away four (maybe even more!) of our 30 days a month. With that in mind, I think it's safe to say that we could all benefit from learning to manage our time better.

High school is the best time to learn good time management, and the beginning of a new school year is the perfect time to learn something new. If you want to actually graduate with grades above D's this year, you're going to *have* to learn time management. If you learn good time management now, it will be easier to manage your time when you go off to college. If you can do that, it will be easier to manage your time when you graduate college and get thrown back into the real world. And if you think time management is essential in high school, just wait until adult life hits you.

As with any issue, the first thing we should do is see if the Bible has anything to say about it.

Read Psalm 90:12: "Teach us to number our days, that we may gain a heart of wisdom."

Read Ephesians 5:15-17: "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is."

Read James 4:14: "Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes."

Ask teens what each verse above mean and how they can use it in everyday life.

Here are three simple ways to get the most out of your time.

1. Make God your number one Priority.

No matter how busy you get, no matter how much you have to do, no matter **what**, spending time with God needs to be your number one priority. If that means you have to get up earlier, then wake up earlier. If that means you have to sacrifice something extra, then so be it. This is one choice you will not regret making.

2. Prioritize the things in your life.

Regardless of how you may feel, high school is a priority right now. That means that for the school year, classes, tests, papers, and projects come before late night movies and weekends spent doing nothing with your friends. One of the best ways to remember your priorities is to get a planner or a calendar and write down when things are due, when you need to study, etc.

3. Hold yourself accountable.

After you know what your schedule should be, pray over it. Ask God to help you achieve all you need to achieve in the time that you need to achieve it. Ask Him to help you manage your time better. Then, find someone who will hold you accountable to this. Maybe that's a leader here, or maybe it's another person who's also trying to manage their time better. Either way, getting a weekly text asking how you're doing with your time can be a great motivator! Another way to hold yourself accountable is to write these verses down—the ones that talk about how we should spend our days—

and put them somewhere you can see them. After all, spending hours on twitter isn't really enjoyable when you're looking at a verse that reminds you of how short your life is.

Wrap-Up questions:

High School is only four years of your life. If you want to make the most of those four years, learning to manage your time is one of the best places to start.

Why do you think it is so easy to waste time?

When you're wasting time, do you think you're taking time for granted?

What effect does wasting time have on your relationship with God?

In the past, is time management something you've taken seriously?

Have you ever thought about time management as something that God would want for you?

What are some steps you could take this week to help you manage your time?

Do you think time is a gift from God? If you do, does that change the way you think about spending your time?

Would you say that the way you are managing your time now is bringing honor to God?

What is the biggest challenge you face in your personal life when it comes to managing your time?

One of the verses compares our life to, "a mist that appears for a little while and then vanishes." How does that make you feel when you think about the way you currently choose to spend time?