

# CONFIRM **CONFIRM** CONFIRM

the story of God



RESURRECTION  
STUDENTS



**THIS JOURNAL BELONGS TO**

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**PHONE OR EMAIL:**

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**MY CONFIRMATION MENTORS:**

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# WELCOME to confirmation

# CONFIRMATION schedule

## // DEAR CONFIRMANDS,

I am so excited that you have decided to be a part of the Confirmation journey!

Confirmation is a season in your life when you can explore what it means to be a follower of Jesus Christ and take your next step of faith—joining the Church! With your small group, you'll have the chance to ask questions, dig deeper into the Bible, and discover what faith really looks like. I hope you will create space for you to encounter God in meaningful ways during your time in Confirmation. You'll have opportunities to do that through your small group conversations, the guidance of your Confirmation mentors, the words of the speakers, attending worship services, and through service projects and other activities.

I pray that you feel God's presence and love on this journey. Enjoy finding yourself in the Story of God!

Unless otherwise noted, Confirmation classes will meet weekly. The schedule is subject to change. Check with your campus location or Student Ministries director about Confirmation session times and meeting places.

**Parent Meeting:** Check Location for Meeting Time and Details

**Session 1:** Welcome to Confirmation – Intro Apostle's Creed

**Session 2:** What is Resurrection UMC?

**Session 3:** Meet Your Bible

**Session 4:** The Old Testament

**Session 5:** The New Testament

**Session 6:** The Story of God

**Session 7:** The Holy Trinity – Spiritual Gifts Assessment

**Session 8:** Partnering with God's Mission

**Session 9:** Relationship: Broken

**Session 10:** Relationship: Restored

**Session 11:** Prayer: Talking with God – Lord's Prayer

**Session 12:** Advent and Christmas

**Session 13:** Visit another Church

**Session 14:** Jesus: God With Us

**Session 15:** What's Yet to Come

**Session 16:** What is the Church?

**Session 17:** The United Methodist Church

**Session 18:** John Wesley's General Rules and Doctrine

**Session 19:** John Wesley's Guidance

**Session 20:** Abrahamic Faiths and Christian Denominations

**Session 21:** Review and Conversation with Mentors

**Session 22:** Lent and the Church Calendar

**Session 23:** The Promise of the Resurrection

**Session 24:** Inviting Others into God's Story

**Session 25:** What's Next?

**Confirmation Weekend**



# CONFIRMATION expectations

You have made an important commitment to explore Christian faith more intentionally. We want you to get the most out of the experience. In Adam Hamilton's book "The Walk" he notes five essentials in faith: Worship, Study, Serve, Give and Share. Below are our expectations of you as you walk through these five essentials. You will want to keep track of your progress here as well. By the way, Share isn't listed here because it will become a natural result of the culmination of your experience.

## **Worship** [resurrection.church/next](http://resurrection.church/next)

Attending worship is important. During your time in Confirmation, we expect that you will attend worship 12 or more times. Be sure to register when you attend. In addition, write the dates you attend below and list the sermon topic for the week. We also ask that you visit another United Methodist Church at least once during our confirmation season. We encourage confirmation groups to go together if possible.

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| 3. | 9.  |
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| 5. | 11. |
| 6. | 12. |

Which other United Methodist Church did you attend? \_\_\_\_\_ date \_\_\_\_\_

## **Baptism** [resurrection.church/baptisms](http://resurrection.church/baptisms)

All confirmation participants must be baptized before they can be confirmed. If you have not been baptized, please arrange your baptism or connect with your Student Ministries Staff or location pastor. Be sure to plan to be baptized one month before the Confirmation ceremony.

When were you or do you plan to be baptized?  
\_\_\_\_\_

## **Serve in Worship** [resurrection.church/confirmationserve](http://resurrection.church/confirmationserve)

As an additional way to be a part of the church and participate in worship, we ask all confirmands to serve in worship as a Greeter, Usher, or in another serving capacity at least three times during their time in Confirmation. Sign up a few weeks in advance and show up on time to serve.

What did you do when you served in worship?

Service _____	date _____
Service _____	date _____
Service _____	date _____



## **Study** [resurrection.church/students](http://resurrection.church/students)

Our weekly confirmation sessions are one of the most important parts of the program! Come prepared to grow alongside your small group as you dig into the Bible and learn more about our Christian faith and the Church. Each week, you will need to bring your Bible, Confirmation Journal, and a pen or pencil.

When you aren't able to be there in person, you can make up the sessions on your own time by watching the video and answering some pretty deep questions to be sure you understood the conversation you will have missed. We want you there as much as possible. So, you can only do this up to six times.

To be confirmed, you must also participate in one of the retreats either in the Fall or Spring and attend the Confirmation Ceremony. As a Confirmation Student, you will get \$10 off your retreat experience.

Which retreat are you attending? \_\_\_\_\_

## **Serve** [resurrection.church/local](http://resurrection.church/local)

Serving others in big and small ways is a part of how we can share the love of Jesus with the world. We ask all Confirmation students to participate in at least one service project (food pantry, thrift store, etc.) during their time in confirmation. You can complete this service project on your own, through a student ministries service project, a church sponsored service project, or with a service project coordinated by your small group. Service projects are often a highlight for confirmation students and their parents too!

What service project did you do? \_\_\_\_\_ date \_\_\_\_\_

## **Give** [resurrection.church/give](http://resurrection.church/give)

One of the five essential practices is to give. Throughout confirmation, consider what you will give to the church as a response to your commitment to follow Jesus. Will you give 10% of your income? Will you give monthly or weekly? Your commitment along with the gifts from many others allows your church to do incredible work in your community and world.

How much and how often do you plan to give?  
\_\_\_\_\_



# OTHER WAYS TO get involved

# THE APOSTLES' Creed

## Youth Group: Wednesday Evenings

Check your campus location for Youth Group meeting times and details. Youth Group is a time for faith, fun, friends, and food. Invite a friend and join us for high-energy games, worship, and a message from one of the Student Ministries staff members or a student!

## Discipleship Groups: Sunday Mornings

You are already in a Discipleship Group. That's what Confirmation is. When you complete this year, there are other High School Discipleship Groups that cover how you can continue becoming a leader and how you can more fully understand the commitment you made in Confirmation. Your life of faith and learning doesn't end here. It is only beginning!!! Check your location for Discipleship Group days/times and details.

## Stay Connected to Resurrection Students

- ▶ Resurrection Student Ministries
- 📷 @rs.leawoodms | @rs.leawoodhs | @rs.overlandpark | @students.west | @rs.bluesprings | rs.downtown
- ✉ Weekly Email Newsletter: [resurrection.church/enews](https://resurrection.church/enews)

**FOR OTHER STUDENT EVENTS AND ACTIVITIES,  
VISIT [RESURRECTION.CHURCH/STUDENTS](https://resurrection.church/students)**

I believe in God the Father Almighty,  
maker of heaven and earth.

And in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead and buried;  
the third day he rose from the dead;  
he ascended into heaven,  
and sitteth at the right hand of God the  
Father Almighty;  
from thence, he shall come to judge the  
quick and the dead.

I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the Life everlasting. Amen.



# THE LORD'S Prayer

Our Father, who art in heaven, hallowed be thy name;  
thy kingdom come; thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
Lead us, not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power,  
and the glory, for ever and ever.  
Amen.

*Matthew 6:9-13*

# THE WESLEY Covenant Prayer

I am no longer my own but yours.  
Put me to what you will,  
rank me with whom you will.  
Put me to doing, put me to suffering.  
Let me be employed for you or laid aside for you,  
exalted for you or brought low for you.  
Let me be full, let me be empty.  
Let me have all things, let me have nothing.  
I freely and wholeheartedly yield all things to  
your pleasure and disposal.

And now, glorious and blessed God, Father,  
Son, and Holy Spirit,  
you are mine and I am yours.

So be it.

And the covenant now made on earth,  
let it be ratified in heaven.

Amen.



# WELCOME TO CONFIRMATION – INTRO TO THE APOSTLE’S CREED

## // Session 1

### main point

// **WHAT’S THIS?** Each session begins with an overview. Today, we want you to get to know your group and gain an understanding of what this year in confirmation will look like.

### activity

// **WHAT’S THIS?** There will be at least one activity listed at the start of the lesson. Your mentors may have another activity or wish to modify one, and that’s totally fine!

#### CONSTELLATIONS

The leader stands in the center or corner of the room, and everyone else stands in a circle or semicircle around them.

The leader will share statements. If you agree with the statement, you will move closer to the leader (or stay where you are if there isn’t more room!). If you disagree, take a step back. By the end, students will be scattered like a constellation!

The leader’s statements can be as silly as they want. For example: “Hot dogs are tacos,” or “Pineapple is great on pizza.” You can also include some classics, like “dogs are better than cats” or “mountains are better than beaches.”

### prayer

// **WHAT’S THIS?**

Each time the group meets, we open and close in prayer. Along with our opening prayer, we recite the Apostles’ Creed. By the time of the Confirmation Ceremony, you should have the Apostles’ Creed memorized so that you can say it without prompting during the ceremony. To start with, you can read it—it’s in the front of this book.

Before diving into today’s lesson, be sure to open with a word of prayer and then recite the Apostles’ Creed together.

### teaching topics

// **WHAT’S THIS?** The “teaching topics” section explains most of what we will learn each week. Congratulations on taking this big step on your faith journey! Today, we want to set expectations for what this year will look like.

**Expectations:** The expectations to be confirmed are laid out in the front of this journal. Take a look at those with your group today, and ask your mentor any questions that you have. Be sure to use the checklists throughout the year so you can make sure you are keeping up with everything.

**The Apostles’ Creed** is a statement of what we believe as Christians.

This statement of faith allows Christians worldwide to profess the same faith and set of beliefs as Jesus passed on to the apostles before ascending into heaven, leaving the apostles to continue His mission here on earth through the Church. He gave us all this mission and reciting this creed helps us to live it out in our lives.

*(Read Matthew 28:19- 21.)*

The Creed is divided into three parts. The first part refers to God the Father and His wonderful work of creation. The second part refers to God the Son, His divinity, and His work of redemption. The third part speaks of God the Holy Spirit, His origin, and His relationship with the Father and the Son. This is called the Trinity, God three in one, which you will learn more about in a later session.

### keyword definitions

**CREED:** From Latin Credo meaning “I believe”; summary of the Faith, professing our relationship with God as Father, Son (Jesus), and Holy Spirit.

**PONTIUS PILATE:** was a Roman governor of Judea (26–36 CE) who presided at the final trial of Jesus and gave the order for his crucifixion.

**QUICK AND THE DEAD:** original translations Laertes is “quick” (i.e., alive), and Ophelia is dead. This “quick” doesn’t refer to someone being “fast” but being “alive”. So the phrase means “alive and dead.”

**CATHOLIC:** The word comes from the Greek meaning “through the whole,” that is “universal,” “world-wide,” “all inclusive.” This is the meaning when the word starts with a lower-case c as in “The holy catholic church” or “We need to become more catholic in our attitudes.” The term “catholic” in the Apostles’ Creed doesn’t refer to only the denomination of Catholics but to ALL who believe in Jesus Christ throughout time.

**AMEN:** Comes from a Hebrew word meaning, “believe;” expresses solidity, trustworthiness, and faithfulness.

**The Lord’s Prayer** is an important prayer for our faith. It is something you will want to have memorized, not just for confirmation, but for your life. This prayer is the way Jesus taught us to pray. You may find some of the language hard to understand, because it is old and we don’t really talk like that anymore. This should help:

- “Art” just means “are” or “is”—so when it says “Our Father, who art in heaven,” it just means, “Our Father, who is in heaven.”
- “Hallowed” means holy, and “thy” is an old way of saying “your.” So “Hallowed be thy name” means “Holy is your name.”
- “Thine” means “yours.”
- “Trespasses” are the things we do wrong—sins and other offenses.
- Do you have any other questions about the Lord’s Prayer? Ask your mentor!



### bible connection



// **WHAT'S THIS?** Each week we'll have at least one Bible connection that groups will read together. You'll want to bring your confirmation Bibles so you can read along, highlight or underline, and take notes! You can write in your Bible—it is yours, and this is a great way to engage with God's word.

- Read together our passage for today, found in *Matthew 11:25-30*.

### discuss

// **WHAT'S THIS?** Every lesson includes discussion questions. You may not be able to answer all of them (and that's okay!) Or you may find that your mentor has additional questions for you to answer. Also, you might have questions you want to ask. The important thing is to have a conversation about the teaching topics section and the Bible connection section. This week and next, some of the discussion questions are meant to help you get to know the people in your group a little better.

- Why did you decide to go through confirmation this year?
- What is one thing you hope to get out of Confirmation or to learn more about this year?
- What kind of a learner are you? Do you like reading, taking notes, and building projects, or is there another way you think you learn well?
- What is your favorite thing to do in your free time and why?

### challenge

// **WHAT'S THIS?** Every lesson includes a challenge. You may be able to complete some challenges as a group during confirmation class if you have time, but most of them are things to do during the upcoming week. This week's challenge is to think of one question you have about your church (ex. How was it started?).

Be sure to cover the origins and keyword definitions of the Apostles' Creed found under teaching topics and practice the Apostles' Creed every day this week.

### joys, concerns & prayer

// **WHAT'S THIS?** Each week, end by sharing joys and concerns as a group, then close with the Lord's Prayer. You can read the Lord's Prayer at the beginning of this journal as needed.

**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others.

**Pray** - An individual can pray for what has been shared, and close by praying the Lord's Prayer together as a whole group.

### for extra study



// **WHAT'S THIS?** Each week, additional scripture relating to our topic of conversation will be here. If you have time during the week to look at these verses, it's a great way to connect with God when you aren't at church. The verses provide further understanding and may add complexity to what we've discussed. The Bible you received for Confirmation is yours, and we encourage you to underline or highlight passages that stand out to you. You can even make notes in the margins! Sticky notes are a good tool, too. We will also leave room for you to take notes in.

Check out these Bible passages to learn more about our topic for the week or to delve deeper into Scripture.

**Philippians 4:8-9**

**Romans 15:4-7**

**Psalms 32:8**

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**main point**

This week, we're learning about our church, Resurrection, A United Methodist Church, and what makes it unique.

**activity (pick one!)**

// OPTION 1: "ONE CHURCH, MANY LOCATIONS"

**Supplies Needed:** Map of KC metro area

For this activity, students will partner up (groups of 3 are okay). Mentors will hand each group a map of the Kansas City metropolitan area. Students are challenged to put a star in each Resurrection location. Who can get the most correct?

If groups struggle, come together as a whole class to label the map!

// OPTION 2: SPEED ROUND

Today, we will be learning about this church, but it can also be helpful to spend more time learning about each other! Partner up. In 1 minute, answer as many of the following questions with your partner as you are able. Your mentor will keep the time, and when the minute is up, switch partners and repeat the process. When the next minute is up, switch again!

- Tell your life story in 1-2 sentences.
- What is one of your greatest accomplishments?
- Where do you go to school?
- What is your favorite food? Why?

**prayer**

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

**review and connect**

Last week we got to know each other.

1. Can you remember your group members' names?
2. What are some facts you remembered about others that you didn't know before last week?

NOTE: It's okay if you can't remember all the names, but look around, and if you don't know someone today, try to get to know them over the next couple of weeks.

## teaching topics

### // FAST FACTS:

- Resurrection was founded in 1990 by Pastor Adam Hamilton.
- Resurrection is a United Methodist Church.
- Resurrection has several campus locations around the city, plus services online and on TV.
- The Resurrection logo is in the shape of ancient baptismal font with the varying shades of blue representing all people.



### // GUIDING STATEMENTS:

*(These guide us as we make decisions as a church.)*

**Our Purpose** is to build a Christian Community where non-religious and nominally religious people are becoming deeply committed Christians. (“Nominal” means “in name only”—“nominally religious people” are those who would say “Sure, I’m a Christian,” but don’t really practice their faith.)

**Our Vision** is to be used by God to change lives, strengthen churches, and transform the world.

**Our Journey** is to know, love, and serve God.

### // KEY DISTINCTIVES:

We strive as a church to have these characteristics: outward-focused, bridge-building, thought-provoking and hope-radiating. If these are how our church is defined, then we are on the right track.

### // COMMON SAYINGS

You may hear these statements in sermons and from our church members:

**“The worst thing is never the last thing.”** Bad things happen. But part of being a Christian means we know God is with us through good and bad. We know, because we believe in Christ’s resurrection, that the worst thing is never the last thing.

**“Not only do I believe it; I’m counting on it!”** Sometimes as Christians we are asked, “Do you really believe this stuff?” This is a good response. We are counting on God and his grace.

### // VISION 2030: Closing the Gap

We strive to close the gap between the way things are now and the way we would hope them to be, making this world look more like God’s Kingdom. We believe God actively calls us to do this work, and we have identified 4 areas to focus on between now and 2030.



**Close the Spiritual Gap** – We want to deepen the faith of everyone at Resurrection.

**Close the Generational Gap** – We want to create a church community where all generations are valued, respected, and cared for, and we want to connect people across generations.

**Close the Kindness and Justice Gap** – We want to address injustices across our community and model for our community and world what it looks like to truly love our neighbors.

**Close the Opportunity Gap** – We hope to break the cycle of poverty for children in Kansas City by providing access to education, food, housing and healthcare.

## bible connection

Read together our passages for today, found in Micah 6:8 and 1 Corinthians 1:4-9.

## discuss

- What is one new thing you learned about Resurrection today?
- What is your favorite part about our church community?
- What are some of the ways our church is involved in our city and around the world?
- Do you want to start getting involved in a new way this year at Resurrection? How?
- What is one thing you care about having in a church community?
- How can we make our church community and our student ministry a place of welcome and belonging?

## challenge

### // GET TO KNOW YOUR CHURCH

Spend some time this week learning some of the programs our church has to offer. Click around our church website ([resurrection.church](http://resurrection.church)) and/or spend some time on Sunday at the Connection Point looking at the different groups, events, and projects. If you are looking at the website, go beyond the sermons—you’ll want to click on “join a group” or “next steps” to find more options. Just spend some time exploring and be ready to report back next week about what you found!

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group.



**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others.

**Pray** - An individual can pray for what has been shared, and close by praying the Lord's Prayer together as a whole group. If needed, you can reference the full text of the Lord's Prayer at the beginning of this journal.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. (Remember: You can write in your Bible!)

**John 13:14-17**

**1 Corinthians 3:16**

**2 Corinthians 9:6-8**

Lined writing area for extra study on page 18.



Lined writing area for the main journal entry on page 19.





Lined writing area for notes.

// Session 3 

**speaker**

**main point**

The Bible is God's inspired Word written in the words of humans. It points us to God and gives us guidance on how to live our lives.

**activity (pick one!)**

**// OPTION 1: WHO CAN FIND IT FIRST?**

This is a fun way to get more familiar with the Bible. Race against each other to look up the assigned Bible reference in your physical Bibles, and the first one to find it stands up and reads it out loud. (Confirmation Mentors: The list of Bible references and additional instructions can be found in your mentor's Teacher Guide.)

**// OPTION 2: OLD OR NEW?**

Before class, use notecards or scraps of paper to create small slips of paper, enough for everyone in the group to have 2-3 slips each.

Give everyone 2-3 slips of paper and have them turn to the Table of Contents in their Bibles. Have them write the name of one book of the Bible on each piece of paper. Challenge them to write books they don't think others will write.

Put the small sheets of paper into a bag or bowl. Divide the class into two teams. One at a time, students from each team will come up and pull a paper from the bowl. They will then have to guess whether that book of the Bible comes from the Old or New Testament. If they guess incorrectly, no points are awarded. After all of the sheets have been drawn, the team with the most points wins.

For an added challenge, students can try to locate the book in their Bible within 10 seconds without checking the Table of Contents!

**prayer**

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.



## review and connect

Last week, we learned about Resurrection, A United Methodist Church.

1. How many church locations does Resurrection have? How many can you name?
2. What does “Closing the Gap” mean to Resurrection?
3. What did you learn, either from the church website or the connection point, for last week’s “challenge”? Share with your group!



## teaching topics

### // A NOTE BEFORE WE BEGIN

There are resources in the back of this book that are meant to help you. Please reference them today and in the future. There are lists of the books in the Bible, and they are briefly summarized and categorized. There’s also a glossary back there. Take a look!

### // BIBLE STRUCTURE

The Bible is a collective library of ancient books (66 in total) that were written and compiled over hundreds of years.

To help us navigate the Bible more easily, each book has been divided into chapters and verses. When you read a scripture reference (such as John 3:16) the number before the colon (“3”) is the chapter, and the number after the colon (“16”) is the verse. These reference numbers work regardless of the version you have, so they allow a group of people with different Bibles to find the same verses quickly (unlike page numbers, which are usually different).

Anytime you see a number in front of a book name (such as 1 John or 2 Samuel), it is referring to the first, second, or third book in a series, so you would say “First John,” not “One John.”

### // WHAT THE BIBLE IS

The Bible is God’s revelation to us. We consider the Bible to be holy because God “breathed life” into it, causing it to have more meaning or value than other books or writings. Over many years, God inspired human authors to record and write down their interactions with God.

As Methodists, we do not believe that God literally dictated every word of the Bible to human authors. The Biblical authors wrote in their own voices, and they incorporated their own perspectives, cultures, and contexts into Scripture. We might say that the Bible is the Word of God in the words of humans. So, the answer to the question, “Who wrote the Bible, God or humans?” is BOTH!

We believe the Bible includes all the instructions and guidance necessary for us to have a relationship with God. It also shows us how we should be in relationship with other humans and with the world around us. Ultimately, the Bible points us toward God and shows us how God is present and active in our lives and in the world.

### // WHAT THE BIBLE IS NOT

Unfortunately, because the Bible was written by human authors living in a particular place at a certain time, it doesn’t answer all of our questions. While it does give us very important information on how to live our lives, it is not a comprehensive manual to all of life’s problems.

It is also important to know that while the Bible contains history, it is not primarily a history book. While the Bible contains passages that talk about creation and nature, it is not a science textbook either.



### // USING YOUR BIBLE

As a Confirmation student, you received a Bible. We encourage you to use that specific Bible as you attend Confirmation sessions so that you and your fellow confirmands will be literally on the same page! Bring it every week—you’ll be using it in class.

We encourage you to write, underline, and highlight in your Bible. This practice can be very meaningful, and when you turn back to a passage you have read before, you’ll see what stood out to you last time, which may or may not be what stands out to you the next time. Marking in your Bible can be a meaningful way to better understand God’s word, and we urge you to give it a try.

Sticky notes can also be a great way to mark important passages and indicate where you last left off reading. Tabs for each book of the Bible can be helpful when you need to flip quickly to a verse.

### bible connection

- Read together our passage for today, found in 2 Timothy 3:14-17.

### discuss

- Does your family have a Bible at home? How often does your family read the Bible? (It’s okay if you haven’t done so before. Now is a fantastic time to start!)
- Do you have a favorite Bible story or Bible verse?
- How does the Bible connect us to God and point us toward God?
- According to 2 Timothy, in what ways does the Bible help us? Because of this, why is it important for us to read and study the Bible?
- Do you think the people who wrote the books in the Bible knew their writings would be considered “holy” and “inspired?” Why or why not?
- Can you read the Bible in a wrong way? How?
- What other questions do you have about the Bible?



**challenge**



// LECTIO DIVINA

Lectio Divina is an ancient way of reading the Bible and meditating on Scripture. The words lectio divina are Latin for "divine reading." It can be a great way to learn something new from Scripture as we open up our hearts and minds to hear from God. Use your journal pages to complete the following Lectio Divina activity this week.

// Lectio Divina on Psalm 119:9-16

- 1. Start by silently praying, "God, show me what you would like me to hear from you today."
- 2. Find the passage Psalm 119:9-16 in your Bible and read it out loud slowly and carefully. Underline or write down what words or phrases are speaking to you. (Yes, write in your Bible!)
- 3. Read the passage out loud a second time. This time, write down the answer to this question: "What does my underlined word or phrase mean to me?"
- 4. Read the passage a third time. Now write down the answer to the question, "How is God calling me to respond to this passage?"
- 5. Read the passage a fourth and final time. Silently reflect on the words for a few minutes before ending your time in prayer to God.

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**Pray** – An individual can pray for what has been shared, and close by praying the Lord's Prayer together as a whole group. If needed, you can reference the full text of the Lord's Prayer at the beginning of this journal.

**for extra study**



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina again. Write in your Bible!

**Psalm 19:7-11**

**Psalm 119:105-106**

**Hebrews 4:12**

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# THE OLD TESTAMENT

## // Session 4

### speaker

### main point

The Old Testament tells the story of God and his followers. Reading it can bring us closer to God and help us to understand the people who followed him before Jesus.

### activity

// Scattegories: Old Testament Edition

Split your class into groups of 3-5, and give each group a sheet of paper. Setting a timer for 5 minutes, invite students to write down everything their group knows about the Old Testament onto their sheet. When the timer ends, have a group read their answer. Every group that has the same answer, should cross it off. Anyone who wrote a (valid) answer, different from all other groups, gets a point. Have each group total up their points, and the group with the most points, wins!

### prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

### review and connect

Last week, we discussed the Bible! This week, the Old Testament.

1. What is the structure of the Bible?
2. How do you write out where to find a verse in the Bible? Why?
3. How can you use your Bible?

### teaching topics



What Christians call "The Old Testament" is called "The Hebrew Bible" or Tanakh by Jewish folks. For Christians, it's the first of two parts of our Bible, and though the Old Testament is larger than the New, we tend to place more emphasis on the New Testament because that's where Jesus is! However, there is much to be learned from the Old Testament.

// **THE OLD TESTAMENT** is comprised of 3 parts in Jewish tradition. We, too, can use these divisions to better understand the purpose of these books:

**TORAH** – The First 5 books – Torah means "law." This section is also called the Pentateuch, or the Five Books of Moses.

#### **Genesis, Exodus, Leviticus, Numbers, Deuteronomy**

These books contain laws and guidance, telling the story of God's people up to the arrival of the Israelites in the Promised Land (Creation, Abraham and Sarah, Exile, Moses).

They teach us about the human condition and share laws that were given to the Israelites to help them become better people.

**NEVI'IM – The Prophets** – These books can be further divided into two sections chronologically: the "former" and the "latter" prophets.

The Former Prophets are the narrative books of Joshua, Judges, 1 Samuel, 2 Samuel, 1 Kings, and 2 Kings.

The Latter prophets include Isaiah, Jeremiah, Ezekiel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi. Prophets aren't fortune tellers. Rather, they are social critics who speak the truth to powerful people. They are advocates for marginalized people and sound the alarm about consequences for people's actions. They also talk about hope for a future Messiah. (Hint: that's Jesus!)

Note: These books do not appear in chronological order.

**KETUVIM – "Writings"** – These are the books of wisdom, poetry, history, and stories. These are very literary and considered the "heart" of the Old Testament. They aren't necessarily chronological, either.

#### **Ruth, 1 Chronicles, 2 Chronicles, Ezra, Nehemiah, Esther, Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon (also called Song of Songs), Lamentations, Daniel.**

These books offer poems, songs, and wise sayings paired with stories of individual human struggles over the course of the Old Testament.



## // NOTES ON THE OLD TESTAMENT:

The Hebrew Bible tells the story of Israel and its people. They are in close relationship with God, then turn away, then find their way back, and this cycle repeats throughout history. Nonetheless, God is always with them, wanting to be in relationship with his people.



We understand the Bible is inspired by God but written by humans.

Each book of the Old Testament was written in a very specific time and place for a specific culture. That culture is different than our culture today, so you may see some things in the Old Testament that are hard to relate to, or even shocking, for us in the present day.

Because much of the Old Testament is stories about people, we see the characters making good, bad, or complicated choices.

The characters are complex, just like real people today: Sometimes good people make mistakes. Sometimes bad or unfair things happen to good people.

Ultimately, this is what makes these stories relatable. Living in a completely different time and place, we still understand that people make mistakes, and that bad things can happen to people who are good—and that God is there with us throughout it all.

## // WHY STUDY THE OLD TESTAMENT?

The Old Testament teaches us about God and humanity's relationship with God. Reading it connects us to God and to people who followed God long ago. We see people who love God and people who turn away from God. We see people who get it right and people who get it very wrong. No matter what, God is there for God's people through all of it.

It also brings us closer to Jesus. Remember, the New Testament was written after Jesus's death and resurrection. What did Jesus's Bible look like? It looked like the Old Testament! He preached about and prayed from The Old Testament.

Studying the Old Testament is best when you do it with others. You can ask your questions and work through the hard parts together.

## bible connection

Read together our passage for today, found in Joshua 1:5-9.



## discuss

- What do you think God means by saying "I won't desert you or leave you" in today's Bible passage?
- God says things like "Don't be alarmed or terrified" throughout the Old and New Testament, so it seems like God definitely means it! What makes this difficult?
- What is something you struggle with regarding the Old Testament?
- What is something that surprised you from what you learned today?
- What is something you would like to know more about regarding the Old Testament?
- Do you have a favorite story or verse from the Old Testament?

## challenge

### // MEMORY VERSE: OLD TESTAMENT CHALLENGE

This week, choose a verse from the Old Testament to commit to memory. Choose a verse you do not already have memorized.

There are many good options; ask your mentors if you need help selecting a verse or use the internet (search "verses about \_\_\_\_\_," or "verses for when you feel \_\_\_\_\_," etc.). You can also flip through your Bible and see what stands out to you or pull a verse from some of the passages we have read so far this year.

This week, make sure it's from the Old Testament! Write out the full verse here, then say it out loud before you go to bed and when you wake up in the morning. Next week, share it with your group!

## joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**Pray** – An individual can pray for what has been shared, and close by praying the Lord's Prayer together as a whole group. If needed, you can reference the full text of the Lord's Prayer at the beginning of this journal.

**for extra study**



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina (from last week's challenge.) Write in your Bible!

**Psalm 23**

**Psalm 119:105-110**

**Proverbs 3:1-6**

**Deuteronomy 11:18-21**

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// Session 5 

**speaker**

**main point**

The New Testament explores Jesus's life, death, and resurrection, and then provides many accounts of the early Christian church.

**activity (pick one!)**

**// New Testament Scramble**

You'll be split into groups of 3-5, and each group is given a set of index cards. You'll have 3 minutes to try and put the index cards in order without using your Bible. After the 3-minute timer goes off, you can check your work against the Table of Contents in your Bible. The group with the most correct at the end, wins.

**// TRUE or FALSE: New Testament Facts**

One wall is true, and one wall is false. As you hear each statement, you should stand up and move to the wall that you believe aligns with the statement you heard.

1. There are 5 Gospels.
2. The New Testament talks about the birth of the church as we know it.
3. Every gospel tells the same stories.
4. Jesus spends time in prayer.
5. Jesus wrote the New Testament as an autobiography.
6. The New Testament was written originally in Greek.



## prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.



## review and connect

Last week, we discussed the Old Testament. This week, we'll look at the New Testament.

1. What is the Old Testament?
2. What else do you remember from last week's lesson?
3. How can reading the Old Testament bring us closer to God?
4. What was your memory verse for last week's challenge?

## teaching topics

// **NEW TESTAMENT** – Hundreds of years after the last part of the Old Testament was written, Jesus was born. The New Testament begins with the stories of his birth, ministry, death, and resurrection (the Gospels), which are followed by stories of the early Christian church.

4 Gospels - Matthew, Mark, Luke, John. These books each tell the Good News: the story of Jesus's life and resurrection.

1 Early Church Account – Acts. This book tells the story of the early Christian church. Because Acts was written by Luke, it is sometimes included in "The Gospels." It's essentially the sequel to the Gospel of Luke.

21 Letters or Epistles - Romans, 1 Corinthians, 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon, Hebrews, James, 1 Peter, 2 Peter, 1 John, 2 John, 3 John, Jude. These books consist of letters written to and from ancient Christians containing advice and explanations regarding the Christian faith and its implications for our lives. Many of these were written by Paul.

1 Apocalyptic book – Revelation. This book, written by a man called John, describes a series of visions he had. It follows the conventions of apocalyptic literature of its time and can be difficult for modern readers to comprehend without an understanding of its context.

## // NOTES ON THE GOSPELS:



The stories of Jesus's life were written down decades after they happened. They were passed down by word of mouth before that. Because they started as stories the early Christians told each other out loud (rather than in writing), some details of the stories can be a little different from gospel to gospel. However, the big parts line up, which is how we know we can trust the big message: Jesus lived, died, and was resurrected, and because of him we know the worst thing is never the last thing.

Jesus was the son of God. He was also a Rabbi, or a Jewish teacher. He was also a prophet who led by example. He showed God's radical love for all people and all types of people, regardless of their status in society, and ultimately, that's why he was put to death. But he rose again in victory over the grave as the Messiah, showing us that not even death can stop God's love for us.

## // NOTES ON THE EARLY CHURCH

Jesus instructed followers to go live out his teachings and spread the Good News about God's love.

These early Christians were originally a sect of Judaism, but they welcomed non-Jews, too, and eventually became a separate religion: Christianity.

To understand the letters to and from early church leaders, it can be helpful to know the historical context. What was going on in the church, and the world, that can help us to understand each book? A study Bible will often provide that context for us.

## // NOTES ON REVELATION

Revelation stands out, as it is very different from the other books in the New Testament. There was a genre (a category) of writing at the time called Apocalyptic Literature, and Revelation is an example of that genre. Apocalyptic literature was often a written account of someone's wild dream or vision.

The authors and readers of Apocalyptic Literature do not necessarily believe everything in each vision is 100% going to happen, but instead are trying to figure out what it means. What's the truth underneath a vision, and what can we learn from it?

It's helpful to keep all this in mind when we read Revelation. The book is meant to be wild to catch people's attention. Then it encourages believers to hold onto their belief even when it's difficult, because in the end, Jesus wins. Revelation ends in hope: Jesus comes back and restores things to the way they should be.



**bible connection**

Read together our passages for today, found in Luke 24:44-49 and 1 Corinthians 15:55-58.



**discuss**

Imagine the lives of those who followed God in the time between the Old and New Testaments. For four hundred years, God seemed silent and far away. Then suddenly, a savior was born. How would that be? Would it have been hard to believe? Why or why not?

- What do you think life was like for Jesus's followers during his life?
- What do you think life was like for the early Christians?
- How does the New Testament fit with the Old Testament?
- Do you have a favorite story about Jesus?
- Do you have a favorite Bible verse in the New Testament?
- What surprised you from what you learned today?

What is something you would like to know more about regarding the New Testament?

**challenge**

**// MEMORY VERSE: NEW TESTAMENT CHALLENGE**

This week, choose a verse from the New Testament to commit to memory. Choose a verse you do not already have memorized.

There are many good options: ask your mentors if you need help selecting a verse or use the internet (search “verses about \_\_\_\_\_,” or “verses for when you feel \_\_\_\_\_,” etc.). You can also flip through your Bible and see what stands out to you or pull a verse from some of the passages we have read so far this year.

This week, make sure it’s from the New Testament!  
Write out the full verse here, then say it out loud before you go to bed and when you wake up in the morning. Next week, share it with your group!

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you’ve encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**Pray** – An individual can pray for what has been shared, and close by praying the Lord’s Prayer together as a whole group. If needed, you can reference the full text of the Lord’s Prayer at the beginning of this journal.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!



- Romans 1:16-17**
- Philippians 1:9-11**
- Colossians 3:16-17**
- 2 Timothy 4:17-18**

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# THE STORY OF GOD

## // Session 6

### speaker

### main point

The Story of God is one of God constantly reaching out to humans. Much of the Story of God is recorded in the Bible, but this Story is still being written as God continues to reach out to us.

### activity (pick one!)

#### // OPTION 1: ONE WORD STORY

As a group stand or sit in a circle facing one another. Go around the circle and tell a story. The catch? You can only tell the story one word at a time! Each person can only add one word to the story before it moves on to the next person in the circle. Go until your story has ended, someone gets stuck, or your mentor calls time.

#### // OPTION 2: FAVORITE STORIES

What is your favorite story? Go around the circle and allow everyone to briefly name their favorite story. This might be a book, a movie, a video game, a legend, or parable, or even a comic series. Then, as a group, answer the questions, "Why do we like these stories? What makes them so great?"

### prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

### review and connect

Over the past few weeks, we've taken a close look at the Bible.

1. What is the New Testament?
2. How do you think the New Testament relates to the Old Testament?
3. What was your memory verse for last week's challenge?

### teaching topics

Even though the Bible contains 66 individual books, there is a single grand narrative throughout: God longs to be in relationship with each and every one of us. This is the Story of God.



// **OVERVIEW OF THE STORY OF GOD - CREATION** - God created the world and everything in it, including us and all the laws of the universe. God called creation "very good." Humans are created in God's image to be God's representatives in the world. We were made to be in relationship with God and with one another.

// **FALL** - Although God created humans and loves them very much, since the beginning of human history, people have chosen to reject God and follow their own ways. This causes us to have broken relationships with God, fellow humans, and even creation itself.

// **CHOSEN PEOPLE** - God chose a certain group of people to be in direct relationship with the descendants of Abraham, also known as the Israelites. They were God's representatives on earth, and they were blessed by God so they could be a blessing to others. Unfortunately, they didn't always get it right.

// **JESUS/KINGDOM OF GOD** - Because humans on their own couldn't fix the broken relationships we have with God and others; God the Father sent his Son Jesus to show us how to be in true relationship with God. Jesus showed us how to live and provided the way to fix our broken relationships with God and others through his life, death, and resurrection. Jesus also came to usher in the Kingdom of God here on earth.

// **CHURCH/MISSION** - Jesus gave his followers a mission: to continue building the Kingdom of God on earth as it is in heaven. As Christians, we are now the ones invited to act as God's representatives in the world and we are called to invite others into this beautiful story.

// **NEW CREATION/RESTORATION** - This is the part of the Story that is "yet to come." We are promised that one day, Jesus will come again to restore everything back to the way it was at the time of Creation, when everything was "very good."

Although the stories in the Bible took place a long time ago, we still find ourselves within the Story of God. Humans that lived then weren't all that different from us today, and there is much we can learn from their stories and from how they interacted with God in the past.

The story isn't over yet! Even though the Bible is no longer being written, the Story of God continues today! We get to be a part of the Story of God when we choose to follow Jesus and be God's representatives in the world today.









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# THE HOLY TRINITY – SPIRITUAL GIFTS ASSESSMENT

## // Session 7

### speaker

### main point

As Christians, we believe that our God is a Triune God: A God that is Three-Beings-in-One. We call this the “Trinity.”

### activity (pick one!)

#### // OPTION 1 - TRINITY SIT

The goal of this activity is to get into a sitting position, using each other as chairs! Here’s how you do it:

1. Get into groups of three and stand with your backs facing inward. Link elbows together.
2. Bend your knees and try to sit down together at the same time, using each other’s backs as support. Don’t fall over!
3. For added challenge, try to move around while sitting, or stand back up.

After completing the Trinity Sit, discuss the following questions:

In this activity, did your group have the same goal? What was that goal? How did you accomplish your goal?  
When you were sitting together, did one person bear all the weight? Or did you hold it up equally?  
What were the struggles of working together as a group? How did you overcome these challenges?

#### // OPTION 2 - TRINITY DANCE

Many of you probably played the game “Ring Around the Rosie” as little kids. Join hands in the circle and play a few rounds. This may seem childish or awkward but try to embrace the silliness!

As a refresher, here’s how you play “Ring Around the Rosie”:

1. Form a circle and join hands facing inward.
2. Walk in a circle while singing together this song: “Ring around the rosie. A pocket full of posies. Ashes, Ashes, we all fall down!”
3. When you get to the end of the song, everyone needs to quickly sit down on the ground. The last one to sit down is out of the game and has to leave the circle.

After playing “Ring Around the Rosie” for a few rounds, discuss the following questions:

In the game, did we all have the same goal? What was that goal?  
When we were dancing in the circle, was there someone leading the dance? Or were we all equal partners?  
Can you play the game “Ring Around the Rosie” by yourself? Why or why not?  
Do most dances happen individually, or with other partners?



In both of these activities, we were all equal partners and equal participants. Similarly, in the Trinity, God is three equal Persons. No part of the Trinity is greater than the others. Additionally, just as these activities could not be done with one person, God could not exist in isolation or as only one part. It takes all three Persons of the Trinity to make God whole and complete!

### prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group.

### review and connect

Last week, we learned about The Story of God.

1. Can you summarize the big ideas or main points of The Story of God?
2. What do you think is the most important thing we discussed last time?
3. Which part(s) of God’s Story are highlighted in the Apostles’ Creed?

### teaching topics

#### // GOD CAN BE DEFINED BY THE PERSONS OF THE TRINITY:

God the Father  
God the Son (Jesus)  
God the Holy Spirit

One illustration that helps us better understand the Holy Trinity is the Shield of the Trinity. It shows how each Person of the Trinity is related and connected to one another, while still maintaining their unique identity:

**FATHER**  
**SON**  
**HOLY SPIRIT**



## // GOD CAN ALSO BE DEFINED BY THE ROLES OF THE TRINITY



God the Father acts as Creator of the world by bringing everything into being in partnership with the Son and Holy Spirit.

God the Son (Jesus) acts as Redeemer of the world by making a way for us to be in relationship with God.

God the Holy Spirit acts as Sustainer of the world by holding everything together until Jesus comes again.

Because God is a Triune God, and because we are created in God's image, we were made for relationships. We were designed to be in community with God and with one another.

God the Father sent us Jesus the Son, and Jesus the Son gave us the Holy Spirit, and The Holy Spirit gives each of us gifts, talents, and skills that help us to be in community with God and one another in the way we were designed to do so. Those gifts, talents, and skills are known collectively as Spiritual Gifts. We will talk more about Spiritual Gifts in the next session, but first, it's important to take a Spiritual Gifts Assessment so that you know what your gifts are during next session's discussion.

You can find the assessment here: <https://www.umc.org/en/content/exploring-your-spiritual-gifts> or search 'spiritual gifts' at UMC.org.

## // THE TRINITY AND THE BIBLE

The word "Trinity" is never used in the Bible, but we can clearly see how God is viewed as a Trinity by various Biblical authors:

Matthew 28:19 - Jesus instructed his followers to baptize new believers "in the name of the Father and of the Son and of the Holy Spirit."

2 Corinthians 13:13 - Paul closed his letter to the church in Corinth by saying, "The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all."

1 Peter 1:2 - Peter wrote, "God the Father chose you because of what he knew beforehand. He chose you through the Holy Spirit's work of making you holy and because of the faithful obedience and sacrifice of Jesus Christ."

## // METAPHORS OR ANALOGIES FOR THE TRINITY\*:



H<sub>2</sub>O: water can be found in three states: as a solid (ice), as a liquid (water), or as a gas (steam). However, all three states have the same chemical makeup: two hydrogen molecules and one oxygen molecule.

The Sun: there are three aspects to the sun: the fire it is made of, the heat it emits, and the rays of its light. No part of the sun can be separated from the others; fire doesn't exist without heat or light. No one component is entirely the sun, but they all work together.

Logos: Logos is Greek for "Word" and a common name for God (see John 1:1). In this metaphor, God the Father is the Speaker of the Word, Jesus the Son is the sound of the Word, and the Holy Spirit is the breath of the Word.

\*It is important to note that all metaphors or analogies for the Trinity are imperfect and incomplete. Ultimately, the belief that God is a Three-in-One God is a mystery that cannot be fully understood or explained!

### bible connection

Read together our passages for today, found in Genesis 1:26-31 and Matthew 28:19-20

### discuss

On a scale of 1-10, how confident do you feel in understanding the Trinity? Why did you pick that number? Don't worry if it's low—this is a difficult concept for people who have spent lifetimes studying!

How would you explain in your own words what the Trinity is? How do you understand God as Father?

How do you understand God as the Son (Jesus)? How do you understand God as the Holy Spirit?

Why do we use the phrase, "I baptize you in the name of the Father, the Son, and the Holy Spirit" at baptisms?

How does the Trinity show us the importance of community and relationships?

What are some other ways that you might describe God as a Trinity?



**challenge**



// **ACCEPTING IN FAITH**

There are a lot of things in life that we don't fully understand, but we accept them to be true. For example, most of us wouldn't be able to explain how gravity works, but we know that gravity exists because we aren't floating off into space! We can also see the effects of gravity by how it influences the tides of the ocean and pushes and pulls planets in space.

- Take some time this week to journal on the following questions:
- What are two or three things that you don't fully understand, but you accept anyway?
- Read Hebrews 11:1. What does this verse say about faith? Why do we need faith to believe in the Trinity?
- What other areas of our life or Christian walk require faith and trust in God?
- What questions do you still have about the Holy Trinity?

Remember to take the Spiritual Gifts assessment before next week at <https://www.umc.org/en/content/exploringyour-spiritual-gifts>.

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group, then pray the Lord's Prayer together.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**for extra study**



To learn more about our topic for the week or to dive deeper into Scripture, re-read the passages from the Bible Connection section and check out these additional Bible passages. Try Lectio Divina. Write in your Bible!

- Genesis 1:1-31**
- Matthew 28:16-20**
- 2 Corinthians 1:21-22**
- Ephesians 4:2-6**

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## speaker

## main point

When we were created, God gave us each unique gifts so that we can contribute to closing the gap between how the world is and how God wants the world to be.

## activity

## // SPIRITUAL GIFTS SCRAMBLE

We learned about the Holy Spirit last week and how we receive gifts from the Holy Spirit. Since then, you have taken a Spiritual Gift assessment. Now, let's talk about the results of your assessment.

Give everyone in the group a blank piece of paper and have them write their name and then list their top six Spiritual Gifts on it.

Have everyone stand up with their piece of paper held out in front of them.

When the teacher says, "Go!" you have to find a partner as quickly as possible based on the topic of each round.

**Round 1:** Find someone who has at least one spiritual gift in common with you.

**Round 2:** Find someone else that has a gift with the same first letter of any spiritual gift of yours.

**Round 3:** Find someone with spiritual gifts completely different than yours.

**Round 4:** Find someone with a spiritual gift that you would want to have.

## // WEIRD GIFTS

Go around the circle and have each person talk about the strangest or weirdest gift they have received, maybe for their birthday or Christmas.

Next, go around and share about a favorite gift that you have received. As a group, discuss these questions:

Do some of the Spiritual Gifts in the list under the "Teaching Topics" seem weird or strange? If so, which ones?

What was so meaningful or special about the favorite gift you received? Did you say thanks to the person who gave you that gift?

Do you trust God to give you good, meaningful spiritual gifts?

Is there a gift from the spiritual gifts list you wished you had?

## prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.



## review and connect

Last week, we discussed The Holy Trinity.

1. What are the 3 parts of the Trinity? (Hint: They are also the 3 parts of the Apostles' Creed!)
2. What's one metaphor to help us understand the Trinity?
3. Why does it matter that God is three-in-one?
4. How does the Trinity relate to the Story of God and the structure of the Bible?

## teaching topics

Spiritual Gifts are the ways the Holy Spirit (a part of the Trinity discussed about last session) empowers us to serve God and serve others in the world. No two gifts are exactly alike, but all are equally important! Not everyone has the same spiritual gifts, but we all have the same challenge: to use our spiritual gifts to serve God and bring God's kingdom to earth as it is in heaven.

Here is the full list of spiritual gifts and their meanings (as found at <https://www.umc.org/en/content/exploring-your-spiritual-gifts>):

**ADMINISTRATION:** The gift of administration allows a person to organize people and resources for greater efficiency, effectiveness, and success.

**APOSTLESHIP:** The gift of apostleship compels people to reach out to new and unfamiliar groups and individuals to invite them into relationship with God and community.

**COMPASSION:** The gift of compassion moves people to action on behalf of those in need or who are hurt or rejected.

**DISCERNMENT:** Discernment is a gift of deep intuition and insight.

**EVANGELISM:** Those with the gift of evangelism are comfortable speaking about their faith and sharing the gospel of Jesus Christ to everyone they meet.

**EXHORTATION/ENCOURAGEMENT:** The gift of exhortation is present in people who offer encouragement, wise counsel, unflagging support, and empowerment.

**FAITH:** The gift of faith is more than belief in Jesus Christ, but an abiding confidence that God works all things together for good, and that the people of God can rise above any obstacle.

**GIVING:** The gift of giving is the deep commitment to provide whatever resources are needed to support God's will and plan.

**HEALING:** The gift of healing is not about transferring spiritual power to eliminate suffering and disease, but the ability to channel God's grace and healing love to those who suffer physical, emotional, or spiritual pain.

**HELPING:** Helping is a gift of support and behind-the-scenes effort that makes groups, families, and congregations more effective.

**INTERPRETATION OF TONGUES:** Those who are gifted to interpret tongues help build bridges across cultural, generational, and language divides.

**KNOWLEDGE:** The gift of knowledge allows people to automatically convert facts, data, and information into useful and important knowledge.



**LEADERSHIP:** The gift of leadership is a visionary, and forward-looking gift that enables people to stay focused on where God might be leading us as individuals, congregations, and communities at any given time.

**MIRACLES:** Those gifted with miracles never doubt the power and presence of God in creation and are able to help others see and believe in God's power.

**PROPHECY:** The gift of prophecy is the ability to speak God's word to others, or more appropriately to be open for God to speak God's word through us.

**SERVANTHOOD:** Servanthood is the gift of doing for others, sometimes to the exclusion of meeting personal needs.

**SHEPHERDING/PASTORING:** The gift of shepherding is the gift of mentoring and providing spiritual guidance to others to help them develop in discipleship and faith formation.

**TEACHING:** The gift of teaching allows people to transform data and information into life-changing knowledge.

**TONGUES:** The gift of tongues is a communication gift that allows people to speak foreign languages and convey concepts they never formally studied.

**WISDOM:** The gift of wisdom allows people to understand deeper meaning and apply knowledge, beliefs, and experience to everyday situations.

Missio Dei is a Latin phrase that means "the Mission of God." In simpler terms, this mission is the challenge or charge that God has given each of us to help bring the Kingdom of God to earth as it is in heaven.

When we participate in God's mission (using our unique spiritual gifts), we help close the gap between the way the world is now and the way that God wants the world to be.

### bible connection

Read together the first passage for today, found in Romans 12:4-8.

### discuss

What are your top spiritual gifts?

What do you think of the gifts the assessment revealed about you?

What inspires you from Romans 12:4-8? What stands out as good news to you?

Where do you see your own spiritual gifts in this passage?

Where do you see the gifts you don't have, the ones that others have, in this passage?

Based on the verses, what are you supposed to do with your gifts?

### bible connection

Read together the second passage for today, found in Matthew 25:34-40.



### discuss

What questions do you have about this passage? What do you think it means? We don't just have spiritual gifts for our own use. We have them for a larger purpose, to change the world! What does this scripture tell us about loving and serving Jesus in our world? What is this scripture asking YOU to do?

### challenge

#### // CLAIM YOUR SPIRITUAL GIFTS

In your journal, create a column for each of your top 3 spiritual gifts. At the top of each column, write the name of your gift. Then, write down words or phrases from the description of it that you strongly connect with. Then write down ways you have seen that gift show up in your life.

Once you have completed your three columns, answer the following questions in your journal:

When have your gifts helped you in the past?  
What is one way you could start using your spiritual gifts more intentionally tomorrow?

### joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group. End by saying the Lord's Prayer together.

**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others.



**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina!



**John 21:15-17**

**1 Corinthians 12:4-11**

**Ephesians 4:11-13**

**1 Peter 4:10-11**

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Handwriting practice lines on page 61, consisting of 23 horizontal lines.







**speaker**

**main point**

When we choose to reject God and follow our own path, we break God's heart and we cause a broken relationship between ourselves and God; ourselves and others; and even between ourselves and creation.

**activity (pick one!)**

**// OPTION 1: HUMAN KNOT**

Sometimes our sins create knots or tangles that are hard to undo. This activity shows us what that looks like.

- 1. As a group, stand in a circle, facing inward.
- 2. Everyone should reach their right arm towards the center and grab someone else's hand. Make sure you don't grab the hand of the person right next to you!
- 3. Next, everyone should reach their left arm in and grab someone else's hand. Again, make sure it's not the person right next to you.
- 4. Now, the fun begins! You'll need to work together to untangle the human knot without letting go of any hands. The goal is to end up in a perfect circle again. You can go over or under each other's arms, or through legs if needed! Do whatever you need to do to untangle the knot, as long as you don't break the chain in the process.

The "human knot" can also describe what free will does to humanity and to our own lives. We can easily make decisions that get us all knotted up—and takes a lot of time and effort to undo.

## // OPTION 2: THE SIN CHASM

Give everyone in the group a blank sheet of paper. Go around the group and have everyone name a different sin (either a Personal Sin or a Systemic Sin) and write it on the piece of paper in large letters.



Have two people from the group volunteer to stand up in front of the group. One by one, everyone should bring their Sin Paper to the front and share how that sin causes a “break” or a “chasm” in the relationship between people. For example: “If Joey lies to Ben, then Ben no longer trusts Joey.” Then, they should place that Sin Paper (“Lying”) on the ground between the two up-front volunteers, moving them farther apart from each other.

As each person comes up front and shares their Sin Paper, the gap or “chasm” between the two up-front volunteers will grow larger and larger showing how sin divides and causes a separation from the people around us.

### prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group.

### review and connect

Last week we discussed spiritual gifts and service.

1. What is your favorite spiritual gift that you have and why?
2. How can your spiritual gifts help you to partner with God’s mission for the world?
3. Why is it important for us as Christians to serve others?

### teaching topics

Every human sins. We use our free will to hurt God, others, and ourselves.

God gives each of us free will, which is the ability to make our own choices in our thoughts and actions. Free will is important because it allows us to truly love God on our own, not because we are forced to do so. Unfortunately, many people use their free will to do harm instead of good. The wrong things that people choose to do create a ripple effect that moves throughout the rest of the world.

The word “sin” comes from a Hebrew phrase that means “to miss the mark.” Like an archer shooting an arrow but failing to hit the target, often our actions fall short of the ideals God has for us. If the bullseye is what God wants for us, when we do things that hurt ourselves or others, it’s like we’re shooting our arrows into the ground or into the air behind the target.

There are two kinds of sins in the world: Personal and Systemic.



**PERSONAL SINS** are the decisions we make that go against God’s will for us and hurt those around us. It’s the kind of mistakes we make that involve ourselves and those immediately connected to the situation.

**SYSTEMIC SINS** are sins we make as organizations, societies, countries, or any group of people. An obvious example would be slavery. A large group of people thought it was acceptable to own other human beings and treat them like objects. While personal sins were involved, the cultural acceptance that existed for hundreds of years would be considered a systemic sin. Even when we sin, God doesn’t give up on us. God is heartbroken because God loves us so deeply. This is why the Story of God continues for thousands of years. God continues to invite us to be in relationship.

Sin causes a separation between us and God. Sin breaks apart the relationship between us and God, or even between us and other people. Sin creates a divide or “chasm” that we cannot cross without God’s grace, mercy, and forgiveness. (Don’t worry, we’ll get back to God’s grace in the “Relationship: Restored” session!)

### bible connection

Read together our passage for today, found in Genesis 3:1-13.

### discuss

How would you describe free will? Why do you think God gave us free will? Why did Adam and Eve go against God’s will?  
How did they feel after they disobeyed God? What are examples of personal sins?  
What are examples of systemic sins?  
How does God feel when we sin? How do you feel when you sin? Does God give up on people who sin?

### challenge

#### // OFFER AN APOLOGY

We all make mistakes. We all sin. But the key is to admit our mistakes and try to do better next time. Your challenge this week is to apologize to someone. All of us have said or done something that’s hurt someone in our lives. Maybe it was a friend or one of your parents, or maybe it was someone you don’t even know that well! Take a moment and think of who you need to apologize to. Then write their name in the space below.

This week I will apologize to: \_\_\_\_\_

After you have had a chance to apologize to that person, reflect on these questions in your journal space:  
Why did I do that in the first place?  
What was the hardest part about apologizing? How did the person respond?  
How did I feel after?

**joys, concerns & prayer**



Close by sharing joys and concerns and praying together as a group, ending with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!

**Proverbs 6:16-19 (Seven Deadly Sins)**

**Isaiah 59:1-2**

**Romans 5:12-14**

**1 John 1:8-9**

Lined writing area for extra study on page 66.



Lined writing area for extra study on page 67.



Lined writing area for notes.

**speaker**

**main point**

Through Jesus, we can be in right relationship with God. This happens because we are given God's forgiveness and grace.

**activity (pick one!)**

**// OPTION 1: LOST SHEEP**

Have someone in your group volunteer to be the "Lost Sheep." This person will be blindfolded. Pick someone else in your group to be the "Shepherd."

After you blindfold the "Lost Sheep," quickly set up a short obstacle course in your meeting space using chairs, books, coats, or anything else available.

The Shepherd has to safely guide the Lost Sheep around and through the obstacle course using only their voice to lead them. The Shepherd cannot touch the Lost Sheep, and no other members of the group can help out. Will the Lost Sheep be able follow the instructions of the Shepherd and make their way back home?

**// OPTION 2: WOULD YOU RATHER?**

Discuss the following "Would You Rather?" questions before you dig into today's lesson:

- Would you rather have cake at every meal or never have to eat vegetables again?
- Would you rather keep your siblings or be an only child?
- Would you rather have hair that always smelled like manure or always have dirty, messy clothes?
- Would you rather have to share a room with your sibling for the rest of your life or never have to do chores around the house again?
- Would you rather be rich with no friends, or be poor but have friends?
- Would you rather throw a party for someone else or have a surprise party thrown for you?
- Would you rather be a sheep or be a pig? OR, Would you rather be a shepherd or a pig farmer?
- Would you rather lose something valuable to you or be lost in the wilderness?

## prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group. Try to do it from memory! You'll want to have it memorized before the confirmation ceremony.



## review and connect

Last week we discussed how sin can lead us to break our relationships with God, others, and creation.

1. What is the difference between personal and systemic sin?
2. Why do people sin?
3. What does archery (bow and arrows) have to do with sinning?
4. Does God give up on us when we sin?

## teaching topics

**SALVATION** is how God forgives our sins and delivers us from our sinful desires. Just as God delivered Israelites from slavery in Egypt, God offers us this same deliverance from our sins through salvation.

**ATONEMENT** ("At-One-Ment") means that we can be "at one" with God again. Even though our sins have caused a break in our relationship with God, through God's love and Christ's atonement, we can be in harmony with God once again.

**GRACE** is the undeserved kindness and love that God gives all of us. We didn't do anything to earn God's grace, and there is nothing we can do that will take it away. Grace allows us to be in relationship with God. It is a free gift from God that we can choose to accept or reject.

In Methodism, we recognize that there are three different forms of grace:

1. Prevenient Grace comes to us before we are even aware of God. Before we have accepted the invitation to be in relationship with God, prevenient grace is how God calls out to each and every one of us, inviting us to join God's family.
2. Justifying Grace is the grace that comes when we choose to be in relationship with God. It makes it "Just as if I'd" never sinned or had a broken relationship with God.
3. Sanctifying Grace is the grace that draws us deeper into a relationship with God. Salvation is not meant to be a one-time thing. Through sanctifying grace, we become more and more like Christ each day as we choose to follow God's will for our lives.

Another word for Sanctifying Grace is "holiness," because we have been set apart by God and made whole and complete once again.

Remember our session on sin called "Relationship: Broken"? Grace provides the path to closing the chasm or separation that sin had caused between us and God. Through Jesus, we can be in right relationship with God, and the divide between us and God is overcome.

## bible connection

Read together our passage for today, found in Luke 15:11-32.



## discuss

Which of the two sons in the story do you relate to more: the younger son who went away or the older son who stayed behind?  
How did the younger son sin against his father and cause a break in their relationship? In what ways did the father in the Parable of the Prodigal Son show grace to his two sons? Do you think the father in the story was fair? Is grace fair?  
Is asking for God's forgiveness a one-time thing or an ongoing process? Do you ever feel like you are not worthy of God's love?

## challenge

### // WRISTBAND CHALLENGE

**Supplies Needed:** Rubber Band or Wristband

Throughout the Bible, we are told to show grace and extend forgiveness to others since God forgave us. Colossians 3:13 says, "Be tolerant with each other and, if someone has a complaint against anyone, forgive each other. As the Lord forgave you, so also forgive each other."

But sometimes it is hard to give grace to those around us. Who are the people who get on your nerves most? Maybe a sibling? Maybe an annoying classmate or teacher? Make an effort this week to extend grace to those people, even when they don't deserve it!

To help you do this, wear a rubber band or wristband on your wrist, and every time you choose grace, even though it is easier to choose annoyance or anger, switch the band to the other arm. Count how many times you switch the band during the week. At the end of the week, take some time to reflect on this question: How did showing grace to others teach you more about God's grace for us?

## joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group. End with the Lord's Prayer.

**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!



**Psalm 103:8-13**

**Luke 15:1-10**

**James 1:2-3**

**Psalm 1:1-3**

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A vertical double yellow line on the left side of the page, followed by a series of horizontal lines for writing.



Lined writing area for notes on page 74.



speaker

main point

In order to grow closer in our relationship with God, we should spend time with God through prayer and other spiritual disciplines.

activity (pick one!)

// OPTION 1: INTERRUPTING PARTNER

Everyone finds a partner. At the same time, tell each other about your favorite holiday. Why is it your favorite holiday? What season is your favorite holiday in? What traditions does your family do to celebrate this holiday? Do you travel anywhere or get time off school as a part of this holiday? Take 2-3 minutes to talk at your partner about holidays, while they also talk at you about holidays, before coming back as a group and answering the following questions:

- What happened when you both tried talking at the same time? Were you able to really listen to each other?
- What was the problem with your conversation?
- How is this sometimes like our prayers when we talk to God?
- When you pray, do you spend more time listening or talking? How does God "talk back" to us?

// OPTION 2: TELEPHONE PRAYERS

Sit in circle. Someone will start out the Telephone Prayer by whispering a phrase or sentence into the next person's ear. Pass along the phrase or sentence to by whispering it to the next person until it goes all around the circle. See if the phrase ends the same way it started! Then, discuss the following questions as a group:

- What happened to our Telephone Prayer along the way as it got passed around the circle?
- Does it ever feel like our prayers get jumbled or mixed up before they get to God?
- Do you believe that God knows what we need, even when our prayers seem to come out wrong?

## prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.



## review and connect

Previously, we discussed God's forgiveness and grace.

1. What do we have to do to earn God's forgiveness? (A trick question!)
2. What are the three forms of grace recognized in Methodism?
3. What is Jesus's role in forgiveness? (We'll learn more in a few weeks!)

## teaching topics

Prayer is how we communicate with God. It should involve both talking to God as we lift up our prayers and thanks, as well as listening to God and seeking to hear God's voice. We are promised in 1 John 5:14-15 that God always hears our prayers.

### The "ACTS" format is one useful way of structuring prayer:

**Adoration:** This means praising God. For example, "God, you are an amazing and powerful God. You are awesome!"

**Confession:** This is simply saying "I'm sorry." Confession is when we acknowledge that we have done things to hurt God and those around us. It may be, "Please forgive me for..." or "I'm sorry I..."

**Thanksgiving:** This is saying "Thank you!" to God and naming all the things that you are grateful for.

**Supplication:** This is asking God to supply all your needs. Lift up any requests and concerns that are on your mind.

Intercessory Prayer is praying on behalf of others (to "intercede" means to act for someone else). This means lifting someone else up to God when they are sick or going through a difficult situation. It is why we share joys and concerns with one another each week, so we can lift one another up in prayer!

Sometimes we don't know what to say when we pray. Sometimes our prayers sound more like sighs of disappointment or groans of frustration. We are promised in Romans 8:26 that the Holy Spirit intervenes on our behalf when we don't have the words to say to God: "In the same way, the Spirit comes to help our weakness. We don't know what we should pray, but the Spirit himself pleads our case with unexpressed groans."

Understandably, Jesus' disciples struggled with the idea of how to pray as well. They asked Jesus how they should try talking with God and Jesus' answer to them was an example we now know as The Lord's Prayer. In this prayer, we see Jesus practice the elements of prayer we've been talking about: adoration, confession, thanksgiving, supplication, and even intercession. Studying this prayer and praying this prayer whether out loud or in your head is a great way to communicate with God and learn how to continue talking with God.

Spiritual Disciplines (or Spiritual Practices) are other ways we can connect with God. Just like athletes work to discipline and train their physical bodies, Spiritual Disciplines help strengthen your spiritual life and bring you closer to God. Besides prayer, other spiritual disciplines include:



**Solitude and Silence:** Solitude means spending time alone so that you can be with God without distraction. This may look like turning off our phones, spending time in nature, or going to a quiet place in your house. Practicing silence helps us to better listen to God's voice.

**Sabbath:** Sabbath is actually a commandment from God where we are to stop working and take time to rest in God's presence. It could include setting aside time where you refrain from doing homework or chores to spend time with God.

**Fasting:** To fast means to go without something for a set period of time. Fasting takes our focus off of material things and helps us rely fully on God. You can fast from certain foods (like chocolate) or from certain habits (like logging on to social media).

**Worship:** This is the practice of taking time to go to church and worship God alongside other Christians.

**Study:** This means spending time studying the Bible or reading other Christian books to help you grow in your knowledge and faith.

**Meditation:** Focusing on a certain passage of Scripture (like in Lectio Divina) or silently repeating a certain prayer over and over again are both forms of meditation.

**Accountability:** Meeting with other Christians one-on-one or in a small group and challenging each other to become more like Christ in your words, thoughts, and actions.

## bible connection

Read together our passage for today, found in Matthew 6:5-13.

## discuss

How often do you speak (or text) with your best friend? Why do you spend so much time talking with your friends?

How often do you set aside time to talk with God? Why do you think prayer is important? In the Scripture passage from today, what things does Jesus say NOT to do when we pray? What things should we do when we pray?



Do you think God knows what we need before we even ask it? If so, then why should we pray?

What are some potential challenges or roadblocks to prayer?

Look at the list of spiritual disciplines in the TEACHING TOPICS section.

Have you ever engaged in any of these spiritual disciplines? How do they help us grow closer to God? Which one(s) could you try out?



## challenge

### // ANCIENT PRAYERS

Sometimes praying to God can be hard because we don't know what to say or which words to use. Throughout the history of Christianity, many others have written prayers that we can use to talk to God. For example, the Wesleyan Covenant Prayer found in the front of your journal was written by John Wesley (the founder of Methodism). During this week, use the Wesley Covenant Prayer or pick one or two other famous prayers of the church listed below and offer them up as your own prayer to God.

### // A PRAYER OF ST. FRANCIS OF ASSISI

Lord, make me an instrument of your peace. Where there is hatred, let me bring love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

Glory to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and will be forever. Amen.

### // ST. PATRICK'S BREASTPLATE PRAYER

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me,  
Christ above me, Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks to me, Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord.  
Salvation is of the Christ.  
May your salvation, Lord, be ever with us.

### // A PRAYER BY ST. TERESA OF AVILA

Govern everything by your wisdom, O Lord, so that my soul may always be serving you in the way you will and not as I choose. Let me die to myself so that I may serve you; let me live to you who are life itself. Amen.



### // SERENITY PRAYER BY REINHOLD NIEBUHR

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 reasonable happy in this life  
and supremely happy with You forever in the next. Amen.

### // A PRAYER BY THOMAS MERTON

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore, I will trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

## joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group.

End with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.



**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!



**Mark 6:31-32**  
**Luke 11:1-13**  
**Romans 8:26-28**  
**James 5:13-18**

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**main point**

During the season of Advent, we look forward to the coming of Christ.

**activity (pick one!)**

// **OPTION 1: Christmas Spoons**

Each player gets four cards, the remaining deck gets placed face down. The first player will draw a card off the top of the deck (giving them five cards). The dealer will then discard one card face down to the person to their left. This will continue around the table with each person picking up the card passed to them and then discarding a card to their left. The very last person will create a “garbage pile.” In the event that the dealer goes through the whole deck, then the “garbage pile,” will be used to draw from. The first person to get four of a kind will take a candy cane. Once the first candy cane is taken, everyone must scramble to grab a candy cane. The person left without a candy cane gets an elimination letter, “C.” Once the word C-A-N-D-Y (Shorter Version) or C-A-N-D-Y C-A-N-E-S is spelled out that person is out of the game.

// **OPTION 2: Christmas Art**

You’ll be given a paper plate to put on your head. The host will give out a series of instructions for the group to draw on your paper plates (that are on their heads) without looking.

**prayer**

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group.

**review and connect**

Last week, we discussed prayer and talking with God.

1. What is the ACTS format for prayer? Or what is another useful guide for praying that you have learned?
2. Why is it important to pray, even if God knows everything?
3. How can prayer be helpful when we sin or “miss the mark”?

## teaching topics

### // ADVENT

For the four Sundays (and the weekdays between them) before Christmas, we celebrate the season of Advent. Advent comes from the Latin word for “arrival.” During this time, we reflect and prepare for the arrival of Christ.



Because Advent is before Christmas, we often think of it as a season of looking forward to Christmas, but that is only partly true. Advent is also when we look forward to Christ’s second coming, which will bring about a renewed creation with freedom from sin and death. Advent is marked by the hope of what’s yet to come. We look forward to that in addition to the annual celebration of Christ’s birth.

An Advent Wreath can mark the progression from week to week using Advent candles. A new candle is lit each week until they are all burning. The wreath has four candles around the outside and one in the center. (In some traditions, the candles are in a row instead.) Each outer candle represents something different: hope, love, joy, and peace. The center candle, lit to mark the celebration of Christ’s birth, is called the Christ candle.

### // THE CHRISTMAS STORY

Even many non-Christians are familiar with the nativity story. (“Nativity” means birth, and in this case, the birth of Jesus.) However, only two of the gospels narrate the story of Jesus’s birth: Matthew and Luke. Both gospels tell the nativity story as a continuation of Israel’s story, framing Christ as the Messiah, born in Bethlehem during King Herod’s reign. He was the divinely conceived son of Mary, who was married to Joseph, and Joseph was descended from King David. Matthew’s telling focuses more on Joseph, and Luke focuses more on Mary.

### // THE MASSACRE OF THE INNOCENTS

A piece of Jesus’s early life as detailed only in Matthew involves King Herod of Judea. Herod met with the Magi while they looked for the child born King of the Jews. Herod asked the Magi to report back to him once they had found the child, but instead they returned home by a different route. When Herod couldn’t find Jesus, he ordered the death of all children in and around Bethlehem under two years old. Joseph was warned in a dream to flee to Egypt, so the baby Jesus avoided this terrible fate.

### // GOOD TO KNOW

December 25? Jesus’s actual birthday is unknown. Scholars think he was born between 6 and 4 BC and probably not on December 25, but the culturally convenient date was chosen in the 4th century and has been celebrated ever since.

The Christmas Season is officially the thirteen days from sunset on Christmas Eve through Epiphany on January 6.

Epiphany is when we commemorate the visiting of the Christ Child by the Magi with their gifts of gold, frankincense, and myrrh. We don’t truly know how many wise men there were.

The people of Bethlehem in Jesus’s day would keep their sheep and other animals in caves next to their homes. While many retellings of Jesus’s birth involve the family being told there is “no room at the inn,” the likely scenario is that Mary and Joseph stayed with extended family, but it was very crowded, so the baby had to be laid in a manger instead of in the guest room of the house.



Although most Nativity scenes are not historically accurate, they are filled with symbols that tell the tale of Jesus’s birth visually, in a way that is condensed, yet effective, and often quite pretty.

## bible connection

Read together our passages for today, found in Luke 1:26-45, Matthew 1:18-24, Luke 2:1-20, and Matthew 2:1-12.

## discuss

What similarities and differences did you see jumping from Luke to Matthew and back again?

God could have come into the world as a powerful king, forcing everyone to worship and love him the way he wanted, but instead, God sent Jesus as a baby, reliant on other humans, who would spend his life teaching. Why do you think God did it that way?

Why do you think the authors of Luke and Matthew wanted readers to know who was part of Jesus’s community before and after his birth?

Think about the people closest to you and your family. What kind of impact have the people around you had on you in your life?

With what communities do you celebrate Christmas (and/or Advent)? What sort of Advent and Christmas traditions do you have?

## challenge

Talk to your parents/guardians about serving together for one of Resurrection’s Christmas Eve Services and sign up!

## joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you’ve encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**Pray** – An individual can pray for what has been shared, and close by praying the Lord’s Prayer together as a whole group.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages.



**Luke 1:46-55**

**Luke 2:25-38**

**Matthew 2:13-23**

**Isaiah 9:6-7**

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Lined writing area on page 87.





VISIT ANOTHER UNITED METHODIST CHURCH  
*(Outside of any of Resurrection's locations)*

speaker

main point

Jesus came to earth to remind us that God deeply desires to be in relationship with us, to give us new life, to show us how to live, and to invite us into an exciting purpose.

activity (pick one!)

// OPTION 1: SIGNS

Stand in a circle as a group with one person in the middle. Each person should come up with their own “sign,” such as tugging their ear, waving a hand, showing the peace sign, giving a thumbs up, or scratching their cheek. These should be physical movements that don’t make noise. Go around the circle and demonstrate your sign to the group so everyone knows what each other’s sign is.

The person in the middle will close their eyes while the rest of the group decides who will start the game by showing their sign first. The goal of game is to silently pass their signs along without the person in the middle “catching” the sign. You pass a sign by doing your sign first and then the sign of the player you are passing to. Pay attention because the signs move quick!

The game continues until someone is caught passing the sign by the player in the middle, and then the person caught becomes the guesser in the middle.

Just like we copy one another’s “signs” in this game, we are to model our lives after Jesus and how he taught us how to live!

// OPTION 2: DIVINE AND HUMAN

Jesus is described in scripture as both “The Son of God” and “The Son of Man.” This activity shows both his humanity and his divinity through several passages from the Gospel of Luke.

To start, everyone should stand in line (shoulder to shoulder) in the center of the room. One side of the room will be labeled “Jesus as Human” and the other side of the room will be labeled “Jesus as God.” When the teacher reads each passage from Luke (found in the TEACHER’S GUIDE), students will have to decide whether that verse better represents Jesus’ humanity or Jesus’ divinity, and then walk to that side of the room.

Once you complete the activity, discuss the following questions as a group:

In what ways does the Bible show us Jesus Christ as a true human being?

In what ways does the Bible show us Jesus Christ as divine, as the Son of God, or God in the flesh?

Which verses did you have the hardest time choosing one over the other?

(Remember, although we played it this way, Jesus is BOTH human and God all of the time.)



prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group.

review and connect

Last week, you visited another United Methodist Church.

1. In that visit, what did you learn? What stood out to you?
2. What happened that was similar to our church? Different?

The week before, we talked quite a bit about Jesus.

3. In what ways does the Bible show Jesus as being divine?
4. In what ways does the Bible show Jesus as human?

teaching topics

Often, it’s easier to show someone something than to tell them. Because of this, God came to us, as one of us, to show us these things:

1. God is real and active among us: Many people in the Bible were able to see, hear, and touch God. For us, God is often unseen, and because of that, hard for us to understand. By looking at the life of Jesus, it is easier for us to see and understand what God is like.
2. God madly and deeply loves each one of us: God came in human form as Jesus to live among us. It would have been easier to stay distant and removed, but by coming to earth, God showed just how much we are loved.
3. We can live a life for more than ourselves: Jesus gave his life to serve and care for others. He demonstrated compassion and helped those who were in need. He spoke up for those who did not have a voice in society and challenged those who were in power. He suffered rejection and death at the hands of people, but he still loved them.
4. We can bring God to earth through our everyday words and actions: We are invited to continue the work that Jesus started while he lived and walked on the earth. With our very lives, we can help make the earth look a little bit more like God intended it.

Jesus is “The Incarnation,” meaning “God in the flesh.” God came into our world through the human person of Jesus. Because of this, Jesus is the perfect image of the unseen God.

Jesus is both fully God and fully human. Jesus is not 50% God and 50% human. He is 100% of both. So, perhaps you could say that he is 200% altogether: 100% God, 100% Human.

## bible connection

Read together our passage for today, found in John 1:1-18.



## discuss

Does this passage remind you of anything or spark any memories for you?  
What specific parts from this passage help you see God as human and God as divine?  
What questions do you still have about Jesus being both human and God?  
We believe that Jesus is BOTH fully God AND fully human, not “either/ or.” Is there anything else you can think of that is also “both” rather than “either/or”?  
How does knowing that Jesus was a human like us encourage you?

## challenge

### // GOD SIGHTINGS

God is still showing up for us in human and divine ways. Jesus came as God in the flesh, but since we continue Jesus’ work on earth, we can see God working through other humans too. God can even work through us to speak to or help other people!

Choose three days this week to watch out for “God Sightings.” Make sure to pick one of your favorite days and one of your least favorite days. On those days, keep an eye out for where God is at work. Look for God at work while you’re at home, at school, at practice, on social media... wherever! Look for God when you wake up, when you go to sleep, and everywhere in between.

In your journal make three columns. In the first column, note where you saw God at work. In the second, note what God was doing. In the third, decide whether that reminded you more of God at work through humans or God doing something more divine.

## joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group.  
End with the Lord’s Prayer.

**Share Joys first** – Things you are thankful for or ways you’ve encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

## for extra study

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages:



**Hebrews 4:14-15**

**1 John 4:10**

**1 John 5:11-13**

**Colossians 1:15-19**

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A series of horizontal lines for writing, starting from the top margin and extending to the bottom margin.



**speaker****main point**

Christians don't just believe in heaven. We also believe in heaven coming to earth when we live out the Kingdom of God on earth as it is in heaven.

**activity (pick one!)**

## // OPTION 1: DESCRIBING WITHOUT WORDS

Each of you will get three small pieces of paper. Write a person, place, and thing (one on each piece of paper) that everyone would know. (For example: Abraham Lincoln, Chicago, and basketball.) They'll all go in a bowl, then you'll be split into two teams. Each person has one turn where they pull out a piece of paper and try to get their team to guess the word without saying the word on the paper. (This game is played like "Charades"!)

Go through as many slips of paper as you can in 1 minute, then switch to the other team. After you have emptied the slips in the bowl, end the game and count which team had more correct answers. They are the winners!

The point of this game is to show how words can fail sometimes. When it comes to the afterlife, we do our best to explain something that hasn't yet been revealed to us.

## // OPTION 2: DANCE OFF

Some people imagine heaven to be like a giant dance party! Divide your group into two "Dance Crews." They get five minutes to prepare a choreographed dance. After the time is up, bring the two groups back together to dance. The mentors can judge which Dance wins, or they may declare that everyone is a winner in the Kingdom of God!

**prayer**

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group. Try it from memory!

**review and connect**

Last week we talked about God being with us in the form of Jesus.

1. How is Jesus 100% divine and 100% human?
2. What does "the Incarnation" mean?

**teaching topics**

What is heaven like? A lot of people think of heaven as a cartoon: harps and halos and floating on clouds. But the Bible doesn't describe it like this. The Bible doesn't actually say a lot about heaven at all! Instead, most of the references to heaven talk about being with God, but not much about what that will be like. The closest hint we have is that Jesus calls this place "paradise" when he is dying on the cross (Luke 23:43).

The Bible spends a lot of time talking about the Kingdom of Heaven (or the Kingdom of God), which is different than "heaven." The Kingdom of Heaven is one of the main things that Jesus talked about.

"Kingdom of Heaven" is a way of describing the world as God desires it to be. It is a perfect world where everything broken is fixed, and everything is as it should be. Through the Kingdom, God will bring together heaven and earth and unite them as one.

Our job as followers of Jesus is to help bring the Kingdom of Heaven to earth even now! In fact, we pray this each week during the Lord's Prayer when we say, "Thy Kingdom come, Thy will be done, on earth as it is in heaven."

The Bible also talks about a New Heaven and a New Earth.

Ultimately, God will re-create our world and make everything whole and beautiful and perfect again—just like it was back in the Garden of Eden.

Isaiah 65:17-18 says, "Look! I'm creating a new heaven and a new earth: past events won't be remembered; they won't come to mind. Be glad and rejoice forever in what I'm creating."

So, what about hell? We don't know who will be invited into this new, perfect heavenly world, but most Christians believe God will draw the line somewhere. Belief in hell has a complicated history but is traditionally understood as an afterlife separated from God. For God, what's yet to come isn't about winners and losers, it's about unity between God and humanity.

**bible connection**

Read together our passages for today, found in Luke 23:39-43 and 1 Corinthians 13:12.



**discuss**

What do you think heaven is like? What have you been taught about heaven before? What's the difference between "going to heaven" and "bringing heaven to earth"? If heaven is ultimately coming to earth, what do you think God thinks about the earth? Why did Jesus spend so much time talking about the Kingdom of Heaven? How is the Kingdom of Heaven different than what we normally think about heaven?

**challenge**

**HEAVEN VS. KINGDOM OF HEAVEN**

Think about the different ways that heaven is shown or talked about: in books, on television or movies, in art, or even among your friends. Then, journal your answers to these questions:

- How is heaven usually pictured in movies or tv shows?
- What words or images are usually used to describe heaven?
- Is this the kind of heaven you would want to go to?

Then, look up and read the following passages on how Jesus describes the Kingdom of Heaven:

- Matthew 5:3
- Matthew 5:10
- Mark 10:14-15
- Luke 13:18-21
- Luke 17:20-21

Journal your answers to these questions:

- How is the "heaven" of pop culture different from Jesus' Kingdom of Heaven?
- Would you want to be a part of the Kingdom of Heaven that Jesus describes?
- What is still confusing to you about the Kingdom of Heaven?
- How can you work now to bring the Kingdom of Heaven to earth?

**joys, concerns, & prayer**

Close by sharing joys and concerns and praying together as a group. Then pray the Lord's Prayer.

**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!



**Isaiah 65:17-18**

**Luke 13:29-30**

**John 14:1-7, 28**

**Philippians 3:20-21**

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## WHAT IS THE CHURCH?

# // Session 16

### speaker

### main point

Jesus gave us the Church so we could be in community with other believers as we grow deeper in our faith and serve the world.

### activity (pick one!)

#### // OPTION 1: HANDS AND FEET

This activity will challenge you to work together as a team! Divide into groups of three or four students. Set up a “starting line” and a “finish line” about 10 feet apart.

Have a race to see which group of 3-4 students can cross the finish line first, with only the following body parts touching the ground each round (Hint: groups may have to lift one another up or support each other!):

- Round 1: 6 feet only
- Round 2: 5 feet and 2 elbows
- Round 3: 5 feet and 1 hand
- Round 4: 5 feet and 2 hands and 1 elbow
- Round 4: 4 feet and 3 hands
- Round 5: 3 feet and 1 nose
- Round 6: 2 feet and 4 hands and 1 nose
- Round 7: Mentor's Choice!

The Church is sometimes called the “Hands and Feet of Jesus” in the world as we do God’s work and serve those around us. As brothers in sisters in Christ, we lift one another up in the Church just like we did in this activity!

#### // OPTION 2: CHURCH MEMORIES

**Supplies Needed:** Paper and Writing Utensils

Pass out blank pieces of paper and writing utensils (crayons, colored pencils, or markers). Everyone should think back to their earliest memory of church. On your paper, either draw what that memory looks like or write down words about what that memory feels like.

After a few minutes, come back together as a group and answer the following questions:

- Does anyone want to share about their earliest memory of church? Do you remember being baptized? (Or, if you were baptized as a baby, have you watched a video or seen pictures of your baptism?) Do you remember the first time you participated in communion? What was that experience like?

*NOTE: If you do not have many church memories, that's okay! Confirmation can be the start of a strong life in the church. This is only the beginning!*

### prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group. Memorized yet?



### review and connect

Last week, we discussed “what’s yet to come.”

1. What is the difference between Heaven and the Kingdom of God?
2. What is our job, as Christians, regarding the Kingdom of God?
3. What is the relationship between grace, atonement, and the Kingdom of God?

### teaching topics

After Jesus rose from the dead and ascended into heaven, the earliest Christians continued to meet together for prayer, fellowship, teaching, preaching, sharing, and growing. These first believers established the Church, which we still participate in today! Pentecost marks the day that followers of Jesus were called by the Holy Spirit to speak God’s word to others, described in Acts 2. We mark this occasion yearly on the seventh Sunday after Easter.

The early church established Sacraments: outward practices that point us toward God’s presence in our lives and the world. The two sacraments we practice as Methodists are Baptism and Communion.

Baptism marks the moment we become a part of God’s family, the Church. The water represents God’s saving grace that cleanses us from our sins. As Methodists, we believe people can be baptized as a baby, as a child or teenager, or as an adult. Even if you don’t remember your baptism, God remembers the moment you were born into new life in Jesus.

Communion (also called the Lord’s Supper) is a way for us to remember Christ’s death and resurrection. When we participate in communion by eating the bread (which represents Jesus’s body) and drinking the juice or wine (which represents Jesus’s blood), we are sharing in a feast with other believers all over the world. As Methodists, we believe that anybody who wants to be united with Christ can share in the Communion table.

The Apostles’ Creed is a statement of faith for the Christian church. It is meant to serve as a brief summary of the teachings of the apostles and is recited by Christians worldwide.

### bible connection

Read together our passage for today, found in Acts 2:42-47.

**discuss**



What do you think is the purpose of the Church?  
What did the early church look like? Is it the same or different from church today?  
In what ways did the members of the early church help one another? In what ways did they help those who were not a part of the church?  
In what ways does our own church help its members? How does our church help those in our greater community?  
How has the church been a place of community for you personally?  
When you are an adult, do you think you will be a part of a church?

**challenge**

**// BE THE CHURCH**

As we learned in our lesson, the Church is more than a building or a denomination. The Church is the people of God, made up of anyone who chooses to be in relationship with Jesus. We as the Church are now the ones who act as Jesus' hands and feet in the world today.

This week, take some time to write a note or send a text message to 3 people in the Church who have made an impact on your life. Think of those people that have been the hands and feet of Jesus to you! They could be your small group leaders, Sunday school teachers, Confirmation mentors, or even other students. In your note or message, thank them for making a difference in your life by being like Jesus.

**joys, concerns, & prayer**

Close by sharing joys and concerns and praying together as a group. Then join in praying the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**for extra study**



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!

**Acts 2:1-4** (Birth of the Church at Pentecost)

**1 Corinthians 12:24-27** (The Church as the Body of Christ)

**1 Corinthians 11:23-26** (Sacrament of Communion)

**1 Peter 3:21** (Sacrament of Baptism)

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A series of horizontal lines for writing, starting from the top line and extending down to the bottom line of the page.



speaker

main point

The United Methodist Church is a denomination of Christianity that seeks to put our faith into action both in our communities and across the globe.

activity (pick one!)

// OPTION 1: Two Truths and a Tale

On an index card, write two things that are true about yourself, and one thing that is a tall tale. Everyone will have an opportunity to share and guess which is a lie.

// OPTION 2: Guess the Truth

Write down one truth about yourself. A mentor will collect the truths and read them one-by-one. Your group will guess who the truth belongs to.

prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

review and connect

Last week, we learned a bit about the church.

1. Which 2 sacraments did we talk about, and what do they mean?
2. What is Pentecost?
3. What is the Apostles' Creed?

teaching topics

Resurrection is a United Methodist Church (UMC), and the UMC is a denomination, or branch, of the Christian Church. There are many denominations of Christianity, and among those denominations there is a lot of overlap (we are all Christians, after all!), but also things that make each one special.



// KEY BELIEFS OF THE UNITED METHODIST CHURCH

The UMC slogan is "Open hearts, open minds, and open doors."

The UMC practices "open Communion," meaning that anybody can choose to receive Communion. God's grace is for everyone.

The UMC believes God's salvation is a gift for everyone. Each person has the free will to choose to accept that salvation.

We consider ourselves to be a "big tent" denomination—that means we allow and even encourage discussions about faith and even disagreement. We encourage asking questions and thinking about our faith.

We follow the beliefs listed in the **Apostles' Creed**:

There is one God, the creator and sustainer of the universe.

There is one God in three persons: the Father, the son, and the Holy Spirit.

Jesus Christ, the son of God, is both fully human and fully divine.

// KEY HISTORY

The Methodist movement started way back in the 1700s by John and Charles Wesley, two brothers who began by gathering a group of students at Oxford University. They met weekly and sought to live a holy life.

They were called "methodists" because they had established a "method" to actively live out their beliefs.

Eventually they sought to share the ideas of methodism beyond this group—it wasn't easy, and they faced many setbacks at first.

A key step in the early Methodists' successful spreading of their faith was for their ministers to preach not just in churches, but also in fields, coal mines, and yards to people who didn't typically go to church. They reached out to people who felt disconnected from church and helped them to become deeply committed to their faith.

// TODAY

Many denominations can trace their origins back to the early Methodist movement, including our own.

The UMC is a global denomination with churches all over the world in over 130 countries and millions of members in those churches.

United Methodists strive to be active in our communities as part of our faith. We have local and global mission projects, advocate for justice, and address issues of inequality where we see them.

*NOTE: Much of the content for this week's lesson comes from [umc.org](http://umc.org). Feel free to check out that website for more information!*



**bible connection**

Read together our passages for today, found in Romans 12:1-2 and Isaiah 6:8.



**discuss**

What is one thing you learned today about the United Methodist Church? Have you heard of any other denominations of Christianity? Have you ever been to a worship service at another church? What was that like? (Consider both similarities and differences.) Have you ever volunteered somewhere? What was that like? What are some ways you could volunteer this year? What do you think being a "living sacrifice" means in Romans 12? Why do you think Methodists care about serving the community around them? How does Resurrection fit into the United Methodist Church as a whole? What aspects of methodism do you see in our church?

**challenge**

Just like the early Methodists talked to others about their faith, this week, tell one of your friends that you are participating in a confirmation program at your church. Consider inviting them to youth group for a deeper challenge!

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group. Then join in praying the Lord's Prayer.

**Share Joys first** - Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** - Things going on that you want to lift up to God and share the burden of with others.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. (Remember: You can write in your Bible!)



- 1 Corinthians 15:58**
- Philippians 4:12-13**
- Psalms 96:1-3**
- Titus 3:3-7**

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## // Session 18

### speaker

### main point

Through reading and studying scripture, John Wesley identified key points and general rules to help summarize what United Methodists believe about salvation and how we should interact with the world.

### activity (pick one!)

#### // OPTION 1: MORAL OF THE STORY

Split into groups of three or four. Have students come up with two to four of their favorite movies from when they were kids (DON'T say the movies out loud). Instruct the students to figure out how to summarize the moral of the story in as few words as possible (they can write it on an index card if it helps). They can't use the movie's title, character names or be too descriptive. Simply describe the moral! Have the students alternate sharing their moral-in-a-few-words description. Have the rest of the group guess what movie they are thinking of. If the group guesses the movie, the OTHER person gets a point. The person with the FEWEST points wins.

#### // OPTION 2: THE RULE-MAKING GAME

Sit in a circle. One at a time, you will say your name and a rule for everyone following you. For example:

- "My name is Jose, and the first rule is that when you say your name, you have to clap your hands."
- "My name is Taylor (claps their hands), and the second rule is that after you say your name, you have to say a color."
- "My name is Eli (claps), blue, and the third rule is that before you say your name, you have to moo like a cow." Etc.
- See how far you can get around the circle before someone messes up a rule! Feel free to start again if time allows.

*NOTE: A rule is not allowed if it ends the game. (For example, you can't say, "the fourth rule is I win," or "the fifth rule is nobody talks.") Your mentors will be the judges of that!*

Answer the following questions:

- What are some memorable rules you have for games you like to play (like for Uno)?
- What are some rules you have to follow at your house?
- What are your own personal life rules?

### prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group. Try it from memory!



### review and connect

Last week, we discussed the United Methodist Church.

1. Who are John and Charles Wesley?
2. How much of the church history can you remember?
3. What are some key beliefs of the United Methodist Church?

### teaching topics

John and Charles Wesley were two brothers living in England in the 1700s. They were both ministers in the Church of England (or Anglican Church), but they believed that there was a better way of doing church. Together, they came up with various "methods" to help other Christians grow in their faith, such as meeting together in small groups, studying Scripture, and singing hymns together. Through this Methodist movement came our own denomination, the United Methodist Church.

Living into our Methodism means we should reflect on our "theology" and think deeply about it.

Theology is just a big word for how we think about God and our faith. John Wesley's insights can help us with our own. As Methodists, his work guides us and gives us focus as we figure out what we believe and why. "Wesleyan Doctrine" gives us a starting point to understand what we, as Christians and Methodists, believe about salvation and how it works.

John Wesley's work focused largely on salvation and how grace, faith, and holiness were all related. What we now refer to as the "Wesleyan Doctrine" includes these concepts:

Humans can't save themselves based on good deeds. We are not capable, no matter how much we do, of saving ourselves without divine help. This doesn't mean we can do whatever we want, though! Doing good is still good. It's just not what ultimately saves us.

Salvation comes through faith alone. This is where the "divine help" comes in. Regardless of our own actions, we need God's mercy and grace. We need Jesus. It is through our faith that we are saved. We cannot do it alone.

Genuine faith produces inward and outward holiness. That is to say, if we have real faith, then our morals and our actions will reflect that faith. We will become holy. By loving God with all of our heart, soul, mind, and strength, we also love our neighbors as ourselves, and our entire being will reflect that love in our daily lives. That means we will do those good deeds—we won't be able to help it, we will be compelled to do good things because we love God—even though the deeds are not what saves us.

One key way that John Wesley identified as the best way for our actions to reflect our faith is through what he called the Three General Rules:



**DO NO HARM** is all about making sure that who we are and what we do is not harming other people. God showed loving kindness to ALL humans. That means we don't get to pick and choose whom we harm and whom we don't. Across the board, if we do no harm, we are breaking the cycle of sin.

**DO GOOD** is about taking action, making wise choices, and doing things that actively bring good into the world. It's not passive. It doesn't happen by accident. We can't just sit around and be "doing good;" we must actually get up and do it.

**STAY IN LOVE WITH GOD** helps us to accomplish rules one and two. When we love something or someone, we're less likely to do harm and more likely to do good. When we love God, and we know that God loves us and wants to shower us with kindness and grace, then we will also choose not to harm the other people God loves, and we will want to do good in this world that God loves.

By following these three rules, we'll be living out our faith in this world.

We aren't the first Christians to study the Bible, and we certainly aren't the first Christians to ask questions about it. Looking at what other Christians have written and said throughout history is good and useful. John Wesley is one of those Christians who spent a lot of time studying scripture, faith, history, and theology, and we use the work he did to inform our lives as Christians and as Methodists.

### bible connection

Read together our passages for today, found in Ephesians 2:4-10, Matthew 22:34-40 and Romans 3:21-28.

### discuss



When was a time you were given something just because-not because you worked for it or because it was a holiday-but just because?

In what ways do you feel like it can be difficult for you to rely on God?

Why do you think faith is key to our salvation?

Why are good deeds not enough to save ourselves?

Based on Romans 3:23, what do you think about the rules God has for us?

If we all fall short of God's standards, why does it matter whether or not we try to meet them?

How can we move forward knowing we will mess up, but that through Jesus we get to be forgiven?

What do you think each of John Wesley's three general rules actually look like in our lives today?

### challenge

Think about what each of John Wesley's three general rules would look like in your life this week, specifically.

Choose one rule and one specific thing you can do this week to follow that rule. Be very specific. Not "I will talk to God more" but "I will pray X number of times each day." Not "I will be nicer to people" but "I will not yell at my little sister when she makes me mad, and I will invite her to do one thing with me this week." Write out what you plan to do below, then report back on your results next week!

### joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group.

Then join in praying the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.



**for extra study**



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!

**John 15:1-8**

**Matthew 5:43-48**

**Galatians 5:13-14**

**Ephesians 1:3-10**

**John 3:14-18**

**Mark 12:28-34**

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**speaker****main point**

John Wesley's guidance can help us to live out our lives as Christians. We can better understand issues of faith using scripture, tradition, experience, and reason, and we can strengthen our faith through community.

**activity**

## // CROSSING THE SWAMP

Your mentor will set out 8 sheets of paper "islands" for you to use in crossing the room. The room is now a deep swamp filled with dangerous leeches, but you must cross it! Follow these rules:

1. Your group must cross the "dangerous swamp" while remaining connected to one another and staying on the safe islands
2. Your team must hold hands while anyone is on the islands to make sure no one falls in.
3. After a foot touches an island, that island must have a foot on it at all times until the last team member removes their foot.
4. If anyone falls in the swamp, you have to start over.

**prayer**

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

**review and connect**

Last week, we discussed John Wesley's General Rules and doctrine.

1. Who is John Wesley?
2. What are the 3 rules?
3. Were you able to complete last week's challenge? Why or why not?

**teaching topics**

Wesley commonly used four resources to reflect on issues of faith. We call these 4 resources the Wesleyan Quadrilateral. This 4-part tool helps us better understand our faith, make decisions, and try to determine God's will. It involves looking at a situation or question from four different perspectives:

**Scripture:** The Bible, which is our foundational source for Christian belief and living.

**Tradition:** our heritage, faith traditions, and those things that Christians have done and believed throughout history.

**Experience:** our individual interactions and encounters throughout life. We can also learn into the experiences of others.

**Reason:** the use of our God-given logic and intellect as we think rationally and logically. This can include thinking about scripture within its historical context

Through the Wesleyan Quadrilateral, we recognize that God created our emotions/ feelings (experience) and our minds (reason). We do not have to check our brains at the door of the church, and we do not have to stifle our emotions either.

God also gave us other people in our faith community (tradition), and God gave us the Bible to read and study (Scripture). We don't have to do things on our own. We have others around us and the Bible, too.

Speaking of other people, one of John Wesley's core beliefs was that a true faith in God happens best in community. He encouraged societies, bands, and covenant groups to ensure that people in his church could live out their faith in smaller communities. We continue to live out our faith in community today in small groups.

## // FAITH IS PERSONAL, BUT IT'S NOT PRIVATE.

We make a personal choice to be Christians, have faith, and live that out in our daily lives, but we live those lives with other people.

Here are 3 ways to do that better:

**Participate** – Sharing our thoughts and actively listening to others' perspectives is important to building community.

**Be consistent** – Showing up regularly makes a big difference to the group. (Imagine if a baseball player only went to practice once a month!)

**Encourage** – Each of us can make a difference in the lives of those around us. We should encourage our peers to share, be there for them when they are having a hard time, and celebrate their joys with them.

**bible connection**

Read together our passage for today, found in Hebrews 10:24-25.

## discuss



- How do your friends help you to improve or to accomplish things?
- What is the greatest thing you have done with a team or group?
- How can small groups help you to better understand God?
- What are some other benefits of having a small group at church?
- How do the 4 parts of the Wesleyan Quadrilateral help you to understand God? (Answer this question for each of the 4 parts.)

## challenge

### // THE WESLEYAN QUADRILATERAL

Think of a question you have or a decision you are making. Then work through the Quadrilateral to help you (maybe) find an answer.

1. Scripture: What does the Bible say about this topic? Think generally: the Bible might not say something specific on this topic, but Jesus is pretty clear about what is important. What insights can you glean from Jesus?
2. Tradition: What advice do you think a wise and mature member of your church (a mentor?) would give you about this question?
3. Experience: What life events could help you think through this decision? What can you learn from others' experiences here?
4. Reason: Use your God-given logic and ability to think rationally. What else do you know that could factor into this question?

If you've come to an answer, great! If you haven't, or if your answer still feels incomplete, don't worry. Some answers take a long time to find. Give it time and talk to God about it. You can also talk to your mentors or another trusted adult!

## joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group. Finish with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

## for extra study



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages.

**Proverbs 2:1-6**

**Luke 6:1-11**

**Matthew 18:20**

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speaker

main point

In scripture we read how God chose to be in a special relationship with the descendants of Abraham. Through Abraham, the Christian faith shares an origin with the Jewish and Islamic faiths, but Christianity believes that Jesus is the Messiah. That belief in Jesus is central to all of the Christian denominations that have developed over thousands of years.

activity (pick one!)

// OPTION 1: BLESSINGS SHOWDOWN

In this activity, we are going to “count our blessings,” competition-style!

Divide the group up into two equal teams. Have each group select a Writer who has somewhat legible handwriting. Give the Writer a blank piece of paper and a pen.

Set a timer for 30 seconds. (There will be three 30-second rounds.) During each round, each team has to come up with as many blessings as they can think of in the selected category.

The Round Categories are:

- Round 1: Foods that Bless Us
- Round 2: Items/Objects that Bless Us
- Round 3: People that Bless Us (specific names or categories)

After each round, have teams count up their points, 1 point per blessing. The team with the most points after three rounds wins!

// OPTION 2: SHARED STORIES

Jews, Muslims, and Christians all trace our roots back to the story of Abraham, and we have a common history and heritage. While we have some differences in our beliefs, we have many things in common as well. See if as a group, you can list some of the similarities we have with our Jewish and/or Muslim friends.

prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group. Try it from memory!

review and connect

Last week, we discussed a few of John Wesley’s contributions to our faith.

1. What are the 4 parts of the Wesleyan Quadrilateral?
2. What are we supposed to do with the Wesleyan Quadrilateral? How can it help us?
3. What did John Wesley think about small groups?
4. If “faith is personal, but not private,” what does that mean to you?



teaching topics

The roots of Judaism, Islam, and Christianity stem from one family, fathered by Abraham. We find his story in the book of Genesis.

// FATHER ABRAHAM

Abraham was a devout follower of God, but he was frustrated because he had no children to inherit his name and property, and he was getting old. God told Abraham he would have as many descendants as there are stars he could see in the sky.

But Abraham was impatient. Instead of waiting for his wife Sarah to become pregnant, Abraham had a child with his wife’s servant, Hagar. Nonetheless God still kept his promise (he always does!), and Sarah had a baby, too.

Hagar’s baby was named Ishmael. Sarah’s baby was named Isaac. The Jewish faith traces its ancestry back to Isaac, and the Muslim faith traces its origin to Ishmael. Christianity is ultimately a continuation of the Jewish faith, so we, too, trace our history to Isaac. But remember, both Isaac and Ishmael are sons of Abraham. That’s why he’s sometimes referred to as “Father Abraham.”

// ISLAM

Islam is the religion of Muslims. They worship one God, known as Allah (Allah means “God” in Arabic).

They believe the word of God was revealed to the “final prophet” Muhammad, who shared those revelations with his followers. Muhammad’s words were written in the Quran, Islam’s holy book.

Muslims believe in many other prophets, including several from our Old Testament. They believe Jesus was one of the most important prophets, but they do not believe he was the Son of God.

Muslims follow The Five Pillars of Islam: Profession of Faith, Prayer (5 times a day), Charity to the Poor, Fasting during Ramadan, and Pilgrimage to Mecca.

## // JUDAISM

Judaism is the world's oldest monotheistic religion. Jews believe in one God who revealed himself through the ancient prophets.

Abraham's son, Isaac, had a child named Jacob, who later took the name of Israel. His descendants became known as the Israelites.

Jews believe God made a covenant, or promise, with his followers. Christians believe this, too. But here's where we differ: Jews believe the Messiah will come one day but has not yet arrived. They consider Jesus to be a rabbi, or teacher, not the son of God. As Christians, we believe Jesus is God's Son, the long-awaited Messiah.

Their scripture is the Hebrew Bible, also known as the Tanakh. This is the same as the Old Testament in the Christian Bible. We can learn much about the Jewish faith by studying the Old Testament, though they also have holy texts on how it should be interpreted.

## // ALL OF US

God chose Abraham's family to receive a special blessing. But this didn't get them off the hook! Instead, this gave them an extra challenge: because they were God's chosen people, they were now charged to bless the whole world. They were God's messengers and blessing-bringers, and they were chosen to be a blessing to others.

As Christians, we too are now God's people, and we are given that same charge and calling: to be a blessing to others and to show God's love to the whole world.

## // CHRISTIAN DENOMINATIONS – A BRIEF HISTORY

Over the years Christianity has developed what we call "denominations" which are different branches of Christianity. Different Christian denominations have varied traditions and different stances on some concepts within the Christian faith. While these different denominations sometimes disagree on specifics of faith, ultimately, they have more in common than not because all Christian churches believe Christ is the Son of God.

**The Orthodox Church:** As an early denomination of Christianity, formed from the earliest Christian churches, it is one of the oldest surviving religious institutions in the world.

**The Catholic Church** split from the Orthodox Church in the 11th century due to disagreements about church authority and organizational structure as well as a few other items, such as the nature of the Holy Spirit. The Catholic Church has a global structure of organization and authority headed by the Pope.

**The Protestant Reformation:** In 1517, Martin Luther posted a list of 95 Theses explaining what he believed was wrong with the Catholic Church. The 16th-century Church and many of its leaders were seen as greedy or corrupt. Luther believed the Church had too much power and did not need to be an intermediary between people and God. Instead, Luther thought people could form their own relationships with God independently and with personal responsibility. This church split was the Protestant Reformation.



**The Anglican Church:** In 1534, the Anglican Church split from Catholicism.

The split happened when the Pope wouldn't let the English King end his marriage to his first wife. The Anglican Church's beliefs remained in line with Catholicism at first, but the King was considered the head of the Church instead of the Pope. Over the years the Anglican Church adopted more Protestant beliefs. Today it has traits of both Catholic and Protestant faiths.

**The Methodist Church** split from the Anglican Church in the 18th century. The United Methodist Church is considered to be a "Mainline Protestant" church today.

## // AREAS OF DIFFERENCE AND SIMILARITY

**Tradition** – Orthodox and Catholic churches place a heavy focus on tradition. While Protestants also value tradition, Orthodox & Catholic churches tend to emphasize it more.

**Creed** – A creed is a statement of faith. The Orthodox, Catholic, Anglican, and many Protestant churches (including the UMC) believe and often recite versions of the Nicene Creed. The Catholic, Anglican, and Protestant churches use the Apostles' Creed as well, but the Orthodox Church does not.

- Both the Nicene and the Apostles' Creed mention the "holy catholic church." This is not referencing the big-C Catholic church. In this case, "catholic" means the universal Christian faith—that all Christians are of one faith in Christ.

**Communion** – Christians use communion to remember Christ's body and blood, shed for us and the forgiveness of our sins; for Christians, this is how we commemorate the Last Supper.

Orthodox and Catholic beliefs – Forgiveness of sins is obtained through communion. Christ becomes present in the bread and wine, which become the actual body and blood of Christ, though the two churches disagree on how exactly that happens.

Protestant beliefs – Communion is a symbol of grace and a way to remember Christ's sacrifice for us. It is typically believed by Protestants that the bread and wine don't transform into Christ, but they represent him. However, there is a wide array of thought on this topic within different Protestant denominations.



**Confession of Sins** – All Christians believe we are forgiven through Christ, but the way we experience that can be different.



The Orthodox and Catholic Churches both practice the confession of sins to a spiritual leader or priest, who will often respond by prescribing ways the individual can make amends. Protestants believe the individual does not need an intermediary to receive forgiveness and are instead encouraged to confess their sins to God directly, often during the worship service (collectively and/or in silent reflection).

**Saints** – Most Christians believe anyone in heaven is a “saint,” but there are some key differences.

Catholic and Orthodox churches canonize or glorify particularly holy individuals as Saints. They believe these Saints may intercede with God on someone’s behalf, and therefore they may pray directly to a Saint. Mary, mother of Jesus, is given special status by the Catholic and Orthodox churches. She is venerated above Saints, but below God. She is not worshipped, but she is often prayed to and mentioned in worship services. Protestants believe all Christians are saints and are called to imitate Christ, but Christ is the only one who can mediate between God and humankind. Therefore, our prayers go to God or Christ, not to a Saint.

This list is just a small sampling of areas of difference and similarity. If you visit other churches, you may notice other things, perhaps in their music, the way they practice baptism, etc.

### // ONE CHURCH

Because we are Christ followers, the Holy Spirit shows up and creates a temple within each of us. There are many denominations of Christianity, but regardless of denomination, the Christian church begins with its followers. We are all responsible for making our lives align with Jesus. Orthodox, Catholic, Anglican, Protestant, or otherwise, we are all part of the Church, and that is a miracle—a divine, extraordinary event—we get to participate in every day.

### bible connection

Read together our passages for today, found in Genesis 15:1-5, Genesis 17:1-8 and John 17:20-23

### discuss



We learned a lot today! What stuck out to you? What is something you want to learn more about?

What do you think God was saying when he told Abraham to look at the stars? What did it mean for Abraham and his family to be chosen by God? What does it mean for us today to be chosen or called by God?

In what ways does our church bless those around us, in our community and our city and in the world? How can we as a group or as individuals bless others in our lives? How does understanding other faiths better help us understand our own faith better? What is significant about these 3 Abrahamic faiths being so closely related? How are these three faiths being closely related similar to Christian denominations also being closely related?

Today’s Bible passage contains words spoken by Jesus in prayer at the end of the Last Supper. He prayed this in front of his disciples during his last evening with them. What was Jesus talking about and why do you think it was so important for him to speak this specific message?

Have you ever been to a worship service at a church that was a different denomination? What similarities and differences can you remember?

What do you think makes our church, Resurrection UMC, unique?

In what ways does our church bless those around us, in our community and our city and in the world? How can we as a group or as individuals bless others in our lives?

### challenge

#### // RANDOM ACT OF BLESSING

We’ve all heard of spreading Random Acts of Kindness. This week’s challenge is very similar: look for ways you can bless other others through big and small ways. Maybe you can offer to cook dinner for your family one night this week or make a dessert as a sweet treat. Offer to rake leaves for your neighbor or shovel their sidewalk. Look for chores to do in your home outside of your regular responsibilities. Are there any service or giving projects going on at the church that you and your family can connect with? After you’ve participated in a couple Random Acts of Blessings, reflect on these questions using the journal space provided in the next few pages:

In what ways have you personally been blessed in your own life?  
Was it easy or hard to look for ways to bless others around you?  
How did blessing others make you feel? What was their reaction to being blessed by you?

### joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group. Finish up by saying the Lord’s Prayer together.

**Share Joys first** – Things you are thankful for or ways you’ve encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina! Write in your Bible!



**Genesis 15:9-22**

**Exodus 19:4-6**

**Deuteronomy 6:6-9**

**Isaiah 42:6-7**

**Romans 10:9-13**

**John 14:15-21**

**Matthew 16:13-19**

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A series of horizontal lines for writing, starting from the top line and extending down to the bottom line.



# // Session 21



## main point

Instead of new topics, today we explore what we've learned so far.

## activity (do both!)

### //ONE-ON-ONES

Each student will have the chance to meet one-on-one with one of their confirmation mentors today. Together, review the confirmation requirements and see what you need to prioritize during this second half of confirmation. This is a great time for you to ask any questions you have.

### //REVIEW

While your other classmates are having their one-on-ones, review with a partner or small group.

## prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

## review and connect

Follow your mentors' instructions as you complete the following review with a partner or in a small group. When you have finished the review, take a look at the Bible Connection as a group and discuss.

### Session 1: Welcome to Confirmation – Intro Apostle's Creed

#### Session 2: What is Resurrection UMC?

What are the important parts of the Apostle's Creed?  
 How many church locations does Resurrection have? How many can you name?  
 What does "Closing the Gap" mean to Resurrection?

### Session 3: Meet Your Bible

#### Session 4: The Old Testament

#### Session 5: The New Testament

#### Session 6: The Story of God

What are some important things to remember when using the Bible?  
 How many books of the Bible can you name?  
 What is Lectio Divina?  
 How much highlighting/underlining/sticky notes/etc. have you used in your Bible?  
 What is one Bible verse that has stuck with you? Why?  
 What is the story of the Old Testament?  
 What is the story of the New Testament?  
 What is the overall story of God?  
 Why study the Old Testament?  
 Why study the New Testament?

### Session 7: The Holy Trinity – Spiritual Gifts Assessment

#### Session 8: Partnering with God's Mission

What is the Trinity? What are the roles of each of the 3 parts?  
 Can you remember any metaphors for describing the Trinity?  
 Why does it matter that God is three-in-one?  
 How does the Trinity relate to the Story of God and the structure of the Bible?  
 What is your favorite spiritual gift that you have and why?  
 How can your spiritual gifts help you to partner with God's mission for the world?  
 Why is it important for us as Christians to serve others?

### Session 9: Relationship: Broken

#### Session 10: Relationship: Restored

#### Session 11: Prayer: Talking with God – Lord's Prayer

#### Session 12: Advent and Christmas

What does it mean to "sin"?  
 What are the two kinds of sin?  
 Why do people sin?  
 What is the consequence of sin?  
 What is the ACTS format for prayer?  
 What are some ways to connect with God other than prayer?  
 What is Advent?  
 Can you remember what the four Advent candles represent?  
 When is the Christmas season (officially)?  
 What can you remember about the nativity story?

## Session 14: Jesus: God With Us

### Session 15: What's Yet to Come

What are some of the reasons God sent Jesus to us?

How is Jesus 100% divine and 100% human?

What does "the Incarnation" mean?

What is the difference between Heaven and the Kingdom of God?

What is our job, as Christians, regarding the Kingdom of God?

What is the relationship between grace, atonement, and the Kingdom of God?  
teaching topic



### Session 16: What is the Church?

### Session 17: The United Methodist Church

### Session 18: John Wesley's General Rules and Doctrine

### Session 19: John Wesley's Guidance

### Session 20: Abrahamic Faiths and Christian Denominations

What are the two sacraments Methodists recognize?

What is Pentecost?

Who are John and Charles Wesley?

What are some key beliefs of the United Methodist Church?

What are Wesley's Three General Rules?

What are the 4 parts of the Wesleyan Quadrilateral?

What are we supposed to do with the Wesleyan Quadrilateral? How can it help us?

What did John Wesley think about small groups?

If "faith is personal, but not private," what does that mean to you?

What do you remember about Judaism? How is it similar to and different from

Christianity? Who is Abraham in the Bible? What is his importance? Can you

remember the names of any of the other members of his family?

What's one thing all Christian denominations have in common? (Hint: It's the thing that distinguishes Christianity from other religions like Judaism or Islam.)

What are some areas of difference among Christian denominations?

## bible connection

Read our passage for today, found in John 6:26-51.

Even when Jesus was right in front of them, many people still did not believe or understand that he was the Son of God and asked him to perform a miracle for them. Ultimately, he did perform the miracle of all miracles, but in this passage, he tries to use words and logic to convince them.

Why do you think he chose this tactic?

Are you good at convincing people using words?

Do you feel like you are a person who is swayed by logical arguments, or do you usually require physical proof before you believe something?

How is confirmation going for you so far? What has been the best thing, and what has been more difficult?

Which confirmation lesson(s) do you feel like you remember best and why?

What are you still hoping to learn as we complete the second half of

Confirmation?

## challenge

Do you intend to be confirmed? (It is okay you don't intend to be confirmed. If you don't, share with your mentor your hesitation.)



## // ANOTHER CONVERSATION

In your meeting today with your mentor, you looked at the confirmation requirements. How are you doing with those?

Your challenge for this week is to go over that checklist with a parent or guardian. Share what you still need to do to be ready for the confirmation ceremony, and make sure you're set up for success!

Make sure they have the ceremony on the calendar and talk about the people you would like to invite to your ceremony so that they can get it on their calendars, too.

## joys, concerns & prayer

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

**Pray** – An individual can pray for what has been shared, and close by praying the Lord's Prayer together as a whole group.

## for extra study

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages.

**Hebrews 12:1-3**

**John 14:25-26**

**1 John 2:24-25**





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# LENT AND THE CHURCH CALENDAR

## // Session 22

### speaker

### main point

Christian Churches follow a year-round calendar designating the dates of important celebrations in our faith. The highlights of the calendar are the Christmas and Easter cycles.

### activity (pick one!)

#### // OPTION 1: Birthday Line Up

Line up in birthday order, without using words! You'll have one minute. After you finish, see how many you got correct. Reflect on what was easy or difficult.

#### // OPTION 2: Holiday Line Up

Each of you will be given a holiday on an index card. Without using words, get in holiday order. You'll have one minute. After you finish, see how many you got correct. Reflect on what was easy or difficult.

### prayer

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together as a group.

### review and connect

You are getting close to the Confirmation Ceremony. Let's talk a little about your expectations.

1. Are you ready to be confirmed?
2. Do you have any questions about the Confirmation Ceremony?

### teaching topics

#### THE CHRISTIAN CALENDAR

The Christian year, also called the liturgical year, is made up of two main cycles—the Christmas cycle and the Easter cycle. Both start with a time of preparation and anticipation followed by celebration. The in-between time is called Ordinary Time.

#### THE CHRISTMAS CYCLE

Advent-Christmas-Epiphany: The start of the Christian year.

This cycle begins with Advent, which starts on the 4th Sunday before Christmas. The date changes year to year but will always be between November 27 and December 3.

Christmas includes the twelve days from sunset on Christmas Eve, December 24, through Epiphany on January 6, celebrating the Magi visiting the Christ child. After Epiphany there is a cycle of Ordinary Time from January 7 until Ash Wednesday called The Season After Epiphany.



#### THE EASTER CYCLE

Lent-Easter-Pentecost

The Easter Cycle begins with Lent, starting on Ash Wednesday. Ash Wednesday is 40 days, not counting Sundays, before Easter.

Easter moves between March 22 and April 25 depending on the year. The timing of Easter is tricky: it's the first Sunday after the first full moon that comes after March 21 (the first day of spring). Easter Season lasts fifty days, ending with the Day of Pentecost. The long period of Ordinary Time between Pentecost and Advent is called The Season After Pentecost.

#### LITURGICAL COLORS

Liturgical Colors - In many churches, colors used in the altar cloths, pastors' vestments, and other key areas of worship correlate to the cycle of the calendar.

Ordinary Time is designated by green, representing growth.

Lent and Advent are purple, which is considered a preparatory color and symbolizes both royalty and penitence.

Note: Sometimes Advent is blue, symbolizing hope.

Christmas, Epiphany, and Easter are gold or white, symbolizing joy and festivity.

Holy Week and Pentecost are red, symbolizing the blood of Christ and the fire of the Holy Spirit.

Note: Red and white are also used for other holidays and ceremonies.

#### LENT AND ASH WEDNESDAY

Ash Wednesday marks the start of Lent. During Ash Wednesday service, ashes may be used to remind us of our sinfulness and mortality. We focus on our humanity and remember that sin and death have been triumphed over by the resurrected Jesus Christ.

Lent represents the forty days Jesus spent fasting in the wilderness after his baptism, being tempted and preparing to begin his ministry. During this time, the church focuses on repentance, fasting, and preparation for Easter. Lent is a time of self-examination and reflection.

Sundays during Lent are not counted as part of Lent; instead, each is considered a "mini-Easter." A little joy is appropriate each Sunday in anticipation of the Resurrection.

**bible connection**

Read together our passages for today, found in Matthew 3:13-17 and Matthew 4:1-10.



**discuss**

Jesus was perfect. Why would he ask to be baptized?  
John the Baptist was Jesus's cousin, and almost exactly the same age. They probably knew each other growing up and were likely close to one another. How do you think their relationship affected them in this moment of Jesus's baptism?  
Why did Jesus choose to go into the wilderness after he was baptized but before he officially began his ministry?  
Why do you think the temptations came after Jesus had fasted for forty days and not immediately after his baptism?  
There are three temptations named in this passage. Which, if any, are relatable to you, and how?  
Even though Jesus did not give into the temptations, he was still tempted. How does this passage speak to you?

**challenge**

**LENTEN FASTING**

Fasting is practiced by people throughout the Bible, including Jesus, as a way to grow closer to God. Traditionally, fasting means going without food for a period of time, but in the present day, it may mean going without a particular type of food or abstaining from a bad habit. While it does not have to be relegated to the time of Lent only, Lent is a good opportunity to practice this spiritual discipline.

Consider something you could give up for Lent: maybe chocolate, soda, shopping, video games, or social media. Alternatively, you might consider adding something: praying an extra time each day, reading an additional daily scripture, completing a devotional, volunteering, etc. Be specific and make a plan so this practice can become a habit, at least temporarily. Write out your plan in the space that follows.

If you have a hard time keeping this commitment, use the difficult moments to reflect on the meaning of Lent and your relationship with God. Remember Jesus's temptation in the wilderness and his ultimate sacrifice for us. And remember, we are only human!

Note: If you struggle with eating habits, instead of subtracting food from your diet, add a spiritual discipline unrelated to food, and have a conversation about it with a trusted adult. In the space below, make one commitment, either to give up or to add something to your daily routine, during the season of Lent.

**joys, concerns & prayer**

Close by sharing joys and concerns and praying together as a group. End with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.



**for extra study**

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages.



**Luke 2:39-52**  
**John 1:19-34**  
**1 Corinthians 5:6-8**

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# THE PROMISE OF THE RESURRECTION

## // Session 23

### speaker

### main point

Because Jesus rose from the dead, we believe that death is not the end. Christ defeated death once and for all through his resurrection.

### activity

#### // RESURRECTION TAG

This game is a modified version of “Freeze Tag.” One person will be “It.” If you are tagged by the player who is “It,” then you must fall down on the ground as if you are dead. But if someone else who is not dead touches you, then you are “resurrected,” and can continue playing until you are tagged out again.

### prayer

Before diving into today’s lesson, be sure to open with a word of prayer, then recite the Apostles’ Creed together as a group.

### review and connect

Last week we talked about Lent and the church calendar.

1. What are the church cycles?
2. What is the in between time called?
3. What colors are associated with different holidays and times of the year?

### teaching topics

Sometimes, Christians spend a lot more time talking more about Jesus’ death on the cross than they do about his resurrection. But at the same time, we sometimes want to skip past Jesus’ death and jump ahead to the resurrection. While our faith is founded on Jesus’ resurrection, we do not want to forget that Jesus also died for us on the cross. Without the crucifixion on Friday night, we wouldn’t have the resurrection on Sunday morning.



Because of Jesus’ resurrection, we know these things:

Death is not the end. We don’t have to fear death, because we know that Jesus has conquered death once and for all. As the Apostle Paul states, “Death has been swallowed up in victory!” (1 Corinthians 15:54)

We can trust that God will keep God’s promises. The greatest promise in the Bible is that Jesus would be resurrected from the dead, and we believe that promise has already come true. While he was still alive, Jesus promised: “I am the resurrection and the life. Whoever believes in me will live, even though they die. Everyone who lives and believes in me will never die” (John 11:25-26).” This promise was fulfilled when Jesus rose from the dead back to life.

Resurrection is the ultimate destination for Christians. Like Jesus, one day we too will be raised from the dead—being brought back the way Jesus was brought back into a similar but different body. We too get to experience the awesome resurrection of Christ!

The belief in Jesus’ resurrection is often a hard one for people to understand.

We are told in the gospels that Jesus appeared to multiple people after he was raised to life again; Paul writes that he appeared to 500 people! (1 Corinthians 15:5). We also know that Jesus talked with people, ate, and drank, and allowed others to touch him, proving that he was not just a ghost (Luke 24:30, 37-43; John 20:27). But even some of his own disciples still had trouble accepting that the unbelievable had happened and that Jesus had come back to life.

Like many aspects of our Christian faith, the Resurrection of Jesus is something that takes faith to believe in, and we may never fully understand it in this lifetime.



## bible connection

Read together our passage for today, found in John 20:1-18.



## discuss

How do you imagine Mary felt when she first arrived at the tomb? How did her feelings change when she saw Jesus?

Why do you think Mary didn't recognize Jesus at first? What caused Mary to eventually realize the "gardener" was actually Jesus?

Have you had a friend or family member die? What sort of feelings or emotions did you have after their death?

How does Jesus' resurrection give us hope even after the deaths of people we love?

Does knowing Jesus was raised back to life change the way you think of your own life?

Besides the promise of the resurrection, what are other promises God has made to us?

## challenge

### // GOD'S PROMISES

Over and over in the Bible, God made promises. The good news for us is that God always keeps God's promises, and God's promises are still true for us today! 2 Corinthians 1:20 says, "For no matter how many promises God has made, they are 'Yes' in Christ" (NIV).

Take a few minutes to read through these promises from God in the Bible:

Deuteronomy 31:8

Psalm 34:17

Isaiah 40:28-29

Isaiah 41:13

Matthew 11:28

1 John 1:9

In your journal, write your answers to the questions below:  
Which of these promises from God is most helpful for you today?  
Which of these promises do you have a hard time believing today?  
How have you seen God's promises come true in your own life?

## joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group.

End with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

## for extra study

To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages. Try Lectio Divina. Write in your Bible!



**Luke 24:1-35**

**1 Corinthians 15:3-7, 20-22**

**1 Thessalonians 4:13-14**

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# INVITING OTHER'S INTO GOD'S STORY

## // Session 24

### speaker

### main point

Once we have accepted the invitation to be a part of God's ongoing mission in the world, we can invite others into God's story by sharing our faith with them.

### activity (pick one!)

#### // OPTION 1: SHARE YOUR FAVORITE

Pick a topic where people might have strong opinions about which one is the best or their favorite (such as a TV show, movie, food, restaurant, book, song, band, or superhero).

Each student will have 30-45 seconds to convince the others as to why their favorite is the best option and everyone else should make it their top choice as well.

When we have found something that we love—whether it's a new restaurant, a television show or movie, or the latest band or YouTube star—we can't help but want to share that thing with the world! We want to tell everyone about our new favorite thing and have them share in our joy. It's the same with sharing our faith: we should want to share our love with Jesus with the whole world, just like the Samaritan woman at the well from our story for today.

#### // OPTION 2: SEVEN WORD GOSPEL

How would you tell someone about God's Story in seven words or less? In 2011, the publication *Christian Century* asked this question to both Christian theologians and their everyday readers. Here were some of the responses they came up with:

God, through Jesus Christ, welcomes you anyhow. We are who God says we are. Christ offers new life for all. Jesus loves me, this I know.

So, how would you share the good news of the Christian message in seven words or less? As a group, come up with your own "Seven Word Gospel." Try to think of an easy way to explain God's Story to someone who has never heard it before.

### prayer

Before diving into today's lesson, open with a word of prayer, then recite the Apostles' Creed together as a group by memory. Students will need to recite the creed from memory at the Confirmation ceremony, so please encourage them to practice.



### review and connect

Last week we discussed the Resurrection.

1. What promise(s) did God make to us with Jesus's resurrection?
2. What does Jesus's resurrection mean to you?
3. What does it mean for all people?
4. Where does the Resurrection appear in the Apostles' Creed?

### teaching topics

Evangelism comes from a Latin word (*evangelium*) that means "good news." Practicing evangelism is as simple as telling others about the good things God has done in your life, or how your life has changed for the better because of your relationship with Jesus.

Just as we are still in the middle of the Story of God, our own individual stories are still being written. You don't have to be perfect or have all the right answers or use big "churchy" words to tell others about Jesus. Sharing your story is as easy as telling others about what God has done in your life in the past or how God is working in your life now.

One way to invite others into God's story is to follow the formula "Pray, Care, Share."

**Pray:** First, pray for those around you that do not yet know about Christ: your friends, your family members, your classmates, or teammates. Ask that God will be revealed in their lives.

**Care:** Then, show that you care for them. This could be through kind words, acts of service, or even through a smile. There's a famous quote from Theodore Roosevelt that says, "Nobody cares how much you know until they know how much you care." Before sharing your story with others, they need to know that you care for them.

Finally, when the time is right, share your story with them. Tell them about who Jesus is to you. Let them know that Jesus cares for them as well and longs to be in a relationship with them too.

**Share:** Another famous quote that is often credited to St. Francis of Assisi says, "Preach the Gospel at all times. Use words if necessary." There are other ways to share your story with others beyond using words and conversation. Most of the time, people want to know that we are listening to them and that we won't judge them. We need to show that we are safe and caring people before we invite those around us into God's Story.



## bible connection

Read together our passages for today, found in John 4:4-30, 39-42.



## discuss

- Do you talk to your friends about God? If yes, what is that like?
- How has being in a relationship with God changed you or made a difference in your life?
- How did the woman at the well respond to her encounter with Jesus? What did she do after talking with him?
- What are some of the challenges or obstacles to sharing your faith with others? What challenges or obstacles did the Samaritan woman face when she shared her story with the rest of her village?
- How did the people in the woman's village respond when she shared her story with them?
- Why is it important to tell others about our own encounters with Jesus? How can you share your faith with others without using words?

## challenge

### // SOCIAL MEDIA SHARE

Sometime this week, share on social media one thing that God has taught you through your confirmation journey. If you are on Instagram, be sure to tag your Student Ministries location! If you are not on social media, share one thing you have learned from confirmation this year with a friend in person or on a text message. You might even consider using this as an opportunity to invite your friends to attend the Confirmation Ceremony so that they can celebrate your confirmation and your commitments to God!

## joys, concerns, & prayer

Close by sharing joys and concerns and praying together as a group, ending with the Lord's Prayer.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

## for extra study



To learn more about our topic for the week or to dive deeper into Scripture, check out these Bible passages:

**Acts 22:3-16**

**Acts 1:8**

**2 Corinthians 2:18-21**

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**main point**

We are each given the invitation to become a part of God's mission and join God's Story. Will you choose to be part of the Story of God?

**activity**

## // LETTER TO GOD

Pick a space where you will be comfortable and not distracted by your friends. Before you begin writing your letter to God, spend a few moments in prayer. Thank God for being with you always and for helping you through your Confirmation journey. Ask God to show you something new about yourself.

After you finish praying, take a few minutes to write a letter to God. Some things you might want to include in this letter are:

- Things you have learned through Confirmation
- Ways you have grown deeper in your faith during Confirmation
- Commitments you want to make to God or the church after Confirmation
- Concerns or questions you might have
- Any obstacles or challenges in your faith
- How you want to continue to grow closer to God

**prayer**

Before diving into today's lesson, be sure to open with a word of prayer, then recite the Apostles' Creed together, from memory, as a group. (Say it a couple of times if you want to practice for the ceremony!)

**review and connect**

Last week we discussed inviting others into God's story.

1. Who did you share your church experience with last week?
2. Did you invite anyone to your Confirmation Ceremony?
3. Did you share anything on social media about your church experience?

**teaching topics**

Everyone chooses a path to go down, whether they mean to or not. Faith is something you choose for yourself. YOU are the only person who can decide if this is a path you walk down.



As Christians, we believe the path of Jesus is the best possible path you can choose. Ironically, it's a path you can only walk with others—which is why Jesus left us the church. We are meant to walk this journey in community alongside our brothers and sisters in Christ.

We hope that through confirmation, you not only choose to follow the path of Jesus, but you choose to commit to the church. You can commit to the church in the following ways:

**WORSHIP:** Worship each weekend, in person when possible.

**STUDY:** Grow in your faith outside of worship through personal time with Jesus and through a small group.

**SERVE:** Serve by using your gifts and talents both inside and outside of the church walls.

**GIVE:** Give back to God of your time, talents, and resources.

**SHARE:** Share your faith with others in your words and actions.

**bible connection**

Read our passage for today, found in Acts 4:32-35.

**discuss**

Why do you think the church exists?

What do you think Jesus wants the church to look like?

For Jesus, being his follower meant being in community with other followers. Why do you think he made this a priority?

What does the church mean to you? Why is the church important in your life?

As you wrap up your confirmation journey, what commitments do you want to make to be a part of the church?

**challenge**

## // LETTERS TO MENTORS

If you have time, either today or some other time in the next week or two, it would be so nice to write your mentors letters thanking them for helping you and your class on this journey.

**joys, concerns, & prayer**

Close by sharing joys and concerns and praying together as a group.

**Share Joys first** – Things you are thankful for or ways you've encountered God this week.

**Share Concerns second** – Things going on that you want to lift up to God and share the burden of with others.

End your time by praying together the Wesley Covenant Prayer.



RESURRECTION  
**STUDENTS**

