

# WORK IN PROGRESS

Helping young girls and boys to grow more Christlike in all areas of life

## GEMS & CADETS *Theme* 2015



In all my prayers for all of you,  
I always pray with joy because  
of your partnership in the gospel  
from the first day until now, being  
confident of this, that he who began  
a good work in you will carry it on to  
completion until the day of  
Christ Jesus.

Philippians 1:4-6



# Leader's Guide

## LESSON 1

### Work In Progress Finding Our Place

#### MAIN OBJECTIVE

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The GEMS and Cadets will understand they belong with God, and because of this, they can better know who they are and how they relate to others.

#### INTRODUCTORY ACTIVITY

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##### **Supplies needed: hand mirror**

Bring a mirror and ask each child to look into it. Ask them if the face that they see actually shows other people who they are. Do their individual personalities show in the mirror's reflection of their faces? In some respects, it gives clues to some of their personalities, but not nearly all of it. A mirror cannot show all of who you are, nor all your thoughts and beliefs. You may also choose to ask the children what other things make up who a person is.

#### LESSON INTRODUCTION

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Life can be compared to a long journey or a hike. As we journey through life, we might start wondering things such as, "Am I enjoying this journey that I am on? Should I be trying to hike by myself or with others? Is God a part of my journey?"

It doesn't seem easy to figure these things out. It takes time. Remember we are each a work in progress and we are learning and developing all the time. Our lives, just like a hike, bring us new adventures every day to experience and to learn from. We might also notice that every journey has many different parts to it (just like our lives do). Some days life seems easy and sometimes much harder. But in the process, we will find out the type of person that we are becoming.

How do we figure out who we are? The answer comes by figuring out where and to whom we belong. It has been said before that "in order to best understand who we are, we should first understand whose we are." So, to whom do I belong? Do I belong to my parents? Do I belong to myself? Do I belong to God? In an important writing that talks about this question it answers, "I belong, body and soul, in life and in death to my faithful Saviour Jesus Christ." (Heidelberg Catechism question #1).

So, we find that we do belong - we belong to Jesus Christ! We have a place in this world! We have an identity! We have a purpose! This is good because we want to belong somewhere.

We want to be able to describe ourselves as being in a loving, caring group; a Christian group. We become part of this group by giving our hearts to Jesus. When you give your heart to Jesus, you are saying that you are giving Him all of who you are - your goals, your decisions, your mind, your body, your soul.

#### LET'S TALK ABOUT IT

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1. Some days it's easy to make good decisions and follow Jesus, other days it's hard. Why do you think that is?

On the harder days, a person might be trying to do things more selfishly - or doing things that they shouldn't be doing. The "hardness" may come from an active conscience or the prompting of the Holy Spirit. Other harder days situations might happen because God is sometimes teaching us patience and to learn to trust in Him. On the other hand, easy days don't mean that we're doing everything right.

2. How does it help you (on easy days and on harder days) to know that you belong to God and to a group of Christians? (Hebrews 13:5b-8; John 15:19)

It helps to realize that we are never dealing with our problems all alone. God is always with us and we are His people. He also often puts other people in our lives to befriend us and walk each day with us. It also helps to know in advance that as Christians we will have trouble because we do not follow the ways of the world.

3. What might it mean to have a place and purpose in this world? (Psalm 100:3; Psalm 95:6-7; and 1 John 3:1)

It means that we belong with Him as His children and as the sheep of His pasture. We have a place of comfort, rest, and peace that can only be found in God.

4. What does it mean to say that you are giving yourself to Jesus? (Colossians 3:1-2, 12-15)

It means giving all of yourself - your heart, mind, body, and actions including the things that you are called to do in Colossians 3:12-15. Discuss those verses in detail with your GEMS/Cadets and ask them if they are ready to commit that much to the Lord.

5. If you feel that the Holy Spirit wants you to give your life to God, who could you talk to?

You could talk to a parent, an aunt/uncle, a grandparent, a pastor, a Christian friend, or a GEMS Leader or Cadet counsellor. Leaders, be prepared to share the plan of salvation with a child should they show an interest. Pray for the Holy Spirit's guidance.

## LET'S ACT ON IT

Once we have found our place with Jesus, the Holy Spirit helps us make progress. Fit the following words from Colossians 3 into the fill-in puzzle.

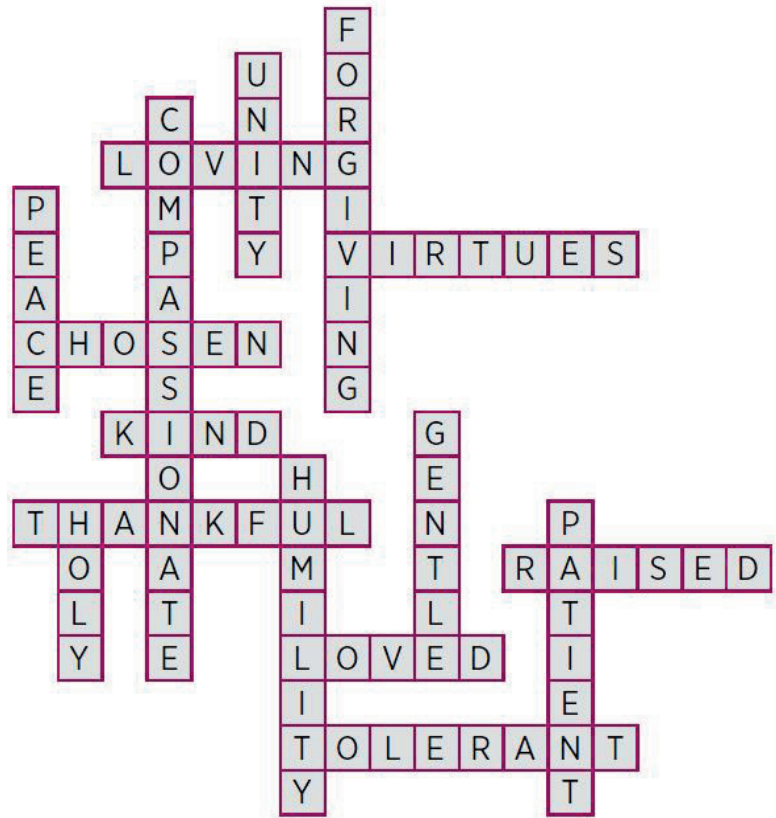
loved	holy	loving*	tolerant*
peace	raised	patient*	thankful*
unity	kind*	virtues	forgiving*
chosen	gentle*	humility*	compassionate*

Now choose one of the characteristics(\*) from the list and work at showing that to others this week.

## LET'S REMEMBER

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

**Philippians 1:6**





# Leader's Guide

## LESSON 2

### Work In Progress Setting Goals

#### MAIN OBJECTIVE

Each GEM and Cadet will realize that she/he should be preparing for Jesus' return and she/he needs to set the right goals to prepare.

#### INTRODUCTORY ACTIVITY

#### Supplies needed: hiking or topographical map of your area

Bring a map showing hiking trails and or a topographical map of the area in which you live. Use the map to discuss how a person might best make plans for a two-day hike. Talk with the children how important it is to set a goal and a plan for where you are going.

#### LESSON INTRODUCTION

Can you imagine taking an overnight hike without thinking about where you are going or what you might need along the way? What would you do as you walked? How would you know when to stop? Why would you be hiking in the first place? You see, it is good to have goals before you start. Setting goals is important in all life situations. You might ask yourself — what am I going to do today? How am I going to act? How do I know I am making good choices? What are God's goals and God's plans for me? As a Christian, your goals and plans must fit with God's goals and plans for you.

As you "journey" through life, remember that you are still a work in progress. God is working in you, and He's not finished with you yet. Philippians 1:6 says, "He who began a good work in you will carry it on to completion until the day of Christ Jesus." Your goal is to be ready for Jesus' return. God is doing good work in your life and He wants you to do good work in the lives of others. He's with you every step of the way. Are you ready to take that hike with God? Are you setting goals that will lead you to hear Jesus say, "Well done!" at the end of your life?

#### LET'S TALK ABOUT IT

1. Solve the puzzle to read this passage. In what ways is life like going on a long hike? (Ephesians 5:15)

A	B	C	E	F	H	I	K	L	N	O	R	S	T	U	W	Y
1	2	3	4	5	6	7	8	9								
L	O	O	K		C	A	R	E	F	U	L	L	Y			
5	6	6	4,5		2	1	6,7	2,3	3	8	5	5	9			
T	H	E	N		H	O	W		Y	O	U					
7,8	3,4	2,3	5,6		3,4	6	8,9		9	6	8					
W	A	L	K		N	O	T		A	S						
8,9	1	5	4,5		5,6	6	7,8		1	7						
U	N	W	I	S	E		B	U	T							
8	5,6	8,9	4	7	2,3		1,2	8	7,8							
A	S		W	I	S	E										
1	7		8,9	4	7	2,3										

Ephesians 5:15 (ESV)

The children should be able to come up with some comparisons between life and an extended hike. Here are some.

- We go through life one step at a time.
- We need to have a sense of direction or we might get lost.
- We need to be prepared for a variety of things that could happen along the way.

Ephesians 5:15 even compares life to a walk. Some translations, like the NIV, warn us to be careful how we live. Others, like the ESV, warn us to be careful how we walk. They mean the same thing.

2. Fill in the missing words from Philippians 3:14 (NIV), and then discuss what could happen if we don't have goals.

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

The answers should be pretty straightforward. Many aphorisms have been written about not having goals. For example, if you don't know where you're going, any route will get you there. Or, if you don't know what you're aiming for, you'll hit it every time. Paul wrote the Philippians about pressing on toward the goal. He knew that if he didn't make progress in the direction of the goal, he would never get there.

### 3. Do you think that having goals always ends up being a good thing? (2 John 1:9)

Having goals and striving to reach them is only a good thing if the goals are good. Bad goals are worse than no goals at all. The passage makes it clear that a person who doesn't continue in the teaching of Christ, which is the same as trying to please God, doesn't even have God in his life. A person who does try to please God has both the Father and the Son. Pleasing God, by the way, should be the primary goal in your life, because that's what brings Him glory, and bringing Him glory is the reason for our existence.

### 4. Why is it important to know God's goals for us when setting goals for ourselves? (Colossians 3:1-4 and Proverbs 3:5-6)

If we desire to follow God and do what He wants, then we need to make God's goals our goals. God has a plan for each of us. The Colossians passage reminds us that we are to be heavenly minded, with our thoughts and inclinations and goals set on spiritual things. The Proverbs verses tell us that if we take God into account and submit to Him in all our plans, then He will keep us on His straight path.

### 5. What does Paul tell us in Philippians 3:12-14 about working towards accomplishing our goals?

We are challenged by Paul to forget what is behind (probably meaning our failures and our sins that we have already asked forgiveness for) and we are to make every effort toward reaching the goal.

### 6. What types of things might we do, so that we hear God tell us "well done"? (Matthew 25:21)

Questions like this should make us very glad that God left us with a written message for us - His Holy Word. Every Christian should want very much to know how to make God happy, and we can go to the Bible to find out. Answers may include that we need to show that we are doing well with a few of God's tasks,

This passage tells us that if we faithfully do what He already told us to, we will be entrusted with more responsibility. That's a blessing!

You might also remind the children that if we love Jesus, we will keep His commandments (John 14:15 should be a familiar passage to them). If we really do love Him, and if we really do what He says, we are on the right path to hearing "Well done."

## LET'S ACT ON IT

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Are you making progress on the characteristic you chose last week? Has anyone noticed a change in you? Keep in mind that it is work and you're not finished yet. So work on the same characteristic again this week.

## LET'S REMEMBER

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"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

**Matthew 25:21**

# Leader's Guide

## LESSON 3

### Work In Progress Praying & Reading my Bible

#### MAIN OBJECTIVE

The GEMS and Cadets will understand that they can show progress in talking and listening to God.

#### INTRODUCTORY ACTIVITY

##### Supplies needed: Bible

Place a Bible in front of the GEMS/Cadets and ask them how it can help us talk to God and also help God talk to us. Answers may include:

- The Bible has actual prayers in it that people have prayed to God. We can use their examples.
- The Bible shows us different ways we can pray.
- The Bible can give us (by the Holy Spirit's leading) God's answers to our prayers — often seen through the experiences of others.

#### LESSON INTRODUCTION

In our last lesson we talked about God having goals for us. This week we are going to look at how we can have the kind of fellowship with God where we can know what God wants and what His goals for us are. Two things we already know for sure are that God wants us to talk with Him and that God wants us to listen to Him.

So it is a good thing for us to keep relating to Him more and more (progressing all the time). We need to find ways to talk to Him and hear Him talk to us. It would also help us if we could find a message written by God, with His own words, recorded for His people. The good news is that we actually do have a way to talk to God and we do have such a message.

What a great thing it is that at any time and in any place we can pray to Him. He is never too busy to listen to us. Even more good news is the fact that we also have a whole book of God's messages for us. It is an awesome thing that God has given us the Bible to tell us how to know Him and how to live on earth doing His work. Psalm 119:105 says that God's Word (the Bible) is, "a lamp to my feet and a light to my path." We need to treasure that book like it's gold. We need to know what the Bible says.

What does God want you to do for Him today? The only way you can know the answer to that question is by praying and by reading the Bible.

#### LET'S TALK ABOUT IT

1. Describe some different ways to talk to God in prayer. (2 Chronicles 7:14, Philippians 4:6, 1 Thessalonians 5:17)

Answers may include talking with God with our eyes closed and our hands folded; or quickly "throwing" a prayer up to God, no matter where we are. We can talk silently to God as we worship Him, or we can actually speak out loud to Him. There are many other ways we can talk with God.

There are also attitudes to consider. The passages show that when we pray, we should not be anxious, but have peace and confidence that God hears and cares. We should humble ourselves, seek God, and turn from our disobedience. We should pray continuously.

2. Do you think that some ways of talking with God might work better for you than other ways? (Philippians 4:6-7 and 1 John 5:14) If so, why might some ways be better than others?

Some ways help us to concentrate better. Some options give the feeling and attitude of connectedness better than other options. If we choose a way that seems to "fit" better than other ways, we are more likely to communicate with God more often.

3. What are different ways that God might talk to you?

God talks to us through the Bible. Also, God might direct our thoughts through the Holy Spirit's leading. God might also talk to us through other people speaking directly with us. But remember that all of these ways need to fit with the proper Christian understanding of Scripture.

4. Why might God not give us an answer to our prayers right away?

There are a lot of reasons why God might not answer our prayers in the way we want Him to. Let's have a look at what the Bible says about it.

- ◆ Psalm 66:18 - Unconfessed sins
- ◆ 1 John 5:14-15 - Asking for something not according to His will
- ◆ James 1:5-8 - Doubting God's positive answer
- ◆ James 4:3 - Asking with the wrong motives

There are more. But it's also true that God may delay His answer to teach us patience and trust. In other words, He might be saying, "No," or He might be saying "Not yet."

5. God's silence sometimes means that He wants us to patiently wait. Why is this silence so hard to handle?

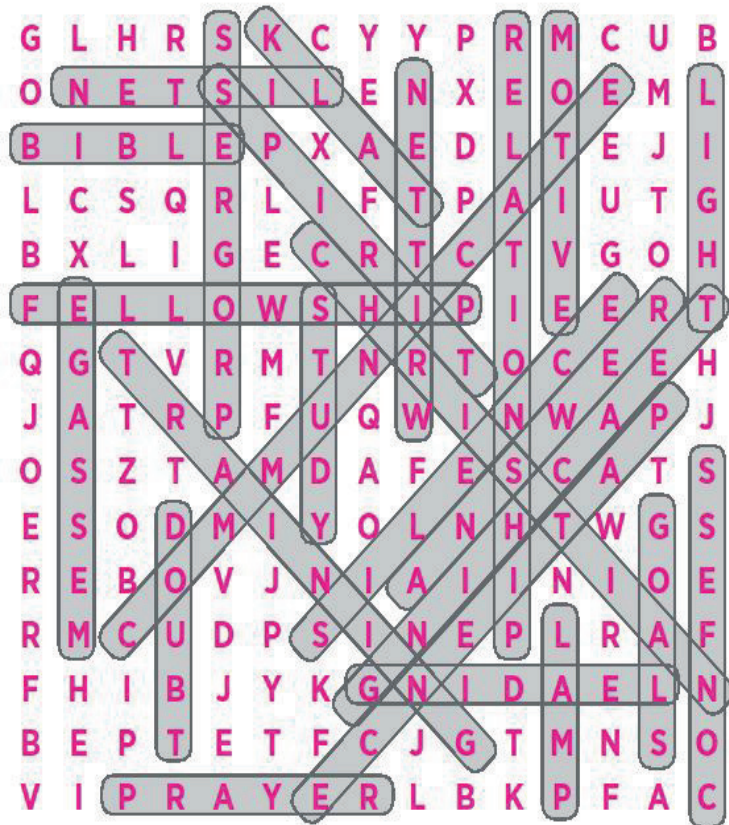
These answers can be hard to handle because we know what we want the answer to be and we do not see the whole situation the way God sees it. What looks good to us might actually turn out to be harmful. God's plans are always better (Romans 8:28).

6. What might you do to have a relationship with God that keeps getting better and better? (Matthew 4:4)

We are so interrelated with God that Jesus says our very lives depend on every word that proceeds from God's mouth. Those words are recorded for us in the Bible, so studying the Bible is absolutely essential to building a good relationship with God. A good relationship depends on communication, so we not only listen to God through His Word, but we also speak to God in prayer. The more time we spend in prayer, the better our fellowship with God is going to be.

7. Find the following words from our lesson in the word search puzzle.

written	training	lamp	prayer
Christian	talk	light	silence
Bible	doubt	study	relationship
answer	listen	Spirit	progress
confess	leading	teaching	communicate
patience	motive	goals	message
fellowship			



#### LET'S REMEMBER

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

2 Timothy 3:16

Paul tells us that all of the Bible is useful for getting "right" with God. If you are having trouble doing these things every day, remember that you are a work in progress. Keep trying. With God's help, we can do better and better in talking and listening to Him.



# Leader's Guide

## LESSON 4

## Work In Progress Making Decisions

### MAIN OBJECTIVE

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The GEMS and Cadets will realize that there are ways to make good Christian decisions as we progress towards accomplishing God's goals for us.

### INTRODUCTORY ACTIVITY

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**Supplies needed: WWJD bracelet** (*alternative: sign or paper with the letters neatly written on it*)

Bring in a W.W.J.D? (What Would Jesus Do?) bracelet, sign, or a piece of paper on which you wrote the letters. Ask the children why someone might wear a bracelet with those letters on it? They may think it looks cool, or they might say it reminds them to make decisions for Jesus. Maybe they think it just shows that the wearer is a Christian. Tell the children that today we will talk about the many decisions that we have to make each day.

### LESSON INTRODUCTION

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Every day we make thousands of decisions. Some of our decisions are big decisions - like, should I respect my parents? Or, should I do my homework? Others are small decisions, like how many times I should chew my meat before I swallow it. Yet, all our decisions are important. Each decision reflects who we are as Christians. Hopefully, we make better decisions as we progress through our lives. Each choice we make should be based on our main goals in life. So how can we make decisions that fit with that goal - our goal to hear Jesus tell us, "Well done"?

God created us, gave us life, and showed us how we ought to live. Since we belong to God, then, there are a few questions we ought to ask ourselves before making decisions. Here are some:

- 1 What is best for God's kingdom? Remember it's His world and He wants us to take good care of it.
- 2 How can I choose life? God is the One who gives life to all and that includes eternal life with Him. All life is precious to God.
- 3 What would Jesus do? Jesus set the example that we are to follow and He clearly showed us the way we should act.

If the good decisions that we make can positively answer one or more of these questions, then we are a work in progress - becoming and doing what God wants.

### LET'S TALK ABOUT IT

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#### 1. What decisions have you made in the last half hour?

This is a good way to show them that decisions are a part of every minute of every day. Some are simple decisions like what they chose to say or not say to others, or even whether or not they chose to pick their nose in public. They may express decisions they made about who they talked to when they arrived tonight at GEMS/Cadets or whether they said hello to their leaders or not. If it's not an accident, then every thing a person does is something they decided to do the way they did it.

#### 2. How can you tell if your decisions are good ones? (2 Timothy 3:16, Psalm 119:9-12)

Decisions are good if we are making decisions that fit with what God is teaching us. We first of all have to make sure that our hearts seek to follow God's Word and God's laws.

#### 3. If your goal is to prepare for Jesus' return, then what should you be doing? (Micah 6:8b, 1 Corinthians 10:31)

We should do things that are important to God. We should be talking and listening to God, and then doing the things that we know honour Him and bring Him glory.

#### 4. What might you do to remind yourself to ask the three decision-making questions mentioned above?

Here are some suggestions for the boys to help them remember:

- Write them down and put them in a visible place where they will often see them.
- Ask someone else to remind them about the three questions (accountability).
- Memorize them. Encourage the boys to recite them from memory at the next meeting.

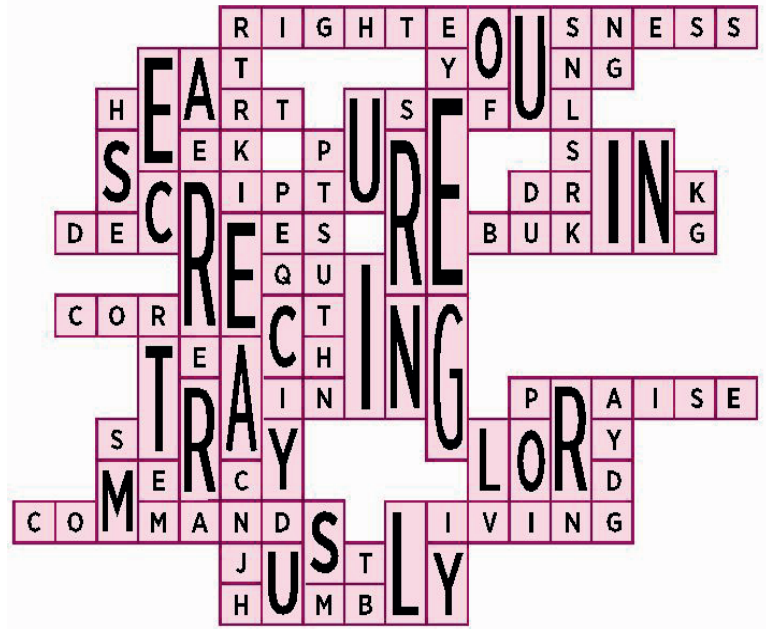


## LET'S ACT ON IT

How good are you at thinking before you talk or act? Make a point this week to think about your choices and whether they give God glory. The following word list comes from the Scripture passages in this week's lesson. Fit them into this stretch fill-in puzzle. **All the words go across**, but some letters fit in the same columns in different rows ... so they're stretched.

This puzzle is quite large ... so you may need to finish it at home.

eat	living	pure	decrees
glory	rebuking	stray	Scripture
justly	Lord	useful	drink
commands	mercy	training	humbly
sin	praise	seek	require
heart	teaching	young	correcting
			righteousness



## LET'S REMEMBER

"I have set you an example that you should do as  
I have done for you.

**John 13:15**

# Activity Page

## LESSON 5

### Work In Progress Submitting to Authority

#### MAIN OBJECTIVE

Children will understand that Jesus has complete authority over all of creation, including themselves.

#### INTRODUCTORY ACTIVITY

##### Supplies needed: photos of people in authority

Look for photos of a police officer, teacher, pastor, parent, sporting coach, GEMS Leader/Cadet Councillor conductor, referee etc.

#### LESSON INTRODUCTION

When your mum gives you a job that you don't want to do, like taking out the bins or putting the dishes away, you do it anyway. Why? Because your mum has "authority" over you. She has that authority because she is your mother. Besides obeying your parents, you also have to obey your teachers, ministers, and even your Cadet Counsellor/GEMS Leader. These people have positions of authority.

But what if a total stranger told you to take out his rubbish? You probably wouldn't be too willing to do it.

A stranger has no authority to tell you what to do.

Once a simple carpenter's Son told people what to do and how to live. Many of them listened. He even commanded evil spirits to come out of people, and they too obeyed Him. That man was Jesus, and if anyone ever spoke with authority, it was Jesus!

Let's take a look at Jesus and His authority.

#### LET'S TALK ABOUT IT

##### 1 What does it mean to have authority?

God has established spheres of authority in the world. In the Old Testament, God established the authority of parents in the Ten Commandments – Honour your Father and Mother (Exodus 20:12). Jesus was handed over to the official power of the governor for example (Luke 20:20). Rulers and kings have their spheres of influence (Ro 13:1), as does Satan (Col 1:13), but Christ has been placed above all realms of authority.

The use of authority means that there is a relationship between two people where one has an authority / ruler position. Submission to authority should be because of the conviction (of the heart) that the person in authority is entitled to give orders and instructions.

2. A school bully and a school principal both claim to have authority. They are probably talking about two different things. What is the difference?

Legitimate authority – that which is right and proper – in accordance with the Bible or the laws of the land

Illegitimate claims of authority – that which is not right and proper – which is not in accordance with the Bible or the laws of the land.

##### 3. Read Mark 1:21-34.

We don't know exactly what Jesus looked like. He probably wasn't a big muscular man. Yet He acted with authority. How did He show His authority in verses 21–27?

Jesus taught from the scriptures with authority – because He knew and understood God's intent in writing them. He also showed his authority over demons – He spoke – they listened and obeyed His commands.

4. Revelation 12:7–9 tells us how the demon inside the man knew who Jesus was. Look up this passage and fill in the missing words.

And there was war in heaven.  
Michael and his angels fought against  
the dragon . . . . The great dragon  
was hurled down — that ancient  
serpent called the devil, or  
satan , . . . was hurled to the earth ,  
and his angels with him.

Where had Jesus and the demons met before?  
In Heaven.

5. Did the people who were watching know who Jesus was? (vs. 27) What was their reaction? (vs. 32)

No, they did not really understand who Jesus was. But they flocked to him and brought their sick to him to be healed – they understood he had authority and wanted to submit at least in part.

6. In what other way did Jesus display His authority that day? (vs. 29–31)

He showed authority over sickness.

7. These are just a small sample of the authority and power of Jesus. Christians all over the world today feel His power. How does having Jesus in your heart give you power at school, at home, or with your friends? How is Jesus' power evident at a Cadets or GEMS meeting?

Personal answer from the GEMS/Cadets.

D	O	C	T	O	R
	B	O	S	S	
P	A	R	E	N	T
L	A	W	Y	E	R

8. Jesus has authority over all of creation. Fill in the name or title of the person who has authority over the person listed. The letters in the shaded column will spell out what we must do.

Patient	Student
Employee	Netball
Child	Army Major
Legal Secretary	Cricket

				T	E	A	C	H	E	R
C	O	A	C	H						
				G	E	N	E	R	A	L
				U	M	P	I	R	E	

### LET'S REMEMBER

The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law.

Mark 1:22



# Activity Page

## LESSON 6

### Work In Progress Overcoming Fear

#### MAIN OBJECTIVE

Children will be reassured that God is in control and we don't need to be afraid.

#### INTRODUCTORY ACTIVITY

Share some things that make people afraid. Ask the children what sorts of things frighten them. Do they remember a time when they were the most frightened?

#### LESSON INTRODUCTION

You are walking alone in the bush and you hear a branch snap nearby!

You are baby-sitting your sister and your parents won't be home until much later. You hear a strange noise outside.

You were supposed to revise your times tables for homework. You know you should have done it, especially when the teacher says, "Take out a piece of paper and number it from one through ten."

Fear! It strikes everybody. Jesus wants to tell us something about it.

#### LET'S TALK ABOUT IT

1. Try to remember the last time you were really afraid. How did you overcome this fear? Do adults ever become afraid?

Personal answer from the GEMS/Cadets.

Yes, adults to become afraid.

2. Read Mark 4:35-41.

The Sea of Galilee is about 20 km long and 11 km wide. Located in a valley, it was one of the best fishing lakes around. Jesus had just finished a long day of teaching and needed to get away. Jesus and His disciples took a boat to the other side of the lake. While they were out on the lake, a storm came up. Describe the storm (vs. 37).

"A furious squall came up, and the waves broke over the boat, so that it was nearly swamped." V37.

3. What was Jesus doing while the storm was raging? (vs. 38)

Jesus was asleep.

4. The disciples seemed to have some good reasons to be afraid. How did they handle their fear?

They panicked, and desperately woke Jesus as a last resort.

5. How did Jesus show His mastery over nature?

Jesus got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He simply spoke to it!

6. What did Jesus then say to His disciples? (vs. 40)

Jesus was asleep. Jesus said, "Why are you so afraid? Do you still have no faith?"

7. What do we learn about the disciples from vs. 41?

The disciples were still learning who Jesus was and the extent of His authority.

8. Fear seems to be part of life, and yet Scripture tells us that fear is unnecessary. Jesus made it clear to the disciples that even though they thought they were in danger, it was unnecessary for them to be afraid.

We can work on overcoming our fears by doing the four things which are written below in code. Fill in the correct letters and learn what you can do to get rid of your fears. (Hint: Every letter in the code is one letter too far in the alphabet.)

➡ G E T    C L O S E    T O    G O D  
H F U    D M P T F    U P    H P E

➡ T R U S T    G O D  
U S V T U    H P E

➡ R E S T    I N    C H R I S T  
S F T U    J O    D I S J T U

➡ B E    B O L D    T O    C A L L  
C F    C P M E    U P    D B M M  
O N    G O D  
P O    H P E

#### LET'S REMEMBER

"Why are you so afraid? Do you still have no faith?"

Mark 4:40

# Activity Page

## LESSON 7

### Work In Progress Sharing the Good News

#### MAIN OBJECTIVE

That the GEMS and Cadets understand that they need not to be ashamed of the Gospel.

#### INTRODUCTORY ACTIVITY

When you have good news inside, you have to share it! Show the u-tube clip of the 'Mentos and Coke experiment' and flow into the lesson introduction. Alternatively do the Mentos experiment (or use your junior leaders) yourself and adapt the script to suit.

Mentos and Coke Experiment U-tube resource  
- <https://www.youtube.com/watch?v=L4meFZDOI1Y>.

#### Alternative Introductory Activity

Have six or seven different types of seeds on the table. For example, you could have watermelon, orange, apple, grass, flower, acorn, and pumpkin.

As the children arrive, have them examine the seeds on the table, and have them guess what types of seeds are displayed. Just before night starts, tell the children what types of seeds are on the table. Ask the kids how they think something as small as a watermelon seed can grow into such a delicious fruit. How can an acorn planted in the dirt and watered grow into an Oak tree?

It would also be helpful to have different types of soil available. You should place the variety of soils in separate cups and label them accordingly. For example, you might have cups labelled, "Good Soil," "Rocks," "Path / Compacted Soil" and "Sand." Ask the children which soil would be best for the seeds.

#### LESSON INTRODUCTION

Amy/Luke and Sarah/Thomas were best buddies. They went everywhere together - including GEMS/Cadets. Both of them had accepted Jesus into their lives and were trying to live for Jesus in all they did. Amy/Luke was always going out of her/his way to tell everyone she/he met that she/he was a Christian and that Jesus had changed her/his life.

Sarah/Thomas had no trouble telling people how her/his favorite sporting team was doing and she/he loved talking about the great holiday her/his family took, but she/he just couldn't bring herself/himself to tell people about Jesus. She/he really wished she/he could be more like Amy/Luke. Let's see what Jesus had to say about it in today's lesson.

#### LET'S TALK ABOUT IT

1. Read Mark 4:1-20.

Jesus told the crowd a parable. What is a parable?

Jesus told the Parable of Sower.

2. Jesus told a story about a farmer planting seed. As he threw this seed around, it fell on different types of soil. What were the four types of soil?

The four types of soil are:

- 1) The compact soil of the path
- 2) The rocky places, where it did not have much soil
- 3) The soil with thorns in it
- 4) The good soil

3. Did those listening understand what Jesus was telling them in His parable? Who or what do the parts of this story represent?

- ◆ Who is the farmer?
- ◆ What is the seed?
- ◆ The four different places where the seed lands really stand for different kinds of people. Describe each of these types of people.

The farmer is Jesus

The seed is the Word of God.

The four kinds of people:

- 1) v15. Some people are like seed along the path, where the word is sown and as soon as they hear it, Satan comes and takes away the word that was sown in them.
- 2) v16 – 17. Some people are like seed sown on rocky places, they hear the word and at once receive it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away.
- 3) v18 – 19. Some people are like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.
- 4) v20. Some people are like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown.

4. What do you think Jesus was trying to teach us in this parable?

This parable can teach us about ourselves. God will bless those people who trust him. When we know that we need Jesus, we should trust him. When we really trust him, he will teach us and we will change, because Jesus will change us.

This parable also teaches us that there are some people on whom the Word of God has no effect, some people upon whom it has a superficial effect that cannot stand up to tribulation or persecution, some people who may have a passing and even long time acquaintance with the Word of God as nominal Christians but for whom the Word bears no fruit, and some people who have a depth (this is a God-given gift) that allows them to comprehend and receive the Word of God and bear fruit.

5. "Sowing seed" is an important part of the Christian life. How can you witness (share your faith) to your friends? Families? Neighbours?

Personal answer from the GEMS/Cadets.

6. Why is it difficult for you to tell others that you love Jesus and have put your faith in Him?

Personal answer from the GEMS/Cadets.

7. Fill in the missing words to read God's promise to us in Romans 8:18. (NIV)

I \_\_\_\_\_ consider \_\_\_\_\_ that our \_\_\_\_\_ present \_\_\_\_\_ sufferings \_\_\_\_\_ are not \_\_\_\_\_ worth \_\_\_\_\_ comparing \_\_\_\_\_ with the \_\_\_\_\_ glory \_\_\_\_\_ that will be \_\_\_\_\_ revealed \_\_\_\_\_ in us.

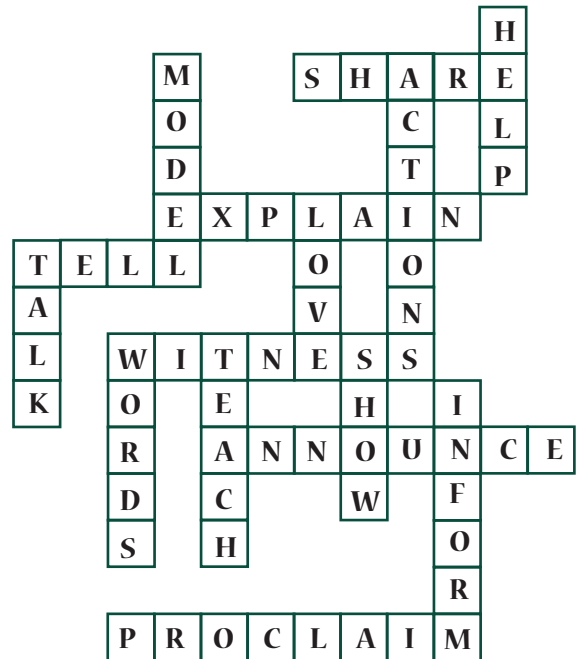
LET'S REMEMBER

Are you more like Sarah/Thomas or Amy/Luke? Do you eagerly talk about your sports or computer game victories, and yet hesitate to talk about your relationship with Jesus Christ? Remember that if you don't share the gospel of salvation with your friend or family member, they may never become a Christian. Then, instead of enjoying a relationship with a loving God and eternity with Him in heaven, they may stumble through life and spend their eternity without Him.

I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes. **Romans 1:16**

There are many ways you can tell your friends and family about Jesus. We have listed a few of them below. Fit them into the puzzle.

- help
- show
- tell
- share
- words
- actions
- witness
- announce
- love
- talk
- model
- teach
- inform
- explain
- proclaim





# Activity Page

## LESSON 8

### Work In Progress Caring For my Physical Growth

#### MAIN OBJECTIVE

Each GEM and Cadet will understand that he/she needs to make progress in treating his/her body as God's temple, and to be in good shape to do God's work.

#### INTRODUCTORY ACTIVITY

Ask the children how people can use their hands and feet to serve God and others? Hopefully, they are already involved in serving others, and will be able to respond from experience. Otherwise, you will have to help them with suggestions.

#### LESSON INTRODUCTION

Our bodies handle a lot of wear and tear. We run around. We play hard. We work hard. Some of us even seem to sleep hard. If we are going to make progress in life, we should make sure our bodies are fit. Do you think you're fit? Do you think God even cares if you are getting stronger or if you are building endurance? Does God care what you put into your body or does He mainly care about spiritual things? The answer is: God cares about all of you - mind, body and soul.

We are supposed to take care of and develop all of who we are, and that includes our bodies. We probably need to build up some calluses and work on building our strength and endurance. Our bodies need to be in good shape to do God's work. Remember, we are supposed to be God's hands and feet to those we meet. We should be using them to serve God in His wonderful world. So, the answer again is Yes! God does care about our physical bodies and what we do with our bodies each day.

#### LET'S TALK ABOUT IT

1. What types of things can we do to take care of our bodies?

We can eat healthy food and drink, try not to carelessly harm our bodies, get plenty of sleep, and respect other people's bodies.

2. Why are our bodies important to God?  
(1 John 3:1, 2b-3)

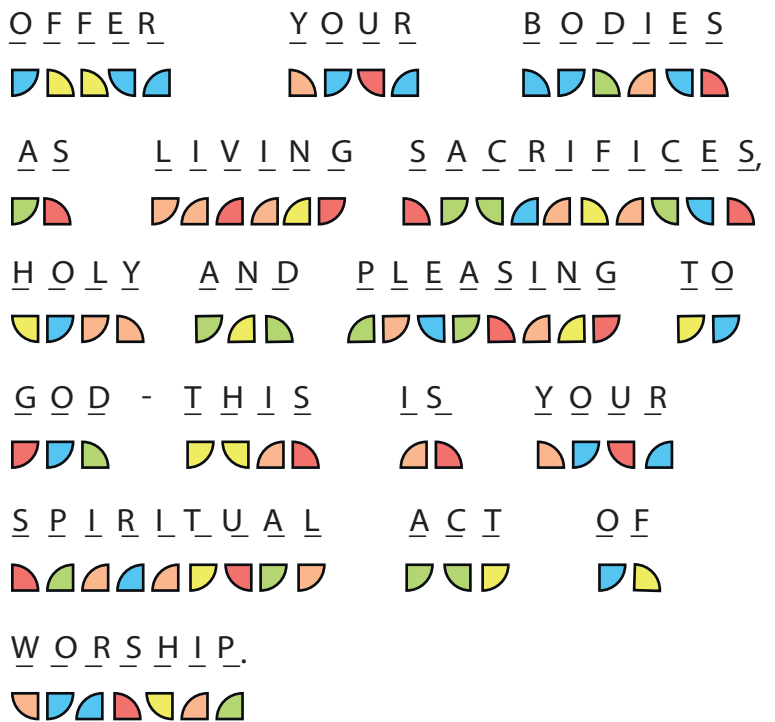
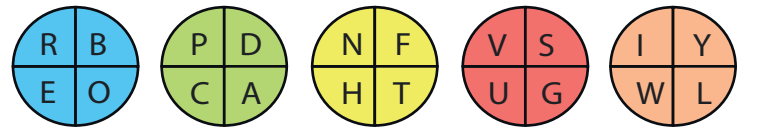
We are God's children! Parents care about their children's physical well-being. They want their children to be healthy and well. So it is important to them to care for the physical needs of their children.

God loves us so much that He sacrificed his only Son to "adopt" us into His family. As our Heavenly Father, He cares about every aspect of us-mind, soul, and body.

3. Why is it important to know that our bodies are a "temple" for the Holy Spirit?  
(1 Corinthians 6:19-20)

We are instructed to honour God with our bodies, because that is where the Holy Spirit lives. What a concept! God lives in me. This makes me the caretaker of God's home. God's residence must be treated with great respect. Just as the Israelites gave great honor to God's temple in Jerusalem because it was God's home, we also must honour and respect our bodies as God's temple.

4. What can we physically do to be "God's hands and feet" to the world around us? Why should we do this? Solve the puzzle to see what Romans 12:1 says about this.



This goes back to the introductory activity. Spend some time considering how you can be God's hands and feet to bless others. Some possibilities are:

- bring other people the things that they need (acts of service)
- walk with them to a place that they need to go
- give some clothing that they may need
- give an encouraging pat on the back
- help someone pick up his/her books if they have fallen.

It doesn't have to be big, and it doesn't have to be preplanned.

When we give our lives to God we are giving all of ourselves (including our bodies). Paul says that God claims our bodies as living sacrifices, to be used by Him. Serving God this way is a way to worship Him.

5. Each of us has limitations with our bodies and our skills. How can God use us, even with our limitations?

Each of us should do as much as we can to help others, through notes of encouragement, just physically showing up to support a friend, or even through trying our limited best and thus being an inspiration to others. And even if a person can do nothing or very little, he can pray. God uses us that way too.

## LET'S ACT ON IT

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Look for ways you can physically serve others this week - sweeping the floor, doing dishes, washing the car, cleaning up someone else's mess, etc. Now don't just look, but do it!

## LET'S REMEMBER

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Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

**Proverbs 3:5–8**