



MIDDLE SCHOOL RESOURCE

God's Way: Session 5

Living For The Weekend

Key Statement: The Fourth Commandment was intended for us 1) to refocus, 2) to rest, and 3) to remember.

::CONNECT::

Option 1: Following Instructions

- Here's a simple worksheet test to pass out to students. It, or a variant of it, is all over the Internet, but this one is from www.brainbashers.com:
 - a. Find a pen and paper.
 - b. Write your name at the top of the paper.
 - c. Write the numbers 1 to 5, one per line.
 - d. Draw five small circles beside #1.
 - e. Put an "X" in the second and fourth circles next to #1.
 - f. Write the word *encyclopedia* beside #3.
 - g. On the back of the paper, multiply 7 x 9.
 - h. Put an "X" in the lower right-hand corner of the paper.
 - i. Draw a circle around the "X" you just made.
 - j. Underline your name.
 - k. Say your name out loud.
 - l. Draw a circle around #4.
 - m. Count the number of words in this sentence and write the answer beside #2 on your paper.
 - n. Put a square around #1 and #5.
 - o. Punch three small holes anywhere in the paper.
 - p. Write your first name beside #4.
 - q. Write today's date beside #5 on your paper.
 - r. Circle every letter "E" you have written.
 - s. Stand up and say, "I HAVE FINISHED FIRST" if you were first. Or else say, "I HAVE FINISHED" out loud, and then sit down.
 - t. Now that you read all of the instructions, skip all of them except the first two! If you have followed the instructions correctly, you should only have your name on the paper!
 - After everyone has "completed" the test, talk about the importance of reading and following all the instructions, especially the first two.

- In the same way, we must follow all the Lord’s instructions if we truly recognize Him as Lord. We must also recognize the Sabbath as holy. If we love God with all we have, we will desire to gain whatever God intends to give by keeping the Sabbath.

Option 2: On a Sabbath in a galaxy far, far away...

- Encourage students to brainstorm a list of fictional universes; write the list on a board.
 - E.g., Star Wars, X-Men, Dora the Explorer, SpongeBob Squarepants, etc.
- Split them into groups and have each group pick a “universe.” Their job is now to compose a skit showing how the main characters from that universe would honor the Sabbath. What would it look like for Indiana Jones to rest on the Sabbath? Would the X-Men use their powers to help at a local orphanage?
- After they present, point out the good places where they showed people remembering, resting, and refocusing. Brainstorm how we can honor the Sabbath in our universe.

:: CONVEY ::

If you are pressed for time this week, consider spending the majority of your Convey time by focusing on points one and three of the session.

Remember, this is merely a suggested outline adaptation for a middle school group. If you decide to incorporate one or more option into your group time, you will likely have to be very selective on the material you decide to teach through. Keep in mind that each class is different, and as the leader guide suggests, personalize the lesson content for your class by determining what elements are most applicable. Don’t feel pressured to teach through all of the content in a single meeting, but instead help middle school students to see the main overall point and big picture the lesson is conveying.

:: COLLIDE ::

See Leader Guide