

# OUR GUIDE TO LIFE

## LESSON TEXT

- 1 Timothy 4:16;
- 2 Timothy 3:16-17

## LESSON OBJECTIVES

- The students will discuss why both life and doctrine are necessary to please God.
- The students will identify the Bible as the source of doctrine.
- The students will identify biblical responses to everyday situations.

## MATERIALS NEEDED

*For each student:*

- pen or pencil
- lined paper
- 5 index cards

*For the teacher:*

- musical instrument
- extra Bibles
- globe or map of the world
- 1 copy of "Good News from the Kingdom"

*Reproducible Pages:*

- Page A, 1 copy for each student
- Page B, 1 copy for every 4 students
- Page C, 1 copy for every 4 students
- Page D, 1 copy for each student

## LESSON PLAN

### *Getting Ready*

- Faithful Instruction
- Teacher Focus
- Teacher Tips
- Preclass Activity: Definitions
- Starting Up
- Welcome and Singing
- Opening Prayer
- Victories
- Good News from the Kingdom

### *Getting into God's Word*

- Story: Instructions for Life
- Activity 1: Playing Music Poorly
- Scripture Study
- Activity 2: Life Scenarios

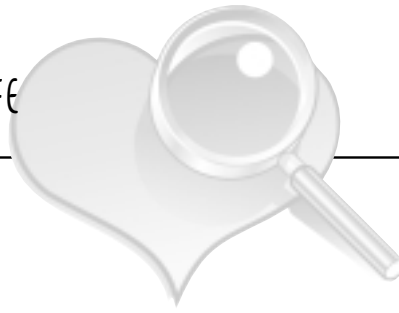
### *Getting It to Others*

- Scripture Memory: 1 Timothy 4:16
- Weekly Challenge and Snack Time
- Conclusion

## SCRIPTURE MEMORY VERSE

Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1 Timothy 4:16



## FAITHFUL INSTRUCTION

### TEACHER FOCUS

Pray before preparing the lesson. Read and meditate on Psalm 119:89-104. Focus on how God's word is perfectly designed to guide our lives through every moral and spiritual decision. Remember how your life was radically changed when you started allowing God's word to be your guide.

### TEACHER TIPS

As preparation for this lesson, try keeping a life and doctrine journal this week. Keep a list of decisions you made during the week and how you allowed the Word to be your guide in making these decisions. You need not share this with your class. The purpose is to help you be more aware of how the Word guides you on a daily basis.

## PRECLASS ACTIVITY

### DEFINITIONS

Students often have a difficult time knowing what words mean. Making a game of it, however, can be amusing, and there is a lesson to be learned. This game emphasizes the importance of a dictionary by having players attempt to write their own definitions. (Students will realize how greatly one person's definition can vary from the next person's.) You will use this game as a bridge to show that, just as people use a dictionary as their standard for the definition of words, the Bible can be used as a person's standard for life. Without the Bible, we too are just guessing.

### MATERIALS USED

*For each student:*

- 5 index cards
- pen or pencil

*For the teacher:*

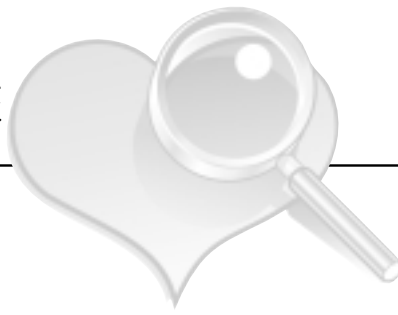
- large writing surface

### PREPARATION

1. A list of words is provided below, along with the correct definition for each. Write each word on an index card and its correct definition on a separate card.
2. Label the corresponding cards (word and definition) with A, B, C, etc.
3. Before class, write only the list of words on the large writing surface.

### INSTRUCTIONS

1. As the students arrive, have each of them take five blank index cards and a pen or pencil.
2. Direct the students' attention to the word list you have written:
  - A. aviatrix - a woman who pilots a plane
  - B. seine - a large fishing net with weights at the bottom and floats at the top
  - C. chimera - a monster with a lion's head and a goat's body
  - D. egregious - outstandingly bad
  - E. zephyr - a light, soft fabric, yarn or garment
3. Instruct the students to think about the words and write a "definition" for each (one per index card). They will not recognize most words, therefore they will need to guess as to the definitions. They must use their imagination here, but not get silly. They are trying to fool their classmates. Do not let them share their definitions yet! Have them write the letter A, B, C, etc. on the card, corresponding to the letter of the word on the list.
4. When all students have arrived, collect the definitions. Add your cards with the correct definitions to the pile.



Choose one word and read aloud all of the definitions for that word from all the cards. As you read through the definitions a second time, the students will vote for the one they think is correct.

5. After everyone has voted, reveal the correct definition and have the students calculate their scores.
  - A. 1 point for guessing the correct definition
  - B. 1 point for every time someone votes for your definition
  - C. 3 points for writing a definition that is correct

## STARTING UP

### WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

### OPENING PRAYER

*Who would like to say a prayer to start today's time together?* Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to be especially thankful for the chance to be together.

### VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. The students were challenged to talk to one disciple about what things they were most excited about when they studied the Bible. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

### GOOD NEWS FROM THE KINGDOM

#### MATERIALS USED

*For the teacher:*

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

#### INSTRUCTIONS

*Now let's take a few minutes to share "Good News from the Kingdom."* Be excited as you read about what is happening around the world. Have a globe or map ready and point out the location as you share.





## STORY

### INSTRUCTIONS FOR LIFE

This story will help the students recognize that in every area of our lives we need direction and definition to succeed. Our most important standard, however, must be the word of God.

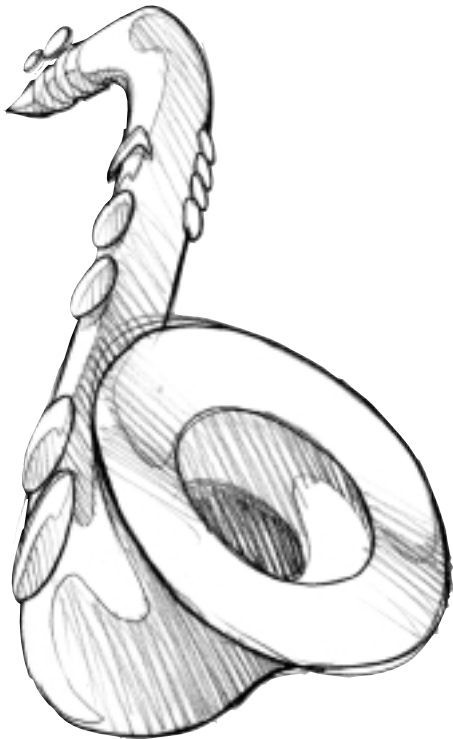
#### MATERIALS USED

*Reproducible Pages:*

- Page A, 1 copy for each student

#### INSTRUCTIONS

1. Distribute copies of Reproducible Page A to the students.
2. Read the story to the students.
3. Explain and discuss the story concept.



## ACTIVITY 1

### PLAYING MUSIC POORLY

The purpose of this activity is to help the students understand that we need a standard for our lives and that the Bible must be that standard. You will enthusiastically play an instrument or sing a song poorly, showing the students that it is easy for us to think we are doing well on our own, when we really are not. This scenario represents those who try to guide themselves through life by their own standards—the results can be terrible!

Throughout this lesson, bridge together the dictionary exercise, playing the instrument or singing, and using the Bible as the standard for our lives.

#### MATERIALS USED

*For the teacher:*

- an instrument

#### PREPARATION

Prepare a song to be played to the class. Perform the song poorly to emphasize the lesson. You may use any instrument as long as you play it poorly. If no instrument is available, you may sing a song.

#### INSTRUCTIONS

1. Introduce your song in the following way: *I have some great news to share. I have been learning how to play the [instrument]. I don't take lessons. I play by ear. I just picked it up and played until it sounded nice.*
2. Begin to play the instrument (or sing) as poorly as possible. *This instrument is so easy to play that I'm amazed. I bet I could do this for a living.*
3. Ask the following questions and allow time for a short discussion:
  - *Well, what do you think? Do you like it?*
  - *What do you think I can do to be a better (instrument) player?*
  - *Why is it so difficult to learn something new when you don't have any help?*
  - *What things do you think it would be difficult to do without any instruction?*
  - *Now let's discuss how we can apply this to being a disciple. What things do we need help with spiritually and morally?*



## SCRIPTURE STUDY

Read 1 Timothy 4:16 out loud to the class.

- *How would you define the word "life"? (It's what you do; what happens from day to day, etc.)*
- *What does the word "doctrine" mean? (It's what you believe or teach.)*
- *How can you watch your doctrine?*
- *What does it mean to watch your life?*
- *We can know the truth only if we know what the Bible says. Our life and doctrine are both equally important. Just like the wings on an airplane. The left wing is not more important than the right because if you take one away, the plane will not fly. In the same way, living righteously and having the correct beliefs (biblically) are both equally important.*

## ACTIVITY 2

### LIFE SCENARIOS

In this activity, each group of students will be given a list of scenarios that mimic real life situations. They will also be provided with a list of scriptures that give biblical teaching regarding these situations. The goals will be for each team to match several of the scenarios with an appropriate scripture, and then write a godly response to the scenario. This will enable the students to understand that the Bible gives us perfect instructions for everyday life.

### MATERIALS USED

*For each student:*

- pens or pencils

*Reproducible Pages:*

- Page B, 1 copy for every 4 students
- Page C, 1 copy for every 4 students

### INSTRUCTIONS

1. Divide the class into groups of four.
2. Give each group a copy of Reproducible Page B ("Scenarios" worksheet). On the sheet, there is a list of scenarios at the top and a list of scriptures at the bottom. On Reproducible Page C, the scenarios are again listed in the left column, along with three blank columns entitled "Scripture," "Response" and "Why?" The groups are to match each scenario with one of the scriptures given. (two extra scriptures are listed to provide a little more challenge!)
3. Explain the worksheet (Reproducible Page C) and the Scenarios sheet to the groups.
4. Assign each group two or three scenarios to work on.
5. Once all the assigned scenarios are matched to a scripture, the group should work together to develop biblical responses to each scenario, and the reason they chose that response.

## CONCLUSION

After groups have finished, form a large circle with the class. Give each group time to share some of their responses. The conversation should be lively! All the students should discuss and even disagree with each other. Don't worry! This is an opportunity for a great and meaningful discussion. Be sure to applaud everyone for their efforts and hard work.



## SCRIPTURE MEMORY

1 Timothy 4:16

Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

## MATERIALS USED

*For each student:*

- pen or pencil
- lined paper
- Bible

*For the teacher:*

- extra Bibles

*Reproducible Pages:*

- Page D, 1 copy for each student

## INSTRUCTIONS

1. Have students read 1 Timothy 4:16 in their Bibles.
2. On a piece of paper have each student write the verse in words, and then rewrite the verse beneath it using illustrations. For example, replace the word "watch" with a picture of two eyes.
3. Have some of the students show their illustrated verse to the other class members and allow them to decipher the meaning of each picture.
4. Give each student a copy of Reproducible Page D to take home and practice the memory verse.

WEEKLY CHALLENGE AND  
SNACK TIME

If your students bring a snack, allow them to eat it while you explain to them the challenge for the week.

While the students are eating, summarize the lesson by briefly talking about how the two activities today (the definition game and instrument/singing demonstration) are like people who do not use the Bible as their standard. Allow time for the students to ask questions. Talk about how you use the Bible as your own standard on a daily basis. Share one thing you would like to change to live more by God's standard. Be sure it is something that is appropriate to share with the students.

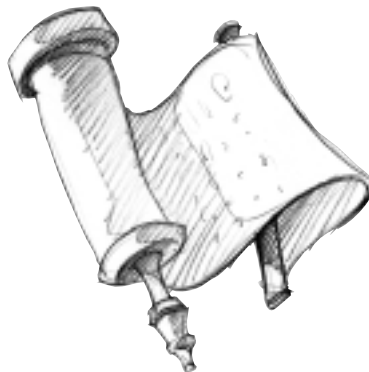
*I would like you to think of one area in your life in which you will live by God's standard this week.*

(Allow one minute for the students to think, then ask for a response.) Be sure all students have a chance to respond. Write down their responses, so that you can pray over the list and follow up next week. Keep in mind that, for some students, the challenge will be greater than for others. Try to help everyone take on a challenge they can feel successful with.

Be sure to encourage the students who did an outstanding job in class and praise any students who had a more successful time than in previous class periods.

## CONCLUSION

End the class with a prayer.



# OUR GUIDE TO LIFE

## LESSON TEXT

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## LESSON OBJECTIVES

- The students will discuss why both life and doctrine are necessary to please God.
- The students will identify the Bible as the source of doctrine.
- The students will identify biblical responses to everyday situations.

## MATERIALS NEEDED

*For each student:*

- pen or pencil
- magazines or newspapers
- glue sticks
- scissors

*For the teacher:*

- poster board – 1 large piece
- 1 pack of index cards
- 2 pens or markers, different colors
- extra Bibles

*Reproducible Pages:*

- Page E, 1 copy for every 2-3 students

## LESSON PLAN

### *Getting Ready*

Faithful Instruction  
 Teacher Focus  
 Teacher Tips  
 Preclass Activity: Scripture Memory Scramble  
 Starting Up  
 Welcome and Singing  
 Opening Prayer  
 Great News Sharing

### *Getting into God's Word*

Scripture Study  
 Activity: Consequences

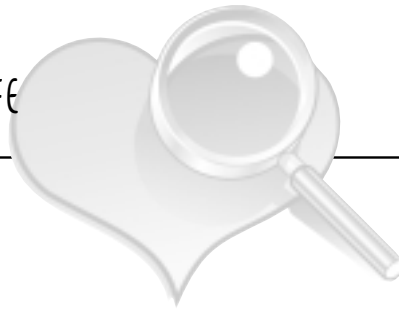
### *Getting It to Others*

Scripture Memory: 1 Timothy 4:16  
 Weekly Challenge and Snack Time  
 Conclusion

## SCRIPTURE MEMORY VERSE

Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1 Timothy 4 :16



## FAITHFUL INSTRUCTION

### TEACHER FOCUS

Pray before preparing the lesson. Read and meditate on Psalm 119:89-104. Focus on how God's word is perfectly designed to guide our lives through every moral and spiritual decision. Remember how your life was radically changed when you started allowing God's word to be your guide.

### TEACHER TIPS

As preparation for this lesson, try keeping a life and doctrine journal this week. Keep a list of decisions you made during the week, and how you allowed the Word to be your guide in making these decisions. You need not share this with your class. The purpose is to help you be more aware of how the Word guides you on a daily basis.

## PRECLASS ACTIVITY

### SCRIPTURE MEMORY SCRAMBLE

This activity is to help the students review their memory verse.

#### MATERIALS USED

*For the teacher:*

- 1 pack index cards
- 2 pens or markers, different colors

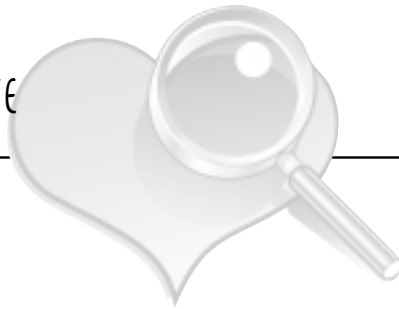
#### PREPARATION

Write each word of the memory verse (1 Timothy 4:16) on a separate index card. Then write out the scripture in the same way on a second set of index cards, using a different color pen or marker.

#### INSTRUCTIONS

1. Divide the class into two groups and give each group one stack of the index cards with the memory verse written on them. (Be sure you shuffle the cards before you give them to the groups.)
2. The two groups will race to see who can put together their verse faster without using their Bibles.
3. After the two groups have finished, shuffle each stack again, but this time remove two cards from each. (Do not let the groups know which cards are missing.) Let them put the verse together again and write down the two cards they think are missing.
4. When the groups are finished, the group with the right words written down is the winner.
5. Replace the two cards you took out earlier, pull out three different cards and play again.
6. Repeat the game one last time and remove four different cards.





## STARTING UP

### WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

### OPENING PRAYER

*Who would like to say a prayer to start today's time together?* Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to be especially thankful for the chance to be together.

### GREAT NEWS SHARING

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple; someone healed from an illness; someone studying the Bible; great grades, etc. Remind the students to be brief, so that as many as possible can share.





## SCRIPTURE STUDY

1 Timothy 4:16, 2 Timothy 3:16-17: This lesson is meant to reinforce the previous lesson. The students discussed why they need the Bible as the guidebook for their lives. The best way to review the lesson is to ask the students to teach you what they learned. By reinforcing and re-emphasizing certain points, you can move on to the activity, which should take up the bulk of the class time.

*You studied a scripture in 1 Timothy in your last class—does anyone remember what it was and what it said? (1 Timothy 4:16 says “Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”)*

*Can anyone tell me the airplane analogy that was discussed and how it relates to this scripture? (An airplane is similar to this verse in that our life and doctrine represent the two wings of a plane. Just as a plane cannot fly with only one wing, we cannot live righteously without the correct doctrine and a life that follows it. If we do not have both, we will fail.)*

*You also studied a scripture in 2 Timothy in your previous class. Does anyone remember what it was and what it said? (2 Timothy 3:16-17 says “All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”)*

*Today we will be looking at some of the consequences that people face by not living by the Scriptures as God has planned.*

## ACTIVITY

### CONSEQUENCES

By making a collage with newspaper and magazine article cutouts, students will learn there are consequences in their lives when they do not obey God's word.

#### MATERIALS USED

*For each student:*

- magazines or newspapers
- scissors
- glue sticks

*For the teacher:*

- 1 large sheet of poster board

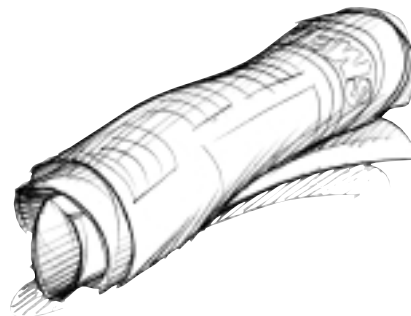
*Reproducible Pages:*

- Page E, 1 copy for every 2-3 students

#### PREPARATION

1. Collect newspapers and magazines from the past week.
2. Look through them and familiarize yourself with some of the articles.
3. Make sure you have enough articles for the activity.

FRIENDS



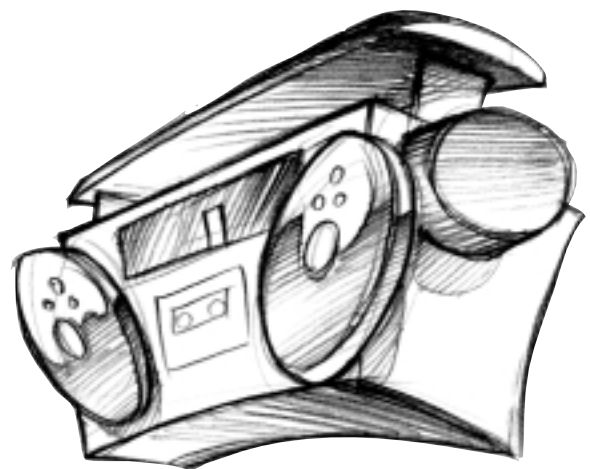


## INSTRUCTIONS

1. Divide the students into groups of two or three and allow each group to choose either a newspaper or magazine to use for the activity.
2. Give each group a copy of Reproducible Page E.
3. Instruct the groups to look through their newspaper or magazine and find articles about people who had to pay consequences for their actions. For instance, someone's house burned down because they were playing with fire; a convicted murderer got the death penalty; or a man was fired from his job for lying to his boss.
4. Have the students cut out each article, read through them and choose one to use in answering questions on the "Consequences" worksheet (Reproducible Page E).
5. After they have completed their worksheet, each group is to glue all the articles to the posterboard to create a large collage.
6. When the collage is completed, each group should stand and share what they learned.
7. Share with the students: *Think about the temptations you experience at school. Many times during the day you are faced with the choice to either follow the Bible or your own desires. After all that we have learned, let's make an even stronger effort to obey God. In everything you are faced with, let the Bible be your guide!*
8. Stand before the class and highlight the strong points the students made in their conclusions.
9. Praise the students who did an outstanding job. Tell them you appreciate their openness and their seriousness about the issues.

SPORTS

SCHOOL



## SCRIPTURE MEMORY

1 Timothy 4:16

Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

### MATERIALS USED

*Reproducible Pages:*

- Page D, several extra copies (for visiting students)

### INSTRUCTIONS

1. Ask the students if anyone can recite the memory scripture for this week.
2. After several have quoted the verse, recite it together as a class two or three times.
3. Hand out copies of Reproducible Page D to those students who don't already have it.

## WEEKLY CHALLENGE AND SNACK TIME

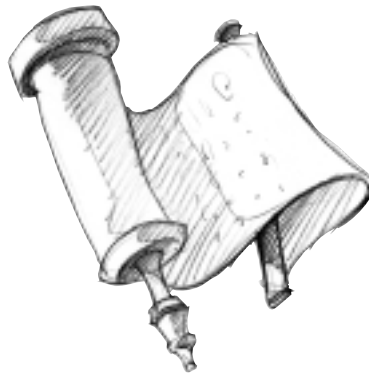
If your students bring a snack, allow them to eat it while you remind them of the challenge for the week.

(The students were to talk to one disciple this week about what they were most excited about when they studied the Bible.) What did the students learn during their talks? Has it changed any of the students' views about how they read the Bible?

Discuss any fears or obstacles the students encountered carrying out the challenge this week. Give ideas on how to overcome the fears, being sure to remind them that prayer is their best weapon against fear! Encourage the students with experiences from your own life, and remind them that you are praying for their success. Also remind them to have daily quiet times.

## CONCLUSION

End the class with a prayer.

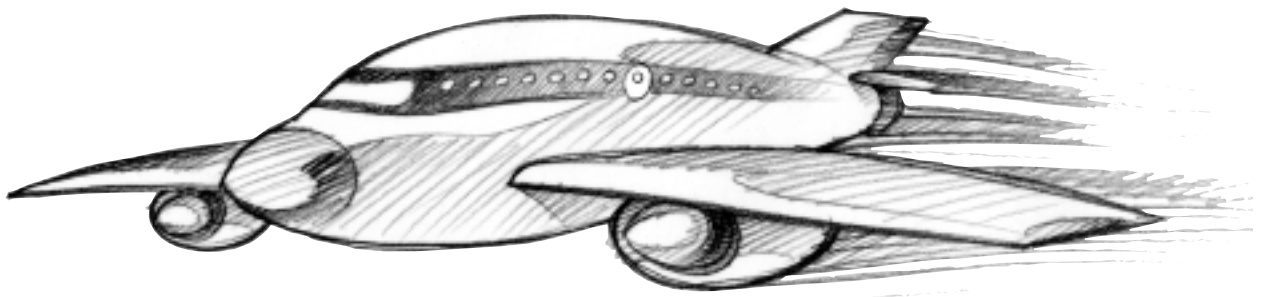


## INSTRUCTIONS FOR LIFE

Imagine that you and a friend go for a ride in his Cessna four-seater airplane. The adventure allows you to discover your surroundings with freedom. Through a wild turn of events, however, your good friend faints and your communication with air traffic control is lost, leaving you all alone to pilot the plane to a safe landing. You tremble as you realize that your life and the life of your friend are dependent upon how well you obey the flight manual. How important has this book suddenly become to you?

The situation in our own lives is not all that different. God placed us here in a unique survival situation and expects us to look to him for guidance to “land safely”—whether trying to get to heaven, raising a family, building friendships, teaching a class or running a country. God has given us the instruction book to properly land our plane, and we have a limited time to read it. Will we pick it up and use it, or will we rely on our own instincts? Will we live a life of peace, joy and security or of loneliness, despair and confusion?

The Bible alone is the instruction manual for life. Though many other books can help, there is only one that gives us everything we need for life, love, peace and joy.



## SCENARIOS

(Example):

Racial Prejudice : You and your friends at school are playing a game together when another student, one of a different race, comes over and asks if he can join you.

1. Cheating: You just arrived at school, and you are tired because you stayed up late watching a movie. As soon as you sit down, your teacher puts a pop quiz on your desk. Luckily, the person sitting next to you is smart—the perfect person for you to copy.
2. Smoking/Drugs: You walk into an empty room and notice that someone left a lit cigarette on the table. You always wondered what it would be like to smoke a cigarette. No one is there, and you are really tempted to take a puff.
3. Swearing: All the kids at school swear. If you don't, you will be considered uncool!
4. Anger: You worked very hard on a science project, and you are sure you will get an "A." The night before it is due, you put it by the door so you won't forget it. Later, your one-year-old brother gets hold of it and tears it to pieces.
5. Gossip: There is a new kid at school who just moved from another country. All your classmates start saying mean things about him and making fun of his accent.
6. Obedience: Your favorite TV program is on in five minutes, but your mom wants you to clean your room and finish all of your homework, which will take at least an hour.
7. Lying/Deceit: Your mom returns home and sees that the kitchen is really clean and thinks you did it. She is so happy that she is going to give you a dollar for doing it. The only thing is, you didn't do it, your sister did, and she will not be home until suppertime.
8. Jealousy/Envy: You really want new shoes, but your parents cannot afford them. Your best friend's parents can, and she won't stop bragging about it.

## SCRIPTURES

Proverbs 14:30  
Psalm 37:8

James 2:8-9  
Leviticus 6:2-5

Proverbs 12:22  
Ephesians 6:1-2

1 Timothy 6:18  
Ephesians 5:3-4

1 Corinthians 6:19-20  
Ephesians 4:29



SCENARIO CHART

SCENARIO	RESPONSE (What would you do?)	WHY? (biblical reason)	SCRIPTURE
Example: Racial Prejudice	I would welcome her to play with us.	Jesus commands us to love our neighbors.	Matthew 19:19
1. Cheating			
2. Smoking/Drugs			
3. Swearing			
4. Anger			
5. Gossip			
6. Obedience			
7. Lying/Deceit			
8. Jealousy			

SCRIPTURE MEMORY VERSE

Watch your life and doctrine closely.  
Persevere in them, because if you do,  
you will save both yourself  
and your hearers.

1 TIMOTHY 4:16



WEEKLY CHALLENGE

Make a commitment to live by one particular  
standard in God's word this week.  
Your teacher will be praying for you in this area.



CONSEQUENCES

Directions: Read your article and answer the questions below. If you have any questions, ask your teacher for assistance.



1. Who was your article about?

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2. What did this person do?

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3. What was the consequence of this person's actions?

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4. According to the Bible, what do you think this person should have done?

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