

# HELPING ONE ANOTHER

## LESSON TEXT

1 Samuel 25, Romans 12:17-21

## LESSON OBJECTIVES

- The students will identify Abigail as the woman who prevented David from killing Nabal.
- The students will identify how to help someone get out of sin.
- The students will look for opportunities to help others stay out of sin.

## MATERIALS NEEDED

*For each student:*

- pen or pencil
- 5 unlined index cards (4" x 6")

*For the teacher:*

- single hole punch
- yarn
- markers
- colored pencils
- extra Bibles
- 1 copy of "Good News from the Kingdom"
- globe or map of the world

*Reproducible Pages:*

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

## LESSON PLAN

### *Getting Ready*

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

### *Getting into God's Word*

Story: Hating Sin: Feel the Pain  
 Scripture Study  
 Activity: Picture Book

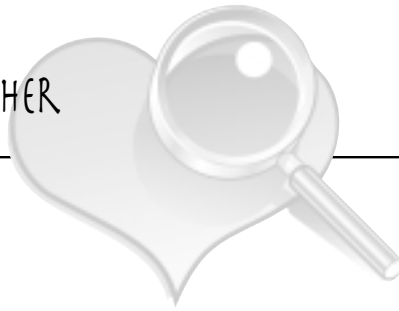
### *Getting It to Others*

Scripture Memory: Romans 12:21  
 Weekly Challenge and Snack Time  
 Conclusion

## SCRIPTURE MEMORY VERSE

Do not be overcome by evil, but overcome evil with good.

Romans 12:21



## FAITHFUL INSTRUCTION

### TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on I Samuel 25 and Romans 12:17-21 until you understand the basic story and the lessons it holds. Think of a conflict that you have had with another individual where you were tempted to take revenge. How did you handle the situation? What were your options? What could or should have you done to be "pleasing to God"?

### PRECLASS ACTIVITY

#### TELEPHONE CODE

##### MATERIAL USED

*For each student:*

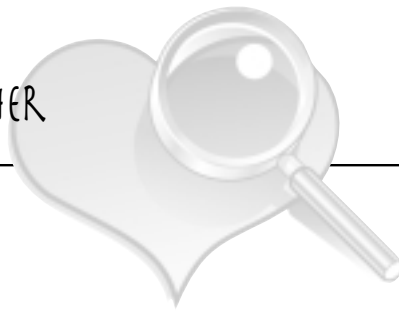
- pen or pencil

*Reproducible Pages:*

- Page A, 1 copy for each student

##### INSTRUCTIONS

1. As the students arrive, give each a copy of Reproducible Page A and a pen or pencil. Have Bibles available.
2. Instruct the students to first read Romans 12:21 in their Bibles and then CLOSE THEIR BIBLES to decode the message.
3. They will use the "telephone pad" to decipher what each number means. For instance, a "3" could either be a D, an E, or an F. The students will have to look at the message and determine which letter to use for each word.
4. Be sure to help any of the students who get stuck.
5. The answer is: DO NOT BE OVERCOME BY EVIL, BUT OVERCOME EVIL WITH GOOD.



## 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. *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, pointing out the location as you share.





## STORY

### HATING SIN: FEEL THE PAIN

Too often we don't take sin seriously. Very often, we don't take sin in others seriously. We go right on watching our friends "mess up," doing nothing about it. Think about how you are personally involved in the lives of your friends. Do you have the courage to speak up and help a friend stay out of sin?

#### MATERIALS USED

*Reproducible Pages:*

- Page B, 1 copy for each student

#### INSTRUCTIONS

1. Distribute copies of Reproducible Page B to the students.
2. Tell the students to listen while you read the story.
  - *How would you feel if the incident described happened in your house, with your family?*
  - *What would you want to do with the dog?*
  - *Why would you hate to see this incident happen?*
2. Explain to the students that sin is just like the dog, and Satan's full intention is to destroy our lives and the lives of our friends around us. That is why we have to take sin so seriously.
3. *Can you see ways in which you could "stop the dog" in the lives of your friends?*
  - *List several ways that "the dog" is getting to your friends.*
  - *What could you do or say to someone who was being attacked by "the dog"?*



## SCRIPTURE STUDY

Explain that in today's lesson we will be discussing Abigail, a woman who was respectful, faithful and specifically helped King David to stay out of sin. She was a very wise woman who knew when to speak up to keep someone else from doing something that they would regret in the future.

Have the students take out their Bibles and turn to 1 Samuel 25. Select eight students to read and divide the reading as follows:

1 Samuel 25:1-9	1 Samuel 25:26-31
1 Samuel 25:10-11	1 Samuel 25:32-35
1 Samuel 25:12-17	1 Samuel 25:36-38
1 Samuel 25:18-25	1 Samuel 25:39-44

*Who are the main characters in this story?*

- Nabal
- Abigail
- David

*How did Abigail prevent David from taking revenge on Nabal?*

- She was humble and presented herself as a friend to David.
- She acted swiftly before anything else happened.
- She came to David with a solution and a reason for not taking revenge.
- She didn't make excuses about why she shouldn't speak up.

Discuss with the students how Abigail loved the Lord and knew what pleased him. Call their attention to the importance of knowing the specific direction that God gives us through his word.

Choose one student to read Romans 12:17-21.

*What four things does God instruct us to do when we are in a conflict with someone?*

- Do not repay evil for evil.
- Do what is right in the eyes of everyone.
- Live in peace with all men.
- Overcome evil with good.

*How does this passage relate to what we have read in 1 Samuel 25?*



## ACTIVITY

### PICTURE BOOK

The students will create a "Picture Book" that tells the story of Abigail's interaction with David.

#### MATERIALS USED

*For each student:*

- 5 unlined index cards (4" x 6")
- pen or pencil

*For the teacher:*

- single hole punch
- yarn
- markers
- colored pencils

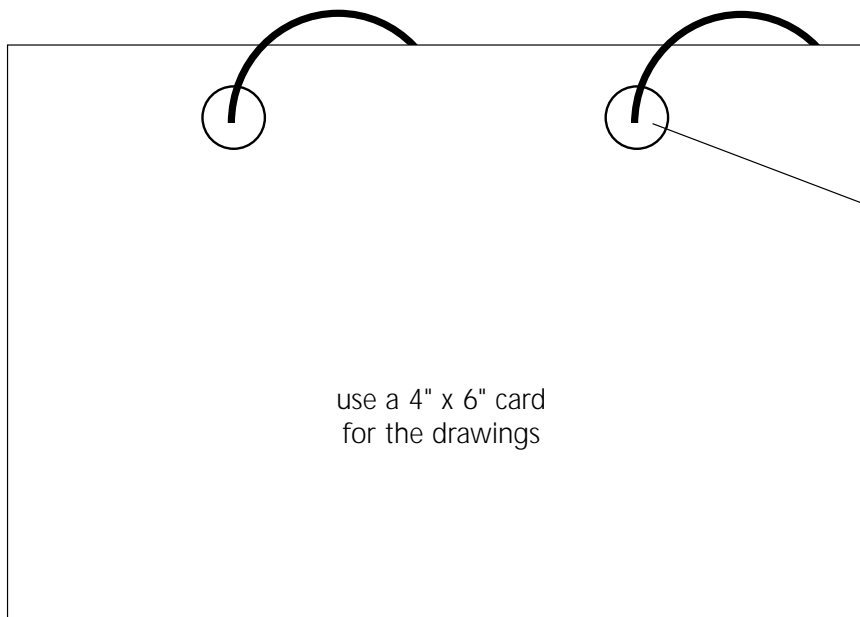
*Reproducible Pages:*

- Page C, 1 copy for each student

#### INSTRUCTIONS

1. Have the students discuss as a group the story of Abigail, David and Nabal, and decide on five separate incidents that can be identified from the story. You may use the following incidents, or the students may arrive at slightly different scenes:
  - A. David's men ask Nabal for provisions.
  - B. Nabal rejects and insults David.

- C. David has an angry response when told about Nabal.
  - D. Abigail comes to talk to David.
  - E. David apologizes and decides not to kill Nabal.
2. Give each of the students five 4" x 6" index cards and have them write the description of one scene at the top of each card.
3. The students then need to design a picture depicting the scene described. They can use stick figures or whatever style they would like. They should color the pictures with magic markers or crayons.
4. When each student is finished with all five pictures, you should use the hole-punch to make two holes at the top of each card. Be sure to place the pictures in the correct order.
5. Using yarn, the students will tie the five cards together in a "book."
6. When everyone is finished with their "story book," give them a copy of Reproducible Page C, and make sure they understand how to complete the paper. You will need to walk from student to student to make sure they are writing down the kinds of incidents that will fit into the class material. When the students are finished, discuss what they have written about.



use a hole punch to put two holes at the top of each card

## SCRIPTURE MEMORY

Romans 12:21

Do not be overcome by evil, but overcome evil with good.

### MATERIALS USED

*Reproducible Pages:*

- Page D, 1 copy for each student

### INSTRUCTIONS

1. Take time at this point to have each student recite last week's memory verse. Use volunteers first (those who are the most confident) and proceed toward the more reluctant students. Help them to be able to complete reciting the entire verse.
2. Give each student a copy of Reproducible Page D (Scripture Memory Verse).
3. Have the students say the memory verse together out loud several times.
4. Talk about what the verse means. *What does it mean to overcome evil with good? What does it mean to be overcome by evil? How can we help each other overcome evil with good?*

## 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.

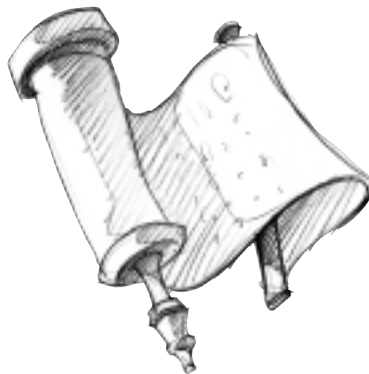
While the students are eating, remind them that Abigail helped David to be his best by keeping him from sinning. Explain that this week is a week to help others be their best for God. The people they help may be friends (at church, home or school) or family members. Remind the students that, especially in trying to help an adult, they must remember to be respectful at all times.

The challenge for this week will be to keep a daily journal of how each student helps other people to be their best. Give the following instructions:

- Keeping a journal is like writing in a diary.
- At the end of each day you need to make an entry. Write down what day it is, and then write about what you did during the day that helped someone else decide to do the right thing.
- It might be something you said or something you did.
- The key is that every day you need to be helping others to be their best.
- Bring the journal to the next class to talk about what you have been doing.

## CONCLUSION

End the class with a prayer.



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## LESSON TEXT

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## LESSON OBJECTIVES

- The students will identify Abigail as the woman who prevented David from killing Nabal.
- The students will identify how to help someone get out of sin.
- The students will look for opportunities to help others stay out of sin.

## MATERIALS NEEDED

*For each student:*

- pen or pencil

*For the teacher:*

- props for the play, such as 3 school papers, 1 with a big "A" in red at the top, the other 2 with big "Fs" at the top
  - extra Bibles
- Reproducible Pages:*
- Page D, several extra copies
  - Page E, 1 copy for each student
  - Page F, 1 copy for each student
  - Page G, 1 copy for each student

## LESSON PLAN

### *Getting Ready*

Faithful Instruction  
Teacher Focus  
Preclass Activity: Romans Word Maze  
Starting Up  
Welcome and Singing  
Opening Prayer  
Great News Sharing

### *Getting into God's Word*

Scripture Study  
Activity: The Test

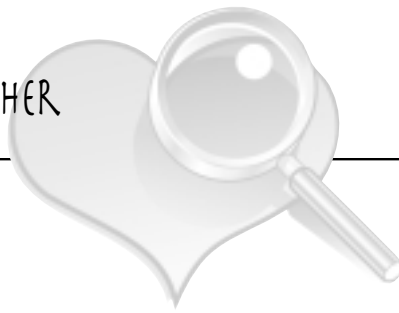
### *Getting It to Others*

Scripture Memory: Romans 12:21  
Weekly Challenge and Snack Time  
Conclusion

## SCRIPTURE MEMORY VERSE

Do not be overcome by evil, but overcome evil with good.

Romans 12:21



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on I Samuel 25 and Romans 12:17-21 until you understand the basic story and the lessons it holds. Think of a time in your life when you found a friend who was about to commit a sin or make a very bad decision. What did you do about the situation? Did you help your friend to stay out of sin? Did you speak up? What was the outcome?

PRECLASS ACTIVITY

ROMANS WORD MAZE

MATERIALS USED

For the Student:

- pen or pencil

Reproducible Pages:

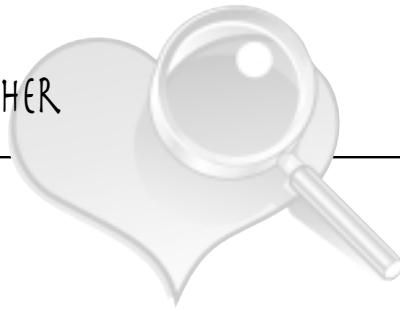
- Page E, 1 copy for each student
- Page F, 1 copy for each student

INSTRUCTIONS

1. Pass out a copy of Reproducible Page E (Maze) to each student.
2. Tell the students to follow the path of the maze and collect the letters and fill in the blanks at the bottom of the page
3. When they have completed the maze, have them write what the word "overcome" means. Is there more than one meaning to the word "overcome"?
4. Pass out a copy of Reproducible Page F to each student (Word Search). If the students finish the maze, they can complete the Word Search which is from Romans 12:17-21.

E	M	O	C	R	E	V	O	B	T	D	Y	Y	Z	
Z	W	C	A	E	W	N	Z	U	J	S	T	C	F	M
G	V	I	R	V	R	L	Z	R	D	S	H	A	Y	Y
R	C	K	E	E	I	U	L	N	R	D	L	Y	Q	P
S	K	G	F	N	T	M	E	I	A	E	R	A	L	Z
D	B	T	U	G	T	P	H	N	V	G	C	I	O	N
Y	W	A	L	E	E	T	E	G	N	E	V	A	N	C
E	R	D	Q	D	N	G	A	U	R	E	H	Y	E	K
Q	A	O	W	P	P	E	H	I	K	T	T	B	F	P
J	T	O	F	W	R	X	M	W	L	G	I	R	F	G
T	H	G	I	R	E	P	A	Y	W	X	X	Y	H	E





## 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

Have the students take out their Bibles and turn to 1 Samuel 25. Select eight students to help in reading the passage together. Divide the reading as follows:

- 1 Samuel 25:1-9    1 Samuel 25:26-31
- 1 Samuel 25:10-11    1 Samuel 25:32-35
- 1 Samuel 25:12-17    1 Samuel 25:36-38
- 1 Samuel 25:18-25    1 Samuel 25:39-44

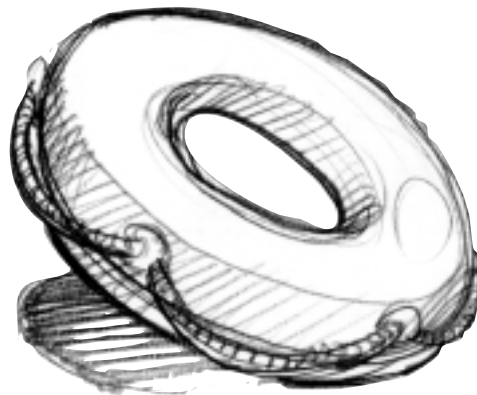
Ask the students to talk about what they learned from this story during their previous lesson. Get as many students as possible to participate and share aspects that were significant to them.

## ACTIVITY

### THE TEST

In this story, Andrea and Dave are two friends who take their grades at school seriously. They're not "cheaters," but work hard for what they get. When Nate gets into their circle and cheats off of Dave's paper, both Dave and Nate receive an "F." Dave's reaction is to want to take revenge and spread gossip about Nate all over the school. It is Andrea's voice of reason that calms Dave down and helps him decide to talk to the teacher about the situation instead.

There is a natural urge inside of each of us to take revenge when someone does wrong to us. However, taking revenge never solves problems, it only creates more. In our lives, we need people like Andrea who will have the courage to help us think through what we are about to do so that we don't create even more trouble for ourselves and for those around us.





**MATERIALS USED**

*For the teacher:*

- props for the play, such as 3 school papers, 1 with a big "A" in red at the top, the other 2 with big "Fs" at the top

*Reproducible Pages:*

- Page G, 1 copy for each student

**INSTRUCTIONS**

1. Pass out copies of Reproducible Page G to all of the students.
2. Choose four students to participate as characters in the play.
3. The characters are: Narrator, Dave, Andrea and Nate.
4. Have the "actors" read and act out the play in front of the class.
5. The rest of the students should watch the play and think about how they would have reacted if they had been in this situation.
6. Have a class discussion about the play.
  - *What is the meaning of the title of the play, "The Test"?*
    - When you are faced with a decision of what you are going to do, it is a test of whether you will do what is right or what is wrong. We are tested every day and have to make decisions about how we will act.
  - *What were the strengths and weaknesses of Dave in this story?*

Strengths

    - Dave studied for his tests.
    - Dave wanted to get good grades.
    - Dave had Andrea as one of his good friends and was willing to listen to her.

Weaknesses

    - Dave got angry very quickly.
    - Dave wanted to take revenge and spread gossip about Nate when Nate hurt him.

- *How did Andrea help solve the problem and keep Dave from doing something stupid?*
  - Andrea was willing to talk to her friend Dave and tell him that what he was about to do was wrong. She had a solution that did not involve revenge or retaliation. She wanted to help Nate change, not just hurt him or take revenge on him.

7. Discuss the story from 1 Samuel 25.
  - *How does this story sound like the story about Nate, Andrea and Dave?*
  - *If you had to match the characters from 1 Samuel 25 with the incident at the middle school, how would you match them?*
    - Nabal = Nate
    - David = Dave
    - Abigail = Andrea
8. *How are the ones that you matched similar to each other?*



## SCRIPTURE MEMORY

Romans 12:21

Do not be overcome by evil, but overcome evil with good.

### MATERIALS USED

*Reproducible Pages:*

- Page D, several extra copies

### 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 and for visiting students.

## WEEKLY CHALLENGE AND SNACK TIME

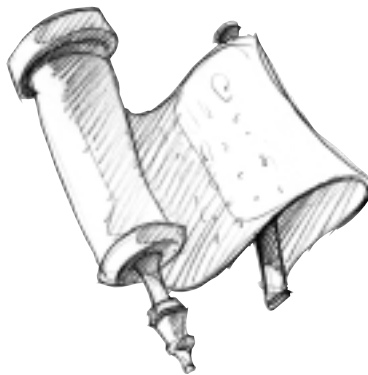
If your students bring a snack, allow them to eat it while you remind them of the challenge for the week.

(The students were to keep a daily journal throughout this week of the times when they helped someone stay out of sin, and what the results were.)

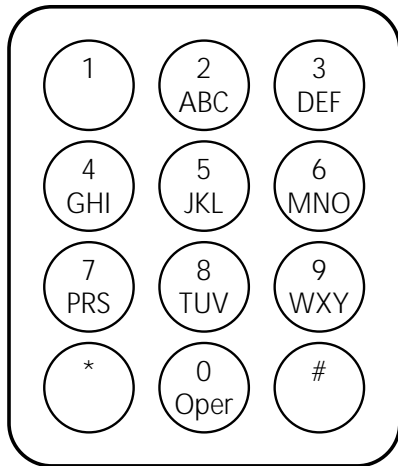
Discuss any fears or obstacles the students have encountered in carrying out the challenge this week. Give ideas on how to overcome the fears, being sure to remind them that prayer is their best weapon against fear! Encourage the students with experiences from your own life, and remind them that you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

## CONCLUSION

End the class with a prayer.



TELEPHONE PAD WORKSHEET



Using the "Phone" to the left, decipher the message below.

Before starting, read

Romans 12:21,

and then close your Bible.

You'll have to really think about each word, because one number could represent THREE different letters!

$\overline{3}$     $\overline{6}$     $\overline{6}$     $\overline{6}$     $\overline{8}$     $\overline{2}$     $\overline{3}$   
 $\overline{6}$     $\overline{8}$     $\overline{3}$     $\overline{7}$     $\overline{2}$     $\overline{6}$     $\overline{6}$     $\overline{3}$   
 $\overline{2}$     $\overline{9}$     $\overline{3}$     $\overline{8}$     $\overline{4}$     $\overline{5}$     $\overline{2}$     $\overline{8}$     $\overline{8}$   
 $\overline{6}$     $\overline{8}$     $\overline{3}$     $\overline{7}$     $\overline{2}$     $\overline{6}$     $\overline{6}$     $\overline{3}$   
 $\overline{3}$     $\overline{8}$     $\overline{4}$     $\overline{5}$     $\overline{9}$     $\overline{4}$     $\overline{8}$     $\overline{4}$   
 $\overline{4}$     $\overline{6}$     $\overline{6}$     $\overline{3}$

In your own words, what does this message mean to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## HATING SIN: FEEL THE PAIN

God made us in his image. We can feel pain because God feels pain. We can feel hurt because God feels hurt. When you think of the cross—feel the pain. Understand that one of the most important truths of the cross is that our sin hurts God. This is the truth I must absolutely know and feel before I can be saved.

Imagine this happening to you: You come into the room and you see your baby brother lying on the floor. The next door neighbor's dog is sitting in the corner, and you realize that it has killed your brother. How would you treat that dog? Would you go over and pet him and hug him? Would you say, "Good doggie"? No way! You would be angry and upset with the dog. You wouldn't want anything to do with it. You wouldn't want to ever see it again.

In the same way, our sin put Jesus on the cross. He died for our sin. So how should we feel about sin? Should we pet it or play with it? No, we should hate it because it was the reason that Jesus had to die. We should want to do what pleases Jesus, not what hurts him. And we should want others to do what pleases him too. We should help them do what is right.

When we do what is wrong, we hurt God. When we yell at our brother or sister, we hurt not only them, but God too. When we cheat on a test at school, we hurt not only our parents, but God too. When we do what is right, we please God. Let's decide today that we want to do what is right and to hate sin in our lives.

(Adapted from an article by Randy McKean in *Thirty Days at the Foot of the Cross*, DPI, 1993.)



THINK AND WRITE

Think about three occasions in which you could have helped one of your friends stay out of sin.

What were the circumstances, and what did you end up doing?

(Don't write down any names).

Write down your answers in the spaces below:

EXAMPLE #1: (write what happened) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(what did you do?) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

EXAMPLE #2: (write what happened) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(what did you do?) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

EXAMPLE #3: (write what happened) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(what did you do?) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

SCRIPTURE MEMORY

Do not be overcome by evil,  
but overcome evil with good.

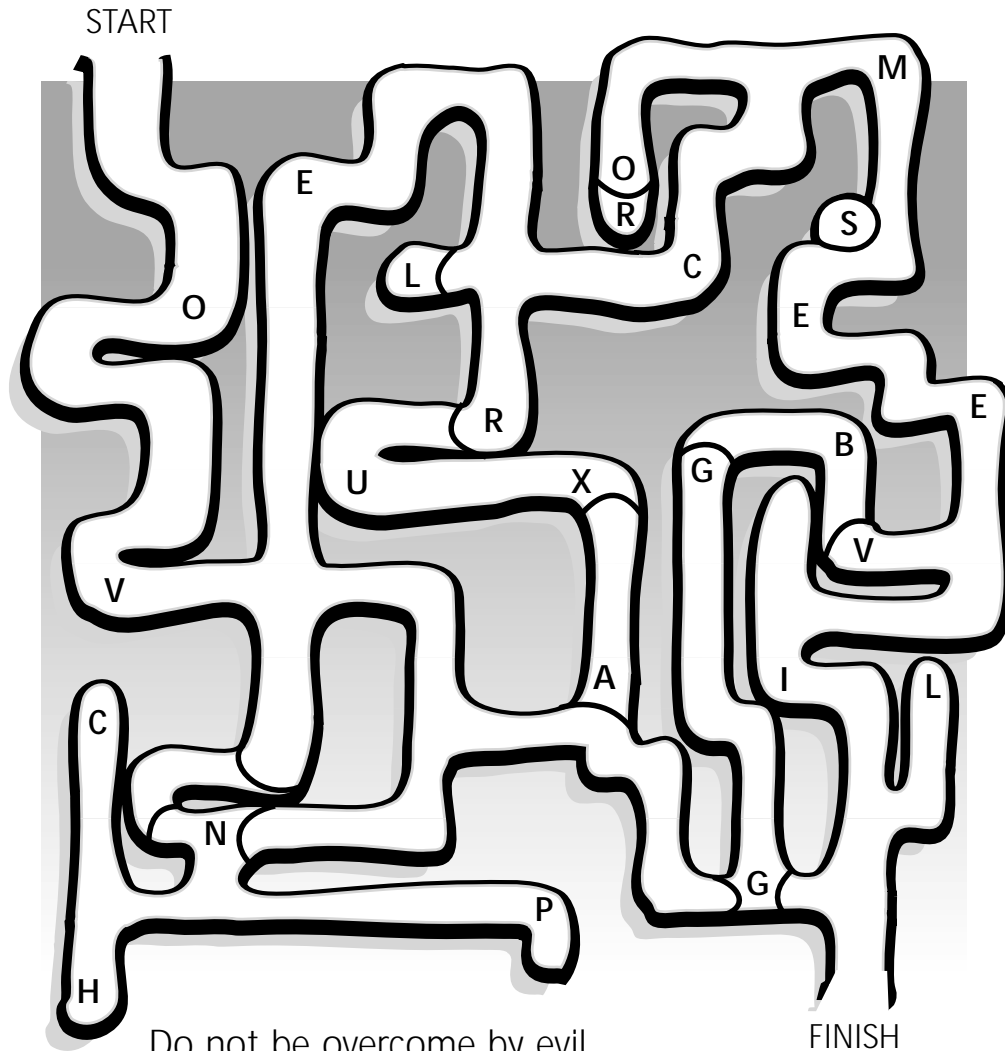
ROMANS 12:21

WEEKLY CHALLENGE

Keep a journal about how you help other people to  
be their best this week.



Directions: Follow the maze to collect the letters and complete the sentence below.



Do not be overcome by evil,  
but \_\_\_\_\_  
\_\_\_\_\_ with good.

In your own words, what does it mean to "OVERCOME" something?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ROMANS 12:17-21  
WORD SEARCH

E	M	O	C	R	E	V	O	B	T	D	Y	Y	Y	Z
Z	W	C	A	E	W	N	Z	U	J	S	T	C	F	M
G	V	I	R	V	R	L	Z	R	D	S	H	A	Y	Y
R	C	K	E	E	I	U	L	N	R	D	L	Y	Q	P
S	K	G	F	N	T	M	E	I	A	E	R	A	L	Z
D	B	T	U	G	T	P	H	N	V	G	C	I	O	N
Y	W	A	L	E	E	T	E	G	N	E	V	A	N	C
E	R	D	Q	D	N	G	A	U	R	E	H	Y	E	K
Q	A	O	W	P	P	E	H	I	K	T	T	B	F	P
J	T	O	F	W	R	X	M	W	L	G	I	R	F	G
T	H	G	I	R	E	P	A	Y	W	X	X	Y	H	E

AVENGE  
COALS  
ENEMY  
HUNGRY  
PEACE  
RIGHT

BURNING  
DEPENDS  
WRITTEN  
LIVE  
REPAY  
THIRSTY

CAREFUL  
DRINK  
GOOD  
OVERCOME  
REVENGE  
WRATH

All of these words come from Romans 12:17-21. Think about what this passage means and how it can affect the way you deal with your friends at school.

## THE TEST

Characters: Narrator  
Andrea, Dave and Nate (three middle school students)

Setting: A typical middle school at the end of class one day

Narrator: Andrea and Dave met together one day to study for an important exam. They were friends and wanted to get good grades on the test. Another friend of theirs, Nate, asked if he could join them, and of course they said, "Fine." They spent several hours together studying. On the day that they received their tests back, Dave and Nate both received "Fs" on their tests. The teacher noted: "It is obvious that you have been cheating" on both papers. Andrea, however, received an "A."

*(All three students enter the room looking at their papers.)*

Dave: *(angrily holds his test paper up for everyone to see)*  
"There is no way I cheated on this test! How could this happen? Let me see your papers! I refuse to put up with this. If one of you guys cheated off of me, I'll...."

Andrea: "Calm down, Dave. There must be an explanation for this."

Nate: *(sarcastically and defensively)*  
"It's not my fault you got an 'F' on your paper. I don't have to show my paper to you or to anyone else. Why should I have to prove anything to you?"

Dave: "Listen, Nate, you better show me your paper right now. I think you cheated off my paper. If you don't show me your paper then I'll know you did it. I'm not going to put up with getting an "F" because of you. If you think you're getting away with this, you're crazy. I'll make sure this gets around the whole school. Nobody will get near you."

Nate: "Forget you, Dave. I'm out of here."

*(Nate storms out of the room.)*

Andrea: "Listen, Dave. You know that when we were studying the other day that Nate was just goofing off and didn't take the test seriously. He never studies for tests. I guess when he sat next to you during the exam, he just decided to look over your shoulder and copy your answers. We need to talk to the teacher about what happened; I'm sure she will understand. But I don't think you need to talk about Nate to everyone in the school. What good would that do? You'd only be looking for revenge, and in the end, it would be you who would look bad. Let's try to help Nate change instead."

Dave: "Yeah, I guess you're right. Nate needs to learn a lesson, but I'm sure the teacher will be able to do that. Nate's my friend and I don't need to be the one to teach him the lesson because it would be coming out of revenge."

*(Dave and Andrea leave the room.)*

THE END

