

## Invest in your spiritual health: *IGNITE*

LESSON AT A GLANCE	
<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>• Sunday Sermon Reflections, Point to Ponder and Call to Action should still be shared at the beginning of the lesson.</li> <li>• Since the format of this lesson is less structured, facilitators can incorporate a light meal or snack into the evening such as pizza or popcorn. Be sure to include this in your Message to Parents so they are aware and can contribute.</li> <li>• During these activities, the facilitator will need to assist when students struggle with answers or clarify when students misunderstand or have misconceptions.</li> </ul>	<p>This lesson is designed for review, reflection, re-teaching or application of the topics taught the past semester. Facilitators can decide what type of lesson is needed based on the learning outcomes the students experienced during the semester. Listed below are suggestions for the type of lesson that should be conducted based on the needs of the students. A descriptor for the type of lesson is provided to assist the facilitator in choosing the appropriate lesson. Suggested activities are listed below each type of lesson. The scheduled time for this discussion can also be used to discuss how the students can implement and engage in spiritual disciplines in their families, congregations, and communities in an ongoing basis.</p> <p><b>When to use each type of lesson:</b></p> <p><b>Review Lesson:</b> when a general understanding about a topic exists, rather than a solid, deep understanding.</p> <ul style="list-style-type: none"> <li>➤ Choose 1 or both of the following activities depending on the needs of the group:                     <ul style="list-style-type: none"> <li>• <b>Pick a Card...</b>Have the "I wonder..." questions on separate index cards and the corresponding "I believe..." statements on separate index cards. Shuffle all of the cards and have each student pick 1 or 2 cards (depending on the size of your group). Students should not show their cards to each other. Always start with someone reading an "I wonder..." question, and the person with the corresponding "I believe..." statement should respond.</li> <li>• <b>Break it Down...</b>Choose the "I wonder..." question that needs review and write it on chart paper. On a separate piece of chart paper write only the words "I believe...". Have each student come up and add something, change something, or delete something until the statement is complete and accurate.</li> </ul> </li> </ul> <p><b>Reflection Lesson:</b> when students show real interest and excitement about a topic.</p> <ul style="list-style-type: none"> <li>➤ Choose 1 or both of the following activities depending on the needs of the group:                     <ul style="list-style-type: none"> <li>• <b>Relive...</b>Have students share their Call to Action experiences from the topic, and invite them to share more experiences related to that topic.</li> <li>• <b>Dig Deep...</b>Further investigate the topic by examining Bible verses or stories that further define or explain the topic. Let the students search for additional events in the Bible that demonstrate or provide examples of the topic.</li> </ul> </li> </ul>

- It would be helpful to give any guest speakers the facilitator guides from previous topics so that they know what has been discussed.

- Because of safety for minors, any For Your Journey episodes that are made should not be posted online nor shared privately without the student's and parent's consent.

**Re-teaching Lesson:** when students do not understand or have misconceptions about the topic.

- Choose 1 or both of the following activities depending on the needs of the group:
  - **True or False...**Have the students pick a topic from the semester. Make 5-7 true or false statements about the topic. Distribute notecards and have the students write "True" on one card and "False" on a different card. Then ask students to hold up either the True or False cards for each statement you make (have students face the cards to the outside of the circle). The facilitator should walk around the circle, review the answers, and choose students with the correct answer to explain their answer to the group.
  - **Be Our Guest...**Invite a minister to share his explanation about the topic and have him revisit the questions from the student lesson copy (from the corresponding lesson) with the students to ensure students have mastered the topic.

**Application Lesson:** when students have a good understanding of the topic and/ or great interest and excitement about the topic.

- Choose 1 or a combination of the following activities depending on the needs of the group:
  - **FYJ...**Have the students pair up. Give each pair an "I wonder..." question to discuss. Then have them video tape a 1-2 minute "For Your Journey" episode to later share with the class.
    - While the students can be fun and creative, they should still take the exercise seriously. This isn't to be a parody or skit, but rather a genuine exploration of the question(s).
  - **Take Your Show on the Road...**Take the students to visit a widow, to a nursing home, to a local restaurant and encourage them to share with others one of the "I believe..." statements and what it means.
  - **Make a spiritual health plan...** Have the students commit to making a plan (time, frequency, location, trigger) for the spiritual disciplines and exercises.

**Have students work together to complete the questions on the student lesson copy. If time allows, come back together and let students share their responses.**

**MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>This message can be customized to include local information.</li> </ul>	<p>Dear Parents,</p> <p>This week is the last discussion of the "I" semester of the THRIVE curriculum. This semester's lessons focused on "Invest in your spiritual health." It's our hope that this semester your student saw the value of investing in their spiritual health. In addition to investing in our spiritual health by coming to the divine services and receiving God's word and sacrament, we also develop our spiritual health through exercising spiritual disciplines. The students were encouraged to think about a spiritual health plan, similar to how someone would make a physical health plan. If you don't have one already, consider making a spiritual health plan using the disciplines and exercises that the students learned about this semester.</p> <p>As always, if you have questions about the topic, please feel free to contact us.                  Your Youth Leaders</p>
---	---

**SUNDAY SERMON REFLECTIONS (10 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.</li> </ul>	<ul style="list-style-type: none"> <li>➤ What Bible verse was used for the basis of last Sunday's sermon?</li> <li>➤ What were some of the main takeaways? What did you learn?</li> <li>➤ So far this week, how have you applied what you learned from the sermon last Sunday?</li> <li>➤ Going forward, how will you apply what you learned from the sermon last Sunday?</li> </ul>
---	--

**WHAT'S IN IT FOR ME? (15 minutes)**

<p><b>Facilitator Notes:</b></p>	<p><b>Wrap up the lesson with the "I" message from THRIVE: Invest in your spiritual health by:</b></p> <ul style="list-style-type: none"> <li>praying. Prayer cultivates a relationship with God and helps deepen your knowledge of Him and yourself. (Colossians 4:2)</li> <li>reading and studying the Bible. The Holy Scripture is inspired by God's word and equips us for righteousness. (2 Timothy 3:16-17)</li> <li>actively partaking in the divine service experience and celebrating the presence of the Triune God, allowing the encounter to transform your daily life. (Romans 10:17, 1 Corinthians 11:23-29)</li> <li>continually pursuing knowledge of the Triune God through the Gospel so that your thinking is not static, but is constantly renewed. (Romans 12:2, John 17:3)</li> <li>worshipping together. (Psalm 29:2, 1 Chronicles 29:10-15)</li> </ul> <p><b>A Point to Ponder....</b></p> <ul style="list-style-type: none"> <li>➤ What is more important than my spiritual health?</li> </ul> <p><b>A Call to Action...</b></p> <ul style="list-style-type: none"> <li>➤ This week, write a letter/prayer to God about the thing that stuck with you the most from this "I" semester. You can thank Him for Jesus' example in demonstrating how we can connect with Him, you can ask Him for help in staying committed to investing in your spiritual health - just talk with Him about it.</li> </ul>
----------------------------------	--

### Weekly Reflections

What Bible verse was used for the basis of last Sunday's sermon?

---

What were some of the main takeaways? What did you learn?

---

---

---

---

---

So far this week, how have you applied what you learned from the sermon last Sunday?

---

---

---

---

---

Going forward, how will you apply what you learned from the sermon last Sunday?

---

---

---

---

---

**Point to Ponder...**

---

---

---

---

---

---

---

**Call to Action...**

---

---

---

---

## Invest in your spiritual health: *IGNITE*

How do the spiritual disciplines help you connect with God?

---

---

---

---

How does connecting with God invest in your spiritual health?

---

---

---

---

Why is it important to exercise the disciplines in a group and when you're alone?

---

---

---

---

What are things in life that could prevent you from exercising spiritual disciplines?

---

---

---

---

After spending a semester learning and discussing how to invest in your spiritual health, how will you approach the divine service experience differently?

---

---

---

---

### A Point to Ponder....

- What is more important than my spiritual health?

### A Call to Action...

- This week, write a letter/prayer to God about the thing that stuck with you the most from this "I" semester. You can thank Him for Jesus' example in demonstrating how we can connect with Him, you can ask Him for help in staying committed to investing in your spiritual health - just talk with Him about it.