

Invest in your spiritual health: *Perfect Submission*

LESSON AT A GLANCE	
<p>Facilitator Notes:</p>	<p>I wonder...</p> <ul style="list-style-type: none"> ➤ What is submission? ➤ What should I submit to? <p>I believe...</p> <ul style="list-style-type: none"> ➤ Submission means having the willingness to voluntarily submit to Christ and other proper authorities. Thus, we make a commitment and resolve to make God’s will higher than ours. ➤ As a believer, I am expected to submit to God’s will and the teachings of the gospel. <p>Materials:</p> <ul style="list-style-type: none"> ➤ IGNITE Bible ➤ Blindfolds (something like a bandana or a scarf) ➤ Maze printout ➤ Pencils/pens ➤ Ten Commandments printout (optional) ➤ Something to play a video (TV, computer, tablet, projector, etc.) ➤ Music video <ul style="list-style-type: none"> ○ “Take my life” by Christ Tomlin - https://www.youtube.com/watch?v=y4ZxAAMLhcs <p>References:</p> <ul style="list-style-type: none"> ➤ Bible: Exodus 20:1-17, Matthew 5-7, John 14:15, Acts 9:1-19
PRE DISCUSSION MESSAGE TO PARENTS AND STUDENT (TO BE SENT VIA EMAIL OR TEXT)	
	<p>What do you think when you hear the word “submission”? This week we will be discussing the discipline of submission and what we submit to in life. Join us tomorrow for small group at _____.</p>
POST DISCUSSION MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)	
<p>Facilitator Notes:</p> <ul style="list-style-type: none"> • Please keep the main message intact, but feel free to add local information as necessary. 	<p>Dear Parents,</p> <p>This week the “I Wonder...” questions are about the discipline of submission, what it is and to what/whom we submit. One of the authorities that we are to submit to is our parents or guardians. Have an open discussion with your student about the rules that you enforce as a parent, especially the rules that maybe your student does not understand or disagrees with. Talk through these rules with them, explaining your reasoning for why they exist and how they are there to help them. You could also talk with your student about commands that God has for His people, and discuss if some are easier to follow than others, and why.</p> <p>Your Youth Leaders</p>

SUNDAY SERMON REFLECTIONS (up to 10 minutes)

<p>Facilitator Notes:</p> <ul style="list-style-type: none"> Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week. 	<ul style="list-style-type: none"> ➤ 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?
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HOOK (up to 10 minutes)

<p>Facilitator Notes:</p> <ul style="list-style-type: none"> Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week. To help get the conversation going, you could ask the student who was blindfolded what it was like to have to follow the leader’s instructions in order to complete the maze. Was it hard or easy? 	<ul style="list-style-type: none"> ➤ How are you and how are you feeling today? ➤ Who would like to share their point to ponder or call to action from last week? <p>Put the students into pairs. One student will be the leader, and the other will wear the blindfold.</p> <p>After the student puts the blindfold on and has a pencil/pen, the leader has to guide the blindfolded student through the maze handout by giving instructions. (Make sure the blindfolded student doesn’t see the maze beforehand.)</p> <p>After each blindfolded student completes the maze being guided by their leader, the pairs should come back into one group and discuss how they did on the mazes, and if the blindfolded student was able to follow the leader’s instructions.</p>
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SET THE STAGE (1 minute)

<p>Facilitator Notes:</p> <ul style="list-style-type: none"> ➤ Preview the “I wonder” questions with the students. 	<p>I wonder...</p> <ul style="list-style-type: none"> ➤ What is submission? ➤ What should I submit to?
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LESSON (up to 25 minutes)

<p>Facilitator Notes:</p> <ul style="list-style-type: none"> <i>Submit</i> means to surrender to or yield to something. If you need more background on this Bible story, or it seems that the students don’t understand, 	<p>Student Question #1 What is submission?</p> <p>Submission means having the willingness to voluntarily submit to Christ and other proper authorities.</p> <p>Read together Acts 9:1-19.</p>
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you can also read or summarize the *Flashpoint* from the IGNITE Bible on page 1143.

After reading the Bible passage, ask the students: How was submission displayed in this story?

- Saul/Paul displayed submission, after recognizing the Lord was speaking to him, by asking Jesus, "Lord, what do You want me to do?" Paul then did what was asked of him, even though it meant he had to completely change the way he lived his life.
- Ananias displayed submission because even though he was scared of Saul, whom he knew was persecuting Christians, he did what the Lord asked him and went to heal Saul/Paul of his blindness.

Ask the students: What did Saul/Paul and Ananias have to do about their own wills in order to submit to Jesus?

- They made God's will more important than their own will.
- If God's will hadn't been more important, then they never would have done what Jesus asked them to do.
- Therefore, when we submit to God, we make a commitment and resolve to make God's will higher than ours.
- Sometimes, submission to God means that we deny ourselves what we want (also known as self-denial).
 - What did Saul/Paul and Ananias deny themselves in this Bible story?

Student Question #2 What should I submit to?

In the story from Acts 9, we see that Saul/Paul and Ananias submitted to Jesus Christ.

Most importantly, as believers, we are expected to submit to God's will and the teachings of the gospel.

Ask the students: Are there other authorities we are supposed to submit to? Who? Let's read the Ten Commandments from Exodus 20:1-17 to help answer this question.

Ask the students: Who is mentioned in the Ten Commandments that we should submit to?

- God
- Our parents/guardians
- Our neighbor
- The government and others who uphold the law (i.e. police)
 - The students could say this as an answer based on the commandment to not steal or murder, etc.
 - You should also reference the Tenth Article of Faith to support this answer.

It's important to note that, above all, we submit to God. His will should come before our own will or the will of others.

- It may be helpful to have a reference the Ten Commandments on page 253 of the Catechism Q&A book.
- 10th Article of Faith: I believe that I am obliged to obey the worldly authorities provided no godly laws are thereby transgressed.

- There can be many more answers to this question, these are just a few possible answers.

Student Question #3 Why is it important to recognize that I should submit to these authorities?

When we recognize that there are authorities we should submit to, we learn a few things.

Ask the students: What can we learn?

- We learn to have humbleness.
- We learn to be selfless.
- We learn to let go of our pride or ego.
- We learn to respect the guidance and opinions of others.
- We learn to be more obedient. Practicing the discipline of submission is hard, but the more you do it, the easier it can become.
- We learn more about God – about His will and His plans for our lives.
- We learn that God’s commands are for our own good.

Student Question #4 What does it look like when I submit to God?

Listen to the song “Take my life” by Chris Tomlin.

<https://www.youtube.com/watch?v=y4ZxAAMLhcs>

Ask the students: Looking at the lyrics of the verses in this song, what are some ways that we can submit to God?

- We can praise God with our actions.
- We are willing to do what He asks us.
- We worship and profess Him.
- We talk about God with others.
- We offer and give our money, time, energy, and wisdom.
- We submit our will to His, meaning we deny ourselves.

Ask the students: Are there other ways that we can submit to God and other proper authorities? Think about outward actions (such as doing what your parents tell you to do) and inward feelings (such as learning to be more humble).

WHAT'S IN IT FOR ME? (up to 10 minutes)

Facilitator Notes:

Wrap up the lesson with how practicing the discipline of submission can deepen our relationship with God.

Close with the "I Wonder...." questions

- Ask a student to read an "I Wonder..." question, and invite another student to answer with an "I Believe..." statement or an "I Believe..." statement in their own words.
- As you review each question and answer, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Remind the students that on their Confirmation day, they will or have already promised and committed to surrendering themselves to God in obedience.

I wonder...

- What is submission?
- What should I submit to?

I believe...

- Submission means having the willingness to voluntarily submit to Christ and other proper authorities. Thus, we make a commitment and resolve to make God's will higher than ours.
- As a believer, I am expected to submit to God's will and the teachings of the gospel.

Point to Ponder....

- Sometimes it can be difficult to not think of submission as always having to give up what you want. This can make submitting to God and others hard because you don't want to be restricted by them. However, submission is not a loss of identity or a type of "slavery." Instead, submission to God in all of your relationships helps you to be free of sin and helps you discover the good plans that God has for you. Submitting to God deepens our relationship with Him, and submitting to other proper authorities frees us from pride or arrogance and helps us to be more content with them.

A Call to Action....

In John 14:15, Jesus says, "If you love Me, keep My commandments." Read Matthew 5-7. In these chapters, Jesus teaches the gathered people about what His followers look like (i.e. what commands they should keep). Write down at least five of these commands and write about how each of these commands could help you submit to God and strengthen your relationship with Him.

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...

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References: Exodus 20:1-17, Matthew 5-7, John 14:15, Acts 9:1-19	

1. What is submission?

2. What should I submit to?

3. Why is it important to recognize that I should submit to these authorities?

4. What does it look like when I submit to God?

Point to Ponder: Sometimes it can be difficult to not think of submission as always having to give up what you want. This can make submitting to God and others hard because you don’t want to be restricted by them. However, submission is not a loss of identity or a type of slavery. Instead, submission to God in all of your relationships helps you to be free of sin and helps you discover the good plans that God has for you. Submitting to God deepens our relationship with Him, and submitting to other proper authorities frees us from pride or arrogance and helps us to be more content with them.

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