

Lessons for teenagers from 12-17 years

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1. The purpose of our lives
 2. Solving problems
 3. Friendship
 4. Peer pressure
 5. Caring for the creation and my body
 6. My future
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Lesson 1 The purpose of our lives

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone
- Explain that the youth will be taught different topics. For example: friendship, caring for ourselves, and our future.
- In every lesson we will read the Bible, because all lessons are based on what the Bible says.

Information

- The lessons are for teenagers from 12 to 17 years old.
- Every lesson starts at o' clock. Come on time, or we won't have enough time to teach everything.
- It is very important to attend all lessons.
- The students need to bring a Bible to all lessons. We will need them for Bible studies.
- In the last lesson, we'll write an exam (the teacher will choose whether the exam will be written or not). It will not be difficult to write the exam if you attend all lessons.

Rules

- Children younger than 12 years will not be allowed to attend the lessons. Don't come with little children and babies.
- No walking during the lessons (go to the toilet before the lesson starts).
- Listen well and participate.

- Ask if the students have questions.
- Ask God for a blessing for this lesson.

2. Creation (10 min)

- Ask the teenagers where the world comes from: what was the beginning? Tell them to come up with different answers they've heard in church, at school and in the village. Write their answers on the blackboard.
- Tell them that we believe that the Bible is true. The Bible tells us that God created heaven and earth. To create means to make something out of nothing. God is not created, but He has always been there.
- Ask them to come up with examples of what God has created. For example: trees, people, birds and clouds.
- Tell them that today we'll think about the beginning of the earth. That beginning has consequences for our lives.

3. Genesis 1 and 2 (20 min)

- Ask the students about their idea of a perfect world: what does it look like?
- Explain the story of creation (Genesis 1 and 2). Describe what God has created on each day. Explain that everything was perfect, because God Himself is perfect.
- Explain that all relationships were good:
 - A. The relationship between people and God: there was mutual love, no disturbances. God spoke with Adam and Eve every day. He visited them. Adam and Eve knew God and they loved Him.
 - B. The relations between people: there was mutual love, no fights.
 - C. The relations between people and the rest of creation: everything was in harmony, there was no fear or death. People weren't sick, animals weren't dangerous.
- Explain that everything was perfect. People lived according to God's purpose: they obeyed and served Him. They had life.

4. Bible study (30 min)

- Tell the students to open their Bibles and read Genesis 3.1-13 and Genesis 3.22-24.
- Write the following questions on the blackboard and tell the students to answer them in small groups.

Questions

1. Summarize what happened according to Genesis 3.
2. Why did Adam and Eve eat the forbidden fruit?
3. What happened to the relationship between God and men after Adam and Eve sinned?
4. What happened to the relationships among people?
5. What happened to the relationship between people and the rest of creation?
6. We learned that everything changed when Adam and Eve disobeyed God. Did God also change?
7. What can we learn from this story with regards to Satan?

- After 10 minutes, discuss the answers together. The right answers are as follows:
 1. **Summarize what happened according to Genesis 3.**
Answer: People disobeyed God. They ate the forbidden fruit. Disobedience is sin. Their disobedience was a big disaster, because everything changed after that.
 2. **Why did Adam and Eve eat the forbidden fruit?**
Answer: they trusted Satan who told them that they would be like God and wouldn't die after disobeying God.
 3. **What happened to the relationship between God and men, after Adam and Eve sinned?**
Answer: the relationship was destroyed. Adam and Eve were afraid when they knew they had sinned. God sent them away from the garden of Eden. The friendship ended. Sinful people are not allowed to be close to God. Instead of a good relationship, there is enmity (to sin means to hate God).
 4. **What happened to the relationships among people?**
Answer: they were destroyed. There are many problems between people, as we see in our daily lives. After sinning, Adam and Eve started to blame each other.

5. What happened to the relationship between people and the rest of creation?

Answer: the good relationship ended. Animals started to trouble people; other animals fear people.

6. We learned that everything changed when Adam and Eve disobeyed God. Did God also change?

Answer: No, He didn't. He is still the holy and perfect God as He was in the beginning.

7. What can we learn from this story with regards to Satan?

Answer: Satan was the first liar. He is unreliable. He wants to destroy us. But, we're not allowed to blame Satan, since people choose to obey him because their hearts are sinful.

5. Bible Story (20 minutes)

- In simple language, tell students the story from Genesis 3.1-13 and Genesis 3.22-24 (Sunday school teaching).
- Explain that since that time, people fail to be the way God wants them to be. Everyone is a sinner (a mango tree can only bear mangos). Everyone's heart is changed: instead of surrendering ourselves to God, we do what God has forbidden. We think that we know better than God.
- Ask the teenagers to give examples of sins and write their answers on the blackboard. Sin means: to do what is forbidden by God and also to neglect to do what He commands.
- Explain that according to the Bible, God wants us to obey Him with our whole heart, all our mind and in everything we do, always. Even thinking something that is forbidden is a sin: God knows everything!
- Explain that sinners need to be punished in hell forever, because of their sin. Explain that there is only one Way to be saved: Jesus Christ who died on the cross as punishment for sin. Everyone who believes in Jesus (to confess his/her sins and to surrender himself/herself to Jesus), is forgiven from sin and will be with God in Heaven forever.

6. The purpose of our lives (10 min)

- Tell the students to discuss together the purpose of their lives: why are they on earth?
- After discussion, let them share their answers with the group.
Answer: we are on earth to obey, serve and praise God.
- Ask them the following question, 'How can we obey, serve and praise God?'
Answer: if we know and do what is written in the Bible.
- Explain that in the next lessons, we will think about our lives and what God says about it. Remind them that we're created by God. He is our Owner and we need to do what He wants!

7. Game (10 min)

- Let every student sit close to his/her friend/neighbor. Tell them to play the following game: One student must name something that is created by God (for example plant). The friend has to name something else that is created by God, that starts with the last letter of the word just given by his friend (plant – tree). His/her friend has to come up with something else created with God (e.g. plant – tree – egg – goat – tongue etc.)

8. Finish (5 min)

- Ask the students what they've learned today.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatever ye do, do all to the glory of God'.
- Pray.

Lesson 2 Solving problems

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone.
- Pray.
- Ask the teenagers what they remember from lesson 1.

2. Explanation (10 min)

- Explain that since the first sin (as we learned in lesson 1), we face many problems in our lives.
- Ask the students what problems they face in their lives. Think about different problems: with parents/friends, at school, daily needs, etc.
- Explain that when there is a problem, we need to decide what to do: leave the problem or try to solve it. Everything we do has a consequence: it helps or it doesn't. Explain that we have the power to do something, even if it is something small. Doing nothing also has a consequence!

3. Case studies (30 min)

- Discuss together the following case studies (or write them on the blackboard and tell the students to answer them in small groups).

Case study 1: Saulos

Saulos is 12 years old. He lives in Petauke. His mother died when he was 5 years old. His father married another woman, but Saulos feels that he isn't looked after. Often his father's wife tells him that he needs to stay somewhere else. They argue a lot and Saulos isn't happy.

Questions:

1. Why doesn't Saulos feel happy?

Answer: He doesn't feel that his parents love him.

2. According to you, what does Saulos need to do? And why does he need to do so?

Answer: to pray, to ask a wise person for help or to ask another family member if they can allow him to stay with them.

Case study 2: Marita

Marita is 14 years old. She has become pregnant from a boy at school. Marita is worried about her future and she is afraid to tell anyone about her pregnancy. She can't sleep anymore because she doesn't know what to do. Marita feels stressed.

1. Discuss together what Marita could do. Give three different options.

Answer: to tell the boy, to ask someone for advice, to pray to God for wisdom and forgiveness.

2. If you were a friend of Marita, what would you tell her to do? Why would you tell her to do so?

Answer: let them answer for themselves. Explain that abortion is not an option according to the Bible.

Case study 3: Luka

Luka is 17 years old. He hasn't finished school because there was not enough money to pay the school fees. Luka has no work and he doesn't know how to spend his time each day. His parents want him to find work, but Luka fails to find it. It troubles the whole family. Luka wants to forget the problem and starts to drink beer and to smoke.

1. In what way does drinking and smoking help to solve problems?

Answer: it just helps to forget, but it doesn't solve the problem.

2. Do drinking alcohol and smoking help to solve the problem? Why have you answered so?

Answer: No, drinking and smoking don't solve the problems. Instead, the problems will multiply, because you need money to buy alcohol and tobacco.

3. If you were a friend of Luka, what would you tell him to do? Why have you answered so?

Answer: let them answer for themselves.

Case study 4: Edina

Edina is 12 years old. She is in grade 5 and does well in school. But her teacher doesn't treat her well. When she makes a mistake, her teacher tells her to come in front and tells the class that she is a stupid girl who will not pass the grade 7 exam. Edina doesn't feel comfortable at school and she is considering to stop going to school.

1. Why is Edina stressed?

Answer: she feels like she's not treated fairly, her teacher doesn't understand her and she feels like she isn't worth anything.

2. If you were a friend of Edina, what would you tell her to do?

Answer: for example: to help her, to advise her, to go with her to tell someone what is happening, to be kind to her.

3. Do you know someone who is troubled like Edina?

Answer: let them answer for themselves.

- Explain that a witch doctor is not a wise person to ask help from (Leviticus 19.31, Leviticus 20.27, Revelation 22.15).

4. Bible study (20 min)

- Explain that in the Bible we also read about people who were troubled. We'll read the story of Bartimaeus and how his problem was solved.
- Tell the students to open their Bibles.
- Read together Mark 10.46-52.
- Make small groups and tell the students to answer the following questions that you write on the blackboard.

Questions

1. Summarize what happened in the story.
2. How did Bartimaeus feel about being blind, according to you?
3. What did Bartimaeus do to solve his problem?
4. What is most important for us to do when we have problems?
5. Some people who were close to Bartimaeus wanted him to stop screaming for Jesus. They didn't help him. Do you know people who can help you when you have a problem in your life?

- After 10 minutes, discuss together. The correct answers are as follows:

1. **Summarize what happened in the story.**

Answer: Bartimaeus was blind. He asked Jesus for help. Jesus healed him.

2. **How did Bartimaeus feel about being blind, according to you?**

Answer: for example: he was sad, helpless, stressed.

3. **What did Bartimaeus do to solve his problem?**

Answer: He asked Jesus to help him.

4. **What is most important for us to do when we have problems?**

Answer: To ask God for help and wisdom to know what we must do.

5. **Some people who were close to Bartimaeus wanted him to stop screaming for Jesus. They didn't help him. Do you know people who can help you when you have a problem in your life?**

Answer: for example, church members, a teacher or someone in the village.

5. Bible Story (20 minutes)

- In simple language, tell students the story from Mark 10.46-52 (Sunday school teaching).
- Explain what we can learn from this story:
 1. God is almighty. He can solve any problem. Ask Him for His help.
 2. The Bible teaches that we are spiritually blind (2 Peter 1.9, Revelation 3.17). This means that we are sinful and cannot know God unless God cleanses us from our sins. God is willing to do that because of Jesus who died on the cross to forgive sin. Ask Him for it.

6. Game (10 min)

- Make four groups. Tell every group to prepare a story for the radio in which they explain what to do when we face a problem.
- One student from each group must tell their radio story to the whole group.

7. Finish (5 min)

- Ask the students what they've learned today.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatever ye do, do all to the glory of God'.
- Pray.

Lesson 3 Friendship

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone and pray.
- Ask the teenagers what they remember about lesson 2.
- Explain that we learned that God created heaven and earth. He has created us and also everybody else. Because of sin that entered the world, all relationships are broken, even the relationships among people. Today we'll think about being a good friend.

2. The meaning of friendship (20 min)

- Ask the teenagers for the meaning of 'friendship'.
- Write the following words on the blackboard.

love	honesty	unreliability
help	understanding	disagreement
care	trust	criticism
patience	respect	gossiping
jealousy	good example	

- Tell one of the students to come to the board. Tell him/her to draw a circle around the words that encourage friendship and to cross out the words that destroy good friendship.
- Discuss together what encourages friendship and what destroys good friendship.

4. Case study (10 min)

- Sit in small groups and discuss together the following case study:
Your best friend has become friends with a drunkard. Often, he visits a bar with his new friend. At school his marks go down. What do you need to do as a good friend?
- After discussing in small groups, discuss together.
Answer: to warn him, to tell others so that together you can help your friend to stop drinking beer. But be careful that you don't start drinking as well.

5. Story of Alan (15 min)

- The teacher reads the story of 'Alan and the rotten tomato' to the students. After reading, discuss together, 'What can we learn from this story?'

Story

The rotten tomato

Alan had two bad friends. Alan's parents told him Bible stories and gave him good examples, because they were worried when they saw Alan meeting with two friends whose behavior wasn't good. His father told him that he shouldn't hang out with them, but Alan thought that to be with them was good and made him happy. He also thought that it wouldn't cause any problems.

One day his father told him, 'Alan, go to the field and pick one good tomato'. Alan rushed to the field and returned soon with one good tomato. His father said, 'Put it in that dish,' and he pointed to an empty dish. Alan did as he was told. His father also said, 'Go pick two rotten tomatoes'. Alan was surprised, but he went, found two rotten tomatoes and took them to his father. 'Put them together with the good tomato,' said his father. 'But father, the rotten tomatoes will destroy the good tomato', said Alan. 'Do as I told you, Alan', said his father. Alan obeyed and his father put the dish far away.

After two days, Alan and his father went to see the three tomatoes in the dish. The tomatoes were still in it. Although he had already expected the good tomato to rot, Alan was surprised to see that it had rotted so quickly and entirely. In fact, it had to be thrown away.

'Listen now, Alan', said his father. 'This is going to happen to a boy who hangs out with bad boys. Like the tomato that rotted because it was close to the rotten tomatoes, in the same way a boy will learn bad behavior when he chooses to be friends with other boys whose behavior isn't right.'

The Bible says, 'Evil communications corrupt good manners' (1 Corinthians 15.33). This means that having bad friends will destroy good behavior. The Bible also says, 'A companion of fools shall be destroyed' (Proverbs 13.20). So, a boy who maintains friendships with bad friends will also become bad. His end will be in destruction, just like the good tomato had to be thrown away.

Pray the Lord God to give you a new heart so that you are one of His people who love to be close to Him.

6. Bible study (20 min)

- Tell the students to open their Bible.
- Read together Mark 2.1-12.
- Sit in small groups and tell the students to answer the following questions that you write on the blackboard.

Questions

1. Summarize what happened in the story.
2. What can we learn from this story concerning friendship?
3. The four friends went to Jesus with their lame friend. How can we bring our friends to Jesus?
4. How can you be a good friend to others?

- After 10 minutes, discuss together. The right answers are as follows:

1. Summarize what happened in the story.

Answer: The friends of a lame person brought him to Jesus.

2. What can we learn from this story concerning friendship?

Answer: for example, to help each other, to bring each other to Jesus.

3. The four friends went to Jesus with their lame friend. How can we bring our friends to Jesus?

Answer: for example, by praying for them, telling them about Jesus and living an example of Christian life.

4. How can you be a good friend to others?

Answer: let them answer for themselves.

7. Bible Story (20 minutes)

- In simple language, tell students the story from [Mark 2.1-12](#) (Sunday school teaching).
- Explain what we can learn from this story:
 1. Forgiveness of sins is most important.
 2. True friends help each other to serve and obey God.

8. Game (10 minutes)

- We learned that friends help each other and trust each other. Play a game to show this. Blindfold one of the students. Another student has to tell him/her what direction he/she has to go. The blindfolded student must listen carefully and trust that his/her friend will help well. Don't touch each other, just speak!

9. Finish (5 min)

- Ask the students what they've learned today.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatsoever ye do, do all to the glory of God'.
- Pray.

Lesson 4 Peer pressure

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone
- Pray
- Ask the students what they remember from lesson 3.
- Repeat that since the first sin, everything is destroyed. All relationships are destroyed. Sometimes people are tempted by others to do something they don't want to do, or what isn't good. That is today's topic: to be under pressure by friends.

2. Game (10 minutes)

- Choose two boys and two girls to go outside.
- Instruct the ones inside, while the one outside don't hear it.
- Explain to the students inside: they need to act as if they meet friends while walking on the road. The students inside are their friends, but the ones outside are not (although the ones outside don't know this). The teenagers who are inside must leave the ones who are outside alone. If the ones from outside start to speak or greet, those from inside shouldn't listen or answer them. The outside students will be completely ignored.
- Call the ones from outside to come inside and explain to them all that they need to act as if they're walking on the road and meeting friends.
- Play the game. The ones who were outside will feel ignored because there will be no one who wants to talk to them.
- After playing the game, ask the ones from outside how they felt.

3. Peer pressure (5 minutes)

- Explain the meaning of 'peer pressure'. It means: to be under pressure to do what friends and other people do. If you don't do what they do, you'll not be part of the group. You'll be ignored (the same as those who went outside for the game). Another way to explain the meaning: to be under pressure by friends to do what they do.
For example:
 - When you're talking with your friends and they all start to smoke, you'll be under pressure to smoke as well. If you refuse, you'll feel like you don't belong to the group.
 - If you see that all your friends have new shoes, you'll also want to have new shoes.
 - When your friends want to steal, you'll be under pressure to go with them.
- Tell the teenagers to come up with other examples of peer pressure.

4. Bible study (30 min)

- Tell the students to open their Bibles.
- Read together the story of Shadrach, Meshach and Abed-nego (Daniel 3).
- After reading together, let the students sit in small groups and to answer the following questions that you write on the blackboard:

Questions

1. Summarize what happened in the story.
2. Why did Shadrach, Meshach and Abed-Nego refuse to bow down?
3. How did we see an example of peer pressure in this story?
4. What can we learn from this story concerning peer pressure?

- After 10 minutes, discuss the answers together. The right answers are as follows:

1. Summarize what happened in the story.

Answer: King Nebuchadnezzar wanted everyone to bow for a golden statue. Those who didn't bow would be thrown into an oven. Everyone bowed, except for Shadrach, Meshach and Abed-nego. They were thrown into the oven, but God saved them.

2. Why did Shadrach, Meshach and Abed-nego refuse to bow down?

Answer: God forbids us to bow down for anything except Himself. So worshipping the king's statue would be a sin.

3. How did we see an example of peer pressure in this story?

Answer: Shadrach, Meshach and Abed-nego were the only people who didn't kneel down. People put them under pressure to bow. The pressure to disobey God was very strong.

4. What can we learn from this story concerning peer pressure?

Answer: be strong, don't follow the crowd, but always obey God. God sees you and He can save you (but even if He won't save, obey Him! Daniel 3.18).

5. Bible Story (20 minutes)

- In simple language, tell students the story from Daniel 3 (Sunday school teaching).
- Explain what we can learn from this story:
 1. We must be strong and refuse to sin.
 2. God is almighty.

6. Positive peer pressure (20 minutes)

- Explain that today we've heard that peer pressure is bad. But peer pressure can be good as well. Positive peer pressure means: to be encouraged in a good way and to be advised in a good way.
For example: a boy who didn't used to go to church, started to go, because all his friends went to church.
- Another example of positive peer pressure:
Rachel (12) and David (14) are orphans because their mother died two years ago. They live at their grandmother's house, but their grandmother is old and very weak. Last week Rachel and David started to attend at your school. They always look as if they feel sad. What can their friends do so that they'll feel better?
- Discuss together.

7. Finish (5 min)

- Ask the students what they've learned today.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatsoever ye do, do all to the glory of God'.

- Pray.

Lesson 5 Caring for the creation and my body

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone, pray and ask the teenagers what they remember from lesson 4.
- Explain that we learned that everyone is created by God. God also created the rest of creation. This is what we'll be thinking about today.

2. Looking after my body (20 min)

- Explain that God has created us. Therefore, we need to be careful with our bodies and to care for ourselves well: good habits and hygiene. How would we feel if someone isn't careful with a gift we've given them?
- Ask the teenagers for examples of how we can care for our bodies.
- *Briefly* explain that caring for our bodies means:
 - Food and drinks (not too much, not too little, healthy, variety).
 - Keeping yourself clean (washing, brushing teeth, washing hands after going to the toilet, etc.) and going to the hospital when sick.
 - Physical exercise (it helps the body to stay strong)
 - To rest and sleep (enough rest helps to do well in school)
- Ask the teenagers about the effects of alcohol and drugs on our bodies.
Answer: by using alcohol and drugs we destroy our bodies. Refuse and stay strong! (see under point 3 about how to refuse)
- Ask the teenagers the effects of premarital sex and adultery on our bodies.
Answer: by doing that, we destroy our bodies. God doesn't allow us to play with our bodies in that way. There is a high risk of diseases (STIs, HIV/AIDS) and such behavior causes emotional pain.

3. Body language (20 min)

- Explain that God has given us our bodies and that we can use our bodies to communicate. For example, facial expressions, eye contact, use of hands/feet, posture, voice (high/low, fast/slow).
- Tell one student to go outside. Tell him/her that he has to go in front of the group and to show that he/she is happy. But he/she is not allowed to speak. So, he/she must use his/her body to show how he/she feels. The other students have to guess what he/she is trying to express.
Tell other students to express: fear, grief, shame.
- Explain that body language has to fit with the words you speak.
- Explain the way to use your body when saying 'no'. Give an example of saying 'no' in a strong way (strong voice, eye contact) and in a weak way (look down, soft voice, ashamed).
If we want to say 'no' in a strong way, we need to know why we want to refuse: if we aren't sure about refusing, we will refuse without confidence. So, know what you want and what you don't want; think about your life!

4. Caring for the creation (20 min)

- Explain that God did not only create our bodies and the bodies of others, but also the rest of creation. Therefore, we have to care for it. We need to prevent God's creation from being spoiled.
- Ask the teenagers to give examples of caring well for the creation around us.
- Explain that looking after the creation also means:
 - o To clean (house, toilet, yard)
 - o To dispose of waste. Disposing of waste in the creation attracts pests that spread diseases. It also destroys plants and trees that we need for healthy life.
By throwing our waste in the nature, we disrupt the creation: animals and insects can die, while we need them for fruits and vegetables. Cows and chickens eat plants, so the healthier the creation, the healthier they'll be and the healthier our own food as well. Oxygen is produced by trees and plants. People speak about climate change: most of the time we don't care for the nature, but we need nature to survive!
 - o To recycle. Re-use (plastic) bags, make something new by using old materials, don't just throw away what we no longer need, but find a way to use it again or dispose of it properly (see 'to dispose of waste').
- Explain that we have the power to influence our environment and future (lesson 6)

5. Bible study (20 min)

- Tell the students to open their Bibles.
- Read together [Proverbs 12.10](#) and answer together the following questions:
 - 1. What can we learn from this verse?**
Answer: Other people can see if we love God by the way we treat animals.
 - 2. What do we need to do according to this verse? Give three examples.**
Answer: some examples that show that we have to look after animals. We're not allowed to kill them unless they're dangerous or we need to eat them. Care for cows: don't beat them more than necessary. How would God feel if you remove an insect's leg just for fun?
- Read together [Genesis 2.15](#) and answer together the following question:
 - 3. We read that God wants people to look after the earth. Give three examples on how we can care for the earth in our daily lives.**
Answer: let the students come up with answers.
- Read together [John 6.11 and 12](#) and answer together the following question:
 - 4. Jesus said that no food should be wasted. Do you waste food? If yes, what can you do instead of wasting it?**
Answer: let them answer for themselves.

6. Finish (5 min)

- Ask the students what they've learned today.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatsoever ye do, do all to the glory of God'.
- Pray.

Lesson 6 My future

Materials

- Blackboard
- Chalk
- Bible

1. Welcome (10 min)

- Welcome everyone and pray.
- Ask the teenagers what they remember from lesson 5.
- Explain that we have learned a lot about the creation of the world and about sin. We learned that everything is destroyed and needs to be reconciled through Jesus. Today we'll think about how we can be responsible people for our future and live the way God wants us to live. We'll think about different aspects of our future.

2. Our desires (5 min)

- Tell every student to tell his/her friend about his/her desires (wishes/plans) for the future. Say something about: school, marriage, the village, work, daily life, etc.
- Explain that we all have ideas about the future. We don't know what is going to happen in the future (God reigns our lives, James 4.15) but it's still good to think about the future.

3. School (25 min)

- Ask the students why it is important to go to school.
- Explain that there are many problems that can prevent us from going to school or finishing school.
- Make four groups and tell every group to discuss one case study. After 10 minutes, discuss the answers together.

Case study 1 Belita

Belita is 14 years old. She's in grade 7. Her teacher wants to have a secret relationship with her. He is in love with her. He gives her money, clothes and soap.

Question: If you were a friend of Belita, what would you tell her to do?

Answer: she should not accept the gifts, because if she accepts, the teacher will think that Belita loves him and that will cause problems. Belita needs to tell someone who is able to give her good advice and can help her to be strong.

Case study 2 David

David is 16 years old. He is in grade 9. He is very smart. Paying school fees is difficult, but he manages. One day his friend says to him, 'Come, let's go. I've found a way to become rich. You'll find a lot of money in a short period of time and thereafter you can continue school.'

Question: If you were a friend of David, what would you tell him to do?

Answer: David needs to continue school the way he has managed thus far. If he stops going to school, it will be difficult to start again. It is best to first finish school and then to work. Besides this, what kind of work pays so much in a short period of time? Is it legal work or illegal?

Case study 3 Gire

Gire is 17 years old. She is in grade 9. Just before she starts writing her exam, she finds herself pregnant. She only knows the name of the child's father. She considers to stop going to school to look after the child.

Question: If you were a friend of Gire, what would you tell her to do?

Answer: to continue going to school, to find someone who can look after the child and to stop playing with boys.

Case study 4 Benson

Benson is 15 years old. He is in grade 8. His parents fail to pay school fees. Benson considers stopping school to find a job.

Question: If you were a friend of Benson, what would you tell him to do?

Answer: not to stop going to school, but to find a way to earn money to contribute to the school fees (for example, piece work). If he can't manage, he needs to speak to his teacher about it.

- Ask the teenagers to come up with examples of other problems that stop them from going to school and also about ways they can solve those problems.
- Tell the students to be serious in school, because by doing that, they work on their future! If they face problems, they need to tell someone who can help them to find a solution.
- Ask them if they know people who finished school and have a job now. How did they manage to finish school?

4. HIV/AIDS (15 min)

- Explain that some people think that if you have HIV/AIDS, you can't have a good future. Explain to them the causes of HIV/AIDS. E.g. through sexual contact or from parent to child during pregnancy.
- Read for them the following sentences. If the teenagers think that the statement is true, they need to raise their hand. If they think it's not true, keep their hands down. Explain that they have to choose for themselves.

1. **It is possible that people have HIV/AIDS, but they don't know and look healthy.**

Answer: True.

2. **Young boys and girls (virgins) cannot infect someone with HIV/AIDS.**

Answer: Not true.

3. **If you bath yourself after sleeping with someone, you can cleanse yourself from HIV/AIDS.**

Answer: Not true. HIV/AIDS is a disease in the blood.

4. **If someone sleeps with many people, there is a high risk of getting infected with HIV/AIDS.**

Answer: True.

5. **If a HIV-positive woman bears a child, there is a high risk that the child will also be HIV-positive.**

Answer: True

6. **A man can be healed from HIV/AIDS if he sleeps with a girl who has never slept with someone before.**

Answer: Not true.

7. **If you are sick with HIV/AIDs, you need to tell the one you love (your (girl)friend, husband or wife) that you're sick.**

Answer: True.

8. **You can get infected with HIV if you use water from the well.**

Answer: Not true.

9. **Only people in Africa can be sick with HIV/AIDs.**

Answer: Not true.

10. **Some got sick with HIV/AIDs even when they used a condom.**

Answer: True.

11. **People who are sick with HIV/AIDs can have a good life for many years if they use medicines and eat healthy food and fruits.**

Answer: True.

12. **To be sick with HIV/AIDs means that God doesn't love you.**

Answer: Not true.

13. **If people stop committing adultery, there will be less people with HIV/AIDs.**

Answer: True

- Close the discussion by saying that we should live according to the Bible and not have multiple (sexual) partners.

4. Marriage (15 min)

- Ask the teenagers if they know people who have a good marriage. What is it that causes that marriage to be good? Write their answers on the blackboard.
- Explain that in a good marriage the following words are important: trust, respect, care. Be a good husband/wife the way God wants you to be!
- Tell the students to be careful with regard to marriage, 'What kind of marriage do you want?' Don't rush into marriage: first you need to know the girl/boy through and through.

5. Bible study (15 min)

- Tell the students to open their Bibles.
- Read together [James 4.13-17](#).
- Make small groups and tell the students to answer the following questions that you write on the blackboard.

Questions

1. What kind of people does James speak about in verse 13?
2. Do you know people who behave that way?
3. What does James mean by, 'a vapour, that appeareth for a little time, and then vanisheth away' (verse 14)?
4. Why do we need to speak (and think) as written in verse 15?
5. What does verse 17 mean?

- After 10 minutes, discuss the answers together. The right answers are as follows:

1. What kind of people does James speak about in verse 13?

Answer: About people who were proud of what they achieved and thought about their future as if there was no God.

2. Do you know people who behave that way?

Answer: let them answer for themselves.

3. What does James mean by, 'a vapour, that appeareth for a little time, and then vanisheth away' (verse 14)?

Answer: We are vulnerable. We can die at any time. We need to be prepared to die through Jesus.

4. Why do we need to speak (and think) as written in verse 15?

Answer: Because we don't have power over our own lives, but God reigns over us.

5. What does verse 17 mean?

Answer: We need to do what is right and not sin. We learned in all previous lessons what we're supposed to do. If we don't do it, we sin.

6. Exam (30 minutes)

The exam is optional. The teacher should choose if the students will write or not. If they have to write, they need a pen(cil) and paper.

- Write the questions written on the last page of this book on the blackboard and the students must write their answers on their papers (they must choose A, B or C). Or: photocopy the exam and give it to the students.
- After answering all the questions, the students must give their papers to the teacher.
- The teacher must correct the answers and mark the exam. The right answers are as follows:

1. A	6. B
2. B	7. B
3. A	8. C
4. C	9. B
5. C	10. -

7. Finish (5 min)

- Ask the students what they've learned. Encourage them to put it into practice.
- Repeat that the purpose of our lives is to serve, obey and praise God in everything we do. Explain that we must know Jesus in order to obey God the way He wants us to. Teach them 1 Corinthians 10.31b, 'Whatsoever ye do, do all to the glory of God'.
- Pray.

Exam

Name

1. In the beginning God created heaven and earth. What is true?
 - A. There was a good relationship between God, people and the rest of creation.
 - B. God didn't create trees.
 - C. God finished creating on the fourth day.

2. What is the purpose of our lives?
 - A. To be good people.
 - B. To obey, serve and praise God.
 - C. To obey our parents.

3. Why do we face problems in our lives?
 - A. Because of sin.
 - B. Because we don't know how to solve problems.
 - C. Because our parents caused the spirits to be angry.

4. What do we need to do when we face problems?
 - A. We don't need to do anything.
 - B. We need to go to the witch doctor to give us advise.
 - C. We need to ask God for wisdom so that we can find a good solution to our problems.

5. Which word is important in friendship?
 - A. Unreliability
 - B. Bad example
 - C. Help

6. We heard the Bible story about a lame man. What did this man's friends do?
 - A. They forgot him.
 - B. They helped him by bringing him to Jesus.
 - C. They spoke bad things about him.

7. What do we need to do if other people pressure us to sin?
 - A. We must do what they want us to do.
 - B. We need to be strong and obey God.
 - C. We don't need to do anything.

8. Why do we need to care for our bodies?
 - A. Because we can sin with our bodies.
 - B. Because we need healthy bodies so that we can work and find money.
 - C. Because our bodies are a gift from God.

9. What is most important in marriage?
 - A. A wife who always obeys her husband.
 - B. Trust, respect and care.
 - C. A nice house.

10. Write two points you remember well from the lessons you were taught.
 1.
.....
 2.
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