



1. CONVERSATION STARTER

Supplies:

- None

Leader Tip:

- The Conversation Starter is a great way to make everyone feel welcome and build community! Use it to set the tone for your group's time together.

Instructions:

- As the students arrive, welcome them and gather everyone in a group.
- Check in quickly to see how their week went.
- Ask:
 - When you have to make a big decision, who do you go to for advice?
 - Whether it's a major decision or a minor one, whose opinion matters the most to you?
 - When or how do you ask God what his best is for you? (Or do you? Why or why not?)
- Depending on the size of your group, have the students share their responses with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God helps us live the best way.**

2. INTRO ACTIVITY

Supplies:

- Masking tape
- Blindfolds
- Binder clips

Before the Activity:

- Before the students arrive, use masking tape to create start and finish lines at opposite sides of your group's space. Make lanes with tape. Create three or four that are about one metre (three feet) wide if you have enough space.

Instructions:

- Invite one student to stand at the start of each lane.
- Blindfold each of them.
- Once the students are blindfolded, scatter about six binder clips in each lane.
- Explain that the students' goal is to get to the finish line without stepping on or touching any of the binder-clip obstacles.
- Assign "teams" to each blindfolded person. They will direct the person who cannot see.
- Direct everyone to start when you say, "Go!" If anyone touches a clip, they must start again.
- Declare whoever reaches the finish line first the winner.
- To wrap up, ask the blindfolded people:
 - What did you try to focus on as you did this challenge?
 - How did you find the best way through it?



3. WEEKLY VIDEO

Supplies:

- Video file

Instructions:

- Play the video. It contains:
 - Host segment
 - God Story (God's Law | Exodus 18-24)
 - Life Story (Michael loved soccer so much that it became an idol to him. He learned how he could play for God instead of for himself.)



4. APPLICATION ACTIVITY

Supplies:

- Commandment activity pages
- Pens
- Bibles

Leader Tip:

- Did you know that God gave a total of 613 commandments for his people to follow? Of those rules, there were 365 "don't do that" rules—one for each day of the solar year!

Instructions:

- Discuss:
 - What is this month's Key Verse? (Psalm 4:1)
 - What was the Life Story about in today's video?
 - What was the God Story about?
 - Why do you think God gave the rules that he did to the people?
- Divide the students into groups of three to four people.

- Give each group an activity page and a pen.
- Review the Ten Commandments that God gave to his people, which are listed on the page.
- Direct the groups to use the other side of the page to brainstorm a list of reasons why they think God made these commandments. Give everyone about five minutes to brainstorm.
- Bring the students back together in a large group. Invite them to compare their lists.
- Make sure everyone has a Bible. Share them if needed.
- Explain that when Jesus came to earth, someone asked him what the most important rule or law was.
- Guide the students to look up and read Matthew 22:37-40.
- Discuss: According to this passage, what is the most important way to live?
- Emphasize that when **God helps us live the best way**, it's clear his way of living is loving others well!
 - Discuss:
 - Why do you think God didn't make it simple and tell the Israelites to love him and love others?
 - Why do you think God gave them specific ways to love well?
 - Why do you think your parents give you specific rules instead of just telling you to love God and love others?
 - How does Jesus help us see what it is like to love God and love others?
 - How or when do you think about this in your own life (e.g., at home, at school, or online)?

5. ADDITIONAL ACTIVITY

Supplies:

- Home, School, and Online signs
- Wall-safe tape

Before the Activity:

- Hang the signs in three separate areas of your group's space.

Instructions:

- Divide the students into three groups.
- Assign each group to a sign.
- Give everyone a few minutes to discuss what it looks like to live God's best way for us in their location. Encourage them to talk about the challenges or temptations that steer us away from God's best way for us.
- Invite the groups to pray that the students would live God's best way in that space.
- If time permits, rotate the locations.

Os Our Story

6. DISMISSAL

Supplies:

- Take-home cards
- Key Verse cards

Instructions:

- Take a few moments to pray for the students if you have not already done so.
- Remind everyone about any upcoming events or relevant announcements.
- Make sure the students have their take-home materials.
- Ensure the adult teaching is over before dismissing the students.