



The Book – Lesson 6  
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## **THE BOOK**

**Week 6: Why Should I Have the Bible Guide my Life?**

**Bible: Ephesians 2:10; Jeremiah 23:29; Psalm 119:105**

**Bottom Line: The Bible helps you live the BEST life possible.**

## **SUPPLIES**

**Opening Game:** 4 half pool noodles, a rubber trash can

**Teach:** 1 preteen, marker, a few papers, tape or safety pins (something to keep the paper on a preteen for a few moments), hammer and a chisel

**Small Group:** “3 Questions” Bookmark

## **OPENING GAME: QUADRUPLE WHACK-A-MOLE**

**Note:** If you have a large group, consider breaking them up into several smaller groups.

**How to play:** Have all of your preteens sit in a giant circle either in chairs or on the ground (best played in chairs if you can). Start by placing one of the pool noodles in the rubber trashcan and place it in the middle of your circle.

Select one preteen to be “it” and have them grab the pool noodle from the trash can. The goal of the game is for “it” players to hit other players on the leg with the pool noodle. They will then run back to the center, place the pool noodle in the trash can and then run back and try to sit in the seat of the person that they just whacked. In the meantime, the person who got whacked, must stand up and go grab the pool noodle out of the trash can as quickly as possible and then try and “whack” the person who hit them BEFORE they can sit in their seat. If the original whacker gets hit before they can be seated, they are it again. If the original whacker sits down before getting hit then the new person with the pool noodle is it and repeats the same process by picking someone new to whack.

The game can start somewhat slow, but here’s where it get interesting. After a couple hits, stop the game and say, “If Whack-A-Mole is fun, then DOUBLE Whack-A-Mole would be even better.”

Add a second pool noodle and a second it person, and have both players play simultaneously. (They can only chase after the person that whacked them.)

Do this again making it triple and eventually quadruple Whack-A-Mole. It gets kind of crazy, but the preteens will love it.

**After the game, ask the following questions:**

1. What was it like to get hit with the pool noodle? Were you okay with getting hit because it was part of the game?
2. Do you think that there are instructions in the Bible that, when applying them to our lives, might hurt at first? How so?

# TEACH

*Most of the teaching time for this lesson involves having a student up on the stage to demonstrate how God wants us to surrender our lives to Him and that doesn't mean the easiest life, but it does mean the best life.*

*It is suggested that you watch the video from the Skit Guys – “God’s Chisel”:  
<http://www.youtube.com/watch?v=AhfUzodLRvk> to get some ideas of how to teach this to the preteens. The video is written for adults, but it speaks amazingly to preteens.*

[Slide 1 – Cover]

Welcome back everyone to our final week in this incredible series that we call The Book! What book are we talking about? That’s right, the Bible; The Greatest Adventure Book Ever Written. And it was put together by God, for us, so that we can know how to grow closer to God.

Over the past few weeks we’ve talked about why the Bible is true, how it was put together, why it’s important to read it, and how we can go beyond reading it to actually understand what it says.

How’s it been going with the Bedside Bible Challenge? Have any of you been keeping your Bible open next to your bed to remember to read it? Anyone want to share this week about something that they read and understood this week? *(take responses)*  
Great!

I want you to know, that if you ever read something that you don’t understand and your Bible tools and Hermeneutics didn’t help you understand it, you can always ask one of us, and we will do our best to help you understand it (or ask someone else in leadership who might know.)

Now, today, we are going to get to our final question. If we read the Bible, and understand the Bible, the final thing we have to do is what? That’s right, apply the Bible.

That means to use the things you learn from the Bible in your life.

For example, if the Bible says to eat a pickle every third Thursday, then applying what the Bible says means that you should be eating a pickle every third Thursday.

So, here is the final question...

[Slide 2 - Why Should I Have the Bible Guide my Life?]

**Why Should I Have the Bible Guide my Life?** I mean, it's all good stuff, and it may all be true. But why should I let it guide the way I think, and things I say, and the way I act?

Let me ask you. If you follow the Bible, and apply it to your life, if you let it guide the way you think, the things you say, and the way you act, will it give you the **easiest** life possible? *(take responses and follow up with why).*

Here's the thing. Allowing the Bible to guide your life will not give you the easiest life possible. Nope. It won't. But it does promise to give you the BEST life possible.

[Slide 3 – Allowing the Bible guide your life will not give you the **easiest** life, but it will give you the **best** life.]

Let me say that again. Allowing the Bible guide your life will not give you the **easiest** life, but it will give you the **best** life. Do you remember a few weeks ago we talked about the verse Ephesians 2:10? If you don't remember, let's read it again.

*Select a preteen up onto the stage and have them read out loud Ephesians 2:10.\* Make sure it's a preteen who you know would be okay to be a little vulnerable and willing to share. Have them stay up onto stage as you will be using them as a prop for most of the rest of the teaching.*

You see, the Bible says that we are God's masterpiece. His beautiful creation. And God longs for us to have the BEST life possible.

Let's take (preteen's name) here. He is God's beautiful masterpiece. He was created by God to have a relationship with God. And we can have that because of what Jesus did in dying on the cross for us.

And God has an amazing life planned for (preteen); wonderful adventures and exciting things for (preteen).

Psalms 119:105 says that the Bible is a lamp for our feet and light on our path. It's our guide, our way of knowing the BEST life possible. It's a flashlight out in front of us, showing us the wonderful and exciting things that God has planned for us. But it's not going to be easy. You see there are things in our lives that often get in the way of the best life; things that prevent us from allowing the Bible to guide our path.

What do you think can get in the way of allowing the Bible guide our path? *(take responses)*

Now ask the preteen in front of you the same question.

What is one thing that prevents you from letting the Bible guide your path? *(if they can't come up with something, you can use the following and say, "Well, let's just pretend that "this" is getting in the way.")*

*The following is using the example of "lying" as something that gets in the way of letting God guide our paths. I will use the name "Jimmy" just to give a sense of how to say that. You need to use your preteen name and whatever example they give you. Duh!*

So Jimmy, sometimes lying can get in the way of you living the BEST life possible; a life that God has planned for you. Not that you are a big ol' liar, but there are times that you lie to your parents or teachers. And we know they are sometimes just little ones, right? But those are the kind of things that get in the way of us having the best life possible. A life lived for God.

[Slide 4 – Jeremiah 23:29]

Jeremiah 23:29 says, "Is not my word like fire," declares the Lord, "and like a hammer that breaks a rock in pieces?"

God wants to use His words, His truth, His story to mold you into a part of His amazing adventure story. And the Bible is like a fire that molds you. It's like a hammer and a chisel that form you.

*Show a picture of the statue of Abe Lincoln from the Lincoln Monument.*

This is a statue of Abraham Lincoln in Washington D.C. It took a man named Daniel Chester French almost 5 years to chisel and form this 30 foot statue out of solid marble.

And Jimmy, this is exactly what God wants to do to you with His word.

*Pull out a hammer and chisel.*

He wants to use the Bible to mold you and form you into his beautiful masterpiece. He wants your life to be the best life possible. But sometimes, it's not easy. Sometimes, when we trust God to remove the things in our lives that aren't the best for us, it hurts. Like with your lying. God wants to chisel that out of your life. *(Do a mock chisel)*

Sometimes we think that lying is no big deal. We do little lies to protect ourselves so that we don't get into trouble, or so that we don't hurt other people. We lie because we think it's the best thing for us. But Jimmy, God says in the Bible that we should never lie, and so He wants to use that truth to chisel that away. *(chisel)*

You have to trust him that though it may hurt a little, trusting God with your life will lead to the BEST life possible.

And that is why we need to let the Bible guide our lives.

We've talked a lot about the Bible these past few weeks. I hope we understand that the Bible is meant for us. God formed it and built it perfectly to guide our lives, so that we can grow closer to Him and have the best life possible.

The question is, are you going to let it guide your life? Do you want the easiest life possible, or the best life possible? The choice is yours.

[Pray and dismiss to small groups]

[Slide 5 – Cover]

## SMALL GROUP

### Activity: Homemade Ice Cream Party

**Supplies:** 1 ice cream set per preteen: ½ cup of milk (or fruit juice for those with milk allergies), ¼ teaspoon vanilla, 1 Tbs. sugar, 4 cups of crushed ice, 6 Tbs. rock salt, 1 quart-size zipper-lock bag, 1 gallon-size zipper-lock bag, 1 spoon, 1 bowl

**What to do:** Each preteen will be making their own ice cream in a bag. Making the ice cream in a bag takes the right ingredients and patience to get it thick enough to eat (about 5 minutes of shaking). It's not easy, but the reward is totally worth it - the best homemade ice cream! And the preteens will have to trust the directions of the small group leader to make it the best. They can do it the easy way and not shake it as long, but the ice cream won't be nearly as good.

Prepare for each small group the following items. (Listed here are the ingredients for one serving): ½ cup of milk (or fruit juice for those with milk allergies), ¼ teaspoon vanilla, 1 Tbs. sugar, 4 cups of crushed ice, 6 Tbs. rock salt, 1 quart-size zipper-lock bag, 1 gallon-size zipper-lock bag, 1 spoon, 1 bowl

#### Directions for making the ice cream:

- Mix the milk, vanilla, and sugar together in one of the quart size bags. Seal it tightly.
- Place that bag inside the gallon size bag and fill the bag with ice, then sprinkle the rock salt on top (make sure you have enough ice and rock salt in the bag to keep the ice cold for 5 minutes). Seal the gallon size bag.
- Have the preteens shake the bag for at least 5 minutes. If they can wait longer, it will work better. Once they are done shaking and their ice cream is thick enough, help them pour it into a bowl and eat!

#### As your preteens are enjoying their ice cream, discuss the following questions:

- Was it easy or difficult to wait patiently as you were making your ice cream? Explain.
- Like making ice cream, allowing the Bible to guide our lives sometimes takes patience. Can you give me an example?
- Like making ice cream, allowing the Bible to guide our lives sometimes isn't easy. Can you give me an example?



### **3 Questions to Ask Bookmark**

When you read the Bible, what are some things that you have learned that will help you let God guide and mold your life?

As you read the Bible, are there questions that you could think about that would help the Bible mold the way you live?

*Pass out the 3 Questions to ask bookmark.*

Say: Here is a little tool that you can put inside your Bible that will help you think about how to apply God's words to your life.

*Review the bookmark.*

Next, let's practice using the questions on the bookmark with the verses we looked at today. Look up and read these verses one at a time: Ephesians 2:10, Jeremiah 23:29 and Psalm 119:105.

After each verse is read, discuss the questions on the bookmark. Use this activity as an opportunity for students to begin applying what they read in the Bible.

#### **One last discussion question:**

What is one thing from this series you've learned that you never want to forget?