



### **SYSTEM RESET: WEEK 6**

Writers: Jami Kahyer & Nick Diliberto

Project Supervisor: Nick Diliberto and Becky Forkel

Graphic Design: RF Creative Media

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## **SYSTEM RESET**

### **WEEK 6: Redesign**

**Bible:** Romans 12:1-2; Mark 12:29-30

**Bottom Line:** Redesign your life, placing God in the center of everything you do.

### **SUPPLIES**

- One 12 oz. plastic cup filled with ping pong balls for every two students
- One empty 12 oz. plastic cup for every two students
- Masking tape
- 2 large marshmallows with God written on it with permanent marker
- Lots of medium sized marshmallows
- Table placed near the teacher
- Permanent marker
- Toothpicks
- Medium sized marshmallows
- Large sized marshmallows
- Toothpicks
- Markers (one per student)
- 2 pieces of cardstock paper per Junior High Student
- Glue
- Optional - ½ inch masking tape or blue painter's tape (each small group shares 1-2 rolls)

### **OPENING GAME: PING PONG ROUND-UP**

#### **GAME PREP**

Make two parallel lines on the floor using masking tape, spacing them 8-10 feet apart.

Fill up one plastic cup with ping pong balls for every two students.

#### **HOW TO PLAY THE GAME**

Have everyone get in groups of two.

Hand each group one empty plastic cup and one plastic cup filled with ping pong balls.

Partners hold either an empty cup or a cup filled with ping pong balls.

Partners stand behind the lines facing each other.

The player holding the empty cup places it on top of his head and holds it in place with his hands.

The goal of the game is for the player with ping pong balls to throw them one at a time into his partner's cup.

Players must stay behind the lines throughout the game.

After the round, partners count how many ping pong balls landed in the cup. Next, players gather enough ping pong balls around the room to fill up their cup again.

Play another round switching players.

The player who had the empty cup throws the ping pong balls for this round.

When done, add the number of ping pong balls made in the cup for both rounds.

The team that made them most in their cup wins. Or just play for fun with no competitive element.

**After the game, say:** Imagine if these ping pong balls represented the things you do in a given day, such as: go to school, play video games, watch TV, etc.

Imagine if the cup represents how much time you have in a day - 24 hours.

You can only fit so many activities into one day.

Today we are going to look at how we can design our lives around what is most important - God. If we aren't careful, we often jam our lives with so much activities, not allowing God to have much room in our lives.

## **TEACH**

**Say:** We only have 24 hours in a day.

A lot of the time we pack our day with a lot of activities, leaving no time for God.

If our relationship with Jesus is the most important thing, then it only makes sense to spend time with God.

*Hold up large marshmallow with God written on it.*

This large marshmallow represents God.

*Place large marshmallow on a nearby table.*

**Ask:** What are some things we can do to spend time with God?

*Allow a few responses from students.*

*As students give examples, write each on a medium sized marshmallow.*

*Condense each example to one word.*

*When you have a few good examples, then hold up each marshmallow one at a time and talk about why that activity is important.*

*Possible examples include: reading the Bible, praying, worship, journal, etc.*

*Place the medium sized marshmallows in a row on the table, alongside the God marshmallows.*

If you've been coming to church for a good amount of time, you have probably heard that these things are important.

These are specific activities you do to deepen your relationship with Jesus.

It's important you fit them in your busy life.

**Read Mark 12:29-30. (NCV)**

*One of the teachers of the law came and heard Jesus arguing with the Sadducees. Seeing that Jesus gave good answers to their questions, he asked Jesus, "Which of the commands is most important?"*

*Jesus answered, "The most important command is this: 'Listen, people of Israel! The Lord our God is the only Lord. Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.'*

Jesus spoke the words in this verse.

He basically said that the most important thing you can do is love God with everything you have.

Loving God is the most important activity of our lives!

So, the activities on these marshmallows are things we can do to love God and deepen our relationship with Him.

*Take each medium sized marshmallow and attach it to the God marshmallow using toothpicks.*

*Leave no space in between the marshmallows, so that they are a squished together against the God marshmallow.*

As you can see, these activities are squished together with God.

Just like they bring you closer to God when you do them.

I encourage you to begin doing these activities on your own.

*Place the marshmallow clump down on the nearby table.*

A lot of times, we do our best to do activities that bring us close to God, but miss the next step.

The next step is equally important.

Think of your typical week.

**Say:** Give me some ideas (other than spiritual activities) of what you spend time doing.

*Allow a few responses from students.*

*As students give examples, write each on a medium sized marshmallow.*

*Possible examples include: school, sports, video games, TV, hanging out with friends, etc.*

*Place the medium sized marshmallows in a row on the table.*

*Place the second large God marshmallow alongside of the medium sized marshmallows.*

The problem many of us face is that we pray or read the Bible, but the rest of the time we aren't focused on God.

We're busy going to school, playing baseball, etc.

The really cool thing about God is that he wants us to invite Him into everything we do.

He wants to be the center of our lives.

*Attach the medium sized marshmallows with toothpicks to the God marshmallow.*

*Keep the God marshmallow in the center and be sure to have space in between the medium sized marshmallows and the God marshmallow.*

God wants to be the center of our lives, to be in the middle of everything that we do.

What does that look like in everyday life?

Let's look at school as an example.

Nine months out of the year, you spend 5 days a week at school.

That's a big chunk of your life right now.

God is alive and active at your school.

He is doing work in your classmates' and teachers' hearts that you can't see.

But He wants you to be a part of what He's doing.

If you look for what God is doing, He will show you how to be a part of it.

Maybe there is a new kid at school who needs a friend.

With God as the center of your life, you sense that God wants you to be her friend.

So, you sit with her at lunch and begin a friendship.

With God at the center of your school life, you are always on the lookout for what God is doing around you at school.

Another example is your friends.

You spend time with your friends, especially on the weekends.

Let's say you and your best friend get into an argument.

You leave his house angry and upset.

With God as the center of your life, you invite Him to help you with the situation.

You ask Him to show you what to do and how to handle the situation.

Maybe God is allowing this conflict to happen so you can resolve the issue.

You decide to talk it out with your friend instead of staying mad.

As a result, you deepen your friendship.

Because God was the center of your life, you were on the lookout for what God was doing in a conflict with a friend.

These are just two examples.

The idea is to put God at the center and be aware of what He is doing throughout your day—while hanging out with friends, watching TV, going to school, etc.

The Bible puts it this way...

**Read Romans 12:1-2.**

*So brothers and sisters, since God has shown us great mercy, I beg you to offer your lives as a living sacrifice to him.*

*Your offering must be only for God and pleasing to him, which is the spiritual way for you to worship. Do not be shaped by this world; instead be changed within by a new way of thinking.*

*Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.*

When you put God at the center of your life, you are offering your life as a living sacrifice to him. Everything you do becomes an act of worship.

Then, God will shape our lives, instead of the world around us shaping our lives.

Today's bottom line - Redesign your life, placing God the center of everything you do.

As a new creation, God hit the reset button of your life.

Now, you redesign your life to place God in the center.

You place God at the center when you make time for important activities that bring you closer to Him, AND when you look for what God is doing around you throughout each day.

*Pass out index cards and pens.*

As these index cards are being passed out, take a moment to pause and reflect.

What is God speaking to you through today's message?

We're going to allow you a few moments to write that down on your index card.

*Allow students a few minutes to pause and reflect.*

*Optional - play soft worship music in the background.*

*Close in prayer.*

## **SMALL GROUP ACTIVITY: REDESIGN YOUR LIFE**

Ask students to share what they wrote down on the index card.

Allow a few minutes for students to talk about what they wrote and why they wrote it.

**Note:** Junior High Students might find it difficult to write on the marshmallows.

Therefore, have them write on a piece of masking tape or blue painter's tape, tear off, and attach to the appropriate marshmallow.

However, if you decide to have students write directly on the marshmallows, provide them with permanent markers.

Junior High Students will redesign their lives using marshmallows.

Each student will build a marshmallow structure following the below instructions.

### **ACTIVITY PREP**

Tape together two pieces of cardstock paper and hand each student one big marshmallow, several medium sized marshmallows and some toothpicks.

Write God on the big marshmallow.

Write activities you spend time doing on the medium sized marshmallows.

Attach all the medium sized marshmallows to the big marshmallow in the middle, using toothpicks.

Glue the marshmallows to the cardstock, with the words on the marshmallows being shown.

Write down ways you can allow God to be a part of each activity on the cardstock, near each marshmallow.

Allow students time to finish their project.

Next, ask students to share and explain their project with the rest of the group.



## **SMALL GROUP DISCUSSION QUESTIONS**

1. What have you learned from this series? What will you remember about “System Reset”?
2. How can you place God as the center of your life? Do you think that’s easy or hard?
3. How do you become a new person when you give your life to Christ?
4. How can you stay connected to God?
5. How can God help you with stress and anxiety?