



SYSTEM RESET: WEEK 2

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WEEK 2: Relook

Bible: John 1:12; John 15:15; Romans 6:6; Ephesians 1:4; Romans 8:39; Romans 8:11; 1 Samuel 16:7; Romans 12:5

Bottom Line: Get your feeling of importance from what God says about you.

SUPPLIES

- A flashlight
- List of tasks (placed in a sealed envelope)
- Pen
- 5–6 pieces of bubble gum
- 5–6 inflated balloons
- Permanent markers
- 9 playground balls (or dodgeballs)
- Duct Tape
- Bibles
- Candy (20 pieces per student - M&M's or Skittles would be a great option)

OPENING GAME: LIGHT THE DARK

HOW TO PLAY THE GAME

Divide students into groups of 5-6 and give each group the needed supplies.

Tell students they have a list of tasks to complete in their groups.

They are not allowed to open or read the list until instructed to do so.

Turn off lights.

As soon as the lights are turned off, tell students they can open the list and begin.

The flashlight can be used to help Junior High Students see.

Optional: Have teams compete to be the first group to finish the tasks.

LIST OF TASKS

1. **In alphabetical order**, everyone in the group writes their first name on the back of this paper using only their feet.
2. Find out the oldest person in your group. Write their name and birthday on the front of this paper.

3. Everyone in your group **one at a time** sings, “Happy Birthday” to the oldest person in the group.

While singing, you must also be rubbing your belly and patting your head at the same time.

4. Give one piece of bubble gum to everyone in the group. Each person **one at a time** blows three bubbles with the bubble gum.

Allow all groups to finish the tasks.

After the activity, ask: Would it have been easier to play the game with the lights on?

Why or why not?

Allow a few responses from students.

Say: Playing this game in the dark certainly made it more fun, but it also made it more difficult.

Think about the dark for a moment.

Without light, the dark would be a scary place.

Even with only a little light, like in our activity, the dark would be a difficult place to live because we couldn’t see the world around us clearly.

Today, we are going to talk about how God helps us to see clearly in a dark world.

TEACH

Say: Without Jesus, you are blinded to the truth about yourself.

With Jesus, you can begin to see clearly see the truth about yourself.

Now that God has hit your reset button, you’re a new creation.

This means you can begin to see yourself as God sees you—as you really are.

Think about what gives you a feeling of importance.

If others see this in you, they’ll like you.

If you have this, you will feel valuable and important.

When I was your age, what gave me a feeling of importance was _____.

Share what gave you a feeling of importance when you were in Junior High.

Take a few minutes to give a detailed explanation.

Now, let's talk about you.

Ask: What gives you a feeling of importance?

Allow a few responses from students.

Write down one response on each of the 5-6 blown up balloons.

Look for good examples to write down.

Talk about each example in detail and the danger of it giving Junior High Students a feeling of importance.

Written below are a few examples.

However, the illustration will be most effective if you use examples given by students.

After each example, pop the balloon as an illustration of its weakness.

(Write down this phrase on an inflated balloon – good looks.)

Good looks: Some people feel good about themselves if they look good.

Girls feel important if they are beautiful and boys feel good if they are handsome and strong.

The problem is that not everyone looks like a model, a pro athlete, or a rock star.

God designed us all differently and uniquely. He created us as-is on purpose.

So, if you get your feeling of importance through good looks, then you're not seeing yourself clearly.

Getting your feeling of importance through good looks isn't strong enough.

Pop balloon.

Write down this phrase on an inflated balloon – being great at something.

Being great at something: Some get a feeling of importance by being good at something.

It might be at school, sports, music, dancing or one of a thousand other things.

They feel great about themselves when they're doing good and horrible about themselves when they aren't.

Getting your feeling of importance through being great at something isn't strong enough.

Pop balloon.

Write down this phrase on an inflated balloon – having lots of stuff.

Having lots of stuff: Some get a feeling of importance by having lots of stuff.

They must have the latest digital device, video game, clothes, etc.

Their parents might have a lot of money, live in a big house and have an expensive car. The problem with this is that you never have enough stuff.

You're never content with what you do have, and you always want more.

If you get your feeling of importance through "stuff," it is not strong enough.

Pop balloon.

Write down this phrase on an inflated balloon – popularity.

Popularity: Some get a feeling of importance by being popular.

If everyone likes them, they feel good about themselves.

The problem is that you can make bad choices to keep the approval of others.

So, if you get your feeling of importance through popularity, it is not strong enough.

Pop balloon.

None of these things are strong enough for us – good looks, being great at something, having stuff, or being popular.

God designed us to look for something to make us feel important and valuable.

He gives us the desire.

The problem is that we are blinded to the truth of where to get the desire fulfilled.

However, as new creations, God helps us to see the truth about ourselves.

He shows us how we can get a feeling of importance that will last.

How does God see us?

Where do we get a feeling of importance that will last?

We get it from seeing ourselves as God sees us.

Write this phrase on a playground ball – See yourself as God sees you.

See yourself as God sees you: The way God sees you will never change. It lasts forever.

This ball (*hold up ball*) represents how God sees you.

I can sit on it, punch it, claw it and slam it against the wall without it popping—unlike a balloon.

You don't have to be popular, look good, be great at something, or have a lot of stuff to feel good about yourself.

If you are not the most physically attractive person, you still feel loved because God loves you.

If you are not a great athlete, you still feel worthy because God says you are.

If you don't look like a model, you still feel important because you're important to God.

If you are not popular, you still feel accepted because God accepts you.

Today's bottom line - Get your feeling of importance from what God says about you.

Much like you believe the words of a close friend, the closer you get to Jesus the more you believe God's Word about you is true.

So, how does God see you?

You're going to break up into eight separate groups and discover some of the things that God says about you.

Each of these verses is an example of how God sees you.

Your group's job is to look up the verse and look for one thing that verse says is true about you.

As a group, come up with a short phrase that sums up that truth and write it on the piece of duck tape you are about to get.

Then, place the duct tape on the playground ball.

Break students into 8 groups.

Give each group one verse to look up, a permanent marker, a playground ball and piece of duct tape.

Allow students a few minutes to complete the task.

Next, have each group come upfront one at a time to show what they wrote on the ball.

Have a student from each group read the verse.

Take a few minutes and ask students questions about their verse.

The goal is to help them articulate the importance of that verse.

Both for their own benefit and the benefit of the audience.

List of verses and potential phrases for each:

- We are His children (**John 1:12**)
- We are God's friend (**John 15:15**)
- We are free from the power of sin (**Romans 6:6**)
- We are chosen, holy and blameless before God! (**Ephesians 1:4**)
- Nothing can separate us from God's love (**Romans 8:39**)
- God's Spirit lives inside of you (**Romans 8:11**)
- God looks at your heart, not appearance (**1 Samuel 16:7**)
- We are a part of a new family, the body of Christ (**Romans 12:5**)

Great job everyone!

Thanks for sharing.

We now have 8 balls here that all represent amazing ways we can get a feeling of importance through our relationship with Jesus.

We can now no longer be blinded to the truth about ourselves, but see ourselves as God does.

Now, let's play a game of ultimate dodgeball with all these balls.

Each time the balls are thrown, remember how durable they are.

They don't pop.

They are strong and durable, even when stepped on and thrown around the room.

Just like our feeling of importance is strong when it comes from a relationship with Jesus.

SMALL GROUP ACTIVITY: UNLIMITED DODGEBALL

Place the 8 balls from the teaching activity (more if you have a large group) in the middle of the room.

Line students up against any open walls in your room.

On GO, preteens go grab a ball, run around the room and throw it at other players.

If a player is hit, he sits down and cannot move from that spot.

However, he can tag other players as they run throughout the room.

If tagged, the frozen player is back in the game and can run around throwing balls at other players.

And the tagged player is frozen, sitting down and attempting to tag other players as they run by.

Players sitting can also grab balls as they roll nearby (*but can't move towards them*).

If they grab a ball, they can throw it at a player who is standing. If hit, they switch positions (*just like if tagged*).

Throughout the game, if a ball is caught by a player, the one who threw it sits down and is frozen.

Throughout the game yell 'scramble', which means all frozen players are unfrozen and can run around.

Continue until only one player is standing. Play as many rounds as you like.

After the activity, say: Look at these balls - they all survived!

They are strong and durable, even when stepped on and thrown around the room.

Just like our feeling of importance is strong when it comes from a relationship with Jesus.

Spend a few minutes connecting today's message to the System Reset theme.

Close in prayer.

SMALL GROUP DISCUSSION QUESTIONS

1. What are the dangers of getting your feeling of importance from (*ask one at a time*):
 - Good looks?
 - Having lots of stuff?
 - Being good at something?
 - Popularity?
 - Friends?
2. Why do you think it is easy to look for your feeling of importance in things other than God? Explain.
3. What's difficult or confusing about finding your feeling of importance in your relationship with God?
4. What are the benefits of looking for your feeling of importance in your relationship with Jesus?