



Jesus Knows When We Are Discouraged



THE MISSION AIM

Jesus encourages us, and wants us to encourage others.



KEY VERSE

Joshua 1:9: "Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."



Pre-Mission Activity



Supplies Needed

- Option 1: Snakey from last week
- Option 2: Sudoku puzzles - superteacherworksheets.com OR any other sites that you find helpful or puzzles
- Prepare to have a leader leading each pre-mission activity

Directions

SAY: You can choose one of the following three activities today. One is a review activity on dealing with our fears and the other two have to do with this week's lesson on discouragement.

Option 1) Review from last week with Snakey – make a circle and pass Snakey around as the music plays. When the music stops, whoever has Snakey can tell us how they were able to deal with their fears last week and whether they were able to memorize any Scripture verses to help them with their fears.

Option 2) Sudoku puzzles - Complete some Sudoku puzzles on your own. How do they make you feel? Are they easy or hard for you? If they are hard, keep persevering. You can do it. It is easy to get discouraged but we'll find out this week how God can help us overcome what discourages us.

Option 3) Play "Everybody's It" – When the leader says "go" you are to try to tag someone before they can tag you. If you get tagged you must crouch or sit and you're out of this round (it goes very quickly so don't worry about people who are out). If you tag each other at the same time you both must crouch down and tell each other one thing that you find difficult or discouraging. Once everyone is crouching or close to it then start the game again.



Mission Uplink 1



Have ready YouTube playlist: "Season 1 – Jesus On The Inside Episode 3: Jesus Knows When We Are Discouraged"

Play "Jesus On The Inside (S1) Episode 3 (1/3)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have JOI-Episode_3-Jesus_Knows_Discouraged.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

- Job Cards – For each group (see lesson) have a set of job cards (double up on the encourager card for groups that have more than four participants). Each job should be written on a separate card. Reader – read the passage; Recorder – Write down the answers given by the group; Encourager – Encourage everyone in the group to participate; Presenter –Tell the other groups what you've learned
- Task templates printed out for each group (attachment page 7)
- Task templates - suggested answers one per leader (attachment page 8)
- Key verse posted on the wall: "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."
Joshua 1:9



Mission Assignment

SAY: Well recruits, Michael is pretty clear with our mission! Since he's already pretty much introduced it let's get to it right away. Drum roll please, (reading Mission card from the satellite uplink), "Recruits, find out what Jesus did when He came across people who were discouraged."

SAY: We're going to gather our Intel by dividing up into groups today. Each group will be given a passage of Scripture with some questions to answer. You will also each have a job to do in your group so be prepared to help each other out.

DO: Divide the recruits into two groups (of no more than four or five). If you need to, have a couple of groups study the same passage. Give each member of the group a job card (as listed in the supply section) and describe the jobs to the recruits. Give each group their task card template and writing supplies. Make sure that there is a leader or older recruit with each group.

SAY: Okay recruits; let's get to work on our tasks. I know that it may be a little challenging but with each other's help, you can do it. Feel free to trade job cards in the next 10 seconds if you would like.



DO: Go around and make sure that all the groups are on task and don't have any questions. Have them work on their task templates. Encourage recruits to find answers similar to those provided on the task template suggest answer sheet.

SAY: Let's take a few moments to share what you have learned.

DO: Send the presenter from each group, to the other group to share what was learned. Encourage them to briefly summarize the story as well as the answers to the questions that they answered.

SAY: So we have a group of friends bringing their friend to Jesus for healing. They could have been discouraged because they couldn't even get to Jesus. Jesus knew they were discouraged and He encouraged them by paying attention to them and actually healing their friend. Next we have a widow who could have been discouraged because she was all alone and her questions appeared to be ignored until finally the judge got annoyed with her asking so much. What does Jesus do? He encourages us to come to Him and to ask for help when we are discouraged. He encourages us to never give up and to keep on asking Him in prayer for the courage to continue with things even when it is hard. He acknowledges that we are discouraged and He gives us hope.

SAY: In both of these scenarios Jesus encourages people not to give up. The Bible has many verses that can help us remember that but our key verse for the week is a great reminder of how we can be strong and courageous. It encourages us to keep trying because the Spirit of God is with us wherever we are. It is found in Joshua 1:9 and it says, "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Hey, we read that verse last week when we were reminded that Jesus is with us when we are afraid. Well we'd better learn this one for sure then. The verse is posted here on the wall. Let's work together to learn this very encouraging verse.

SAY: Round one, find someone about your size, get into arm wrestling position, find a spot where you can see the verse on the wall and repeat the verse together as you arm wrestle.

DO: Repeat the verse together.

SAY: Way to go recruits. You're really getting it. Okay, round two, get into jumping jack position. Let's say it!

DO: Repeat the verse together.

SAY: Hey, you guys are doing an awesome job. Keep it up. Round three, get into sit up position. Let's do it.

DO: Repeat the verse together.

SAY: Awesome work team. And last but not least, round four, push up positions. One more time.

SAY: Well, you may be tired by now and when you are discouraged it's easy to get tired out but remember **DO NOT BE DISCOURAGED BECAUSE GOD IS WITH YOU WHEREVER YOU GO.** Speaking of wherever we go we should go and find out what the Recon Team is up to.





Mission Uplink 2



YouTube: Play "Jesus On The Inside (S1) Episode 3 (2/3)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



Mission #2



Supplies Needed

- Bibles for each recruit
- A leader prepared to dramatically read Acts 16:16 -34
- Paper, pencils
- Tool Kit from last week (perhaps have a few on hand to give to any recruits who were absent last week)



Mission Assignment

SAY: Wow! Gathering Intel on Paul could take us a long time. So much of the New Testament is devoted to him. But I know that Michael wanted us to be a bit more specific than just finding out about Paul. Let's find out what our Mission is. Drum roll please, (Reading mission card from satellite uplink) "Recruits, find out how Paul could have been discouraged and what he did instead of letting himself get down." I have a plan. One of the leaders is going to read Acts 16:16-34. As he/she reads you need to get your "Discouragement Meters" ready. Oh, what's that you say? Whenever you think that Paul could have been discouraged, raise your Bible in the air and say, NO WAY GOD'S GOT HIS BACK!

DO: Have someone read Acts 16:16-24 in a dramatic way. Be sure to have leaders "planted" to raise their Bibles at verses 19 (seized Paul and Silas and took them to the marketplace to face the authorities), 20 (brought them before the magistrates), 22 (crowds joined in the attack), 23 (severely flogged, thrown in prison), 24 (put in the inner cell and fastened their feet in stocks) and discuss each discouraging event. Of course the kids may notice other areas where Paul could have been discouraged. That would be great. Just have them explain their thinking when they raise their "Discouragement Meters".

SAY: Wow! Paul and Silas sure had reason to be discouraged. I'm sure I would have been totally discouraged if I'd been beaten, dragged out to the authorities, put in prison and had chains around my feet. But the amazing thing is that they weren't discouraged. Let's look at what they did instead. _____ (name of reader) is going to read Acts 16:25-34 for us. This time as the Scripture is read listen carefully and write or draw some things that Paul and Silas did instead of getting discouraged.

DO: Get a reader to read Acts 16:25-34 dramatically and help the recruits to write down anything that they hear that will help them to deal with discouragement.



SAY: Okay, now that we've heard the Bible passage, what are some things that Paul and Silas did to keep from being discouraged? *(They prayed (verse 25), sang hymns (verse 25), were witnesses to others about Jesus (verse 30, 34), and shared the Bible implying that they knew the words of the Scriptures (verse 32)).* Imagine that, instead of being discouraged they prayed, sang, and quoted Scripture. Hey this sounds a whole lot like our Tool Kits from last week when we were encouraged not to be afraid. This week we can pull those out as a reminder that the same God who keeps us from being afraid can also encourage us when we are feeling discouraged. The Holy Spirit living in us can help us to live lives of encouragement and hope.

DO: Pull out a Tool Kit from last week to remind the recruits what they were and have a few on hand for any recruits who may have been absent last week.

SAY: You've done a terrific job gathering Intel on Paul. I think Lina is going to have an amazing resource of what she can do when she is discouraged. Way to go. Let's get back to the team and find out how they are doing. It seems like they've all needed some encouragement today.



Mission Uplink 3



YouTube: Play "Jesus On The Inside (S1) Episode 3 (3/3)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



Field Mission Project



Supplies Needed

- A few sets of different coloured paper to divide the kids into groups. If you don't have different colours, mark a different colour circle on different sheets of paper
- Pencils
- Leaders prepared to lead various groups
- Fairly large rocks that individual recruits can write several words or phrases on (or something that represents strength – piece of wood, part of a brick)
- Markers



Today's PRAYER HUDDLE is incorporated into the Field Mission Project.

Mission Project

SAY: Recruits, we have one more mission for today, let's read it together, (reading mission card from satellite uplink), "Recruits, join the Recon Team in prayer focusing on overcoming discouragement for yourself and for others." Great idea Michael. Let's take some time to pray about those things that have been discouraging for us. We're going to get into some small groups to spend some time praying. Here is a piece of paper for each of you. Now, please find all of the other recruits with the same colour paper as you have and sit together.



DO: Have a leader join each group and hand out pencils. Have the leaders of each group lead the following activities.

SAY: Take some time to write or draw some of the things that you find discouraging. If you feel comfortable, do this with a partner so that you can encourage each other as you share your discouragements. (Examples - math class is too hard, being too shy to make friends, not being able to read, always getting told that I'm not good enough, not being able to play soccer, etc.). As I read Ephesians 3:16-19 I want you to picture the Holy Spirit filling you with all power to overcome your discouragement and I want you to start ripping up your paper into the tiniest shreds possible. Use this time of ripping up your discouragements as a time to pray to God that He will take your discouragement and fill you with His presence.

DO: Read Ephesians 3:16-19 slowly and thoughtfully.

SAY: Now that you have ripped up all that old discouragement allow the Holy Spirit to fill you up to overflowing. You can overcome with His help. Now toss those papers into the recycling bin because that discouragement is going to be recycled and come out as something completely different. Something beautiful, taken by God and renewed.

SAY: Dear Jesus, we have just given you our discouragements. We have torn them up as a symbol that we have given them to you. Please fill us up to overflowing with your presence. Take our _____ (fill in some of the discouragements that you have seen the kids write/draw i.e. frustration over math, discouragement over not being able to play soccer). Thank you that we can come to you with each of these discouraging pieces of our lives. Please renew us and strengthen us by your Spirit. Amen.

DO: Gather recruits back together and hand out rocks and markers.

SAY: We're handing you a rock right now. Rocks often remind us of strength and power. We memorized Joshua 1:9 today and it reminds us to be strong and courageous. As we read that verse again, I'd like you to write down words from it on your rock that will remind you that God will be there for you this week when you feel discouraged. For example, you might write "strong" or "courageous" or "do not be discouraged" or "the Lord will be with you". Whenever you face discouragement this week, take a hold of your rock, read the words from Joshua 1:9 and pray that God would be your encouragement. Perhaps you could even share your rock with a friend who is feeling discouraged and remind them that God will be with them and give them the peace and encouragement that they need. Now let's join the others as we finish up for today.

DO: Have recruits gather together again in the large group as they finish up in their small groups.

SAY: We've been reminded again of how the Holy Spirit can take our discouragement and fill us with encouragement. Let's remember that this week. Please remember to pray, to sing and to read your Bible so that through the Holy Spirit you can fight against any discouragement this week. Also, ask others how you can pray for them in their discouragement. Have a great week. You are terrific.



Task 1 - Group 1

1. Have the reader read Luke 5:17 – 26.
2. Have the recorder write down answers to the following questions.

- a) How could the friends of the paralytic been discouraged?
- b) What did they do?
- c) How did Jesus treat the paralytic? What did He say? What did He do?



Task 2 - Group 2

1. Have the reader read Luke 18:1 - 8
2. Have the recorder write down answers to the following questions.

- a) How could the widow have been discouraged?
- b) What did the widow do?
- c) What does Jesus say about not giving up?
- d) What can we do to get help when we are discouraged?



Group 1 - Answers

1. Have the reader read Luke 5:17 – 26.
2. Have the recorder write down answers to the following questions.



a) How could the friends of the paralytic been discouraged?

There were too many people and they couldn't get their friend to Jesus.

b) What did they do?

They believed Jesus would help – they took the roof apart and lowered him down.

c) How did Jesus treat the paralytic? What did He say? What did He do?

He told him that his sins were forgiven and called him a friend. He healed him.

Group 2 - Answers

1. Have the reader read Luke 18:1 - 8
2. Have the recorder write down answers to the following questions.



a) How could the widow have been discouraged?

She was a widow, all alone and being treated unfairly. The judge didn't care about her request.

b) What did the widow do?

She kept asking the judge for her answer and she didn't give up.

c) What does Jesus say?

Jesus acknowledges that since even a human judge who didn't care finally gave in and listened how much more will God the Father who loves us, take care of us.

d) What can we do to get help when we are discouraged?

Always pray and don't give up.