

# FACE IT!

## Explicit Movement

**NOTE: Please feel free to edit, add to, and come up with your own creative elements and ideas!**

### TITLE OF LESSON: Facing It Together

#### OBJECTIVES:

- 1) What do you want them to know? Having a solid community around you is so important, especially in facing the issue of sexual purity.
- 2) What do you want them to feel? Challenged
- 3) What do you want them to do? (application) Examine the friends that are in your life now. Are they friends that will help point you back to Jesus and keep you accountable? Or do you need to find some new friends that will do this.

#### BIBLE TRUTH FOCUS (Scripture):

Ecclesiastes 4:9-12

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”

#### OPENER ACTIVITY OPTIONS:

##### Blindfolded Shoe Search

Supplies: 1 roll of Duct Tape/Masking Tape; 1 blindfold per team

Set-up: On one end of the room, put the tape down on the floor to create your “starting line”. The tape should run the width of the room. Leave enough space behind the line to fit 3 people.

Objective: Teamwork-Be the first team to find the your shoe

How To Play: Divide ground into teams of 3. Player #1 will take off their shoes, put the blindfold on and stand directly behind the starting line. Player #2 will stand back to back with Player #1. Player #3 will stand at the end of the line, facing Player #2. Player #3 will throw Player #1’s shoe out into the open space (ensure that teams throw their shoe across the room and not 2 feet in front of them). Player #1 is the only one who can move to grab their shoe. Player #2 is the only one that can verbally give directions, but they are not able to look to see where the shoe is. Player #3 is the only who can see where the shoe is, but cannot speak. Player #3 must figure out a way to give directions without talking to Player #2, who will then verbally give directions to Player #1 to move and grab their shoe. First team to grab their shoe wins.

\*OPTIONAL: Move shoes around during the game to make it harder for teams

## How to Make Friends [3 min]

<https://www.youtube.com/watch?v=uhMMajjtct4>

## 3 Tricks to You Make Friends [4 min]

[https://www.youtube.com/watch?v=X5\\_Jm\\_cEX\\_0](https://www.youtube.com/watch?v=X5_Jm_cEX_0)

### LEADER'S TALK POINTS (step by step lesson):

#### Introduction:

When it comes to facing our fears, the giants in our lives or facing ourselves, it can often be a daunting task. We can easily feel overwhelmed and even talk ourselves out of conquering these things. This is where our friends come in. As we go through this journey of life, it is important that we surround ourselves with people who will support us, encourage us, correct us when needed, and ultimately point us back to Jesus. Think about the close friends in your life, do they point you back to Jesus and speak truth when you need to hear it, or do they just tell you what you want to hear and take your side when drama goes down?

Because we live in such sexually saturated culture, if we are to remain pure and honor God with our body and mind, we will need godly friends around us to help us. Friends that will help us to stand firm in the midst of temptation, friends that will help us to know truth, instead of the lies that the world feeds us and friends that will love us no matter what. In today's lesson, we will take a look at Ecclesiastes 4:9-12 to help us understand the importance of having these friendships in our lives.

#### Read through Ecclesiastes 4:9-12

These 4 verses show us the great value of friendships, that two are better than one. Doing life with others has a great advantage to going through life alone. Through these verses we see 4 things that friends add to our lives:

\*Feel free to expand on each point

1. Productivity (v.9: they have a good return for their labor)
2. Help in Need (v.10: if they fall, one will lift up his companion)
3. Comfort in Life (v. 11: they will keep warm)
4. Safety and Security (v. 12: two can withstand)

**Optional:** Share a personal story of a friend(s) in your life who demonstrate this type of friendship.

Having these types of friendships in our life doesn't always come easy. It takes time and intentionality to cultivate these relationships. But not only do we need to look for others to be this type of friend to us, we must be this kind of friend as well. Friendship works two ways. It's give and take, not take, take, take. If we want to have these Ecclesiastes 4 kind of friends, we must first be this type of friend to others.

### GROUP DISCUSSION QUESTIONS:

1. Are you an Ecclesiastes 4 friend to those around you? Why or why not?
2. Think about your closest friends. Do they encourage you and point you back to Jesus or do they pull you away from Jesus?
3. What is the hardest part about remaining sexually pure?
4. How can your friends help you to honor God with your body and mind?

### PRAYER POINTS:

OPTIONAL FOLLOW UP ACTIVITIES: