



Post Conference Lesson 4: Facing It Together

OBJECTIVES

What do you want the youth to KNOW? Having a solid community around you is so important, especially in walking out your sexual integrity.

What do you want the youth to FEEL? Challenged and determined

What do you want the youth to DO?

Examine the friends that are in their life now. Are they friends that will help point them to Jesus and keep them accountable? Or do they need to find some new friends that will do this?

MATERIALS

- Follow up scripture sheets for each youth
- Youth can have their cell phones for opener activity
- (optional) YouTube video: Mister Epic Man. (2013, October 11). *How to Make Friends* [video file]. Retrieved from <https://youtu.be/uhMMajjtct4>
- (optional) YouTube video: People Be Like. (2016, March 30). *Tricks to Help You Make Friends* [video file]. Retrieved from https://youtu.be/X5_Jm_cEX_0

BIBLE TRUTH FOCUS

(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

Blindfold Shoe Search (will use the tape and blindfolds)

- 1) **Set up:** On one end of the room, put the tape down on the floor to create you ‘starting line’. The tape should run the width of the room. Leave enough space behind the line to fit 3 people in a row.
- 2) **How to Play:**
Divide group 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 direction, but they are not able to look to see where the shoe is.

Player #3 is the only one 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. Player #2 will 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.

3) View How to Make Friends (3 min) Highlight take aways.

4) View Tricks to Help You Make Friends (4 min) Discuss and highlight take aways.

LEADER'S TALK POINTS

1) Introduce the lesson by discussing how 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 the 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?

2) Because we live in such a sexually saturated culture, if we are to remain pure and walk in sexual integrity to 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 lies that the world feeds us, and friends that will love us no matter what.

3) 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.

4) Read through Ecclesiastes 4:9-12.

5) These four verses show us the great value of friendships, that two are better than one. Doing life with others has a great advantage over going through life alone. Through these verses, we see four things that friends add to our lives: (expand on each point)

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

- 6) Share a personal story of a friend in your life who demonstrated this type of friendship (the more vulnerable you can be, the better).
- 7) Having these types of friendships in our lives 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 both ways. It is a 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 to others. Talk candidly and honestly about helping each other walk in sexual integrity and think of practical ways to do that.

For example, as friends, you could ask each other the hard questions and check up on each other, especially if one or both of you struggle with porn or sexual temptation. Being able to call someone for strength and prayer when you are tempted can be helpful.

- 8) Cast a vision of how God's heart desires for all of us to grow together as a loving family.

GROUP DISCUSSION QUESTIONS

Are you an Ecclesiastes 4 friend to those around you? Why or why not?

Think about your closest friends. Do they encourage you and point you back to Jesus or do they pull you away from Jesus?

What is the hardest part about remaining sexually pure?

How can your friends help you to honor God with your body and mind?

PRAYER POINTS

Have the youth pray for one another that the Lord will provide good friends, especially for those who feel they don't have a close friend and struggle with loneliness. In addition, the youth can pray that the Lord will help them to continually grow in being a good friend to others.

FOLLOW UP

Have the youth take home the scripture sheet as a reference for meditation throughout the week. Encourage them to journal their personal reflections each day.

This week, talk with a good friend about how each of you can keep each other accountable and encouraged to walk in sexual integrity and healthy relationships. Think of a way to bless a friend this week and cultivate honor and appreciation.

Facing Life Together!

MONDAY | (Psalm 68:6, TPT)

“To the fatherless he is a father.
To the widow he is a champion friend.
To the lonely he gives a family.”

TUESDAY | (Proverbs 27:17, NLT)

“As iron sharpens iron, so a friend sharpens a friend

WEDNESDAY | (1 Corinthians 15:33, NIV)

“Do not be misled: “Bad company corrupts good character.”

THURSDAY | (John 15:12-13, TPT)

“So this is my command: Love each other deeply, as much as I have loved you. For the greatest love of all is a love that sacrifices all. And this great love is demonstrated when a person sacrifices his life for his friends.”

FRIDAY | (1 Peter 3:8, TPT)

“Now, this is the goal: to live in harmony with one another and demonstrate affectionate love, sympathy, and kindness toward other believers. Let humility describe who you are as you dearly love one another.

SATURDAY | (John 13:35, TPT)

“For when you demonstrate the same love I have for you by loving one another, everyone will know that you’re my true followers.”