



DRINK AND BE REFRESHED

DOWNLOAD: TEACHER PREP

LESSON TITLE: JUST BE

3G – THREE TEACHING GOALS THIS LESSON:

- CONTENT: Students will learn the importance of spending time with Jesus.
- ALERTS: Students will feel a need for something beyond a religion of dos and don'ts.
- APPS: Students will commit to make time to sit at Jesus' feet.

BIBLE PLATFORM: Luke 10:38-42 (NIV)

LESSON OVERVIEW: Sometimes we can get so distracted by all we have to do and everything we need to accomplish. Through the lesson of Jesus' visit with Mary and Martha, students will learn that Jesus is more interested in having our time and attention focused on him.

LESSON CHALLENGE: We have a tendency to present the Christian life as a set of dos and don'ts for living your life. The challenge is to cut through all of that for your students and help them to realize that Christianity is about an active and alive relationship with Jesus.

YOUTH LEADER FEED: What you are able to give to your students is limited if you aren't taking time for yourself to receive from God. Take some time this week to sit at Jesus' feet. Share your concerns and anxieties, your joys and dreams. Get quiet to hear what Jesus has to say to you. He will renew your strength and give you a fresh perspective that you can bring into your youth room.

HOW-TO PRAYER:

Dear God,

I want to choose what is better. I want sit at my Savior's feet and enjoy your presence.

*In Jesus' name,
Amen*



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UPLOAD: LARGE GROUP TEACHING GUIDE

CURRENT SERIES: Coffee with Jesus- Drink and Be Refreshed

LESSON TITLE: Just Be

PRAYER:

Dear God,

May we choose a better way today.

In Jesus' name,

Amen

**LOG
IN**

Today we start a series called “Coffee with Jesus.” If you could do that – sit down with Jesus for a cup of coffee – what would that look like? What would you say if you were with Jesus face to face? What do you think he would say to you?

We may never have a chance on this earth for a real face-to-face sit down with the Savior of the world. The Gospels – Matthew, Mark, Luke and John – do tell us about other people who got to sit down with Jesus and talk. These were casual affairs, away from the hustle and bustle of his preaching and miracles. Over a meal, at the local watering hole, during a visit in the middle of the night. Often these simple, informal meetings were life-changing for the people involved.

What did these people talk about with Jesus? It might not be what you think.

**BOOK
MARK**

Our story today takes place in the home of two of Jesus’ friends – sisters named Mary and Martha. This story appears in the book of Luke but Luke never bothers to tell us what Jesus was saying. Luke was more interested in telling us what happened while Jesus was there. It provided an important lesson for Martha, and it will serve as a good thing for us to keep in mind throughout this series as we prepare to spend a little time with Jesus.

**READ
IT**

Luke 10:38-42 (NIV)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister named Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the prepa-

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UPLOAD: LARGE GROUP TEACHING GUIDE

rations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

POST

Martha had graciously opened her home to Jesus. She was busily working to make sure the everything was perfect for him – cleaning the home, preparing the meal, making sure everything was just right. This wasn’t just any houseguest, after all. This was Jesus.

Mary, on the other hand, was doing nothing to help. She visited with Jesus. She sat at Jesus’ feet and listened to what he had to say. Martha was agitated by her sister’s behavior. She went to Jesus to ask him to step in and tell Mary to get to work.

But Jesus would not. He told Martha that Mary had chosen something better.

There was nothing wrong with what Martha was doing. She was doing it for Jesus, after all. But Mary was giving Jesus something Martha didn’t – herself. Mary had dropped everything to be with Jesus. To spend time with him. To sit at his feet.

When it comes to religion, we tend to look at things a lot more like Martha than Mary. We think Christianity is a list of dos and don’ts. Do: go to church every week, give your tithe, serve the church, tell x number of people about Jesus. Don’t: kill, or lie, or cheat, don’t desire things that don’t belong to you.

If we stick to the list well, then we are good Christians; if we mess up on the list, we are bad Christians.

But true Christianity is not about regulations. It’s about a relationship. Jesus just wants us – our time and attention. He wants us to sit at his feet and listen. To share our joys and troubles. To ask him for what we need. And to listen some more.

TAG

We don’t know what Jesus spoke about that Mary was listening to so intently. The writer of this book, Luke, may have left it out purposefully, so that we wouldn’t get distracted like Martha. Jesus’ conversation wasn’t another lesson for Mary to get right or get wrong. It was an opportunity to be with Jesus and just enjoy his presence. We can have that same opportunity today by spending time in God’s word, and by taking time to talk with God in prayer. Be with him. Get to know him better. That’s really what he’s asking from us.

CLOSING PRAYER:

Dear God,

May we give you our time and attention this week. May we simply enjoy your presence as we get to know each other better.

In Jesus’ name,

Amen



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POP QUIZ

FILL IN THE BLANKS TO THE FOLLOWING QUESTIONS.

#1:

Often these simple, informal meetings with Jesus were _____ for the people involved.

#2:

Martha and Mary were _____ of Jesus.

#3:

Martha was _____ with all of the preparations that had to be made.

#4:

Mary sat at the Lord's feet _____ to what he had to say.

#5:

According to Jesus, Mary had chosen a _____ way.

#6:

True Christianity is not about regulations; it's about a _____.

#7:

Prayer and reading the Bible are opportunities for us to be with Jesus and just _____ his presence.



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POP QUIZ

FILL IN THE BLANKS TO THE FOLLOWING QUESTIONS.

#1:
Often these simple, informal meetings with Jesus were life-changing for the people involved.

#2:
Martha and Mary were friends of Jesus.

#3:
Martha was distracted with all of the preparations that had to be made.

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Mary sat at the Lord's feet listening to what he had to say.

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According to Jesus, Mary had chosen a better way.

#6:
True Christianity is not about regulations; it's about a relationship.

#7:
Prayer and reading the Bible are opportunities for us to be with Jesus and just enjoy his presence.



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COMMENT AND SHARE: SMALL GROUP DISCUSSION GUIDE

CHAT

QUESTION #1: What is your drink of choice at Starbucks (or favorite coffee place)?

QUESTION #2: Who is your favorite person to grab a coffee and some quality time with?

QUESTION #3: If you had coffee with Jesus what's the first thing you would ask?

READ IT

Have someone in your group read aloud Luke 10:38-42.

QUESTION #1: Jesus never said what Martha was doing was bad. What was good about Martha's actions?

**COM
MENT**

QUESTION #2: What about Mary's actions made what she was doing better?

QUESTION #3: Why did Mary sit at Jesus' feet?

CONNECTION: Jesus loved Mary and Martha and counted them among his friends. Still going into the home of two women and giving them your time and attention was a pretty radical thing to do in Jesus' day. What is the most unexpected or radical thing that you have done for someone you loved?

SHARE

QUESTION #1: What do you think Jesus was talking about?

QUESTION #2: What doesn't Luke (the writer of this book) tell us?

QUESTION #3: How can we "sit at Jesus' feet" and listen to him today?

PRAYER:

Spend some time in quiet reflection, seeking to simply spend time in Jesus' presence without judgement or agenda. Enjoy the time with God.

End with:

Dear God,

Teach us how to sit at your feet and listen to you. You want our time and attention much more than anything that we can do for you.

*In Jesus' name,
Amen*

LESSON 1: JUST BE



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INTERACTIVE: LESSON ACTIVITIES

INSTRUCTIONS

Use one or more of the following activities to reinforce this week's Bible Lesson.

CROWDSOURCING: Lesson Based Game or Activity

COFFEE CUP RELAY

Divide students into two teams and have them stand in a line beside each other behind the starting line. Place a large tub of water at the starting line and two smaller empty tubs on the other end of the space. Tape a "fill" line on the empty tubs. Give each team a coffee mug. On your mark, a player on each team must fill up the mug with water, pass the cup down the line to the other side to dump the water into the empty tub, then pass the cup back to the start to fill and pass again. The first team to reach the fill line on their tub wins.

If you aren't concerned about stains or spills, add food coloring to the water to give it the look of coffee or tea. (To create brown, use equal parts red, yellow and blue food coloring. Adjust the shade of brown by adding more red and yellow.) Be advised, real tea or coffee can easily stain flooring and furniture.

PEER-TO-PEER: Turning Students into Disciples

PRAYER JOURNAL

Have students create their own prayer journals. A simple way to do this: Cut blank paper into half sheet size. These will serve as the inside pages. Sandwich the inside pages between two half sheets of card stock. Staple one side to create a binding. (Alternately, the journal's binding could be sewn on using a heavy needle and thick yarn.)

Ask your students to make a commitment to spend time with Jesus in prayer on a consistent basis. On the left hand pages of the journal, they can write down the prayer requests that they give to God. On the right hand pages, they can write down anything that they think God may be saying to them during prayer.

NETWORK: Serving Others with Christ's Love

NURSING HOME VISIT

Oftentimes, it doesn't matter if we have the right words or know all the right answers; our mere presence can make a huge impact on someone's life. A great way to punctuate this truth is by arranging a visit to a nursing home to sit and spend time with the residents there. No program to put together or songs to learn, just young people sitting down and spending time with someone who needs it.

Have a debriefing session afterwards to share stories of how God used the visit to affect the residents and the youth.



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TRENDING: SOCIAL MEDIA+ LEADER IDEAS

INSTRUCTIONS:

The following ideas will help you stay connected to your students during the week through email, Facebook, Twitter, Instagram, and other social networks – and keep your students engaged in the lesson beyond your meeting time.

HASHTAGS: #CoffeeWithJesus, #BetterWay, #JustBe

VIRAL VERSE: “Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” - John 15:4 (NIV)

PICTURE: <http://www.aboutcoffees.com/features/taking-coffee-art-to-a-new-level/>

QUESTION: How have you worked this week to make God your top priority? Tell us your secret.

LINK: When we start to think of our place in the church and our relationship with God as just a list of responsibilities, it can lead to burnout. Don't become one of the “Dones”: <http://holy-soup.com/2014/11/12/the-rise-of-the-dones/>

QUOTE: “God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing.” - C. S. Lewis

TEXT IDEA: Drop everything and spend time with God. Wait, don't drop your phone! Just set it down gently.

EMAIL IDEA:

Subject Line: Make a List, Check it Twice

Sit down tonight and make a list of all of the things that you do for God and the church – attending regularly, serving in ministry, giving your money, etc. Read over the list and add anything you might have left off. Do it now, then come back and read the rest of this email.

Now take your completed list and crumple it up. Throw it away. Or better yet, burn it. Get rid of it forever. Commit to stop looking at your life with Christ as a religion of dos and don'ts. Your challenge – and mine too – is to cut through all of that and realize that Christianity is about an active and alive relationship with Jesus. It's about who he is and what he has done, not about what we can do for him.