

fit to follow

Nine sessions from Luke



**Secondary
School**



Lunchtime Group Resource

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The Crusader Union is a Bible-based, interdenominational Christian youth organisation, whose vision is to proclaim the Gospel of Jesus Christ to students in the Independent Schools of Australia, to nurture Christians and to encourage church membership.

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WELCOME

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

WHAT'S INSIDE?

- **1** set of leader's notes for an outreach meeting.
- **8** sets of leader's notes for regular meetings. The leader's notes provide the aim of the study, a fun activity, discussion questions (with notes to help answer some questions) and prayer ideas.
- **8** student pages for regular meetings. The student pages can be photocopied and handed out if so desired. Each sheet contains the Bible passages (NIV), questions and prayer ideas.
- **2** colour advertising posters designed to grab the attention of students and help increase awareness of your group. There is space for you to fill in your group name and where you meet. We encourage schools to use the Crusader logo when promoting their group so as to link students with the work that God is doing in other schools.

BEFORE YOU START

- Please note that although all pages in this resource can be photocopied, Crusaders request that each school purchase at least one original.
- Whilst this resource is aimed at easing the load for the group leader, it is vital that time is spent adapting it to the specific needs of your group. Time needs also to be spent on working through the Bible passages and questions before the group meets. Answers have not been provided for all questions.
- It would be very easy to spend too much time on the activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting so divide time accordingly.
- **Note that the outreach meeting (Week 1) needs a bit more planning than other meetings.**

We pray that this resource will be a great help as you join in God's work of bringing students to Himself and growing them to be like His Son.

*"We proclaim Him, admonishing and teaching everyone with all wisdom,
so that we may present everyone perfect in Christ.
To this end I labour, struggling with all His energy which so powerfully works in me."
Colossians 1:28–29*

fit to follow

Week	Title	Passage	Main Idea
1	Outreach Week	Luke 5:27-32	The call to follow An opportunity to bring friends so that they hear the gospel and experience the group.
2	The King And I	Luke 9:18-21	Follow who? Recognising and treating Jesus as king are the first steps in following Him.
3	Great Expectations	Luke 9:22-24	The cost of following Following Jesus is not cheap. It involves dying every day to ourselves and living for Him.
4	Secret Servants	Luke 9:43b-48	The greatest followers The greatest followers of Jesus are those who serve others.
5	That's My Team!	Luke 10:1-12	Followers help others follow Followers of Jesus are prayerful and bold in telling others about Him.
6	Easy Listening?	Luke 10:38-42	Followers listen to Jesus Followers of Jesus learn how to sit at their master's feet and listen to Him.
7	Talk It Up	Luke 11:1-4	Followers speak to God Followers of Jesus learn to pray about the things He is concerned with.
8	The Secret Life Of Us	Luke 12:1-5	Followers are not hypocrites Followers of Jesus follow Him whether people are watching or not.
9	On Your Toes	Luke 12:35-40	Followers are ready for Jesus' return Followers of Jesus live godly lives as they await their master's return.

The King And I

Luke 9:18-21

AIM

For students to consider who they think Jesus is and whether they are currently treating Him as king of their lives.

PREPARATION

- ❑ Photocopy the 'Week 2 Students' page (page 22) for everyone.
- ❑ Bring a backpack – this will be used almost every week for the rest of the series. Place a band-aid inside it.
- ❑ Bring approximately 2-3 Fantales per student.
- ❑ Optional – bring a pen and a small piece of paper for each student (see Q2).
- ❑ Optional – organise a Christian student to give a short testimony about how and why they began to follow Jesus.
- ❑ After the meeting, keep a Fantale wrapper for the recap section in future weeks.

FUN ACTIVITY

Frantic Fantales - break students into 2 or more teams. Give each team an equal number of Fantales (2–3 per student). The teams then have 5 minutes to make the longest strip of Fantale wrappers by carefully ripping each individual wrapper and tying them end to end. The team with the longest strip of wrappers wins. One of the best parts about this game is that students can eat their Fantales as they play.

RECAP

Remind students that this series from Luke is about what life is like as a follower of Jesus. Link the backpack with this theme of following and explain that each week we will add an item to the bag to help us remember what we have learnt. Then recap last week:

- Band-aid – *if we do not follow Jesus we remain spiritually dead.*

Encourage students to read Luke¹ at home during the term.

DISCUSSION

1 Point out that each of the Fantale wrappers provide 'Who am I?' clues that invite us to work out the identity of an actor. Similarly, in the book of Luke, Jesus has been giving clues as to who He is (eg. healing the sick, walking on water). In response, everyone has been asking 'Who is this man?' and it is to this very question that Jesus turns. Read Luke 9:18–21.

If Jesus asked the question in verse 18 today, what would the answers be?

Note: Try to get students to think about what the crowds close to them (i.e. their peers) say about Jesus.

1. The book of Luke was probably written less than 35 years after Jesus' death. Luke consulted eyewitnesses for his information and wrote particularly so that Gentiles may know the truth about the things Jesus did (Luke 1:3-4).



2 What is your answer to Jesus' questions in verse 20?

Note: Give each student an opportunity to say in a few words their honest opinion of who Jesus is (encourage them to be specific). Another option is for them to write their name and opinion on a piece of paper and put it in a box. This is helpful even for Christians and will enable you to know where each student stands with Jesus. A testimony from a Christian student would be appropriate here.

3 Point out from verse 19 that recognising Jesus to be an important religious figure is a start but is still way short of the mark. Like Peter, we need to see that He is unique. Emphasise that the term 'Christ'² means promised king. Jesus is not just a religious figure. He is the rightful ruler of this world and He demands to be boss of our individual lives. Highlight our tendency to treat Jesus as friend/saviour but not as king.

Work in pairs. For each of the following areas, think of a way in which you at times fail to treat Jesus as your king:

- family relationships
- when everything in life is going well
- use of your time

4 Take 2 minutes to think about a specific area of your life where you need to treat Jesus more as your king.

2. 'Christ' comes from the Greek equivalent of the Hebrew term for 'Messiah' and both mean 'Anointed One'. Israel's kings had been anointed with oil to signify they were chosen by God. Yet the Old Testament also looked forward to a time when the true king (or Christ) would come from God to rule His people forever.

PRAYER IDEA

In small groups, share one specific area of your life where you need to treat Jesus more as your king. Pray for one another, thanking Jesus that He is both our powerful king and also our saviour and friend.

A helpful way to build accountability in your group is to keep students in the same small groups over the term. You may like to use this idea to form these groups.

Ask each student to pull out a single hair from their head. Then get them to find 2 or 3 other people in the room whose single hair is the closest in length to theirs. The people they are in groups with are their 'bald-buddies' for the rest of the term. Explain that this means they aim to specifically care and pray for one another at Crusaders and outside of the group.

FINISH

Encourage students again to begin reading the book of Luke at home.

Week 2 Students

The King And I

Luke 9:18-21

¹⁸Once when Jesus was praying in private and his disciples were with him, he asked them, "Who do the crowds say I am?"

¹⁹They replied, "Some say John the Baptist; others say Elijah; and still others, that one of the prophets of long ago has come back to life."

²⁰"But what about you?" he asked. "Who do you say I am?"

Peter answered, "The Christ of God."

²¹Jesus strictly warned them not to tell this to anyone.



A funny thing a king who gets himself assassinated.

Red Hot Chilli Peppers, Fortune's Faded

1

If Jesus asked the question in verse 18 today, what would the answers be?

2

What is your answer to Jesus' questions in verse 20?

3

Work in pairs. For each of the following areas, think of a way in which you at times fail to treat Jesus as your king:

- family relationships
- when everything in life is going well
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4

Take 2 minutes to think about a specific area of your life where you need to treat Jesus more as your king.

In small groups, share one specific area of your life where you need to treat Jesus more as your king. Pray for one another, thanking Jesus that He is both our powerful king and also our saviour and friend.