

FOLLOW THE KING

nine sessions from Luke

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Lunchtime Group
Resources

Follow the King

Nine sessions from Luke



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?

- **9** outlines for regular meetings. Each consists of 2 pages of leader's notes. The leader's notes provide an aim, fun activity, guidelines for an interactive talk as well as prayer and song ideas.
- **2** colour advertising posters designed to help increase awareness of your group and inform students of the 9 meetings. There is space around the poster for you to fill in the dates of your meetings, your group name and where you meet. We encourage schools to use the Crusader logo when promoting their group (even if it is not called Crusaders) so as to link students with the work that God is doing in other schools.

BEFORE YOU START

- Please note that all pages in this resource can be photocopied, but 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 passage and talk before the group meets.
- 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 and divide time accordingly.
- All suggested songs are linked to the theme of the talk and are used with permission. The intention of including a wide variety of songs from different CDs is so that you have options if your group enjoys singing - please do not feel it necessary to buy every CD listed. The CDs listed are available in Christian bookstores and most include sheet music.

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*

Follow the King

Week	Title	Passage	Main Idea
1	Red Cross	Luke 5:27–32	Why follow? We need to follow Jesus because we are sick with sin and only He can heal us.
2	The King And I	Luke 9:18–22	Follow who? Recognising and treating Jesus as king are the first steps in following Him.
3	Number 1	Luke 9:23–24	Followers put Jesus first Following Jesus means forgetting what we want and doing what He wants.
4	U B4 ME!	Luke 9:46–48	Followers put others second Followers of Jesus listen to His radical call to put others before themselves.
5	That's My Team!	Luke 10:1–3	Followers invite others to follow Followers of Jesus can invite others to join them on His team.
6	In One Ear ...	Luke 10:38–42	Followers listen to Jesus Followers of Jesus learn to listen to what He is saying to them.
7	Talk It Up	Luke 11:1–4	Followers talk to God Followers of Jesus learn to pray about the things He is concerned with.
8	Inside Out	Luke 12:1–3	Followers are not hypocrites Followers of Jesus do not just follow on the outside, but really follow Him with their hearts.
9	On Your Toes	Luke 12:35–40	Followers are ready for Jesus' return Followers of Jesus live godly lives as they wait for Him to come back.

Number 1

Luke 9:23-24

AIM

For students to understand that making Jesus our king means forgetting what we want and doing what He wants.

PREPARATION

- ❑ Bring your backpack. By now it should contain a medikit and a King of Hearts card.
- ❑ Bring a dice, a block of chocolate, a hat, a shirt, a pair of gloves and a knife and fork.
- ❑ Cut out a large piece of cardboard in the shape of a number 1. Write Luke 9:23 on the back of this cardboard.
- ❑ Optional - bring a texta.
- ❑ After the meeting, keep the cardboard number 1 for the recap section in future weeks.

FUN ACTIVITY

Choco Eater Number 1 - sit everyone in a circle and give a dice to one student. At the centre of the circle place a block of chocolate, a hat, a shirt, a pair of gloves and a knife and fork. Explain to students that only 'Choco Eater Number 1' is allowed into the middle of the circle to eat the chocolate. To become 'Choco Eater Number 1' you need to roll a ONE with the dice.

In turn, players throw the dice. If a student throws a ONE they must put on the hat, shirt and gloves before going for the chocolate. They must cut the chocolate with the knife and fork and can only eat one piece at a time with their

hands (do not let students put the fork in their mouth). This student continues as 'Choco Eater Number 1' until someone else rolls a ONE. If a student has already been 'Choco Eater Number 1' and rolls another ONE, ask them to choose someone else to go into the middle. At the end, you may like to give some chocolate to students who did not get any during the game.

Note: If you have more than 20 students you may want to play this game in 2 groups or use more than one dice.

TALK

Hold up your piece of cardboard in the shape of a number 1 and point out that we all wanted to be 'Number 1' in the activity. Being 'Number 1' meant we got what we wanted – the chocolate! Highlight that making ourselves 'Number 1' is fun in the game but often we do it in real life too. We usually think about ourselves and what we want first. Ask students to think of specific ways in which we make ourselves 'Number 1'.

Use the medikit in your backpack to recap with students that we are all sick with sin. Ask students what the middle letter in sin is. Sin is when 'I' make myself 'Number 1' and do what I want. Then use the King of Hearts card in your backpack to recap with students that Jesus has come to save us from sin and be king of our lives.

Explain that in the passage we are looking at today from Luke, Jesus tells His followers what it means to make Him our king. Ask students to listen for the 3 things He says we must do if we want to follow Him as you read out Luke 9:23 from the cardboard.

Explore with students what it means to deny yourself and take up our cross daily². Instead of



making ourself 'Number 1' we need to make Jesus 'Number 1' in our lives. This is what it means to follow Him as our king.

Highlight that making Jesus 'Number 1' in our life is not something we just do one day and then forget about. Jesus tells us in this verse that in all of our choices every day we must stop thinking about what we want and think about what Jesus wants instead. This is the best way to live now and the only way to save our lives eternally (verse 24). It is important to tell students that this is well worth it but is often very hard – sometimes it means we will miss out on things or even be teased.

Finish by reading out the following 4 scenarios one at a time. For each, get students to think about the choices they would make if they were treating themselves as 'Number 1'. Then get them to think about the choices they would make if they were treating Jesus as 'Number 1'. You may also like to explore with students what it might cost them to treat Jesus as 'Number 1' in these situations:

- *You are in a group with all your friends and they start paying out someone who you do not like much.*
- *On the sports field your opponent keeps pushing you and calling you names.*
- *Everyone in your group of friends does something else when Crusaders is on and they want you to stay with them instead of going to the group.*
- *You do something wrong in class which the teacher does not see. The teacher then asks the person who did it to come and own up after class.*

PRAYER IDEA

Ask students to think about a specific time when they personally find it hard to make Jesus 'Number 1'. You may like to write these with a texta on the cardboard number 1. Then pray together, asking God to help you do what Jesus wants in those areas. If students are not used to praying out loud they could say "God, please help me to do what Jesus wants when..."

SONG IDEA

- *Luke 9:23* ('Practice Being Godly' and 'Baa Baa Doo Baa Baa' albums, Colin Buchanan) – choose a different student each time the chorus is sung for everyone to follow in a 'train' formation.
- *You Got To Do What The Lord Say* ('Follow The Saviour' album, Colin Buchanan) – students could listen to the words of this slower song and think about how to do what the Lord says.

FINISH

Urge students to make Jesus 'Number 1' in all they do this week.

2. Anyone who took up their cross in Roman times was on their way to die - they had no future of their own. By telling us to take up our cross, Jesus is saying that we must die to or stop living for ourselves and start living for Him.