

Secondary

OBSSESSED

nine studies from Philippians



Lunchtime Group
Resources

OBSSESSED

nine sessions on Philippians



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 passage (NIV), questions and prayer ideas. Note there are no student pages for Week 6, which is an outreach week.
- 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 'CRU School Groups' 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 all pages in this resource can be photocopied but Crusaders request 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 also needs to be spent on working through the Bible passage 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 your time accordingly.
- Note that Week 6 (the outreach meeting) needs a bit more planning than other meetings. It may be wise to look ahead now at what needs to be done.

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

OBSSESSED

Week	Title	Passage	Main Idea
1	Real Friends Pray	Phil 1:1-11	The best way to care for your friends is to pray for them.
2	Obsessed	Phil 1:12-30	Do you keep Jesus as your number 1?
3	Humility	Phil 2:1-11	Be a humble follower because you have a humble Saviour.
4	Fear and Trembling	Phil 2:12-13	Live like you're saved because you <u>are</u> saved.
5	Shine like Stars	Phil 2:14-18	Live differently so that people will meet Jesus.
6	Rubbish! <i>Outreach Week</i>	Phil 3:1-11	It's not our good works that saves us, but Jesus.
7	Press on, Stand Firm	Phil 3:12-4:1	Stand firm in Jesus because eternity awaits.
8	Full Hearts	Phil 4:8-9	We need to fill our hearts and minds only with excellent things.
9	Enough	Phil 4:10-23	Let the gospel move you to contentment and generosity.

REAL FRIENDS PRAY

Philippians 1:1-11

AIM

To encourage students to see the best way to care for their friends is to pray for them.

PREPARE

- Read through Phil 1:1-11, familiarising yourself with the context & content of the passage.
- Photocopy the Week 1 Students' page for everyone. (p.22)
- Make sure you have the facilities to show the PowerPoint. You may like to print a copy of the slides so your actors can improvise the scenarios.
- Bring enough scrap paper and pens for the fun activity so that each student can have one piece of paper and one pen.

FUN ACTIVITY

Show the PowerPoint from Web Extras. Have the students write down on a sheet of paper which one they would most likely do.

To make it more fun, pick two students to act out each scenario and the various responses. You might like to give them a sheet of the PowerPoint beforehand so they can improvise the scenario with less prompting from you.

INTRODUCE

Explain to the students:

If you did that quiz and picked mostly a, b, or c, you may need to work on being a better friend. If you picked mostly d, you're probably a pretty good friend.

Now obviously that quiz was rather silly, but there are lots of ways we can show we care for our friends.

Over the next 9 weeks we're going to be looking at the book of Philippians. This is a letter that the Apostle Paul wrote from jail to his friends in Philippi. In this letter we'll learn a lot about what Paul wanted his friends to know about Jesus and how to live as Christians. But first off we're going to see how Paul showed his love for his friends so that we can learn to love our friends better.

DISCUSS

Read Philippians 1:1-11

1 What are the top three ways you care for your friends?

Get the students to discuss among themselves the answer to this question. You might like to spend some time listening to some of their responses as a group.

2 How often do you pray for your friends? When you do pray, what do you pray about?

Obviously the answer to this will change from person to person, so get the students to discuss this among themselves.

3 What sort of things does Paul pray for in his prayers for the Philippians?

Paul prays thanking God for his friends (v3) and the way they have joined with him in working for the gospel (v5). He also prays for his friends that they might know God's love more and love Him better (v9-11).

It's important to notice here that Paul's prayers for his friends are all gospel focused. For Paul the most important thing is working for the gospel, and that



the Philippians love God and know the gospel. Paul prays for his friends and his prayers are all about the gospel.

Make sure that in your answer you remind your students of what the gospel is. Explain that the good news is that Jesus has restored our relationship with God by taking the punishment that we deserve for our sin through His death and resurrection, winning us eternal life. For Paul this fact changes everything, including the way he prays.

4 Paul's prayers are often centred on the gospel. He prays that they will love God more and understand Him more. Why is it important to pray these sorts of prayers for our friends?

These prayers are important because the gospel is central. Often we get distracted by minor things but Paul knows that the best thing in the world is the gospel. As a result the best thing we can pray for is that people will know and love God. If people have all their other needs met but don't know and love God, they will have missed out on the only thing which will give them real hope and meaning. This is true for all our friends - whether they call themselves Christian or not. The best thing they can have is a relationship with God that is always improving in knowledge, love and lifestyle. We should keep praying for them to know and love God, even when they are already Christians.

5 What things about your friends can you be thanking God for and what can you be praying for?

Have the group discuss this answer. Keep pointing them to the passage as an indicator of how they should pray (eg v3, 9-11). It would also be good to make clear that praying for other things for your friends is not wrong, however, to neglect to pray for the things mentioned in the passage would be to deprive your friends of a vital blessing as a result of your prayers.

PRAY

Have your group write down their thoughts of what they can be praying for on their scrap paper, then spend some time praying for their friends after the pattern of Paul.

Another idea might be to have your group re-write verses 9-11 with their friends in mind then have them pray it for themselves.

FINISH

Finish by reminding your group to be praying for their friends regularly. You may also like to pray for them before they go - thanking God for your partnership in the gospel and praying that they know God's love more, and love Him better.