

# SHINE LIKE STARS

nine studies on Philippians

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Lunchtime Group  
Resources

# SHINE LIKE STARS

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?

- 9 sets of leader's notes for regular meetings. The leader's notes provide an aim, fun activity, guidelines for an interactive talk as well as prayer, memory verse and song 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 '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 requests 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 talk before the group meets.
- It would be very easy to spend too much time on the fun 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. 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 many include sheet music.
- Several meetings involve volunteer students eating confectionery and other food. Please take care to ensure that this food is suitable for students in your group, particularly considering allergies.
- Note that the outreach meeting (Week 6) 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*

# SHINE LIKE STARS

Week	Title	Passage	Main Idea
1	Real Friends Pray	Phil 1:3-6, 9-11	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	Live a humble life because you have a humble Saviour.
4	Fear and Trembling	Phil 2:12-13	Live like you're saved because you are saved.
5	Shine like Stars	Phil 2:14-18	Live differently so that people will meet Jesus.
6	Rubbish! <i>Outreach Week</i>	Phil 3:8-9	It's not being good that saves us, but Jesus.
7	Press on, Stand Firm	Phil 3:12-14	Stand firm in Jesus because heaven awaits.
8	Full Hearts	Phil 4:8-9	We need to fill our hearts and minds only with excellent things.
9	Enough	Phil 4:10-13	Because of what God has done we can be generous and have contentment.

## AIM

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

## PREPARE

- ❑ Read through Phil1:1-11, familiarising yourself with the context & content of the passage.
- ❑ Make sure you have the facilities to show the PowerPoint. You may also 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.
- ❑ Print out the web extras document 'Prayer Cards'. Make sure you print them double sided. You may also like to bring some coloured textas and anything else you think might help decorate the card, and a laminating machine.

## 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 friends of Jesus. But first off we're going to see how Paul gave his friends the best gift he could give and how we can give the same gift to show how much we care.*

## SHORT TALK

### A - A Good Gift

Ask the group: *What is the best gift you've ever been given?*

Share with the group a gift you have been given which was important to you. (You might like to bring in the gift or show a photo of it.)

Describe what was so special about it. Particularly focus on who gave it to you and what it was about the gift that made it so special.

Explain that gifts are special because of who they come from and what they give.



## B - Paul's Gift

In today's passage Paul gives the Philippians a gift, which is one of the most special gifts he can give. Tell the group to watch out for what they think the gift is as you read the passage.

Read Philippians 1:3-5

Ask the group what they think the gift Paul gave them is.

## C - Paul's Prayer

Explain that Paul prayed for the Philippians. This was a precious gift, because the best gifts that any person can get are from God. When Paul prays for them he shows that he wants the very best for them. Real friends pray because all the best things come from God.

Read Philippians 1:9-11

Ask the group to list some of the things that Paul prays for his friends.

Paul prays for the Philippians, first thanking God for them (v3), then praying that they will know more and more about God and his love (v9) and that they might be able to live lives doing what God wants (v10-11).

## D - Our Prayer

Tell the group that we too can be praying for our friends. When we pray for our friends, it shows that we really want the very best for them. It's a gift that shows real love. Encourage your group to be people who pray.

## PRAY

Give each person a prayer card. Have them write down the names of three people they want to be praying for. Show them that on the back are the three things that Paul prayed for the Philippians, and that they can be praying these same things for their friends. You may want to spend some time decorating the cards so they look good. You could even bring in a laminator to laminate the cards when each student has finished them.

## SONG IDEA

*Be Like Jesus* - Be Like Jesus - Sovereign Grace Kids  
*One Way* - Super Strong God - Hillsong Kids

## 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.