

# WALK THIS SWAY

eight sessions on anger, greed, lying, self worth and more



Lunchtime Group  
Resources

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# **Walk this Way**

**Eight sessions on anger, greed, lying, self worth ...**



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?

- **8** 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, memory verse and song ideas.
- **2** colour advertising posters designed to help increase awareness of your group and inform students of the 8 meetings. There is space around the poster for you to fill in the dates of your meetings and space at the bottom to put 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 questions 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 so 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 CD's is so that you have options – please do not feel it necessary to buy every CD listed. The CD's 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*

# Walk this Way

Week	Title	Passage	Main Idea
1	Garbage In, Garbage Out	Ephesians 4:22–24	<b>Pure minds</b> The things we soak into our minds will affect the way we live.
2	Stop The Bomb	Ephesians 4:26–27, 31–32	<b>Anger</b> God's people are to put off anger and put on forgiveness.
3	Sticks And Stones	Ephesians 4:29, 5:4	<b>Speech</b> God's people are to use words that encourage and build others up.
4	Special Spuds	Psalms 139:1–4, 13–14	<b>Self-worth</b> The reason we are special is because God has made us and loves us individually.
5	Last = First?	Philippians 2:3	<b>Selfishness</b> God's people are to be radically different by putting others before themselves.
6	Red Light, Green Light	Ephesians 6:1	<b>Obeying others</b> God's people are to obey those who are in charge over them.
7	Money, Money, Money	1 Timothy 6:6–10	<b>Greed</b> God's people are to be generous with what God has given them and not greedy.
8	Liar, Liar	Leviticus 19:11	<b>Lying</b> God's people are not to lie or steal but instead are to be honest at all times.

# Garbage In, Garbage Out

## Ephesians 4:22–24

### AIM

To urge students to soak into their minds only things that will help them live for God.

### FOCUS VERSE

Ephesians 4:22–24

### PREPARATION

- ❑ Find one old shoe and one new shoe. Attach the word 'OFF' to the old shoe and the word 'ON' to the new shoe.
- ❑ Photocopy and cut in half Ephesians 4:22–24 (see page 20). Stuff the 'put off' half of the verse in to the old shoe and the 'put on' half in to the new shoe.
- ❑ Bring one dry sponge, a bucket of clean water and a bucket of filthy water.
- ❑ Optional – bring a TV remote, a CD and a magazine likely to be read often by students.
- ❑ Optional – bring individual Bible reading material to recommend to students for home use.

### FUN ACTIVITY

**Stinky Shoe Relay** – get everyone to take off both their shoes. Take one of each person's shoes and jumble them in a pile at the other end of the room. Students need to hold on to their other shoe. Then break the group into even teams and get teams to stand in a line.

On 'go', the first person grabs the shoe of the person behind them and runs to the pile. They must find the matching shoe, bring both shoes back and put them on their owner's feet. The next person in line can only go once their shoes have been completely put on their feet by the person in front, including tying the laces. The team whose members get all their shoes back on first wins.

### TALK

As a group get everyone saying together the words "On, off, on, off, on, off ..." Start slow and get faster and faster until you can't say it any quicker! Then explain that this term we will be looking at things that God tells us to put on and things He tells us to put off.

Show students the shoes you have designed with the words 'ON' and 'OFF' on them. Point out that the game involved putting shoes on and off but shoes aren't the things God asks us to put on and off. Then get two students to pull out the sections of Ephesians 4:22–24 from the shoes and read them out. Discuss with students what it means to put off our 'old way of life' and put on the 'new way of life' for God.

Highlight also that this verse says the way we think will affect which type of way we live. To help students see the impact their minds have,



get them to close their eyes and try to block out all their thoughts. Their aim is to think about nothing. You can make it harder by describing things to them while they are trying to do this eg. *“Don’t think about delicious caramel ice-cream ...”*. It is almost impossible to do – our minds are active all the time. Point out that because our minds are so active, what we put into our minds matters.

Illustrate how our minds affect our actions by asking a student to come out the front. Give them the dry sponge and get everyone to imagine this sponge is their mind. Ask them to dip the sponge in the clean water, pull it out and then squeeze the sponge. Point out that if we put clean things into our minds then clean things will come out in our lives. Then get the student to do the same in the bucket of filthy water. Point out that if we put dirty things into our minds then dirty things will come out in our lives. We can’t expect to put dirty things in and hope clean things will come out.

Finish by holding up the 2 types of water and getting students to think about the types of things that are helpful and unhelpful for their minds. You may like to use the TV remote, the CD and the magazine to explore where they see/hear these things. Explore practical ways to avoid dirty things (eg. turn off the TV) and to fill our minds with clean things. Encourage students to choose one practical thing they can do this week to fill their minds with only clean things.

*Note: This would be a perfect opportunity to encourage your students to fill their minds with the Bible each day by reading it at home. You may like to take down the names of those students interested in getting some individual Bible reading material to help them. Please contact Crusaders if you would like suggestions for material.*

## PRAYER IDEA

Place the shoe labelled ‘OFF’ in front of the bucket of dirty water. Place the shoe labelled ‘ON’ in front of the clean water. Pray from the front for students, asking God to help them put on things that are clean for their mind and put off things that are dirty for their mind.

## SONG

- *Turn It Off* (‘Jesus Rocks the World’ album, Colin Buchanan) – students could yell out the line “Turn it off” each time it is said and pretend they are turning off the TV with a remote.
- *I Will Be Yours* (‘Whoopah Wahey!’ album, Doug Horley) – this song is done in a rap style. It would be best to get students to listen to the words and join in the chorus.
- *Be Careful Little Eyes* (‘Follow the Saviour’ album, Colin Buchanan) – this is a quiet song. Students could point to the relevant body part as they sing.

## FINISH

Encourage students to soak their minds in God’s word this week.