

Sunday morning
teaching plan

Date:
3rd August

Vicky Bees Series

TITLE:	Be Still Be holy. Ps 46:10 , Leviticus 20:26 and 1 Peter 1:15-16
THEME:	God calls us to times of quiet in order to develop holiness
AIM:	YPs understand that reflection, study and positive choices develop holiness

BACKGROUND AND CONTEXT

Life can be so busy and we often get so consumed by life that we forget to take a break. We forget to rest, to wind down and be still. The Bible is clear that we are to rest regularly and reflect and remember God. When we do this, not only do we feel refreshed both spiritually and physically but we begin to develop holiness. What is holiness? It is that sense that we are set apart by God, called to a way of life that becomes increasingly Christ-centred. Holiness is a calling for all believers, aiming for a life that reflects God's glory and avoids sin. It is not perfection.

WARM UP Either/and the following

1. Play a game of statues/it/tag outside on the grass. If you are caught you must remain still unless someone frees you.
2. Have staring competitions between pairs. First to move, giggle, be distracted, loses. Staff can distract.

MAIN TEACHING

Activity 1. Be Still

Talk about what makes a day busy or stressful. Give an example from your life to help them along. Perhaps do in small groups then feedback . Use flip chart to record answers and feedback.

Read: Psalm 46

1. What do you think has been going on in the life of the person who wrote the Psalm? How does he react? Where in the text do you see this?
2. What do you think it means to "be still" ? What does it mean to "know that I am God"?
3. How difficult do you find it to be quiet, calm and still? What are the distractions that fill your mind with stuff?
4. How can we make time to be still, read the Bible and let God speak to us? (James 4:8-10)
5. What are the benefits of rest and relaxation?

Key teaching points: The psalm was written in a turbulent time for Israel, when enemies were attacking, but God rescued Jerusalem and protected His people. The Psalmist realises that it is God who gives strength to us, we must recognise this and take refuge in Him by being still and letting Him to the work! Sometimes our lifestyle, friends and family make it hard for us to be still. We cant put down our

phone or game station. We can't seem to switch off. We need to be in constant communication with someone! What we forget is that God is waiting to speak to us, we just need to make time for Him! Physically get away from friends, technology and go for a walk or sit still, read your Bible. God will begin to speak when we open our hearts to Him.

Activity 2: Be Holy

1. What do you think "holy" means? Have a discussion.
2. Watch short clip on biblical meaning of Holy <https://www.youtube.com/shorts/82UtJwiVVs>

God is so unique, so different ... HOLY. And He is calling us to be the same... different, set apart from everyone else!

1. So how do we become "holy"? What can we do?
2. Read Psalm 1. What clues are in the psalm that can lead us to holiness?

Key teaching points: Holiness is not about being busy doing good (although that is not bad!), it is a state of mind, a conscious decision to strive to become more like Jesus. It only happens through the power of the Holy Spirit. When we choose Jesus over everything else, when we put Him first we begin to develop holiness. Our mind-set shifts and our view of the world becomes more like Jesus'. We will still sin of course, but we are moving toward avoiding sinful things and focussing on Jesus more and more!

Activity 3 Be still and be holy

1. Colouring sheet activity. Be still and quiet as you colour in the sheet. Allow God to calm your mind and heart. Don't chat with any one.
2. Sit outside for a few minutes in silence (weather permitting) close your eyes and listen. Wait on God. Perhaps recite your favourite Bible verse. Take a Bible outside and read your favourite story or passage. Enjoy a moment of peace and quiet with God!

TAKEAWAY

How are you going to make time every day to be still and to develop holiness?

EXTRA INFORMATION