

SUB TOPIC THEME:
Where Do We Go From Here?

Lesson Objective:

Knowing when to grieve and when the time for grieving is over is extremely important for a teenager. A person cannot live their life in mourning. While there is a time for grieving, Jesus does not want us to grieve for all



our lives. Determining when—and how—to move on in the grieving process, is something that God wants us to know, and will help us in our walk with him.

Set Up Info:

Supplies Needed:

1. Straws cut at different lengths
2. Copies of the Student Response sheet (printed below)
3. Bibles so you can look up the Scripture story (or copy the ones below)
4. A passion to see students transformed in their understanding of God's love and presence in their lives!

Instructive Prep:

It is good to know when to grieve and when to move on. It is also relevant for a teenager to know how to move on. In the life of a Christian, a person cannot dwell their entire life in sadness. God wants us to have joy in our lives, and it's important for teenagers who are dealing with the emotional grief of loss to understand that moving on is a natural step in the grieving process. These teenagers are dealing with one of the hardest events to go through in a person's life. But it is crucial for a person to move on, and God can guide us through this process. Rest in his love and know that he is there.

Intro:

Experiencing the death of a parent changes your whole life. There is no quick fix or getting around it. Your pain is real and cannot be ignored. People grieve in different

ways and at different paces. But at some point, the grieving time will end and you're going to move on. Don't worry—you are not alone in this. What's important is learning how much Jesus loves you and that he can help you determine how to move on without forgetting.

Intro Story:

To begin to figure out how to move forward from the grieving process, let us look at this story from Acts 1 of how the disciples dealt with themselves after Jesus ascended into heaven.

¹² Then the apostles went back to Jerusalem from the Mount of Olives, which is about half a mile away from the city. ¹³ They entered the city and went up to the room where they were staying: Peter, John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Patriot, and Judas son of James. ¹⁴ They gathered frequently to pray as a group, together with the women and with Mary the mother of Jesus and with his brothers.

¹⁵ A few days later there was a meeting of the believers, about a hundred and twenty in all, and Peter stood up to speak. ¹⁶ “My friends,” he said, “the scripture had to come true in which the Holy Spirit, speaking through David, made a prediction about Judas, who was the guide for those who arrested Jesus. ¹⁷ Judas was a member of our group, for he had been chosen to have a part in our work.” (¹⁸ With the money that Judas got for his evil act he bought a field, where he fell to his death; he burst open and all his insides spilled out. ¹⁹ All the people living in Jerusalem heard about it, and so in their own language they call that field Akeldama, which means “Field of Blood.”)

²⁰ “For it is written in the book of Psalms,

‘May his house become empty;
may no one live in it.’

It is also written,

‘May someone else take his place of service.’

²¹⁻²² “So then, someone must join us as a witness to the resurrection of the Lord Jesus. He must be one of the men who were in our group during the whole time that the Lord Jesus traveled about with us, beginning from the time John preached his message of baptism until the day Jesus was taken up from us to heaven.”

²³ So they proposed two men: Joseph, who was called Barsabbas (also known as Justus), and Matthias. ²⁴ Then they prayed, “Lord, you know the thoughts of everyone, so show us which of these two you have chosen ²⁵ to serve as an apostle in the place of Judas, who left to go to the place where he belongs.” ²⁶ Then they drew lots to choose between the two men, and the one chosen was Matthias, who was added to the group of eleven apostles.

Intro Questions:

1. How did you see the disciples focusing on the future, instead of the past?
2. Do you think they were doing what Jesus would have wanted them to do?

Personal Reflection Questions:

Cut the straws different lengths and have each teen pick. Then proceed from shortest to longest.

1. Have you found ways to begin moving past your grief? Identify three things that you've used so far. (use Student response sheet)
2. What are some ways that the disciples moved past their grief? What other ways do people use?
3. How do you think God's love influences your grieving process? Does it matter if you talk to him and depend on him?
4. Take a minute and write or draw the part of your grief you are the most reluctant or it is the hardest to let go of. If you are willing, share it with your group and discuss the pros and cons of giving God the chance to support you (use Student response sheet)
5. Each of you write your own question and take turns asking and answering them together as a group:

Central Bible Passages:

Perhaps the most important thing to realize about God's presence in your grief is that he knows. Nothing escapes his awareness. He knows and understands what you're facing.

Isaiah 43:18-19

¹⁸ *But the LORD says,*

“Do not cling to events of the past
or dwell on what happened long ago.
¹⁹ Watch for the new thing I am going to do.
It is happening already—you can see it now!
I will make a road through the wilderness
and give you streams of water there.”

Jeremiah 29:11

¹¹ “I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for.”

Hebrews 12:1

As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.

Life Application:

1. List the ways that you can let God guide you through your ‘wilderness’ (use Student response sheet)
2. Develop your own group list of the three best ways to express devotion to God while remaining authentic to your emotions. Decide when and how to use them. (use Student response sheet)
3. Actively pray together after group members have an opportunity to talk about the grief and life situation they are dealing with. Make a commitment to pray for each other every day this week! (use Student response sheet)

Write your own challenge:

STUDENT RESPONSE:

1. Have you found ways to begin moving past your grief? Identify three things that you've used so far.
2. What are some ways that the disciples moved past their grief? What other ways do people use?
3. How do you think God's love influences your grieving process? How does it matter if you talk to him and depend on him?
4. Take a minute and write or draw the part of your grief you are the most reluctant or it is the hardest to let go of. If you are willing, share it with your group and discuss the pros and cons of giving God the chance to support you (use Student response sheet)
5. List the ways that you can let God guide you through your 'wilderness.'

6. Develop your own group list of the three best ways to express devotion to God while remaining authentic to your emotions. Decide when and how you will use them.