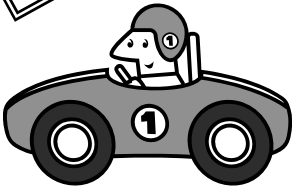


# Lesson 1

## Beginning the Journey



### A Quick Look

#### Aim

The students will:

- become aware that they are on a journey toward becoming an adult, and that the Bible will guide them and give warnings to protect them from danger.
- commit to listening to and following the advice God gives in His Word.
- experience comfort from knowing that in the midst of the changes that growing up brings, Jesus never changes!

#### From the Word

Proverbs 1:7-10, 29-33  
Luke 2:52  
1 Timothy 4:12  
Romans 8:28, 31, 34-39  
Hebrews 13:8

#### What You Need

- For the Activity, a long strip of paper or cloth to make a banner.
- Coloured pencils or markers.

#### Memory Verse

Proverbs 1:7

### The Opener

TELL this story—Imagine that you are by yourself, driving a car down a road. The road is strange to you and you don't know where you are going. Then you see a signboard that reads: "**Adult City. Eight years straight ahead.**" You keep driving, eager to reach this city you have heard much about. Suddenly, as you go round a curve in the road, you notice a man waving a red flag. He motions you to stop, so you step on the brake. He says, "I am here to give you some important information. A bridge has collapsed one kilometer down the road, leaving a huge hole in the road. If you are not careful, you will drive your car into that dangerous hole. Then you will never reach Adult City." *What can you do?* None of the cars traveling on this road can go backward. You ask the flagman what to do, and he says, "Drive slowly and carefully down this road. When you come to the place where the bridge is out, turn and go to the right for one kilometer. Then you will be able to find the main road again and you will not fall into the hole."

DISCUSS the meaning of this story. The car you are driving represents your own life. The flagman standing beside the road is this book of lessons. These lessons are written for YOU, a teen that is on a journey toward being an adult. If you listen well and learn from the lessons, God will use them to guide you. Then you can find God's good plan for your life. You can keep yourself from many of the "potholes" along the road toward adulthood that could harm or even destroy your life.

TELL — Today we will look at some verses to see what the Bible says about the journey that we are on.

### Truth Discovery

#### Part 1

Look at the following Scriptures. Discover principles that can help teens stay on the right road.

\* **Proverbs 1:7-10, 29-33.** *How can we begin to develop wisdom and knowledge for life (v. 7)?* (Fear God.

To fear God means living to please Him and being aware of Him all the time.) *Who will a wise person listen to (v. 8)?* (Parents or other wise adults.) *Who are we warned NOT to listen to (v. 10)?* (Sinners, those who do not fear God.) *What will happen to one who does not listen to advice or fear God (v. 29-32)?* (They will put themselves in danger.) *What will happen to the one who listens to advice (v. 33)?* (Their life will be blessed and protected by God.)

\* **Luke 2:52.** *In what 4 areas did Jesus grow during His teen years?* (Wisdom-mentally, stature-physically, favour with God-spiritually, favour with man-socially.) Jesus was a teen once and knows how you feel!

\* **1 Timothy 4:12.** *Paul was talking to Timothy who was still a young man. What areas did he tell Timothy to be an example in?* (Speech, life, love, faith, and purity.) *Why do you think Paul mentioned these areas especially?*

\* **Romans 8:28, 31, 34-39.** *Which of these verses can be a comfort to you as you take the journey toward growing up?* (There is not one right answer. Let the students share their own ideas.)

#### Part 2

Divide students into small groups and **complete the Teen Page.**



### The Challenge

**READ The Bottom Line** on the Teen Page together. **REMINDE** the students that the lessons in this book can help them prepare for this time of big change so that they do not fall into the dangerous holes in the road ahead. Give students the opportunity to commit themselves to listening to the advice God gives in His Word. They can do this by having a daily Quiet Time and asking God for His help.

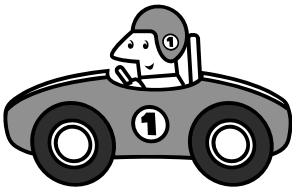
#### Activity

TELL — There is one person who will not change through all the life changes we experience: **JESUS!** (See Hebrews 13:8.) Write these words on a banner and decorate it:

**JESUS—CHANGELESS FRIEND  
IN THE MIDST OF CHANGES.**

# Lesson 1

## Beginning the Journey



Each of these verses tells that our Christian life is like a journey or race. Match the Bible verse with the correct statement.

1. 1 Timothy 4:7-8

2. 1 Corinthians 9:24-25

3. Hebrews 12:1-2

4. Acts 20:24

A. Finishing the journey well includes sharing the Good News with people around us.

B. God will one day reward those who finish their journey well.

C. Keeping our attention on Jesus, who finished His journey well, can help us to finish our own race well.

D. Working hard in a race can help you win the prize. The hard work of the Christian is to please Jesus.



### Proverbs 1:7

The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.

### The Bottom Line

The teen years are the **biggest time of change** you will ever face in your life. It is normal to sometimes feel unsure of yourself during this time!

To keep yourself safe, **listen to wise advice** from your parents or other godly older Christians. Most of all, **listen to God's advice** in His Word!

**Take time to read the Bible and pray every day.**

Remember that if you are God's child, He promises He will never change and will be with you always.