Assignment #10: LESSON PLAN CREATION

I have chosen B as the option for this assignment.

**Title:** Overcoming Adversity / Trusting God with our lives

**Audience:** Bible Study group/ target age teens / young adults

**Time:** 45 minutes-1 hour each week for 9 weeks.

**Big Idea/Essential Question:** What does it mean to be courageous?What are you battling to conquer? How is Adam Brown an example of Jesus life?

**Objectives:** Students will look at the character of Adam Brown from the book Fearless in comparison to Jesus and be challenged to contemplate what changes they may need to make in their own lives for a healthier future.

**Props & Materials:** Fearlessby Eric Blehm, The Bible,

**Activities, Tasks, Procedures:** Participants will read 2-3 chapters each week with discussion and connections to the Bible.

**Week One: Read Chapters 1 “Foundations” & 2 “Something Special”**

Discussion: How was Adam’s childhood/family similar to yours? How was it different?

Get to know each other activity: “Find That Person” from <https://intervarsity.org/handbooks/large-group/gettingacquaintedactivities>

1) Make it a race. The first person to have all the blanks filled wins a prize. He or she should read the answers aloud and have each person confirm them. (This variation works well in large chapters).

2) Play with a time limit. The objective is for people to meet others of similar interest. (This variation works better in smaller groups).

“FIND THAT PERSON”

One person’s name cannot appear more than twice.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ jogs regularly.

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can ride a skateboard.

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes to draw.

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has their own computer.

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wears contact lenses.

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wore teeth braces for more than 2 years.

7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ played a high school varsity sport.

8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has regular family reunions.

9.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes to drink coffee.

10.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drives a car older than a ’78.

11.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ collects stamps, dolls, or baseball cards.

12.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has had their own horse.

13.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ still has both sets of grandparents.

14.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been a cheerleader.

15.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ played in a high school marching band.

16.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drives more than 4 hours to go home.

17.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is dating someone steadily.

18.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ worked at a real job this summer.

19.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been overseas.

20.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes black and white movies.

21.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does a lot of hiking and camping.

22.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has at least 5 brothers and sisters.

23.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ graduated one of top 5 in high school class.

24.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has drunk goat’s milk.

25.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is called by their middle name.

**Week Two: Read Chapters 3 “The Wolf Pack” & 4 “Slipping”**

Discussion: What about Adam’s high school experience seemed to prepare him for success in life? What happened? How did he slip so far from the determined young man he had been?

Discuss the power of influences in our lives…people, media, etc.

Activity: taken from <http://lifeskiller.com/peer-group-pressure-activities-and-games/>

## **Risky Business**

**Rationale**

When struggling with identity issues and creating a core concept of self, adolescents often engage in risky or dangerous behaviors. These behaviors are often choices that result in negative consequences. Unfortunately, people this age are notorious for believing that ‘it won’t happen to me’.

**Materials**

* Copy of any recipe card
* Index cards
* Pencils or pens

**Procedure**

1. Ask participants to define risky or dangerous behaviors and to determine what makes behavior safe, as opposed to unsafe.
2. Steer the discussion toward these behaviors, as they are undertaken in the context of relationships with girlfriends, boyfriends, family members and others.
3. Show participants the recipe card.
4. Explain to the participants how all the ingredients combined together create a specific product, such as a cake or cookies. Explain that if any ingredient or any step in the process is altered, the product will not turn out the way it should.
5. Ask if anyone has ever left out an ingredient when cooking so that the finished product was less than desirable.
6. Give each person two index cards and a pen or pencil.
7. Ask them to create their own ‘recipes’. On one index card, they should create a recipe describing healthy, productive behaviors. The recipe should include actions and thoughts, necessary for promoting healthy behaviors. For example, “combine 30 minutes of daily exercise, one hour of studying, proper nutrition, being positive, and helping my parents. The results will help me be successful – every day.”
8. On the second index card, they should create recipes for risky, unhealthy behaviors. For example, “Eating poorly, not studying, worrying about my family, not getting enough sleep and watching five hours of TV per day will get me in trouble.” Or, for older participants, “Lying to my parents, drinking, staying up until 1 am every night and skipping school will catch up with me in the long run.”
9. When they have finished, ask everyone to share their recipes and discuss differences and similarities. Ask how they will implement their ‘recipes for success’.

**Discussion Questions**

* Can you describe the choices you always have when deciding what risks to take?
* When you make an unwise decision, do you often learn from your mistake?
* How will you use what you have learned today?

**Week Three: Read Chapters 5 “The Dark Time” & 6 “In God’s Hands”**

Discussion: Have you experienced a dark time? Or do you know someone who has?

How do his parents handle this dark time? What do you think of their approach?

The Bible promises God is with us in the dark times and never leaves us.

Share scriptures:

# Deuteronomy 31:8 New International Version (NIV)

**8**The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

 **6**being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6

Do you believe God is doing a good work in you? Do you believe he will be faithful to complete it in you?

**Week Four: Read Chapter 7 “Kelley” and Chapter 8 “Rising Up”**

Discussion:

How does God use other people to influence Adam and draw him to himself? Once again, we see the power of the people with whom we spend time. Reflect on the people who influence you. How are they affecting your life? Are there any changes you may need to make in this area of your life?

Adam seems to make a very quick decision to join the Navy and marry Kelley. What do you think about making quick decisions? How do you go about making decisions? Were these good decisions for Adam? Why or why not?

Look at the quick decisions made in the Bible….

[**Joshua 24:15**](http://www.biblica.com/en-us/bible/online-bible/niv/joshua/24/) 15But if serving the LORD seems undesirable to you, then choose for yourselves **this** **day** **whom** you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land **you** are living. But as for me and my household, we **will** **serve** the LORD."

[**18**](http://biblehub.com/matthew/4-18.htm)As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. [**19**](http://biblehub.com/matthew/4-19.htm)“Come, follow me,” Jesus said, “and I will send you out to fish for people.” [20](http://biblehub.com/matthew/4-20.htm)At once they left their nets and followed him.

Sometimes large decisions need to be made in an urgent manner to show sincere commitment and devotion.

**Week Five: Read Chapter 9 “Pays to be a Winner” and Chapter 10: A SEAL is Born”**

Do you have any family in the military or veterans? Do you know much about SEAL training? Share thoughts/ reactions.

How does Adam’s personality and his past seem to prepare him to become a SEAL?

What was your favorite part of these two chapters?

Being a SEAL is really about being a part of highly efficient team.

Team Building Activities: from <http://www.leadbyadventure.com/2015/06/30/7-team-games-with-hula-hoops/>

Materials needed: Many Hula Hoops

#### 1. Hula Hut Relay

With this activity, teams are challenged to first build a hut made from 6 hula hoops, and then they must get their whole team to pass through the hut, one at a time, until everyone has made it through.

Variations: Once team members have successfully completed the first challenge, then there are several other ways to play this game:

a. Have each person go through backwards.

b. Each team member must pass through blindfolded.

c. Once a hole or gap is used, it may not be used again.

#### 2. All Aboard

In this challenge, a team is asked to get everyone inside the hula hoop with no hand or feet touching outside the circle. Use varying sizes of hula hoops to adjust to your group size or to make it more challenging.

#### 3. Hula Hut Tower

Similar to the hula hut challenge, the teams make a hula hut but see how high they can stack them. No one has to go through the huts, however. Tallest tower wins bragging rights.

#### 4. Hula Pass Through

Have your group stand in a circle holding hands. This challenge is for the team to pass the hula hoop once around the circle without anyone letting go. Once the team is successful with that, have them pass two different-sized hoops around the circle in opposite directions.

Variations:

a. Add a deflated tire tube to the mix to up the difficulty.

b. Add a ball under the chin (no hand allowed) to the exercise to increase the difficulty even more!

#### 5. Hula Crossing

Similar to a river crossing or junk yard-type challenge, you can use different-sized hula hoops to set up an exercise to move a team from one point to another. To increase the difficulty, use smaller (and fewer) hoops.

**Week Six: Chapters 11 “The Calling” and 12 “War”**

Discussion: What was the Call Adam received? What do you believe the call is for your life? Have you asked God to make your calling clear?

Jeremiah 29:11-13

[**11**](http://biblehub.com/jeremiah/29-11.htm)For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. [**12**](http://biblehub.com/jeremiah/29-12.htm)Then you will call on me and come and pray to me, and I will listen to you. [**13**](http://biblehub.com/jeremiah/29-13.htm)You will seek me and find me when you seek me with all your heart.

Challenge participants to ask for a call from God.

10-minute writing time:

If you could do anything, what would it be? What is your dream job? Activity? Travel? Life?

# Psalm 37:4

**4**Delight yourself in the Lord,
    and he will give you the desires of your heart.

Do you believe God wants you to have the desires of your heart? All your desires? How can we make sense of this? Did he put the desires in your heart to begin with?

Also look at The Armor of God we are to wear just like Adam had a lot of Armor to wear, so do we….

# Ephesians 6:10-18 New International Version (NIV)

### **The Armor of God**

**10**Finally, be strong in the Lord and in his mighty power. **11**Put on the full armor of God, so that you can take your stand against the devil’s schemes. **12**For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **13**Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. **14**Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, **15**and with your feet fitted with the readiness that comes from the gospel of peace. **16**In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **17**Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**18**And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

Activity draw a visual of this armor and label the meaning of each piece.

Challenge: Put on this armor each day in prayer as every day we face a battle against darkness and sin.

**Week Seven: Read Chapter 13 “Something Important” and 14 “Green Team”**

Discussion:

On Page 138 the seasoned DEVGRU operator Dale tells Adam why he chose to go to the next level. He touches on the fear of failure even among men who are already SEALS.

How has the fear of failing plagued you? What do you think of failure? What thoughts come to mind? Have you experienced failure?

Show motivational video by Jocko, a retired SEAL, titled GOOD.

<https://www.youtube.com/watch?v=6fUPH-035cE>

Show Michael Jordan’s Motivational video on Failure… discuss risk, success, and failure.

<https://www.youtube.com/watch?v=hrcB8Lwm_8k>

**Week Eight: Read Chapters 15 “Top Secret” and 16 “Heart of a Warrior”**

How does Adam handle his injuries and set-backs? How does his attitude compare to Michael Jordan’s? How do you handle injuries or setbacks?

What made Adam furious in Chapter 15? How do you handle being told no?

What do you think drove Adam to “push out farther than anyone else”?

What drives you?

How does Adam show compassion for the people? What can we do to help those in need in our community?

Brainstorm a community effort and put it into action. (Lead them towards Veteran’s outreach)

**Week Nine: Chapters 17, 18 and 19**

**“Objective Lake James, I Got It!, Unconquerable Soul”**

Discuss the ending of the book and the end of Adam’s life.

How was his death like his life? What kind of legacy has he left?

Share your feelings regarding Adam’s life and death.

How was Adam’s death like Jesus’ life?

[**John 10:17-18**](http://www.biblica.com/en-us/bible/online-bible/niv/john/10/) 17The reason my Father loves me is that I lay **down** my **life**-only to take it up again. 18No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."

[**John 15:13**](http://www.biblica.com/en-us/bible/online-bible/niv/john/15/) 13Greater love has no one than this: to lay **down** one's **life** for one's friends.

[**John 10:11**](http://www.biblica.com/en-us/bible/online-bible/niv/john/10/) 11"I am the good shepherd. The good shepherd **lays** **down** **his** **life** for the sheep.

Plan a service outreach to local veterans / families in honor of Adam Brown as a culmination activity.