

# YUM YUM!

# soul food

eat it up!

**STRAIGHT UP:** God won't put any more on your plate than you can handle, even if your home is crazy. According to one national survey, almost one in five white children, almost one in three Hispanic, and more than half of all Afro-Americans live in a single parent household. Now combine that with the stresses of living on a low income, having a family member with an alcohol or drug addiction, and you have a recipe for physical or emotional abuse. But even when life deals a heaping serving of a bad situation, teens can have hope that God can help them handle it. Remind students they can build spiritual muscle by eating a steady diet of soul food. That way, they'll have spiritual strength when they need it.

**WORD!** *Like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord.*  
1 Peter 2:2-3

**KICK OFF ACTIVITY:**

**MUSCLE-ATHON**

**PREP TIME:**

none

**WHAT YOU NEED:**

*A prize for the winner, such as a stale box of Wheaties®*

**HERE'S HOW IT GOES:**

This is an endurance contest for the guys in your youth group. See who can do the most sit ups, the most push ups, and the most jumping jacks. Then flex those muscles! Let the teens rate the winner by the loudness of their applause.

**HERE'S WHERE IT GOES:**

Kicking the evening off with a muscle-athon is a great way to talk about the importance of building spiritual muscle.



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## YA KNOW WHAT I'M SAYIN? STORY

*Share this story with your teens. Use it to kick start a discussion. What do they think? Would they act the same?*

Darrell was one of eight children who lived in his father's cramped apartment in Memphis. Darrell's father, who he didn't know all that well, was nice enough to take Darrell and his three sisters in when their mother died of a sudden illness. Darrell's Dad had a new wife and they had four children together. Darrell and his sisters never felt their father loved them as much as his second wife's children. At dinner time, Darrell never got served first and always got stuck with the neck-bone of a chicken dinner. Darrell had more chores than his two half brothers combined. And, when being introduced to people, Darrell's Dad would introduce them as "his ex-wife's kids," While Darrell acted all tough on the outside, deep down inside Darrell was very hurt by his home situation. Why did Mom have to die? Why did Dad have to remarry? But instead of dwelling on what he couldn't change, Darrell decided to use this as a chance to get closer to God. Every morning, Darrell would take time to pray and ask for strength to deal with his situation. Darrell would memorize verses that he would dwell on when the "going got rough." It wasn't easy, but years later, when Darrell was grown and no longer lived in his Dad's home, Darrell still had a great relationship with God.

## GET REAL WITH IT AND DEAL WITH IT (LEADER'S INPUT)

Even if you are not Darrell, you can relate to the straight up issue. Think of a personal story or real life instance when your home life was too much for you to handle. Think of how tonight's verse helped you deal with your real deal. When teens see how Scripture helped you in a real situation, they will begin to understand how it can help with theirs.

**I. My "real deal" is this:**



# soul food

2. The turning point in my “real deal” was this:

3. Tonight’s verse helped (or still helps) me deal with this situation because...

## WHAD’YA FEEL ABOUT IT?

Get teens to open up with these open ended questions.

1. If life’s a bowl of cherries...then why do you always get the pits? What is something about your home life that you wish you could change? Even if you can’t change it, how can being tight with Christ help things at home? Would praying with family members help?

2. How can an imperfect home situation make you tight with your heavenly Father?  
Is there ever a situation so rough at home, that it’s okay to disobey or mouth off?

3. Spiritual checkup. Be honest now. Is your spiritual muscle in shape or is your faith flabby?

## CHALLENGES

Based on this lesson, what are two challenges that you can leave with the teens? Take 15 minutes to let the teens do the talking and discuss the night’s lesson and challenges.

1.

2.

## Forgot to plan? Use these 911 challenges

1. Improve your spiritual muscle this week by reading the short but meaty book of Philippians

2. Take five to pray for a MIA (missing in action) family member.



# NOTES

DATE \_\_\_\_\_ ATTENDANCE \_\_\_\_\_

FIRST TIMERS \_\_\_\_\_

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PRAYER REQUESTS \_\_\_\_\_

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ETC. \_\_\_\_\_

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