Nine sessions from Psalms

Secondary School

Lunchtime Group Resource
The Crusader Union is a Bible-based, interdenominational Christian youth organisation, whose vision is to proclaim the Gospel of Jesus Christ to students in the Independent Schools of Australia, to nurture Christians and to encourage church membership.

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WELCOME

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

WHAT’S INSIDE?

• 1 set of leader’s notes for an outreach meeting.
• 8 sets of leader’s notes for regular meetings. The leader’s notes provide the aim of the study, a fun activity, discussion questions (with notes to help answer some questions) and prayer ideas.
• 7 student pages for regular meetings. The student pages can be photocopied and handed out if so desired. Each sheet contains the Bible passage (NIV), questions and prayer ideas. Note there are no student pages for Weeks 5 and 6.
• 2 colour advertising posters designed to grab the attention of students and help increase awareness of your group. There is space for you to fill in your group name and where you meet. We encourage schools to use the ‘CRU School Groups’ logo when promoting their group so as to link students with the work that God is doing in other schools.

BEFORE YOU START

• Please note that all pages in this resource can be photocopied but Crusaders request each school purchase at least one original.
• Whilst this resource is aimed at easing the load for the group leader, it is vital that time is spent adapting it to the specific needs of your group. Time also needs to be spent on working through the Bible passage and questions before the group meets. Answers have not been provided for all questions.
• It would be very easy to spend too much time on the activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting and divide time accordingly.
• Looking at the Psalms provides a good opportunity to incorporate music into your meetings. All student pages in this series are named after and contain a quote from a secular song. You may like to play this song each week as students arrive or use the song in assembly to advertise your meetings. Alternatively, you could introduce students to some good Christian music by playing this as they arrive.
• Note that the outreach meeting (Week 6) needs a bit more planning than other meetings. It may be wise to look ahead now at what needs doing.

We pray that this resource will be a great help as you join in God’s work of bringing students to Himself and growing them to be like His Son.

“We proclaim Him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ.
To this end I labour, struggling with all His energy which so powerfully works in me.”

Colossians 1:28–29
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<td>Living God’s way truly is the best life.</td>
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<td>2</td>
<td>Why Does My Heart Feel So Bad?</td>
<td>Psalm 13</td>
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<td>3</td>
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<td>6</td>
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<td>Psalm 145:1–7</td>
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<td>9</td>
<td>Thank You</td>
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<td>An opportunity to celebrate and thank God together.</td>
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AIM
To encourage students that living God’s way truly is the best life.

PREPARATION
❑ Photocopy the ‘Week 1 Students’ page (page 22) for everyone.
❑ Bring any music CD.
❑ Bring a piece of A3 paper and a texta for each group in the ‘Fun Activity’.
❑ Optional – bring some fairy floss (available at most large supermarkets).
❑ Optional – play the song Meant To Live (Switchfoot) as students arrive.

INTRODUCTION
Ask students to consider the places they find themselves singing in and what they sing about. Point out the role that singing can play in expressing what is important to us.

Use the CD to introduce the book of Psalms as a collection of 150 songs about God. Psalm 1 acts like an introductory track which sets the tone for the Psalms album.

DISCUSSION
1 Explain that Psalm 1 introduces us to 2 very different lifestyles. Ask students to listen for the differences between these 2 lifestyles as you read the Psalm. Then get students to complete Q1 in small groups using the A3 paper and textas from the ‘Fun Activity’.

Draw a picture to show the 2 kinds of lifestyles described in Psalm 1.

Note: Help students gather together the main themes of the Psalm as they explain their pictures:

i) 2 lifestyles – explore the contrast between the lifestyles of the righteous and the wicked. The wicked person is someone who ignores and mocks God (verse 1). Note that wickedness is primarily related to how we treat God – those who are ‘moral’ are still wicked if they ignore God. The righteous person stands apart from the wicked (verse 1) and listens to God’s counsel instead (verse 2).

ii) 2 endings – explore the contrast between the results of these 2 lifestyles. The lifestyle of the righteous is one of substance (verse 3) and
truly is the best life because it is watched over by God (verse 6). The lifestyle of the wicked is like chaff or straw (verse 4) – it will be blown away when God judges (verses 5,6). Just like fairy floss, the lifestyle of the wicked appears attractive but is in fact empty and will one day dissolve.

2 Do you find it easy or hard to accept that living God’s way really is the best life? Why?

3 Which one of the 2 kinds of people do you think you are?

Note: You may like to discuss with students what it practically involves for the righteous person today to stand apart from the wicked (eg. at school, home, parties). During this discussion point out that Jesus is the only one who has ever lived the righteous life perfectly. Only with His Spirit in our lives to help us can we become more like the righteous person of Psalm 1.

Wrap up by urging students to stand apart from the wicked and live God’s way as this really is the best life.

**PRAYER IDEA**

In small groups, get students to share with one another the next step they need to take to live God’s way more. Give students time to pray together, asking God to help them do these things.

**FINISH**

Encourage students to live God’s way this week.
Psalm 1

1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

2 But his delight is in the law of the LORD, and on his law he meditates day and night.

3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

4 Not so the wicked! They are like chaff that the wind blows away.

5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

6 For the LORD watches over the way of the righteous, but the way of the wicked will perish.

1 Draw a picture to show the 2 kinds of lifestyles described in Psalm 1.

2 Do you find it easy or hard to accept that living God’s way really is the best life? Why?

3 Which one of the 2 kinds of people do you think you are?

In small groups, share with each other the next step you need to take to live God’s way more. Ask God to help you do these things.

“I have come that they may have life, and have it to the full.” John 10:10