**Campus Lutheran Church**

**Senior High Sunday School**

**October 18, 2015**

**Warm Ups**

Quote of the Day,

“Every man must do two things alone; he must do his own believing and his own dying” – Martin Luther

Review prayer journal

Prayer requests & prayers

Compile a list of their favorite bible passages (just verse references) from the past week.

God sightings this week

Other Issues

Questions from last class

**Topic: Dealing with Frustrations**

Source: Content based heavily on the “Serendipity Bible” New International Version

Roll the dice of opportunity to select which youth will describe in their own words what the Daniel 1:1-21 reading was about.

Opening questions:

* What is your favorite meal?
* What is the farthest you were ever away from home?

1. Why did Daniel ask the chief officer for different food?
   1. Religious reasons
   2. Physical reasons
   3. Cultural reasons
   4. He was a picky eater
2. What impressed you most about Daniel?
3. If Daniel lived in your world, how would he be viewed by your peers?
4. What message does this story have for today?
5. Which of the following choices best describes your physical health?
   1. I worry about it
   2. I don’t give it a second thought
   3. I do what I can to stay healthy
   4. I am probably not as conscientious as I should be
   5. I take it for granted
   6. I give it top priority
6. What do you need most in relation to the physical area of your life?
   1. A better diet
   2. Regular exercise
   3. More sleep
   4. To give up a bad habit
   5. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_
7. Which of Daniel’s attributes would help you most in your quest for healthy habits?
   1. Self-discipline
   2. Conviction
   3. Courage
   4. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What have you found works best when confronted with something you know you should refuse?

Galatians 5: 16-26

Opening questions

* There’s an old Billy Joel song with the phrase, “I’d rather laugh with the sinners than cry with the Saints, the sinners are much more fun.” How does this reflect the attitude of the world today? Have you ever been drawn down this path? Have you ever thought, “whats it’s going to hurt?”

1. What motivates you to live a good life?
2. What two things are in conflict with one another according to verse 17?
3. If we were made alive by the Spirit, why do we still struggle with sin?
4. Can a person who lives according to the “acts of the sinful nature” in verses 19-21 be a true Christian?
5. How can you and God’s Spirit weed out the sinful nature and grow the fruit of the Spirit?
6. What are the fruits of the spirit? In your own words describe what you think each of the fruits of the spirit mean and how they would show up in your life.
7. Which of the fruits do you feel are well represent in your daily life and which are you still working on?
8. How is being a Christian reflected in your attitude and actions?
9. How does God call us to change our lifestyle?
10. What warning does St. Paul give us about persisting in the “acts of the sinful nature”?

**Application**

Discuss at least three ways this topic applies to your life.  
Is there anything in this topic that would motivate a change in your behavior?  
Does this topic seem out of touch with the world?

**Bible reading assignment for Oct 25: Psalm 24, Malachi 3: 6-12, Mark 12:17, Leviticus 27:30-33,   
 Romans 13:7**