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## Theme

Trust

## Objective

This study will help students understand that there is more to a relationship with Christ than just saying the words “I believe” – they also have to trust their entire life to Jesus. Not just part, but their whole life.

## Warm Up

The “Trust Fall” has been done so often in youth ministry programs that it has almost become a cliché. However, the reason it’s used so much is that it is so effective! Have a volunteer stand on an elevated platform – a table, tall chair, etc. – with his or her back to the edge. Have the rest of your students (at least six or more) form two lines near the edge of the platform, cross their arms and grab the wrists of the person standing opposite of them. Their interlocking arms form the “bed” upon which your volunteer will fall back onto. Have the volunteers cross his or her arms over their chest and, on the count of three, close their eyes, take a deep breath and state, “Ready” prior to falling backward – into the waiting arms of their friends. Let as many volunteer as is practical.

## Transition

Debrief the “Trust Fall” activity by talking through these kinds of questions:

- What made falling backward so scary?
- What was going through your mind just before you fell backward?
- As you were getting ready to catch your friends, what were you thinking?
- How does this activity relate to Christian “faith?”
- What is the difference between “faith” and “foolishness?”
- Why do you think “faith” is difficult for people to have?

Say, “When we decide to follow Jesus, we not only believe in Him, but also trust Him with every part of our lives. To let someone catch you while you were falling backward took a great amount of trust. In the same way Jesus wants you to trust Him with your whole self.”

## Video

Say, “Controlling our own life seems easy. In our self-centered world, we easily lose sight of Jesus. As we watch this video from **Grand Prize**, think about times when you’ve taken control of your life and kept Jesus at a distance. Watch this video and listen to the encouraging words of hope.” Show the video.

## Bible Study

Have someone read **Luke 9:23** aloud to the group. Say, “You may have seen bumper stickers that say ‘God is my Co-Pilot’ and thought, ‘Cool! That person is into God.’ Sadly, that sticker is wrong. God doesn’t want to be the Co-Pilot; He wants to be the Pilot. He wants to be the one flying the plane and in control of your life. You and I just need to trust Him.” Discuss the following questions:

- Why is letting Jesus have the driver’s seat of our lives so hard?
- Why do we have a hard time letting Jesus lead during the tough times in our lives?
- In your life, are there things that you think God can not take care of or would not understand?
- What would need to happen for you to trust God with those areas of your life?
- Describe what your life would be like if you trusted Jesus fully.
- What are some practical ways you can give your whole self to Jesus?

## Wrap Up

Say, “When Jesus becomes Lord of your life, He wants all of it. In fact, it’s like He wants to be behind the wheel of your life. He’s in control, not you. Letting go of control and trusting God with every area of your life is a process that continues throughout your life.” Ask the students to name the areas in their life that they need to give control over to God. As they share, write those issues on a board or large piece of paper. After the students have shared, pray over those issues as a group. Then close the lesson in a final prayer.

# GRAND PRIZE

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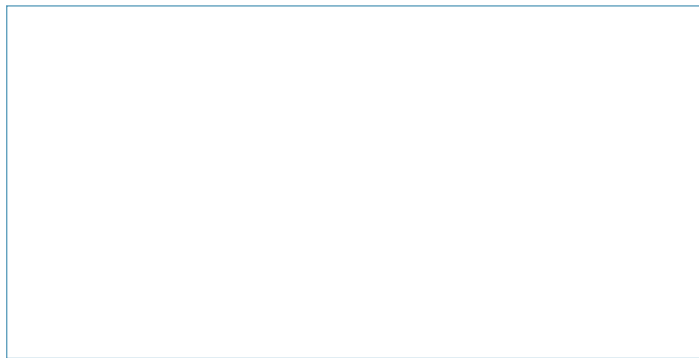
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IT'S NOT OVER

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TRUST



## Who's in the Driver's Seat?

Why is letting Jesus have the driver's seat of our lives so hard?

## Does God Really Understand?

Are there things in your life that you think God can not take care of or would not understand?

## Can I Trust Him?

Describe what your life would be like if you trusted Jesus fully.

## I Can Give Him Control

In what areas of your life do you need to give God the control?

Why do we have a hard time letting Jesus lead during the tough times in our lives?

What would need to happen for you to trust God with those areas of your life?

What are some practical ways you can give your whole self to Jesus?