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Lesson 1

A NATURAL RESPONSE TO GOD

JUNE 6 2021

LESSON STORY

Psalm 100 (KJV)

- ¹ Make a joyful noise unto the LORD, all ye lands.
- ² Serve the LORD with gladness: come before his presence with singing.
- ³ Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.
- ⁴ Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name
- ⁵ For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

OPENING

Video: https://www.youtube.com/watch?v=8x563Y-PY40 How does this artist describe songwriting?

Do you think the author of Psalm 100 would agree with this description? Why or why not?

BREAKTHROUGH

- 1. I wonder why the author wrote Psalm 100.
- 2. I wonder how our praise and worship as a church community is connected to Psalm 100.
- I wonder how you have responded or imagine responding to experiences of God caring for and providing for you.

LIFE APPLICATION GROUP ACTIVITY

In your group, consider how you would describe your relationship with God (i.e. Psalm 100 describes us as sheep in God's pasture). Create a psalm using one of these descriptions to share with the class.

GOING OUT

Today's lesson, Psalm 100, outlines that God is our Creator and cares for us like we are sheep in His pasture. Through our relationship with God, we experience God's goodness, mercy, and unending truth. Therefore, we enter God's presence with thanksgiving and praise. Over this week, reflect on your relationship with God and how you feel led to respond.

PRAYER

Heavenly God, thank You for Your relationship with us. Thank you for Your never-ending goodness and mercy. Help me to appreciate and grow in my relationship with You. In Jesus's Name, Amen.

FOR NEXT WEEK

June 13

Lesson 2:

A CRY FOR HELP

LESSON STORY

Psalm 13 (NIV)

For the director of music. A psalm of David.

- ¹ How long, LORD? Will you forget me forever? How long will you hide your face from me?
- ² How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?
- ³ Look on me and answer, LORD my God. Give light to my eyes, or I will sleep in death,
- ⁴ and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.
- ⁵ But I trust in your unfailing love; my heart rejoices in your salvation.
- ⁶ I will sing the LORD's praise, for he has been good to me.

OPENING

Video: https://www.wingclips.com/movie-clips/2-hearts/put-your-hands-in-gods-hand

Can you recall a time you felt despair like the author of Psalm 13 or the family in the video?

How were you encouraged or how would you encourage someone going through a difficult time?

BREAKTHROUGH

- 1. I wonder if you feel closer to or more distant from God when going through difficult situations.
- I wonder how you have been encouraged by the stories of others being hopeful during times of despair.

3. I wonder how you can encourage yourself during difficult times like the author of Psalm 13.

LIFE APPLICATION GROUP ACTIVITY

In your group, reflect on a time you may have felt like the author of Psalm 13. Create a psalm of encouragement.

GOING OUT

Psalm 13 provides a lesson for us all: our relationship with God is simple, yet complicated. While the psalm begins with David expressing overwhelming despair, it concludes with David remembering and trusting God's unfailing love. This week, consider ways you can encourage yourself even in the midst of dark situations.

PRAYER

God of Unfailing Love, thank You that You never leave during despairing times. Even when I feel overwhelmed, thank You for the remembrances that You are always good. Help me to keep hope in You during all situations. All in Jesus, Amen.

FOR NEXT WEEK

Lesson 3:

A PSALM FOR THE CULTURE

June 20 2021

LESSON STORY

Psalm 23 (KJV)

- ¹ The LORD is my shepherd; I shall not want.
- ² He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- ³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- ⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
- ⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

OPENING

Video: https://www.youtube.com/watch?v=_9Sv02Jflxk

Reflecting on Psalm 23, how does this psalm make you feel?

Outside of church, have you heard portions of this psalm referenced?

BREAKTHROUGH

- 1. I wonder how a view of Jesus as the Good Shepherd impacts your encounters with God and others.
- 2. I wonder what makes people flock together like sheep and how these factors can be used to bring communities of faith together.
- 3. I wonder which part of Psalm 23 resonates most with you and your experiences.

LIFE APPLICATION GROUP ACTIVITY

Read Psalm 23 in the Message Bible and consider how it differs from the printed text (King James Version). In your group, recreate Psalms 23 in your own words.

GOING OUT

Psalm 23 resonates with so many people that it is a pop culture icon of the Bible. However, it is more than a psalm, it helps us to understand our relationship with God and each other. This week, reflect on how God is Your Good Shepherd and how you can engage in good flocking behavior for Christ.

ALFRED STREET BAPTIST CHURCH

PRAYER

Lord $God-my\ Good\ Shepherd$, thank You for caring for me. Help me to be a good sheep and follow You as I also live in community with my Christian flock. In Jesus' Name, Amen.

FOR NEXT WEEK

sson Story: Psalm 30 | Gospel Reading: John 6:67-69

Lesson 4:

ANSWERED PRAYER

June 27 2021

LESSON STORY

Psalm 30 (KJV)

- ¹ I will extol thee, O Lord; for thou hast lifted me up, and hast not made my foes to rejoice over me.
- ² O Lord my God, I cried unto thee, and thou hast healed me.
- ³ O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.
- ⁴ Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.
- ⁵ For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.
- ⁶ And in my prosperity I said, I shall never be moved.
- ⁷ Lord, by thy favour thou hast made my mountain to stand strong: thou didnt hide thy face, and I was troubled.
- ⁸ I cried to thee, O Lord; and unto the Lord I made supplication.
- ⁹ What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?
- ¹⁰ Hear, O Lord, and have mercy upon me: Lord, be thou my helper.
- ¹¹Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;
- ¹² To the end that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks unto thee for ever.

OPENING

Video: https://www.youtube.com/watch?v=S_liXaLkTwk

What has been your response to experiencing and witnessing illness? How have you responded to someone's recovery from illness?

BREAKTHROUGH

- 1. I wonder where God is in times of illness and how you can seek God.
- 2. I wonder what are some examples of those who are foes and are not foes as described in the text.
- 3. I wonder how your feelings about God change during illness and after illness.

LIFE APPLICATION GROUP ACTIVITY

Look at the video sharing Jordyn's story:

https://www.youtube.com/watch?v=MXFGy90A2Yc

Within your groups, consider what you would say to encourage a person in this situation after today's lesson. Write a note reflecting these words.

GOING OUT

In today's lesson, we heard the words of King David, rejoicing from being healed of illness. We were reminded to be aware of our response to others during their times of need. Over this week, consider how you can encourage yourself and others during times of illness and how you respond after becoming well again.

PRAYER

Present and Healing God — thank You for the stories of hope in times of illness. Help me to seek You in times of illness and perfect health. Lord, allow me to share my story of deliverance to encourage others. In Jesus' Name, Amen.

FOR NEXT WEEK

Lesson 5:

A HALLELUJAH **PRAISE**

LESSON STORY

Psalm 150 (NIV)

Praise the Lord.

- ¹. Praise God in his sanctuary; praise him in his mighty heavens.
- ² Praise him for his acts of power; praise him for his surpassing greatness.
- ³ Praise him with the sounding of the trumpet, praise him with the harp and lyre,
- ⁴ praise him with timbrel and dancing, praise him with the strings and pipe,
- ⁵ praise him with the clash of cymbals, praise him with resounding cymbals.
- ⁶ Let everything that has breath praise the Lord. Praise the Lord.

OPENING

Video: https://www.youtube.com/watch?v=dpny22k 7uk

What are your take-aways for the book of Psalms?

How do the psalms impact you?

BREAKTHROUGH

- 1. I wonder how your relationship with God would be impacted if you followed Psalm 150.
- 2. I wonder how you connect with creation in praising God.
- 3. I wonder how your praise has been or will be impacted by Psalm 150 and additional psalms.

LIFE APPLICATION **ACTIVITY**

Within your groups, consider ways you can praise and worship God. Create a psalm of praise to share with the class.

GOING OUT

Today's lesson concludes our study into the book of Psalms. We engaged psalms of lament and praise throughout this study. Psalm 150 serves as a reminder and direction for us to praise God as His creation. Over this week, consider how you can praise God despite the circumstances you face.

PRAYER

Lord God, thank You for the opportunity to encounter you through praise and worship. Help me to praise You as You call me to do. In Jesus' Name, Amen.

FOR NEXT WEEK

Lesson 6:

GUARANTEED

LESSON STORY

Ephesians 1:1-14 (NIV)

¹ Paul, an apostle of Christ Jesus by the will of God,

To God's holy people in Ephesus, the faithful in Christ Jesus:

² Grace and peace to you from God our Father and the Lord Jesus Christ.

Praise for Spiritual Blessings in Christ

³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us. With all wisdom and understanding, ⁹ he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. ¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

OPENING

Video: The Labels We Carry: https://www.youtube.com/watch?v=hNS_D-pw8y4

What are some labels that have impacted you or others around you?

How do you think the people at Ephesus felt when Paul addressed them as "saints" rather than another label?

BREAKTHROUGH

1. I wonder how our relationship with others and God is impacted by the way we label and greet them.

- I wonder how being a part of a church community with a history of believing they were adopted into the family of faith strengthens or weakens your belief that you are or can be a part of the family of faith.
- 3. I wonder how being chosen by God for adoption through Jesus prompts you to respond.

LIFE APPLICATION ACTIVITY

Within your groups, consider what it means to be chosen for adoption by God through Christ Jesus even before the foundation of the world to share with the class. Make a pros and cons list to being chosen for adoption by God.

GOING OUT

Through the redemptive work of Jesus, we can become members of the family of faith with full

inheritance rights. We have forgiveness and can live a purposeful life. Over the week, reflect on how your actions demonstrate a belief of being adopted into the family of faith.

PRAYER

Lord God, thank You for the opportunity to encounter you through praise and worship. Help me to praise You as You call me to do. In Jesus' Name, Amen.

FOR NEXT WEEK

July 18 2021

Lesson 7:

DON'T PUT ME IN A BOX

LESSON STORY

Ephesians 2:11-22 (NSRV)

One in Christ

who are called "the circumcision"—a physical circumcision made in the flesh by human hands— ¹² remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. ¹⁵ He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, ¹⁶ and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. ¹⁷ So he came and proclaimed peace to you who were far off and peace to those who were near; ¹⁸ for through him both of us have access in one Spirit to the Father. ¹⁹ So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, ²⁰ built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. ²¹ In him the whole structure is joined together and grows into a holy temple in the Lord; ²² in whom you also are built together spiritually into a dwelling place for God.

OPENING

Video: Don't Put People in Boxes: https://www.youtube.com/watch?v=zRwt25M5nGw

How you ever felt someone put you in a box?

Have you ever put someone else in a box?

How does putting someone in a box impact your ability to get to know another person?

BREAKTHROUGH

1. I wonder how a life without knowledge of and hope in God would be.

- 2. I wonder how the requirements for U.S. citizenship and citizenship with the saints differ, and why.
- 3. I wonder how being a part of the household of faith frees you from being placed inside a box.

LIFE APPLICATION ACTIVITY

Within your groups, discuss what comes to mind when you hear the word alien, such as in movies. How does labeling someone as an alien impact how they are treated? Why is it important to see others as one with you in Jesus or as one who can become one with you in Jesus?

GOING OUT

Imagine a life before Jesus – being an alien, stranger, and having no hope without God in the world!

However, through Jesus, we cannot be put into a box of despair but have citizenship with the saints. This week, consider how you are one with others in Christ.

PRAYER

God, thank You for the opportunity for citizenship with the saints and to be members of the household of God. Help me to grow in my walk with You and others, into a oneness. In Jesus' name, Amen.

FOR NEXT WEEK

July 25 2021

Lesson 8:

UNIFIED IN CHRIST

LESSON STORY

Ephesians 4:1-16 (NIV)

¹ I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ² with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³ endeavoring to keep the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called in one hope of your calling; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is above all, and through all, and in you all. Spiritual Gifts 7 But to each one of us grace was given according to the measure of Christ's gift. 8 Therefore He says: "When He ascended on high, He led captivity captive, and gave gifts to men." 9 (Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? 10 He who descended is also the One who ascended far above all the heavens, that He might fill all things.) 11 And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, 13 till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; 14 that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— 16 from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.

OPENING

Video: "Overview of Ephesians": https://www.youtube.com/watch?v=Y71r-T98E2Q&t=23s

What does it mean to be the body of Christ?

What does it mean to be unified in Christ?

BREAKTHROUGH

- 1. I wonder why the characteristics of humility, gentleness, patience, bearing with one another in love, and making every effort to maintain peace, are a part of a calling in Christ.
- 2. I wonder why Paul uses the 'body' to represent unity within the family of Christ.

3. I wonder how you can exhibit the qualities worthy of the call of Christ.

LIFE APPLICATION ACTIVITY

Within your groups, consider the virtues of our calling in Christ. Determine which characteristic your group feels is most and least important for the unity in the body of Christ and why. How do you think the body of Christ would be impacted if the characteristic your group selected as most important was greater practiced in the church?

Consider ways you all can model this virtue in the church.

GOING OUT

This week, we learned that we have a calling in Christ and character we can exhibit for the unity of Christ.

To assist the body in keeping unity, we have gifts of leaders to help us to grow in our faith. Consider how you can grow in your walk with Christ and in unity in the body.

PRAYER

Dear Lord, thank You for Your truth and for revealing Your purpose to us. Please reveal to us the gifts you've placed within each of us and thank You for the gifts of our leaders. God, please help me become more like Christ in all of my ways, that I may be an example of Your love on the Earth. Please keep my heart tied to Yours. Thank You. In Jesus' name I pray. Amen.

FOR NEXT WEEK

Aug 1 2021

Lesson 9:

READY FOR BATTLE

LESSON STORY

Ephesians 6:10-20 (NSRV)

The Whole Armor of God

¹⁰ Finally, be strong in the Lord and in the strength of his power. ¹¹ Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. ¹² For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴ Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵ As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶ With all of these,[b] take the shield of faith, with which you will be able to quench 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 Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹ Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

OPENING

Video: Prepare for Battle: https://www.wingclips.com/movie-clips/the-pilgrims-progress/prepare-for-battle

Which part of the armor is most prevalent in the video, and why?

Do you think these parts of the armor of God are most important, and why?

BREAKTHROUGH

- 1. I wonder how putting on the full armor of God impacts your interactions with others.
- 2. I wonder why the prayers of others, even those generations before you, are important.
- 3. I wonder what are some situations that can be changed by putting on the full armor of God and how the situation would be altered.

LIFE APPLICATION ACTIVITY

Within your groups, consider the full armor of God. What are at least 5 actions you can take to strengthen your armor. For example, you can read the Bible.

What are some challenges to taking the actions and how can you overcome these challenges?

GOING OUT

In our lesson story, we know we can stand firm against any challenges if we put on the full armor of God and pray without ceasing. In putting on the full armor, we have many tools to individually and collectively strengthen and sustain us. Further, in praying without ceasing for the saints and our leaders, we are a part of a community of prayer; imagine how may prayers you benefit from in your life, including the prayers of those who lived before you. Consider how you can walk in your armor and pray to withstand the challenges that are before you.

PRAYER

Lord God, thank You for equipping me with the tools needed to withstand the challenges of the world. Help me to strengthen my armor. Also, help me to pray without ceasing so that my prayers may uplift others in their own battles and assignments for You. In Jesus' name, Amen.

FOR NEXT WEEK

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parents went to Jerusalem every year at the we years old, they went up to Jerusalem according the days, as they returned, the Boy Jesus mother did not senow it, " but supposing Him very, and sought Him among their relatives and returned to Jerusalem, seeking Him. " Now so the temple, sitting in the midst of the teachers and all who heard Him were astonished at His, they were amazed; and His mother said to Ho.