SPIRITUAL GROWTH

YOUTH SABBATH SCHOOL LEADERSHIP TRAINING

Participant's Guide

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YOUTH SABBATH SCHOOL IDEAS

SPIRITUAL GROWTH

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Participant's Guide

Your name

Prepared by the North American Division Department of Youth & Young Adult Ministries

Additional copies of this resource are available from:

AdventSource
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Lincoln, Nebraska 68506
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ISBN# 978-1-57756-238-2

Printed in the United States of America

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Start with a Spark

NAME GAMES

If it's a new group, you need to start by learning names.

If a new person joins the group, take steps to help them learn names.

Name Toss

Materials Needed: 5-10 balls or other soft objects you can toss in a circle

Stand in a circle with a bit of space between people. The leader asks the name of someone in the circle by saying, "What is your name?" The leader then calls out the name of that person and tosses the ball to them. That person must call out the name of the leader. If the person doesn't know the leader's name, simply ask, "What is your name?" The person must call out the name.

Then person two asks another person in the circle for their name, then calls out their name and tosses the ball to them. After catching or retrieving the ball, that person must call out the name of the person who tossed the ball to them. Everyone is getting to hear these names repeated.

This continues, each person calling out the name of the person before tossing the ball, and the one who receives the ball calls out the name of the person who threw it.

After people are getting the hang of this, the leader adds a second ball, so two people call out the names of two different people simultaneously. You can even add more balls gradually. Catching the ball isn't the thing; learning names by calling them out repeatedly is what matters.

In the Parade

Materials Needed: Imagination

Sit in a circle and invite each person to imagine a parade. Then imagine being in the parade! Where would they be?

- Leading the parade?
- Twirling a baton?
- Marching in a band (playing which instrument?)?
- Waving from a float?
- Driving the float?
- Riding a horse?
- Being a clown?
- Demonstrating gymnastics?
- Carrying a banner?

Come up with your own place in the parade. Take 10-15 seconds to think of where you would like to

be in the parade. (Allow for 10-15 seconds of silence so people can use their imaginations.)

Take turns sharing, starting with your name and then identifying where you would be in the parade. The first person may say, "My name is Dustin, and I'd be juggling as I walk in the parade."

Continue by giving each person in your group an opportunity to share their name and where they would see themselves in the parade. You might need to encourage or assist some in coming up with a place in the parade. It's okay for more than one person to choose the same place or activity in the parade.

Knee Bop

Materials Needed: A page or two from a newspaper rolled up with a rubber band around it. You need one of these for every 7-8 people.

Form a tight circle with everyone sitting.

One person stands in the middle with a light, rolled-up sheet of newspaper. To start things, this person in the middle calls out the name of one sitting person. The person in the middle bops the knee of the person whose name was just called with a quick "bop" of the newspaper.

The person who was sitting calls out the name of another person sitting in the circle before being "bopped." If that name gets called out before the person in the middle does "the bop," then the person in the middle needs to "bop" the other person's knee, and so on.

Once a person is bopped before calling out the name of another person in the circle, that person must go in the middle. The one who was in the middle then sits down but must call out the name of someone in the circle before sitting down, or the new person in the middle can "bop" the one who just sat down.

Letter Count

Materials Needed: None

Sit or stand in a circle and ask people to share the number of letters in their name and then their name.

You can add more variety to this by having the person tell the number of letters but only give the first letter and have the rest of the group guess.

Have the person spell out their name, letter-by-letter. This helps some people clarify the name (was that Ken or Kent? Larry or Gary or Terry or Cary or Harry?).

The complete statement could be: number, spell it, name. For example, "Five, S-H-A-W-N, Shawn." The rest of the group would then repeat it in unison, "Five, S-H-A-W-N, Shawn."

It takes more time, but you could further engrave this into the minds of the people in your group by having the second person repeat what the first person said and then add their information. The third person would continue by repeating the first two people's information and then their own. Group members could help as needed because learning the names counts more than perfect memory.

Alphabet Line

Materials Needed: None

Invite the people in your group to line up shoulder-to-shoulder, from the shortest to the tallest. Give them a few moments to accomplish this relatively simple task.

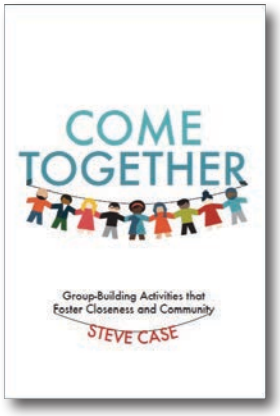
Next, ask them to change the order but to do so silently—no talking. They can use hand signals and even mouth words, but they cannot say anything out loud, not even a whisper. With this handicap, ask them to line up in alphabetical order, based on their first name.

After completing that task, invite them to say their first name aloud, starting from the "A" end of the line and working your way down the alphabet line.

Ask them to try this again, back to their silent communication forms, and line up alphabetically by last name.

Then have them share their last names, one at a time, with the group.

For more ideas for "Name Games" get *Come Together* from Advent*Source*



ICEBREAKERS

Use these to pull a group together and focus to get engaged.

Line Up

Materials Needed: A piece of masking tape or other line or string on the floor. It works well out-doors with a curb or a log.

Stand shoulder-to-shoulder on a line on the floor, which can easily be placed with a long piece of masking tape or a string. You could also use a curb outdoors. If you're in the woods, you can do this on a log. You could use a horizontal pole. It's even possible to use a rope or other line on the ground. The idea is to put everyone on a line where they have to balance. It's safer to do this at a low elevation rather than a high elevation (for obvious reasons).

Number off from 1 to ? (the number of people in your group). Then, without stepping off the line (or without falling off the curb or log or rope or whatever you're using), reverse your order so #1 is at the opposite end. The person in the middle can stay in the middle, but everyone else on either side must switch sides without falling off.

Sum It Up

Materials Needed: None

Form groups of three, standing and facing your partners.

Each person should hold out one hand, palm up, and the other hand forms a fist on top of the palm. This is the same position as when you play "Rock, paper, scissors" (but you're playing a different game).

For this game, you want to get in touch with the other two people in your threesome so you can read each others' minds without having to speak a word out loud.

Tap your closed fist three times on your palm and then extend however many fingers you want (0-5). Add them up for your group of three. What is the sum? If one puts out three fingers, another puts out two fingers, and the third person puts out zero fingers, your sum is 3+2+0 = 5.

Now try it with a number the leader calls out, such as "7." If you get it on the first try, let out a loud cheer. If you don't get it the first time, try it again. The catch is, you can't talk! You have to simply make changes by sensing each other without using words or motions. After a little while, the leader can call out a different number.

Whenever your threesome gets it right, cheer loudly.

If threesomes have difficulty getting the announced number, you can make it easier by calling for the number 15 (all three people must put out all five fingers) or the number 0 (all put out no fingers). If they can't figure out that one, you'll be dealing with some other issues.

Toe Tapping

Materials Needed: None

Divide into groups of two. Face your partner, hold up both hands, clasp each other's hands and interlock fingers.

Now the fun begins! Try to lightly tap the top of your partner's toes on one foot. This may seem easy enough, except your partner is trying to do the same thing, tapping your toes! Some people add to their strategy by pushing and pulling with their hands as well.

The first person to tap their partner's toes three times is declared the winner.

But wait, there's more. All those who win in their face-off must now find a new partner and start over. Those who lose can step to the side.

Each time a person wins, that person moves to the next round until you are left with only two peo-ple, toe tapping for the championship.

Moving to the Truth

Materials Needed: A sturdy chair for each person

Sit on chairs in a circle.

The leader makes a statement, such as," I am a male." For each person for whom that is true, that person must move clockwise one seat and sit in that chair. If someone is already sitting there, then the person moving to that spot must sit on that person's lap (or knee).

The leader then makes another statement, such as, "I have blue eyes." If that statement is true for you, move clockwise one chair again.

Feel free to take away empty chairs if you want people to stack up more quickly. This can require some sensitivity due to the various sizes of people. If a group isn't comfortable with each other, they won't be ready for this activity. You may want to wait until people in your group know each other to some extent.

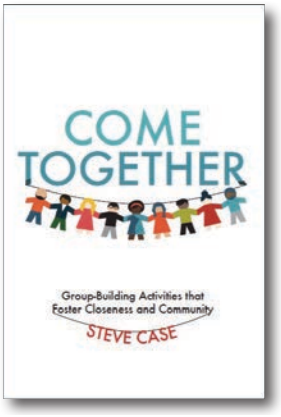
Mirrors

Materials Needed: None

Form groups of two, standing and facing each other. Choose a person "A" and a person "B." Person A begins to make motions and facial expressions and person B "mirrors" them.

After 30-40 seconds, reverse roles and have person B initiate the actions and person A "mirrors" those back.

Then take turns again, but this time both actually touch hands and then close their eyes. They must "mirror" the actions in the dark. The hands must sense each other to move together. Then reverse roles again.



For more ideas for "Icebreakers" get *Come Together* from Advent*Source*

WHY WE DO THIS

The reason to do Name Games and Icebreakers

The Halves and the Half Nots

Overview of the Principles of Spiritual Growth sessions

I is for Imagine: Jesus in your Youth Sabbath School

G is for Grow: Relational Ministry for Relationships

N is for Network: Resources, as in People and Materials

I is for Integrate: Moving Truth Into Action

T is for Transform: Spiritual Growth for Young People

E is for Explore: Community as Your Reality

Summary

Start with Name Games and/or Icebreakers

We did some (we need to practice what we preach)

Why Youth Sabbath School matters

An overview of the Principles of Spiritual

Growth training

Session 1: Imagine

INTRODUCTION

Which picture of Jesus fits your view of Christ?

(6 different pictures of Jesus; have participants respond)

What would happen if Jesus came to your Sabbath School and church this Sabbath?

Use your imagination (to answer the following questions):

1. What would Jesus look like?
2. Would you recognize him?
3. What would Jesus say?
4. What would Jesus do?
5. Would you want Jesus to return?

Put yourself into the Scripture story (Luke) and ask these same five questions:

1. What did God look like?
2. Would you recognize him?
3. What did God say?
4. What did God do?
5. Would you want God to return next Sabbath to your church?

1. Luke 2:21-38 _____

2. Luke 2:41-50 _____

3. Luke 4:14-30 _____

4. Luke 4:31-37 _____

5. Luke 6:6-11 _____

6. Luke 13:10-17_____

7. Luke 19:35-44 _____

8. Luke 19:45-48 _____

9. Luke 21:1-4 _____

Some personal applications for Youth SS leaders:

- Will Jesus come to my Youth SS?
- Has He been to my Youth SS in the past (see Mt. 18:20)?
- What happens when I see Jesus in Youth SS (Mt. 25:40)?
- Am I Jesus to the rest in Youth SS?
- Are the others in Youth SS Jesus to me?

What ideas do you have to prepare and respond for Jesus coming to your Youth SS?

SUMMARY

Our view of Jesus has been shaped by past teachings and experiences.

We tend to think of Jesus as a nice guy

We don't necessarily expect Jesus to show up at our Youth Sabbath School

We should notice from Scripture what happened when Jesus/God showed up at church!

- It wasn't always "nice"
- It wasn't always what people expected
- It often went unnoticed or resulted in praise and persecution

Invited Jesus to your Youth Sabbath School

Keep in mind the 5 questions about this:

1. What would Jesus look like?
2. Would you recognize him?
3. What would Jesus say?
4. What would Jesus do?
5. Would you want Jesus to return?

Session 2: Grow

INTRODUCTION

List 5 people who are close to you

1. _____

2. _____

3. _____

4. _____

5. _____

4 BASIC KEYS FOR RELATIONSHIPS

These will be true for relationships with:

- Friends
- Family
- Romance
- Different ages
- Jesus/God

Guarantee: More friends and closer friendships than you can handle!

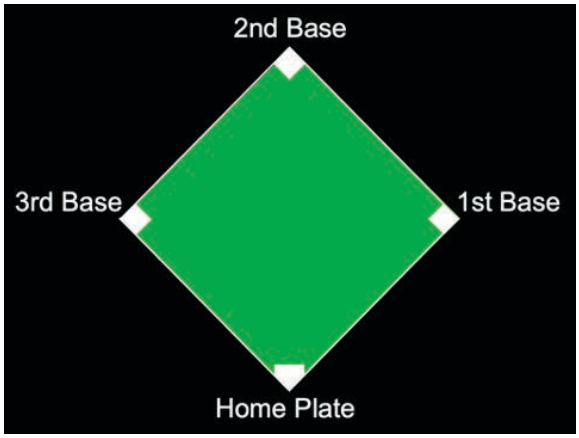
Baseball diamond analogy—4 bases for the 4 basic keys

These are developmental—they build on each other.

You must start at first base and then progress for any relationship to become stronger and grow deeper and more meaningful/valuable.

Although you start at "home plate" you won't score a run until you have gone around the bases. This is not merely "sex talk"; it's true for all relationships on all levels.

Let's identify the bases and things we can do (and be sure we don't do) to improve relationships.



1st Base—History.

Start with simple and even superficial information about you, like your name, where you go to school, friends, family members, activities you enjoy, etc. This is where all relationships start, and most never move beyond this.

2nd Base—High Five (affirmation).

This positive feedback is based on the history (1st base) that gets shared. It's easiest to give a "high 5" when you share a similar history.

It takes a more mature person to give a "high 5" when one's history is different, but secure people can do so authentically without feeling threatened or insignificant.

When a person receives a "high 5" in response to their history, they are more likely to share more history, and possibly deeper, more personal history.

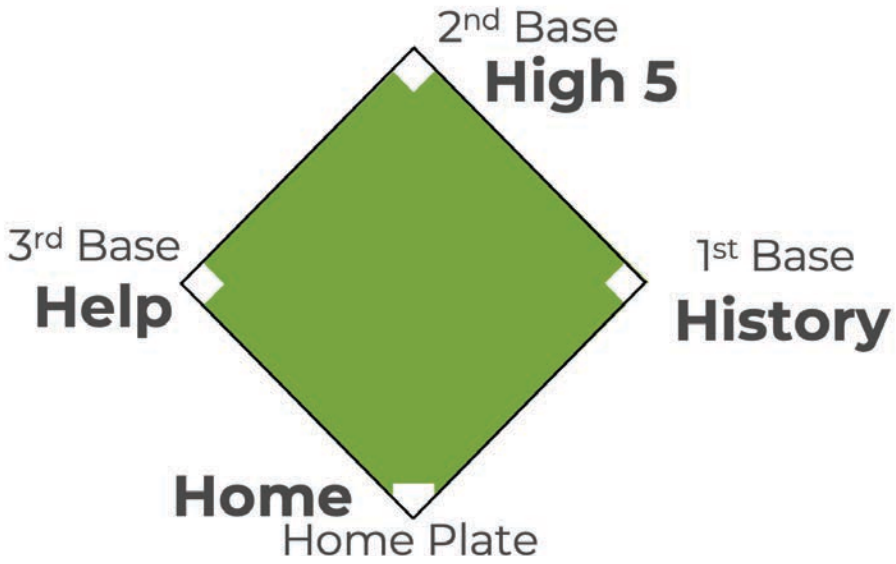
If you can't give an authentic "high 5" based on a person's history, you will either need to get other history or the relationship will go no deeper.

3rd Base—Help (will you help me?).

Most people won't go to 3rd base unless they have received loads and loads of "high 5s" or unless they are desperate. This makes a person vulnerable. But without third base, the relationship will go no deeper than niceness. With 3rd base, you begin to sense a closeness and interdependence that you won't experience any other way.

Home Plate—Fellowship.

Everyone wants fellowship, but we don't want to go around all the bases to get there. Can we just vote it or name it fellowship? Is there a quick pill we can take and be done with it? NO! You have to go around the bases if you want fellowship to be a reality in your relationships.



THINGS WE CAN DO (AND NOT DO) AT EACH BASE TO PROMOTE AND ENHANCE RELATIONSHIPS IN YOUTH SS (AND BEYOND)

1st Base

Five ways to do "History"

1. Do get-acquainted activities
2. Welcome new people
3. Share stories about your life
4. Make Bible study personal
5. Plan for activities to be interactive

Five ways NOT to do "History"

1. Give lectures of "talks"
2. Don't learn people's names
3. Focus on information
4. Sit in rows; face the front
5. Read aloud from printed stuff

2nd Base

Five ways to do "High 5"

1. Smile at individuals
2. Verbalize something positive
3. Share what you have in common with someone else
4. Literally give a "high 5"
5. Listen to what someone says

Five ways NOT to do "High 5"

1. Stick only with people you already know
2. Be stoic (or even sneer at others)
3. Laugh and point at someone
4. Talk about only yourself
5. Use "put downs" on others

3rd Base

Five ways to do "Help"

1. Admit you need help
2. Take a risk with someone you trust
3. Make it anonymous (if you're too afraid to make it your own)
4. Humbly help others
5. Be confidential

Five ways NOT to do "Help"

1. Brag about yourself
2. Don't take others seriously
3. Gossip
4. Keep things light/superficial
5. Never admit you need help

Home Plate

Five ways to do "Home"

1. Keep going to other bases, too
2. Accept people
3. Admit mistakes
4. Ask for forgiveness
5. Celebrate God and others

Five ways NOT to do "Home"

1. Look down on others
2. Be very private
3. Point out others' mistakes
4. Be demanding and critical
5. Never admit anything

SOME EXAMPLES

(from your ministry, from others in this session—ministry, personal, with God, etc.)

Maybe if we start by going around the bases with Jesus, we will be better prepared to go around the bases with those in our Youth SS. Or maybe we can all go around the bases together.

Shall we start with 1st Base?

Are you ready to give a "High 5"?

Relationships form the foundation for all ministry. We can build on this, but it's our starting point and something we constantly renew, especially in Youth SS where few people move as far as 2nd base and when we constantly receive the next group of young people and graduate others from Youth SS to continue their spiritual journey.

(This material can be found in the youth ministry training resource called *A Place to Belong* by Steve Case and Hubert Cisneros, pages 8-23, and is available from Advent*Source*).

SUMMARY

Relationships form the foundation of life and ministry

Relationships don't just happen; they develop

4 basic steps for developing all kinds of relationships

A. 1st Base—History

B. 2nd Base—High 5

C. 3rd Base—Help

D. Home Plate—Home/Fellowship

We identified ways to develop relationships at each base (as well as things not to do at each base)

We shared examples and brainstormed how we can move around the bases in our Youth Sabbath School.

Session 3: Network

INTRODUCTION

Our word for this session of Principles of Spiritual Growth is "Network" and by "Network" we mean "Resources" which come in two forms:

1. People (who are the people involved in your Youth Sabbath School?)

A._____

B. _____

C. _____

D. _____

E. _____

2. Materials (what materials do you use for your Youth Sabbath School?)

A. _____

B. _____

C. _____

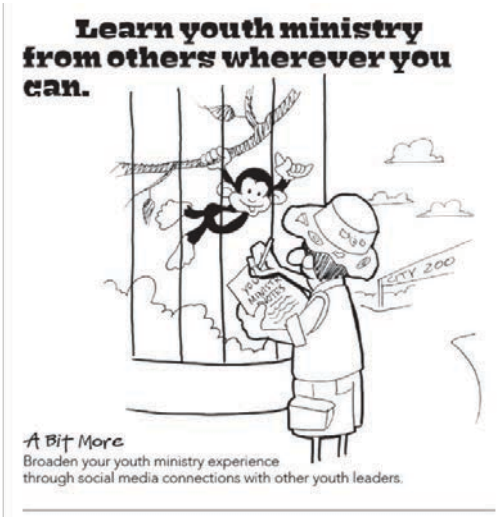
D. _____

E. _____

PEOPLE

Let's start with YOU.

Which of the following 3 cartoons is most helpful for you?



OTHER PEOPLE FOR YOUR YOUTH SS TEAM

Which of the following 6 cartoons is most helpful for you?

Facebook Page: Youth Sabbath School Ideas

Let's go there now, and connect with other Youth SS Leaders

https://www.facebook.com/YouthSabbathSchoolIdeas

MATERIALS

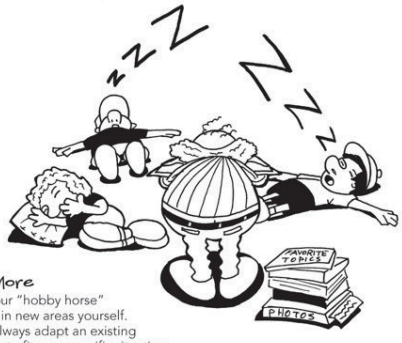
For your Youth SS Team

Which of the following 3 cartoons is most helpful for you?

Glean from various resources, expecting that only 10-15% will be stuff you can use.

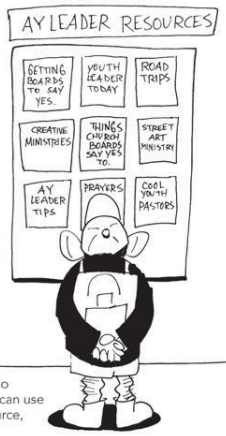
A Bit More
A resource from someone else won't be a perfect match for you. Grab what's useful; adapt it to fit you and your youth group.

Have a curriculum or you'll keep reverting to your favorite topic.



A Bit More
Get off your "hobby horse" and grow in new areas yourself. You can always adapt an existing curriculum to fit your specific situation.

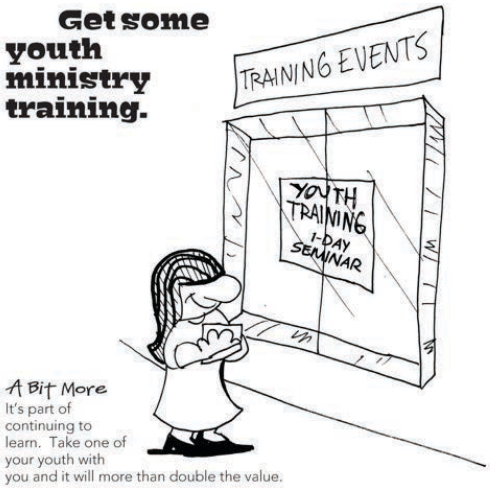
Adapt existing resources to fit your needs.

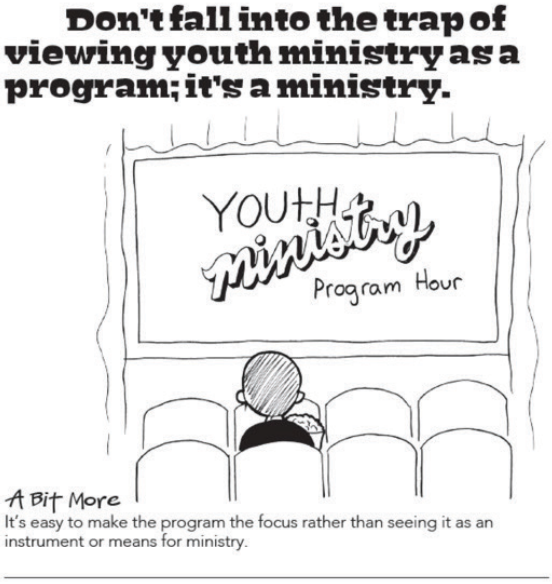


A Bit More
Resources aren't tailor-made for you. Your job is to take what's available and adapt it to your specific situation. If you can use 10-20% of the ideas in a resource, consider it a good resource!

TRAINING FOR YOU AND YOUR YOUTH SS TEAM

Which of the following 4 cartoons is most helpful for you?





ONLINE RESOURCES FOR YOUTH SABBATH SCHOOL

Are you familiar with Cornerstone Connections?

Let's go there now and see what's available

https://www.youthsabbathschoolideas.org

Walk through the resources for next Sabbath

1. Scripture
2. Commentary from Desire of Ages (audio link)
3. Discussion video created for this specific lesson
4. Overview
5. Cornerstone Connections Student Lesson
6. Cornerstone Connections Teacher's Guide
7. Relational Bible Study handout
8. Lesson Plan 1 (another option for the lesson; same topic and Scripture)
9. Lesson Plan 2 (RBS with leader's materials)
10. Resources
11. Youth Leadership Tip
12. Outreach

Relational Bible Studies, an option each week, plus a new website for more

http://relationalbiblestudies.com

Power from the Parables, an NAD publication, Bible studies on Jesus' parables

https://www.adventsource.org/store/youth-ministries/bible-studies/power-from-the-parables-40949

Our intention is to provide you with more material than you can use, so you will glean just the best and what is most idea for your youth SS.

Register to get the weekly email notice by clicking on "Newsletter Sign-up" at the top, right of the homepage for YouthSabbathSchoolIdeas.org

This isn't "free" even though you can access it for free. The NAD Youth and Young Adult Ministries Department pays to create this material each week. When you pay your tithe at your local church, most of that pays for pastors, but a small part of it goes to the North American Division, and the NAD Youth and Young Adult Ministries Department has chosen to invest that tithe into these re-sources so Youth SS Leaders can get them "free." Thank you! And please continue to pay your tithe at your local church.

SUMMARY

"Network" by connecting to RESOURCES, which come in two main categories:

1. People

A. You

B. Other people on your Youth SS team

C. The youth themselves

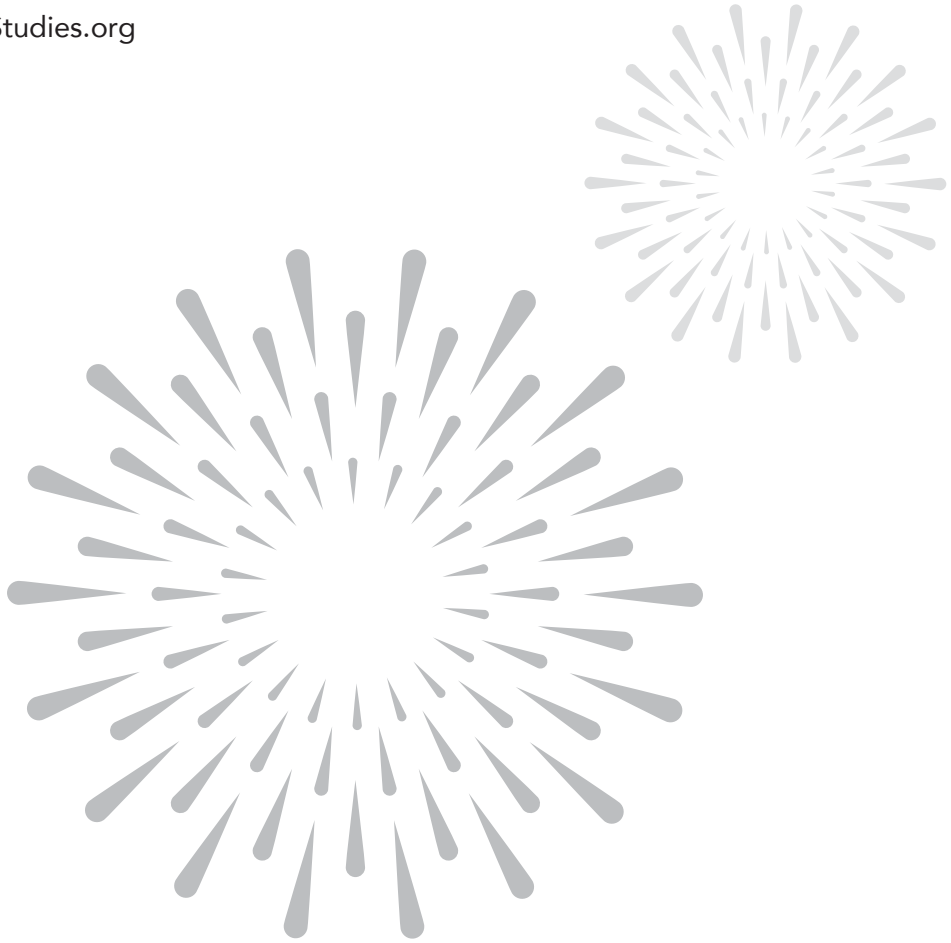
D. Youth SS leaders at other churches (check out the Facebook page)

2. Materials

A. YouthSabbathSchoolIdeas.org

B. RelationalBibleStudies.org

C. Advent*Source*



Session 4: Integrate

This session of the Principles of Spiritual Growth Youth Sabbath School Training addresses potentially the weakest link in what we do at Sabbath School, and it identifies some things we can do to strengthen this weak link.

APPLICATION. Call it "Moving Truth Into Action" or "Integrate" Scripture into our lives.

Bible scholars point out that the "difficult passages in the Bible" are not the ones that are hard to understand, but the ones that are easy to understand but hard to do.

HOW TO MAKE APPLICATIONS FROM SCRIPTURE

Let's try it with a Bible story that isn't as familiar as "David and Goliath" (1 Samuel 17) but more familiar than Ehud and Eglon (Judges 3).

Genesis 35:1-5 (NIV)

Then God said to Jacob, "Go up to Bethel and settle there, and build an altar there to God, who appeared to you when you were fleeing your brother Esau."

So Jacob said to his household and to all who were with him, "Get rid of the foreign gods you have with you, and purify yourselves and change your clothes. Then come, let us go up to Bethel, where I will build an altar to God, who answered me in the day of my distress and who has been with me wherever I have gone."

So they gave Jacob all the foreign gods they had and the rings in their ears, and Jacob buried them under the oak at Shechem.

Then they set out, and the terror of God fell on the towns all around them so that no one pursued them

How are we supposed to apply this Scripture to our lives today?

Move to Bethel? Move someplace besides where we live now?

Get rid of the gods you're carrying with you? Bury your cell phone?

Build an altar to your parent's God? Become old fashioned in your religion?

Give your gods and earrings to your dad to bury? No more jewelry; remove any tattoos?

Go, and the terror of God will fall on others? Go strut, and don't worry about it?

Someone else might try to apply Genesis 35:1-5 in this manner:

- **Clean yourself outside** (take a shower; wash clothing)
- **Clean yourself inside** (repentance, confession)
- **Bury your god(s)** (eliminate anything more important to you than God)
- **Worship at the altar to Yahweh** (bow in awe before God—church, nature, devotional time, with a mentor/spiritual guide)

Reasons we don't apply God's truths to our lives

1. We don't know the truths
2. We don't understand the application(s)
3. We don't want the application(s)
4. We aren't asked to apply God's truths to our lives; no commitment needed here
    - Leaders, even preachers, are afraid their request will be denied or ignored
    - We run out of time during SS
    - We aren't prepared to make a commitment
    - We have little or no contact with each other to follow up outside of SS

A Process to Apply Scripture to Our Lives

Horizontal Axis

Horizontal Axis

Vertical Axis

Vertical Axis

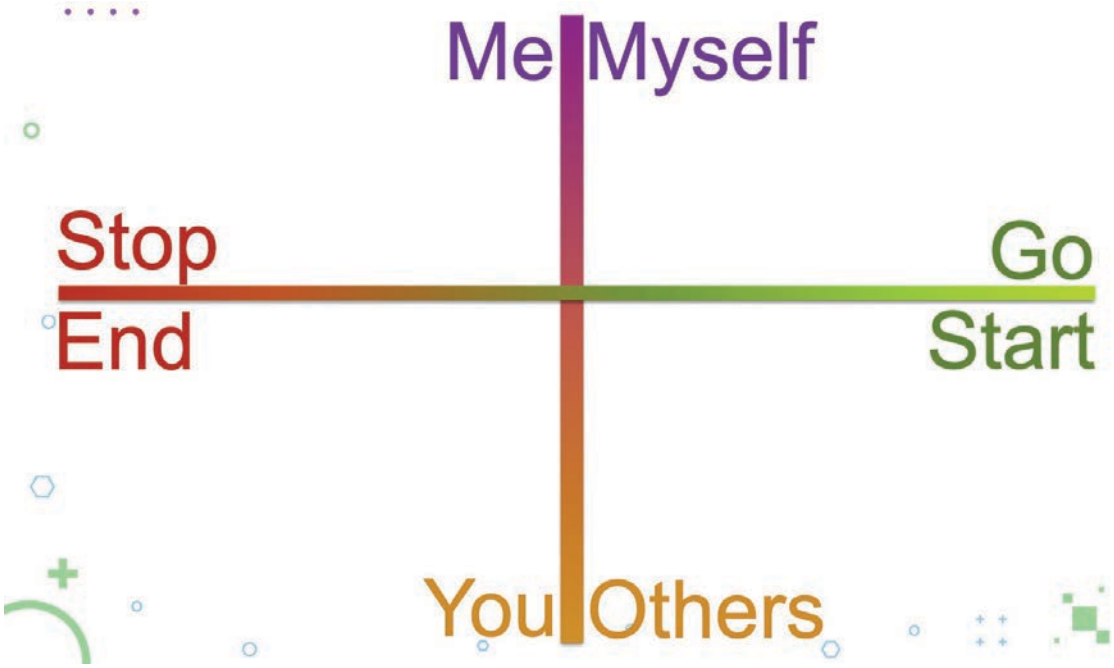
Put them together and you have 2 axis and 4 quadrants

Upper Right = Go/Sart & Me/Myself

Upper Left = Stop/End and Me/Myself

Lower Right = Go/Start and You/Others

Lower Left = Stop/End and You/Others

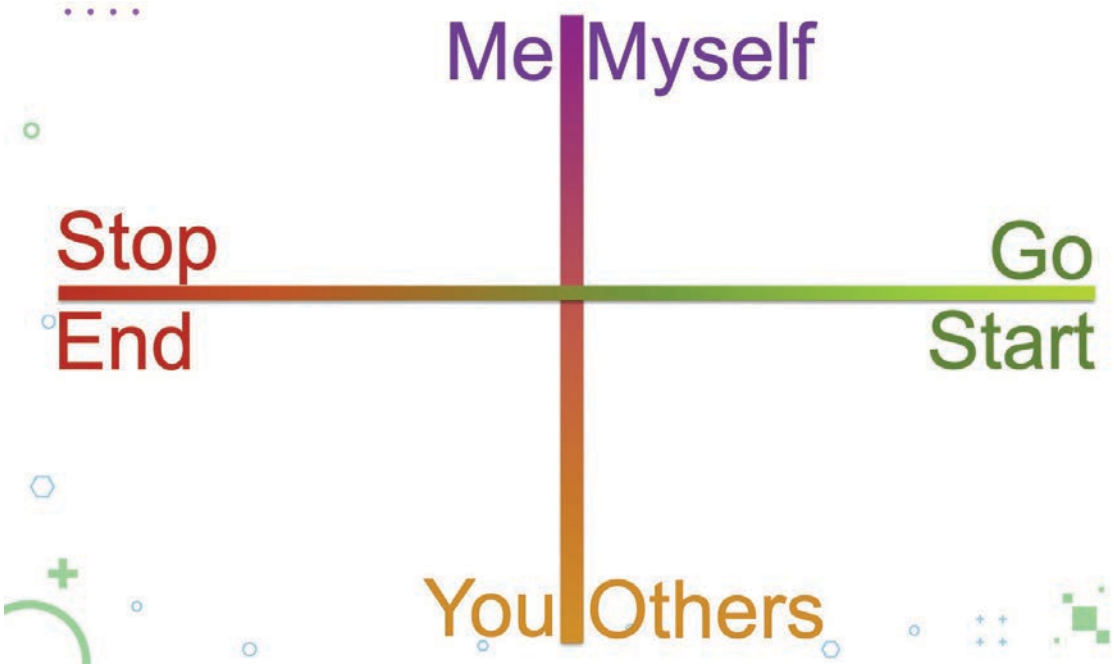


Try this with several familiar Bible stories.

Work on this by yourself, and then with a team.

1 Samuel 3:1-15 – God's call to the boy Samuel

Mark 3:1-6 – Jesus heals a man with a deformed hand on Sabbath



Acts 15:36-41 – Paul and Barnabas separate over John Mark's participation

INTEGRATE: The missing piece for most Youth Sabbath Schools (Application).

Respond to what God is calling you/your youth to do

Invite the youth to respond

Flex with the Holy Spirit and the responses

Follow up

Do it yourself

SUMMARY

INTEGRATE = Moving Truth Into Action = Application

Perhaps the element missing and most difficult in Youth Sabbath Schools

How to do it

Horizontal axis of Stop/End to the left; Go/Start to the right
Vertical axis of Me/Myself at the top; You/Others at the bottom

Try it on your own

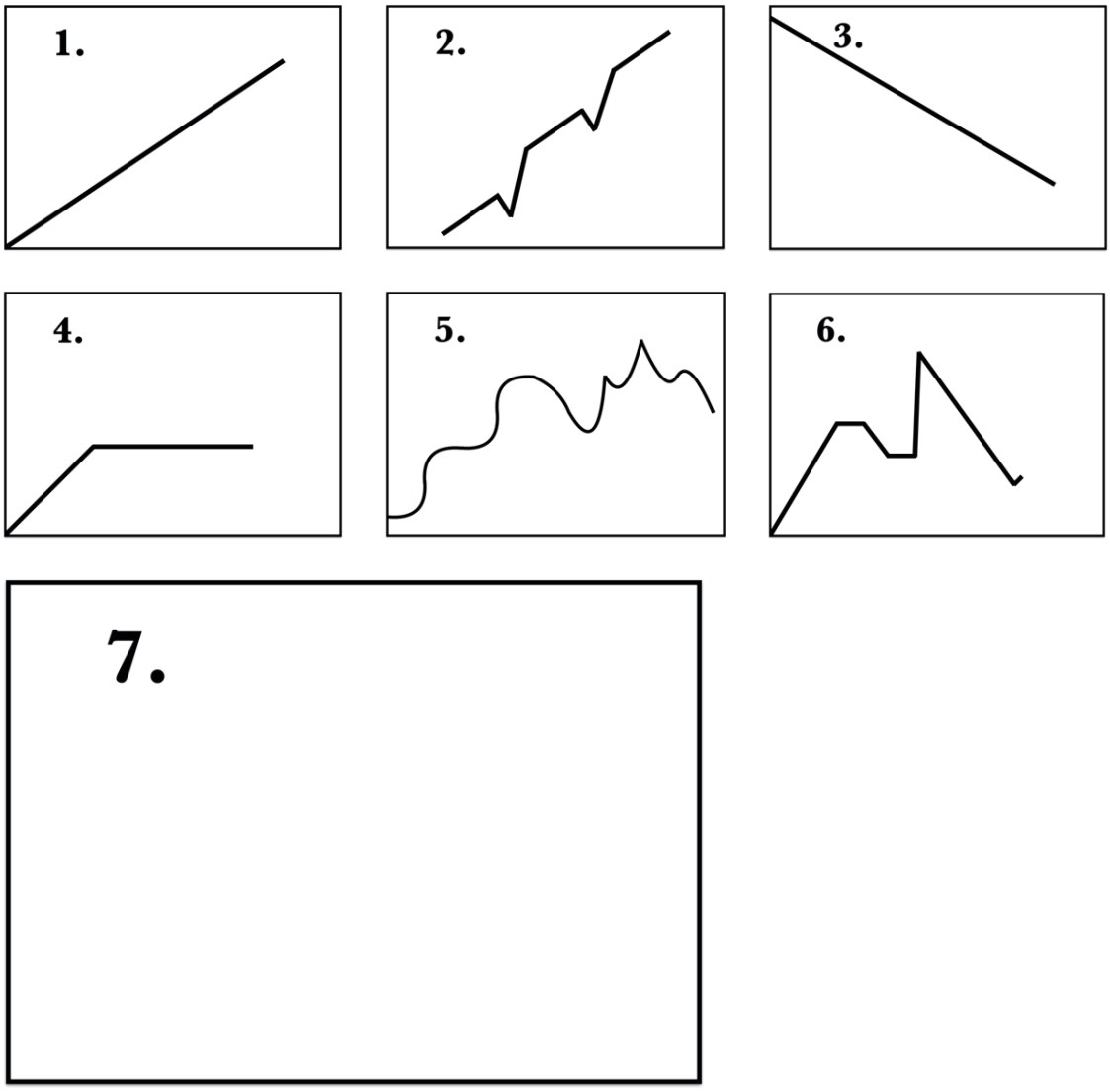
Try it with others

Ask the Holy Spirit to help you make it happen

Session 5: Transform

INTRODUCTION

Which diagram below relates the closest to your spiritual experience?



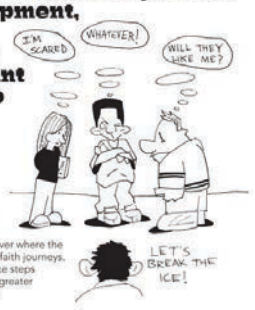
PLEASE RESPOND TO EACH OF THE FOLLOWING 9 CARTOONS WITH:

1 = I agree

2 = I'm not sure

3 = I disagree

Identify where your youth are in their spiritual development, and where you want them to grow.



A Bit More
Listen, observe, dialogue to discover where the youth are in their faith journeys. Celebrate and take steps to move them to greater spiritual maturity.

Youth who grow up in the church still need to discover Jesus for themselves.

A Bit More
God has no grandchildren—only children. So at some point even church-bred youth must decide if Jesus will be their Savior and Lord.

Talk to each young person about their spiritual well-being. Have check points with them. Make it natural; not stiff.

A Bit More
Engage in all sorts of topics, but don't neglect the spiritual.

Sharing one's faith actually formulates faith and makes it grow.

A Bit More
Verbalizing one's walk with God gets it out into the open. Such a birthing creates all sorts of additional possibilities.

Young people look to peers for style and coolness; but to older people for spirituality, guidance, and purpose in life.

A Bit More
They sense their peers face similar things, but they desire the wisdom that comes from those with more experience in life.

Listen to the Holy Spirit.

A Bit More
God is with you and communicates via the Holy Spirit. Can you discern that voice?

Teach the youth how to have time alone with God.

A Bit More
Give instruction and testimony about how to be alone with God so being alone is satisfying rather than terrifying.

Share your testimony—from long ago as well as from recent experiences you've had with God.

A Bit More
Live it! But give words to what makes God real and personal to you—from the past and the present.

Have a mentor for your own spirituality.

A Bit More
Actively pursue your own mentor for your own spiritual growth.

HERE ARE THE STATEMENTS THAT ACCOMPANY THE 9 CARTOONS.

Rank them from 1-9, from most important to least important:

____Youth who grow up in the church still need to discover Jesus for themselves.

____Young people look to peers for style and coolness; but to older people for spirituality, guidance, and purpose in life.

____Identify where your youth are in their spiritual development, and where you want them to grow.

____Sharing one's faith actually formulates faith and makes it grow.

____Talk to each young person about their spiritual well-being. Have checkpoints with them. Make it natural; not stiff.

____Teach youth how to have time alone with God.

____Listen to the Holy Spirit.

____Share your testimony—from long ago as well as from recent experiences you've had with God.

____Have a mentor for your own spirituality.

TRUTH OR MYTH?

Vote "Truth" or "Myth"

Discuss

____ Everyone grows spiritually

____ Spiritual growth happens every year of one's life

____ The older you are, the more spiritual you are

____ Spiritual growth only grows; it never declines

____ Spiritual growth depends on knowledge

____ Spiritual growth depends on feelings

____ Spiritual growth depends on actions

STAGES OF SPIRITUAL DEVELOPMENT

(from It's My Choice) pp 33-34

1. Borrowed Faith

2. Reflected Faith

3. Personalized Faith

4. Transitional Faith

5. Reordered Faith

6. Reflective Faith

7. Resolute Faith

The stage for teens (Youth SS) is #3. Personalized Faith

"The adolescent quest to discover one's identity includes one's spiritual identity. Aware of what others believe, the adolescent must find God for one's self. This can alarm authority figures as previous understandings or practices may change. Reasoning, experimentation, and increased emotional and social influences all factor into a faith that starts to become one's own."

SUMMARY for Personalized Faith: Have your own relationship with God.

OR: "God has no grandchildren" (only children)

This can make relating to parents and other adults as "siblings" a little strange—for the parents/adults and for the teens

"SPIRITUAL GROWTH"—WHAT DOES THAT MEAN?

"Growth" means an increase (usually an indicator of life)

"Spiritual" is the more nebulous term

Something deep within us, but it puts us in touch with something bigger than us.

It's the God element without the human distortion.

It's often very personal and difficult to communicate.

"I'm spiritual; not religious."

Latin *spiritus*
Greek *pneuma*
Hebrew *ruach*

All are translated as: breath, wind, spirit

A few examples from the Bible

John 3

5—Jesus replied, "I assure you, no one can enter the Kingdom of God without being born of water and the pneuma."

8—the pneuma blows wherever it wants. Just as you can hear the pneuma but can't tell where it comes from or where it is going, so you can't explain how people are born of the pneuma.

Genesis 1

1-2—In the beginning God created the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the ruach of God was hovering over the surface of the waters.

Ecclesiastes 12

7—The dust will return to the earth, and the ruach will return to God who gave it.

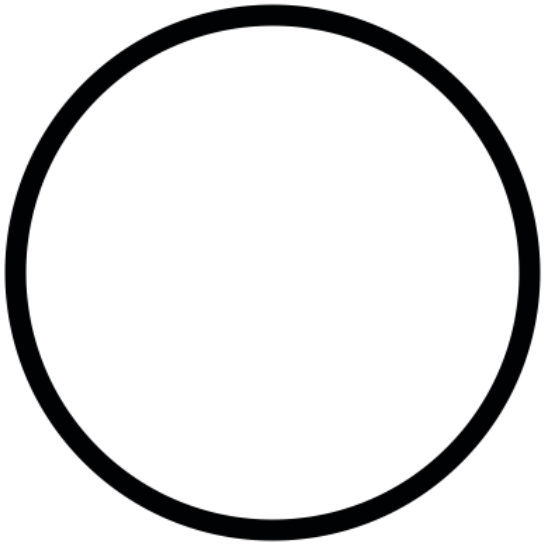
Ezekiel 37

5—This is what the Sovereign LORD says, "Look! I am going to put ruach into you and make you live again!"

SUMMARY: The source of "spiritual" is God.

Spirituality is our life with God.

FROM A LINE TO A CIRCLE



Linear leads us to think we automatically become more spiritual as we get older.

Spiritual **Styles** rather than Spiritual **Stages**

Circular leads us to think we go around and around, or possibly in and out.

Deut. 6:5 "Love the LORD your God with all your heart, all your soul, and all your strength."

Basically, all you have and are—thoughts, motives, feelings, actions, desires, relationships, plans, values, purposes—EVERYTHING.

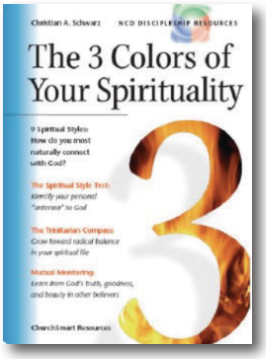
We could say, Heart, Head, and Hands (feelings, thoughts, actions)

What COLOR is your Spirituality?

The 3 Colors of Your Spirituality by Christian Schwarz NCD

(**Natural** Church Development)

A MODEL for Spiritual Styles (and a Test to discover yours)



The "3 Colors" are green, red, and blue, and they symbolize:

1. Green = the World God has created (what you see, touch, interact with)
2. Red = the Word (the Bible)
3. Blue = the Spirit (feelings, internal sensing)

QUESTIONS:

Where is God? (all three)

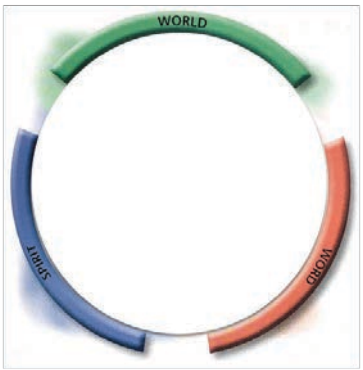
How do you connect with God? (all three)

Which one do you prefer?

Green = the World/Creation (service for others, live for God by doing Godly things)

Red = the Word (Go to God's Word to connect with God)

Blue = the Spirit (Connect with God heart-to-heart; spend more time in prayer; listen)



These colors overlap.

Most of us are a mixture with certain preferences.

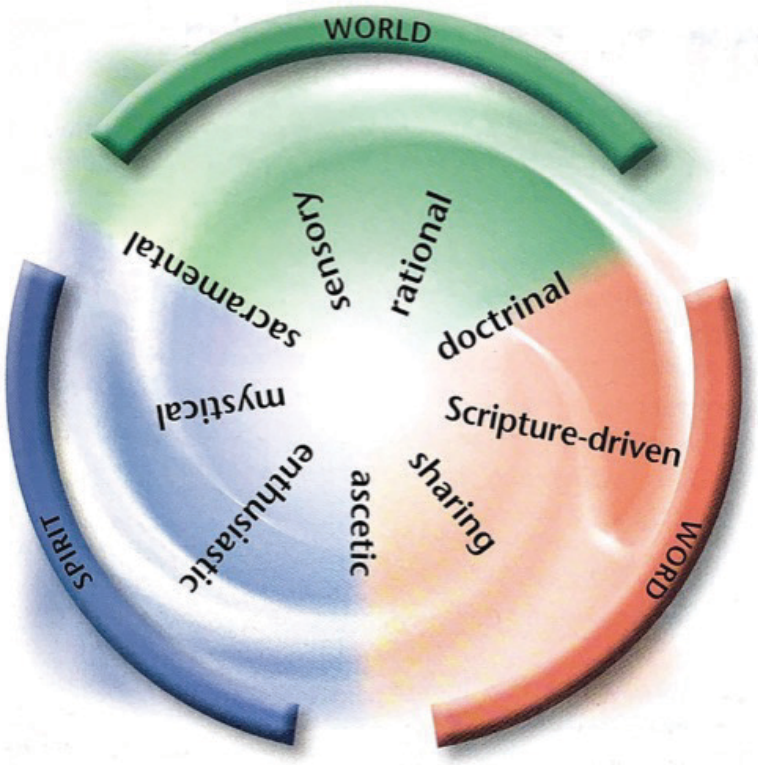
We tend to identity with others who have similar styles and preferences, and we have a hard time understanding those whos styles or preferences are different from ours.

As the green merges with the red, the result is "The True" (found in Scripture or nature/science) (Protestants and Fundamentalists gather here)

As the green merges with the blue, the result is "The Beautiful" (aesthetics, symbols, experiences) (Catholics gather here)

As the red and blue merge together, the result is "The Good" (ethics, justice, action) (Evangelicals and Pentecostals gather here)

So we have three colors (green, red, blue) and also the blending of them. This results in 9 Spiritual Styles. There are two styles in the middle of each color, and a style on the overlap with the next color. Here's how the nine look in the circle.



GREEN—Sensory and Rational, Sacramental merges with blue; Doctrinal merges with red

RED—Scripture-driven and Sharing, Doctrinal merges with green; Ascetic merges with blue BLUE—Enthusiastic and Mystical, Ascetic merges with red; Sacramental merges with green.

You probably have a little of each, with some more prominent than others. It's not based on whetheryou're a teen or an adult; whether you've grown up as a Christian or just became one. This taps into your Spiritual Style rather than your spiritual maturity. How do you tend to grow spiritually?

SPIRITUAL STYLE TEST FROM NCD

https://3colorworld.org/en/etests/spirituality/summary/about

NCD 3 Color World

Tokens for taking the spiritual styles test online:

$16.00/test ..... 1 test

$12.80/test .....5 tests

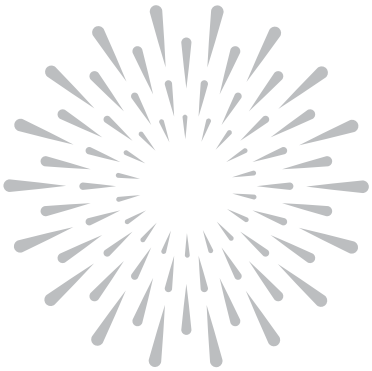
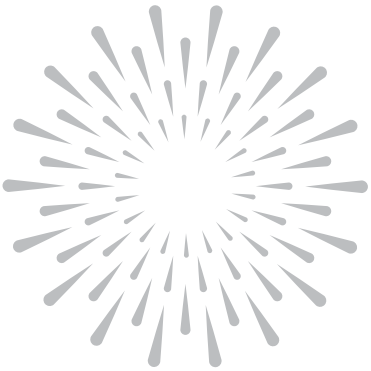
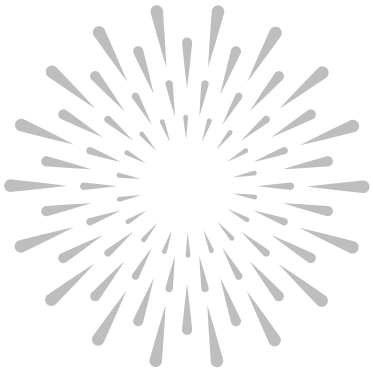
$10.40/test .....10 tests

$9.60/test .....25 tests

LET'S GET PRACTICAL

WHAT DO WE DO WITH THIS?

1. Identify your spiritual style(s)
2. All spiritual growth comes from God. Your part is to engage with God in your spiritual style(s)
3. God isn't like you; God is in the center
4. Grow spiritually toward the center by interacting with people on either side of your spiritual style
5. Later, if you want to really stretch spiritually, interact with someone opposite your spiritual style.

SUMMARY

Spiritual growth is important, but challenging to understand.

We say spirituality is what it's all about, but have difficulty talking about what it is.

We reviewed diagrams of spiritual growth.

We looked at cartoons about spirituality.

We considered "stages" of spiritual growth.

We equated "spiritual" and "spirituality" with God connecting to our innermost selves.

Then we switched from linear spirituality to circle spirituality

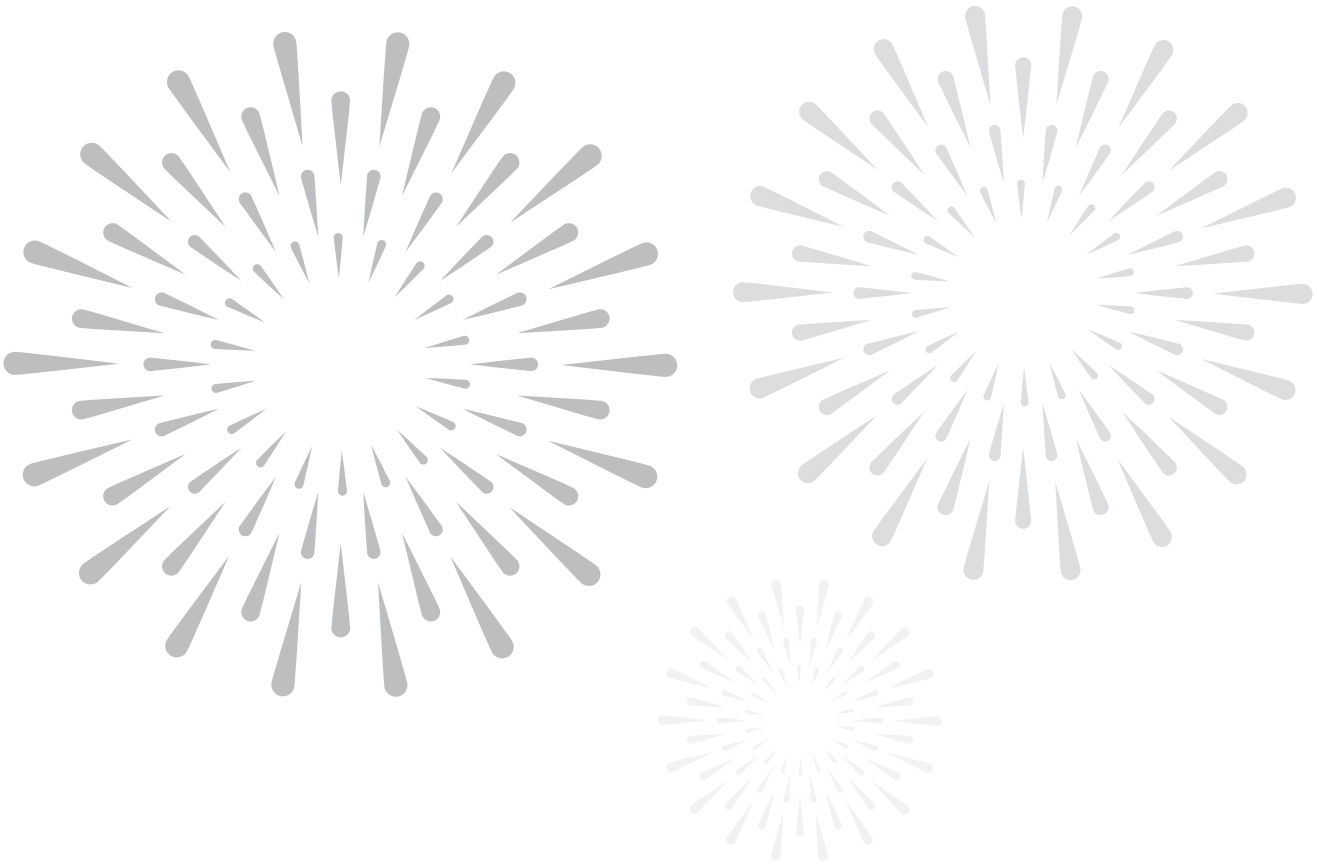
We looked at 9 spiritual "styles"

We have tendencies that we share with some and we differ from others

We grow spiritually by interacting with others about God

Those similar to us help us grow toward Christ

Those with an opposite style pull/stretch us to grow toward Christ



Session 6: Explore

INTRODUCTION

	This	OR	That
I'm more of a:	Morning Person		Night Person
I'd rather:	Skydive		SCUBA Dive
I prefer	Pizza		Haystacks
My congregation is	Pro-Youth		Not Pro-Youth
As a Youth SS Leader, I'm	Part of a Team		On My Own

1 thing God has done through me as a Youth SS leader?

_____

What would you like for God to do for/to the youth in your Youth SS?

_____

"EXPLORE" = "COMMUNITY"

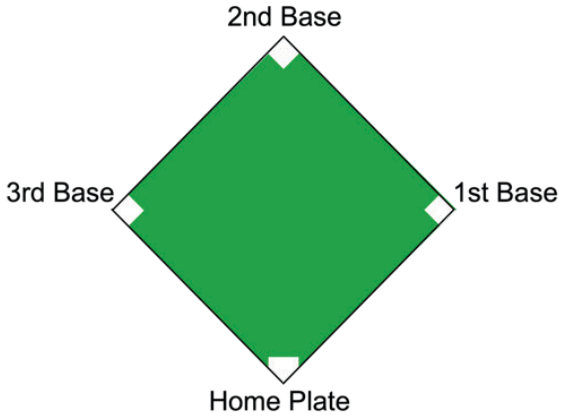
WHEN do you experience "community"?

_____

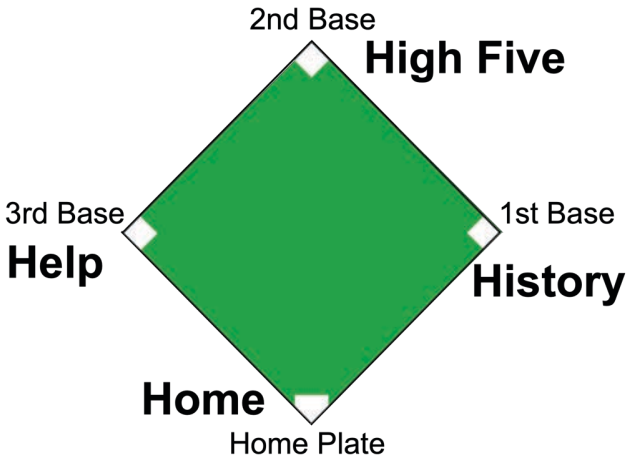
WHERE do you experience "community"?

_____

REVIEW: The Baseball diagram from session 2



And here's a review of the content in that diagram—4 bases/steps to community/Home:



CONSIDER "COMMUNITY/HOME" FOR THE FOLLOWING GROUPS:

1. Youth in Youth SS
2. Youth not in Youth SS
3. Youth and your congregation
4. Youth in your church and youth outside your church
5. Youth in your church and everyone outside your church

QUESTIONS:

1. What is building community already?

(such as talking, listening/affirming, helping and asking for help)

A. _____

B. _____

C. _____

2. What could be done to build more community?

(such as talking, listening/affirming, helping and asking for help)

A. _____

B. _____

C. _____

TO EXPERIENCE COMMUNITY REQUIRES TIME AND INVESTMENT

There is only so much you can do,

but you can do so much!

Come together as Youth SS leaders; pray for guidance to prioritize; then take action.

Do that with all individuals and groups in your ministry that seek to build community.

1. People what matters
2. Prioritize—can't do it all, so choose what's first . . .
3. Pray—be connected to God
4. Practice—do it, and do it some more

SUMMARY

We want to experience community, but it doesn't just happen

Review the 4 steps (going around the bases) to get "home" (community)

1.History

2.High 5

3.Help

4.Home

Where can we do it with these 5 groups?

1.Youth in Youth SS

2.Youth not in Youth SS

3.Youth and your congregation

4.Youth in your church and youth outside your church

5.Youth in your church and everyone outside your church

Community—it requires TIME and INVESTMENT

•People

•Prioritize

•Pray

•Practice

Final Session: What's Next?

INTRODUCTION

- Youth Sabbath School happens in the local church
- NAD Youth Department adopted the orphan "Youth SS" in 2018
- This training is part of that adoption
- You should expect support for Youth SS from your conference, union, division

WHAT ARE GOD'S PLANS AND ACTIONS

- For your youth
- For your Youth SS
- For you

WHAT WILL YOU TAKE (AND USE) FROM THIS TRAINING?

- What do you need?
- What do you want?
- What have you received?
- Prioritize what you will utilize

COVID—ARE YOU STILL EXPERIENCING IT OR ITS EFFECTS?

- COVID changed everything
- COVID lasted longer than we expected
- Planning and predicting became only short-term or spontaneous
- Many churches and ministries tried to continue rather than adapt; ADAPT
- It's never going to go back to what it was before COVID; we can only go forward
  - o What will you do?
  - o What won't you do?
  - o How well will you flex?

YOU AS A YOUTH SABBATH SCHOOL LEADER

- Your connection with God is the most important thing you have to offer the youth
- Your connection with the youth is the second most important thing
- Everything else is extra
- What will you do to foster your connection to God and to the youth?

SUMMARY

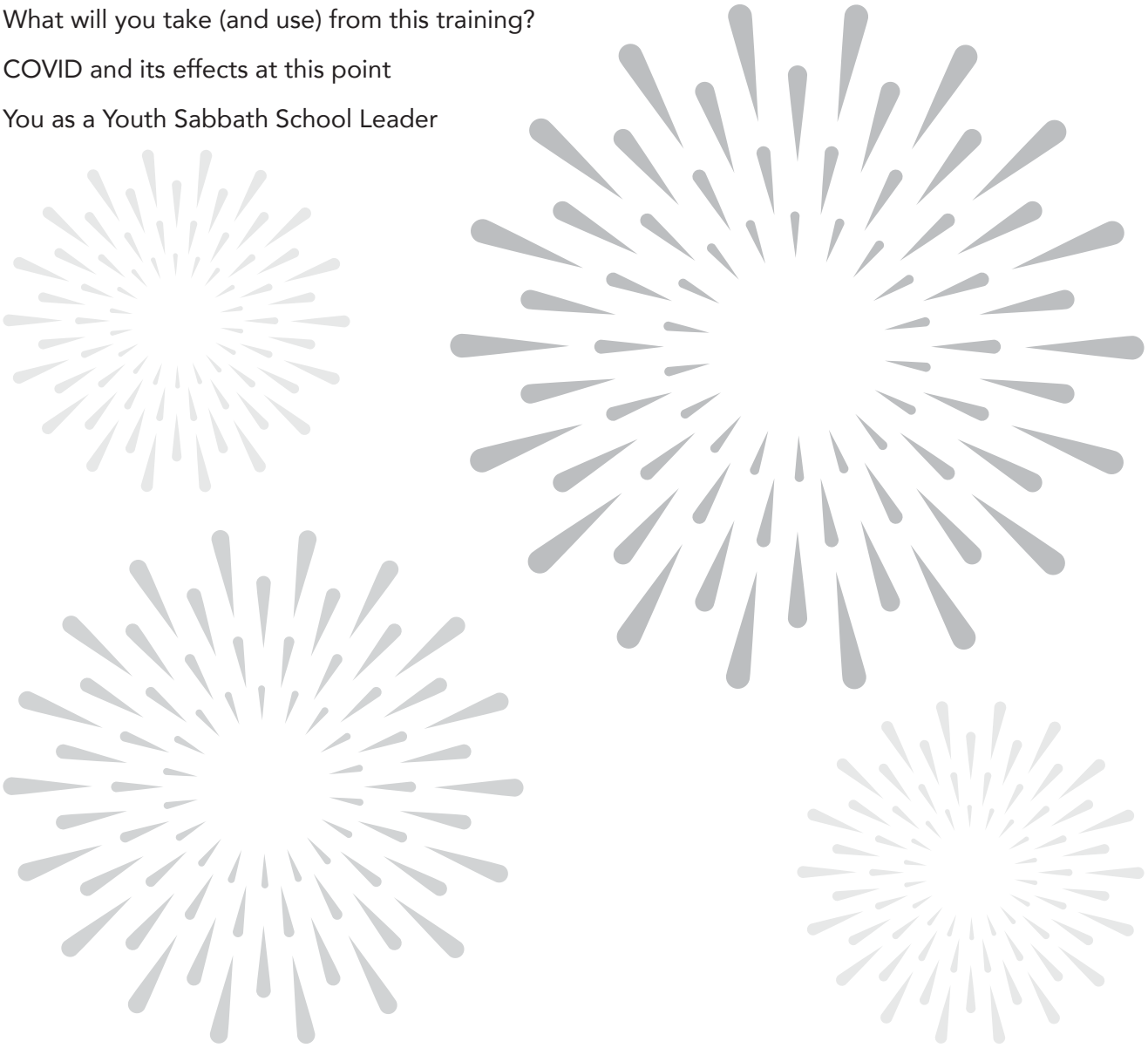
Youth Sabbath School happens in local churches; other entities support

What are God's plans for: your youth, Youth Sabbath School, and you?

What will you take (and use) from this training?

COVID and its effects at this point

You as a Youth Sabbath School Leader



A WEBSITE WITH YOUTH SABBATH SCHOOL HELPS!

This website is created just for Youth Sabbath School leaders. It features opening activity ideas, video clips, music suggestions and Bible study options that go along with the weekly Cornerstone Connection lessons. You will also find ideas for mission, application and youth leader tips. Lesson ideas are added every week so check it out!

YOUTHSABBATHSCHOOLIDEAS.ORG

SABBATH SCHOOL LEADERS CONNECT ON FACEBOOK

Are you looking for more ideas for your Youth Sabbath School? Do you want to share what you are doing that is working really well?

We are building a Facebook community to share and connect with people who are passionate about Youth Sabbath School. Join today to post your pictures, ideas and questions.

Like us today.

YOUTH SABBATH SCHOOL IDEAS

Seventh-day Adventist® Church

ISBN: 978-1-57756-238-2