

JESUS & TOUGH TIMES

A 4-LESSON BIBLE STUDY

Lesson 1: The God Who Listens

What we want students to learn: That when they experience tough times, they should express their emotions to God in real, honest ways.

What we want students to do with what they've learned: To encourage students to reconsider the way they communicate with God, challenging them to embrace a more honest dialogue with Him.

Scripture Focus: Matthew 26:36-46

Supporting Scripture: Hebrews 5:7

Overview: We tell our students that prayer is simply having a conversation with God. However, even as adults we often behave as if we believe there are things we should hold back from telling the Lord. What happens when things get difficult and we are confused, angry or even blaming God for the tough times? We know we need peace, hope, and to know we are loved unconditionally but often we can shut down because we don't think we can truly tell the Lord everything. When Jesus went into the Garden of Gethsemane He showed us differently. He pleaded with His father and poured out His heart about the way things were, and the way He wished they could be. We learn from Jesus Himself that prayer means many things; one of them is being honest with God about what we're feeling when times are tough.

Teacher Prep Video

The *Jesus And Tough Times* Teacher Prep Videos are short videos designed to help you grasp the main points of the lessons as you prepare to teach.

To access your "*Jesus And Tough Times* Lesson 1 Teacher Prep Video," click on the URL below.

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Bible Background

The Bible Background is designed to help you provide some context for the Scripture you'll be studying. The Details gives you background info for each book, The Setting informs you what's happening in and around the passage, and The Main Point gives you an overview of how the passage will be used in the lesson.

- **What do we mean by "context"?** In every ym360 Bible study lesson, you'll notice we make a point to encourage you to provide the context for the passages you study. By "context" we mean at the very least helping students know who wrote the book, when it was written, and why it was written.
- **What's The Big Deal?** When we teach the Bible without giving context, students don't get a "big picture" understanding of the story of the Bible. But this view is vital to grasping the story of God's plan of redemption for humankind. As you teach, use the Bible Background to help summarize the context.

The Details

- **Author:** Matthew, a former tax collector, was a disciple of Jesus and a firsthand witness to the stories he relates in his gospel.
- **Time frame:** Most people hold to Matthew's gospel being written in the late 50's or 60's AD, though there are some who think it was written after the destruction of the Temple in 70 AD.
- **Purpose:** Matthew was writing to a primarily Jewish audience to convince them that Jesus was indeed the long-awaited Messiah. But he was probably aware of a Gentile audience, as his gospel makes the case that the saving truth of Christ is for all nations.



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The Setting

This passage is a part of Jesus' Sermon on the Mount, and comes at the end of what has traditionally been called "the beatitudes," the series of couplets that start in Matthew 5: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek . . ." and so on. The Sermon on the Mount serves as a sort of in-depth picture of the moral expectations of God's children. Jesus spent the Sermon on the Mount contrasting the current, religious understanding of faith practiced by the Jews of His day, with God's definition of what it means to be a child of God. It would have been revolutionary teaching to His first century audience.

The Main Point

The main point we want to make is that in Matthew 26:36-46, Jesus gives everything He is thinking and feeling to the Father. This is the point in time literally only hours before He will complete what He came to earth to complete. We can tend to believe that because Jesus went to the cross "willingly" He didn't struggle. Instead we see in this passage that His "soul was crushed" about what was to come. It was going to be excruciating and He knew it. He had to talk to the Father about what He was feeling. He told God three times, "I'll do this if it's what you want, but that doesn't make it easy."

God wants to honestly hear how we are feeling when times are really difficult. Jesus knew God was going to be with Him through it all; we may not always be so sure. It's when we tell Him everything that's on our heart and mind that we genuinely can feel "better." Circumstances may not change, however, it's not until we give Him everything (including our honest feelings) that we can really deal with what's going on.

Lesson Plan

The Lesson Plan contains three elements: An introductory activity called The Lead In; the Bible study section called The Main Event; an application-focused segment called The Last Word.

The Lead In

- **Goal:** To help students begin to know how to be honest with God about what they are feeling.
- **Set-Up:** You will need a large wall and several sticky notes and a pen for each student. This is where you are going to introduce the idea of truly being honest with God.

FIRST, pass out sticky notes, several to each student. Once each student has several and a pen, ask something like:

- **Tell me about prayer. What is its purpose? Why do we do it?**
 - o Answers will vary. You want to lead them into the idea that it is simply having a conversation with God. Remember this is not really a lesson on prayer, but more about God wanting us to be honest with Him. You're not looking to spend the time here exploring all the elements of prayer. Lead students to see that the focus of this lesson is talking to God when things are going wrong.
- **What about when things are "bad," do you talk to God then? What have your results been like?**
 - o Answers will vary. This is where students may talk about how, "God doesn't answer them when they pray."
- **Have you ever gotten upset with God as you pray? Have you ever told Him you blame Him for something that is going wrong?**
 - o Answers will vary. We are beginning here to lead students into understanding what being honest with God is like. They may never have thought about really telling Him all their feelings. Make sure to tell them that at some point most people question God about the "bad stuff" in our lives.



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NEXT, have them take out their sticky notes. Using one note for each thought, say something like:

- **Today we're going to talk about what it means to be honest with God about what we feel, especially when things are not going the way we want. It's the first of four lessons on what Jesus has to say about the tough times we all experience. We may suspect we should go to God, but we aren't always sure we can be honest with Him.**

Using your sticky notes, write down either a phrase you've been afraid to tell God. (Like I'm mad at you) or emotions you think God doesn't want to see. Use one sticky note for each emotion or idea. When you are done come put them up here on this wall. They are going to totally be anonymous. Try and think honestly about times when you feel you have to "hold back" from God for one reason or another.

FINALLY, allow the students several minutes to think about this and write some things and put them up. Give them a little time for the activity, but don't drag it out if not a lot of students really know how to respond. This is a hard concept to wrap your mind around. You may need to direct them a little in what you mean. Also, make sure to add your own "sticky notes" to the activity. When they are done talk about some of the things they wrote and put up. Share ways you have felt the same things.

Transition to the Main Event by saying something like:

- **Today we are going to talk about how Jesus Himself talked to God when He was upset. He didn't hold anything back, and He even felt like God was silent. Don't be afraid to talk to your leader about ways you have felt in tough times and how you want to talk to God compared to how you do talk to Him.**

The Main Event

- **Goal:** That when they experience tough times, they should express their emotions to God in real, honest ways.
- **Set Up:** You'll probably want a dry-erase board and something to write with.

FIRST, explain to students that as this is the first lesson of four that look at tough times, you want to make sure you're on the same page about the types of tough times teenagers face. Ask:

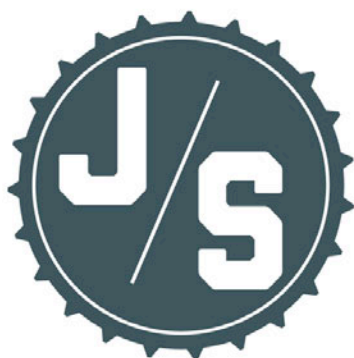
- **What are some examples of tough times that teenagers go through?**
 - Answers will vary. Write their responses on the dry-erase board.
- **How do people sometimes feel about God during the tough times?**
 - Answers will vary.
- **Are people always honest with God about the way they are feeling?**
 - Answers will vary. Try to draw out of them the ways people feel during these times. Try not to gloss over the times when people feel like God has forgotten about them, or other such emotions.

Remember that since we are trying to get students to be honest with God (who they can't see, or touch or hear audibly) we need to point them back to the understanding that the Lord will love them and take care of them more than we ever can. Say something like:

- **God does want us to be honest with the way we feel about things in life. It's really the first place to start when we are trying to talk with God; we need to be truthful about how we are feeling. As a matter of fact if we are going through a hard time, we need to start with telling God how we are feeling about it. Jesus did this himself when He was trying to work through how He really felt about going to the cross.**

NEXT, have students turn to Matthew 26. While they are searching for it, provide a little





THE JESUS
STUDIES

This is just a sample of the Leader Guides that accompany each of *The Jesus Studies* line of Bible Study Curriculum.

If you're interested in learning more about any of the 13 individual studies in *The Jesus Studies*, or want more info on the line itself, please [CLICK HERE](#).

And if you have any questions about this study or any other study from **ym360**, or, we're here to help. Call us (888.969.6360), email us (customercare@youthministry360.com), or Live Chat us through the link located at the top of any youthministry360.com page.



THE JESUS STUDIES

You don't need to be reminded of the issues teenagers deal with as they try to live out their faith in a world that's often opposed to their core beliefs. Navigating these issues can be rough. Teenagers get so many mixed messages; the world says one thing, their friends may say another. And we hope they know enough about their faith to know how to make sense of it all. We hope . . .

THE JESUS STUDIES cut through the confusion, teaching your students a Christ-centered look at the major issues they deal with in their lives.

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