

1

Staying Awake

Community
We share Jesus' love with others.

POWER TEXT

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

KEY REFERENCES

- Matthew 26:31-46
- *The Desire of Ages*, chap. 74, pp. 685-697
- *The Bible Story* (1994), vol. 9, pp. 73-77
- Student lesson on page 22 of this guide

OUR BELIEFS

- No. 7, The Nature of Humanity
- No. 12, The Church
- No. 14, Unity in the Body of Christ

OBJECTIVES

The students will:

- **Know** that friends and church family support each other in times of need.
- **Feel** a desire to be more sensitive to the needs of their friends and church family.
- **Respond** by watching for ways to support their friends and church family.

POWERPOINT

Jesus' love leads us to support one another in times of need.

The Bible Lesson at a Glance

The night before the Crucifixion, in the Garden of Gethsemane, Jesus needs the human support of His disciples. He needs friends who can pray with and for Him, someone He can touch and talk to, someone who can give Him encouragement. But the disciples are tired, worn out, and not sensitive to the needs of Jesus. They fall asleep and fail to give Him support. The disciples lose a valuable opportunity to understand what is about to happen to Jesus and how it will affect them.

This is a lesson about community.

We are given opportunities to support and encourage our friends and family in their times of need. When we are empowered by God's grace ourselves, we can administer grace to others.

Teacher Enrichment

"The human heart longs for sympathy in suffering. This longing Christ felt to the very depths of His being. In the supreme agony of His soul He came to His disciples with a yearning desire to hear some words of comfort from those whom He had so often blessed and comforted, and shielded in sorrow and distress. The One who had always had words of sympathy for them was now suffering superhuman agony, and He longed to know that they were praying for Him and for themselves. How dark seemed the malignity of sin! Terrible was the temptation to let the human race bear the consequences of its own guilt, while He stood innocent before God. If He could only know that His disciples understood and appreciated this, He would be strengthened" (*The Desire of Ages*, p. 687).

How have I been supported by my friends and family?

How can I strengthen a friend or relative who is in need right now?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the Readiness Activity of your choice.

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at the door. Ask about their week.	
1 Readiness	10-15	*A. What's in a Friend?*	Bibles, white/chalkboard, markers/chalk, paper, pens
		B. Supporting Cast	paper, pencils
* Prayer & Praise	15-20	See page 17. Prayer & Praise may be used at any time during the program.	songbooks, world map, pushpins, letter to parents (p. 144), offering box, decorated box for prayer requests
2 Bible Lesson	15-20	Introducing the Bible Story	
		Experiencing the Story	Bibles, white/chalkboard, markers/chalk, paper, pencils
		Exploring the Bible	Bibles, paper, pencils, white/chalkboard, markers/chalk
3 Applying the Lesson	10-15	*Scenarios*	
4 Sharing the Lesson	10-15	*Support Structure*	chenille wire, cardboard, scissors, tape, glue
* Closing		A. Prayer and Closing Comments	
		B. Reminder to Parents	
		C. Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk
- ☐ paper
- ☐ pens

What's in a Friend?

Say: **Individually or in groups of no more than four, brainstorm a list of at least 10 qualities you value, and even expect, in a friend. Then prioritize them, numbering them from 1 (for the most important) to 10 (for the least important).**

Debriefing

Ask: **What friendship qualities did you find?** Write answers on the board. **What was the most frequent answer? What do you look for in a friend? Can you share an example of when you were supported by a friend? Friends and family support each other when they need it. Why is it that so many friends today don't take their responsibility seriously to be kind and caring?** (When sin entered into our world, it severed the good and harmonious relationships that God intended human beings to nurture.) **Let's say together the power text, Galatians 6:2,**

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

Is offering support part of the responsibility of being a friend? What else does this verse tell us? (bearing one another's burdens is fulfilling the law of love, the law of Christ) **Let's remember the power point, which teaches us that**

Jesus' love leads us to support one another in times of need.

B

YOU NEED:
- ☐ paper
- ☐ pencils

Supporting Cast

Divide the students into groups of four or five. Give them five minutes to create a two- to three-minute skit to illustrate ways a friend should behave. (If a group is having a hard time, you might suggest they stage it as a job interview.)

Debriefing

Ask: **What kind of responsibilities do we accept when we become a friend? How is offering support part of the responsibility of being a friend? Why is it that so many friends today don't take their responsibility seriously to be kind and caring?** (When sin entered into our world, it severed the good and harmonious relationships that God intended human beings to nurture.) **Friends should support each other during difficult times. Let's say together our power text, Galatians 6:2,**

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

What else does this verse tell us? (that bearing one another's burdens is fulfilling the law of love, the law of Christ) **Let's remember our power point, which teaches us that**

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Prayer & Praise

Notes

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"We Are the Family of God" (*He Is Our Song*, no. 114)
"This Is My Commandment" (*He Is Our Song*, no. 116)
"Family" (*He Is Our Song*, no. 119)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins
- ☐ letter to parents (p. 144)

Use Adventist *Mission* magazine for youth and adults (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. Using a world map, have the students mark with pushpins the location where the mission story is taking place. Send a letter to the parents, informing them about the mission offering (see p. 144).

Offering

YOU NEED:
- ☐ offering box

You can make an offering box to be used for the next four weeks. It should be a box with pictures (photos or magazine cutouts) of friends together.

Before you take up the offering, remind students that by giving our offerings we are helping others, but that we should always be searching for ways to be helpful to our friends and loved ones also.

Prayer

YOU NEED:
- ☐ decorated box

On slips of paper, have students write the names of friends and loved ones who may be experiencing difficulties. Collect the slips of paper and place in a decorated box to represent bringing them to God. Pray for God's leading in helping others. Leave some silent time during the prayer for students to consider ways they can be of help to the people whose names they wrote on the slips of paper. Close with a prayer for the students' joys and sorrows, for the birthday and other special event celebrants, as well as for the visitors.

2

BIBLE LESSON

Introducing the Bible Story

Say: **Tell us about a time you had difficulty trying to stay awake. What did you do to try to wake up?** After several have had opportunity to share, explain to them that Jesus' disciples had the same problem.

Alternative

Say: **Can you tell me about a time you experienced true friendship? What did your friend do to show you they cared or what did you do to show a friend you cared?** Have a story of your own ready to tell if no one else has one.

Jesus' love leads us to support one another in times of need.

YOU NEED:

- □ Bibles
- □ white/chalkboard
- □ markers/chalk
- □ paper
- □ pencils

Experiencing the Story

Have students read aloud Matthew 26:29-46, taking turns. Write the following questions on the board. Divide the class into two groups to discuss the questions and report their answers back to the class.

Group 1:

1. Why was Jesus in such great distress, and why did He want the disciples to pray and to keep awake?
2. Write down how you think Jesus might have felt:
   (a) when He was faced with the decision of whether to die for people who showed no gratitude or understanding of His sacrifice.
   (b) when He found His disciples sleeping instead of praying together with Him, although He pleaded with them to pray for Him.
3. Relate experiences in which you depended on friends' support in a time of great need but they showed no concern.

Group 2:

1. Why do you think the disciples had such difficulty keeping awake?
2. Write down how you think the disciples might have felt when Jesus asked them, "Could you not keep watch with Me for one hour?"
3. What did Jesus mean by "The spirit is willing, but the body is weak"? (Jesus recognized that though His disciples promised to support Him in distress, they were overcome by the physical weaknesses characteristic to human nature.)

Accommodation for students with special needs

Have students with visual impairments sit close to the board for this activity. Alternatively, prepare in advance a handout listing the Bible reference and the questions. A handout may also be beneficial for students with other special needs and learning disabilities.

3

APPLYING THE LESSON

YOU NEED:

- ☐ Bibles
- ☐ paper
- ☐ pencils
- ☐ white/chalkboard
- ☐ markers/chalk

Exploring the Bible

Organize the class into groups of three or four. Have each group find two examples from the Bible in which someone gave good support to someone else and two examples in which someone failed to give good support to others. (Examples: healing of the paralytic man, Luke 5:17-26; the man with no one to put him in the water, John 5:1-7.) Say: **What examples did you find?** Write the answers on a board under headings "Good Support" or "Bad/No Support."

When each group has reported their examples, ask students to find and read aloud Romans 15:1, 2; Galatians 6:10; and Ecclesiastes 4:9-12. Ask: **How do these verses relate to the incidents we just listed here on the board?** (Encourage students to apply the point as they discuss each text and the various incidents listed.) Say: **Let's say together our power text, Galatians 6:2,**

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

Let's repeat our power point, which teaches us that

Jesus' love leads us to support one another in times of need.

Scenarios

Read the following scenarios to your students. At the end of each, ask what they would do to be sensitive and supportive to the person in need.

1. Carina's parents are getting a divorce. She's having trouble concentrating at school. She finds herself easily irritated and often very depressed.

2. Peter's grandmother, who lived with his family for 10 years, recently died. Peter won't talk about it, but he seems sad. Instead of playing baseball after school the way he used to, he just goes home.

3. Michelle has been having headaches a lot lately. It was found that she has a brain tumor. She is scared and lonely in the hospital while she is having treatments.

4. Troy's mom tells him that their Labrador retriever, Sam, has been missing all day. Troy's been out searching on his street, but can't find him. The look on Troy's face makes you think he's lost his best friend.

Let's say our power point together,

Jesus' love leads us to support one another in times of need.

4

SHARING THE LESSON

YOU NEED:
- ☐ chenille wire
- ☐ cardboard
- ☐ scissors
- ☐ tape
- ☐ glue

Support Structure

Allow time for students to share with the class what they have done during the week to help and support someone. Ask: **In what ways did your friends need your help? How did you make someone feel special, cared for, and loved? What are some acts of kindness you did for your friends? Did you pray for them?**

Divide the students into groups of three or four and distribute to each group art supplies. Ask each group to create a structure in such a way that each member of the group will be responsible for one part of it. Someone may be responsible for creating the foundation, while other group members would make the other parts of the overall structure.

Debriefing

Ask: **What part did each play in making your structure? Could the foundation alone have made up the structure? How about those who have created the top of the structure? What kind of support was there for each part of the structure?** (foundation, maybe other parts of the structure offered support as well) **What kinds of support can we give to others?** Give a minute or two for the students to think about what specifically they can do to offer support to their friends. Say: **Let's make a commitment to follow through with our ideas of helping someone even today. It may be something as simple as praying for someone. Let's repeat once again the power point,**

Jesus' love leads us to support one another in times of need.

Closing

Prayer and Closing Comments:

Say: **Dear Jesus, thank You for always being there for us when we need You. Please use us to support each other even when it is hard. Thank You for letting Your love shine through us. Amen.**

Reminder to Parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www .juniorpowerpoints.org/podcast.php?channel =1.**

Coming Up Next Week:

Say: **Despite His suffering, Jesus comforted others at the cross. We can show concern for others, even when we face difficult situations ourselves.**

Notes

Student lesson

Staying Awake

Have you ever been on a long car trip and wanted to stay awake to help the person driving not get sleepy? If you had a hard time staying awake, then perhaps you understand the experience of Jesus' disciples when He needed them most.

The 12 friends of Jesus walked quietly, listening carefully to the Master's words. "All of you will be made to stumble because of Me this night," He said with sorrow in His voice.

The disciples were taken by surprise by Jesus' affirmation. This group had been friends now for more than three years. They had shared incredible, life-changing experiences. Surely they would be loyal to their Master.

Jesus continued talking: "For it is written: 'I will strike the Shepherd, and the sheep of the flock will be scattered.' But after I have been raised,' I will go before you to Galilee."

Peter could not keep silent. "Even if all are made to stumble because of You, I will never be made to stumble," he declared.

Jesus looked at Peter sadly. "Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times."

Peter protested. "Even if I have to die with You, I will not deny You!" (Matthew 26:31-35). The rest of the disciples supported this affirmation. Along with Peter, all the disciples thought themselves loyal friends to Jesus.

Jesus was leading the way to an olive grove named Gethsemane. At the edge of the grove Jesus paused. "Sit here while I go and pray over there," He said. He called for Peter, James, and John to go along with Him. He explained to them: "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me" (Matthew 26:36, 38). Then Jesus walked a little farther ahead. He fell down to the ground and began to pray.

It was as if time stood still for Jesus. The time that would determine the future of the human race was near.

Because in the beginning Adam and Eve yielded to Satan's temptation the whole world became enslaved to Satan's dominion. But in His great mercy God devised the plan of salvation even before the creation of our world. Jesus, the Son of God, had accepted to be our substitute to save us if the human race should ever fall into sin. This was why Jesus came into our world.

He knew that to satisfy the requirements of God's law and save each believer from the penalty of sin He would have to sacrifice His own life: "According to the law almost all things are purified with blood, and without shedding of blood there is no remission. . . .

". . . So Christ was offered once to bear the sins of many. To those who eagerly wait for Him He will appear a second time, apart from sin, for salvation" (Hebrews 9:22, 28).

God is "of purer eyes than to behold evil" (Habakkuk 1:13). Because Jesus identified Himself with sinful humanity in order to save us, He felt the terrible weight of God's condemnation of sin. The devil tried to deter Jesus from His mission, suggesting that if Jesus became a substitute to save sinners, He would be eternally separated from His heavenly Father.

As Jesus could not feel the reassuring presence of His Father's glory, the terrible anguish was crushing His soul. He cried out in despair, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will" (Matthew 26:39).

In those moments of distress Jesus longed for words of comfort and encouragement from His friends. But He found Peter, James, and John sleeping. His disciples' indifference filled Jesus with deep sorrow. He asked them, "What! Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak" (verses 40, 41).

Peter, James, and John awoke briefly from their slumber. Jesus returned to His place of prayer and pleaded in anguish. The destiny of the whole world was in the balance. Would Jesus drink the cup of suffering and humiliation? Would He, the innocent one, sacrifice His own life to save those who were truly guilty of sin?

Then Jesus contemplated the effects of sin upon humanity. He recognized that without His sacrifice there would be no hope for human beings. They would be eternally lost if they were left to the consequences of their sins. Jesus continued talking to His Father in prayer. Then He made the ultimate decision. He would surrender His life to save us. He prayed, "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done" (verse 42).

If only the disciples had watched and prayed for their Master. Jesus longed for comfort. He staggered back to his disciples three times and found them sleeping each time. His best friends on earth couldn't stay awake when He needed them most.

The Father did not leave His Son

KEY REFERENCES

- Matthew 26:31-46
- *The Desire of Ages*, chap. 74, pp. 685-697
- *The Bible Story* (1994), vol. 9, pp. 73-77
- Our Beliefs, nos. 7, 12, 14

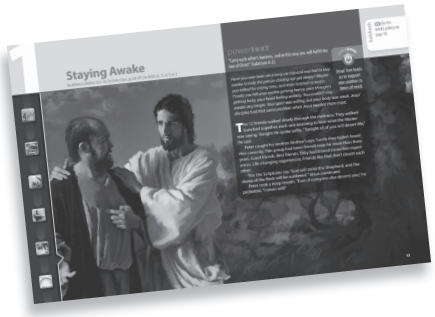
POWER TEXT

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

POWER POINT

Jesus' love leads us to support one another in times of need.

alone in His hour of trial. He sent an angel from heaven to comfort Jesus and give Him strength for what was ahead. The angel assured Jesus that by sacrificing His life for sinful humanity, a multitude of believers who would accept His sacrifice would be saved and inherit eternal life. Isaiah with prophetic insight recorded about Jesus: "He shall see the labor of His soul, and be satisfied" (Isaiah 53:11). Jesus was ready for the ultimate sacrifice. He would pour out His life to save you and me. What amazing evidence of God's infinite love for us!







Sabbath

DO Do the activity on page 18.

Sunday

READ Read Matthew 26:29–46 and this week's story, "Staying Awake."

LIST Make a list of friends and classmates who are going through difficult times. Set aside time daily this week to pray for them. Plan to support them as you can.

LEARN Begin to learn the power text, Galatians 6:2.

PRAY Ask Jesus to enable you to watch and pray.

Monday

READ Read Acts 20:35.

CREATE From aluminum foil, a wire hanger, or paper and glue, make something that represents a burden or a worry. Place this object in your room, where it will remind you to be more caring for the needs of others.

DO What did you plan on doing for a friend or classmate this week? Do it.

REVIEW Review the power text.

PRAY Pray that you may meet someone else's needs.

Tuesday

READ Read Matthew 26:41.

WRITE In your Bible study journal,* write what it means to you to be watchful?

REVIEW Review the power text.

PRAY Pray for specific people who are hurting. Ask God for the courage and wisdom to reach out to them.

Wednesday

READ Read 1 John 3:18.

LIST Create a list of service organizations.

DO Talk to your parents about community service projects in which you can participate. Contact a community service organization and ask how you can help.

REVIEW Review the power text.

PRAY Ask Jesus for direction that you may know what is the right service project for you.

Thursday

READ Read Galatians 6:10.

SING Look in a songbook or hymnal to find a song that talks about the family of God and how we should care for one another. Sing the song.

THINK What do the lyrics of the song mean to you?

ASK Ask an adult about a time they helped someone or someone supported them in a time of need.

REVIEW Review the power text.

PRAY Thank God for people who have supported or encouraged you in the past.

Friday

READ Read Ecclesiastes 4:10.

ACT Act out the Bible story with your family for worship.

REPEAT Repeat the power text by memory.

THINK Have you seen someone fall lately? How can you help someone who is hurting?

PRAY Ask for forgiveness for letting someone down. Ask the Holy Spirit to continue to prompt you to watch and pray.

*NOTE: Your Bible study journal is found at the back of your *PowerPoints* Bible study guide. If you need additional space, use a notebook or open a special file on your computer. Writing out your thoughts and ideas every time you study the Bible helps you gain a deeper understanding of God's Word.