

Friday Bible Study 2019: Press On

Supplies List (Optional): -Paper -Pencils/markers/crayons -Blindfold

1. Pray

2. **Memory Verse-** “Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Jesus Christ” Philippians 3:13-14

3. Skit Review Questions:

- a. In what ways does the theme verse relate to the skit?
- b. Who is the Coach/Gym Teacher in your life (someone encouraging you)? Is it you for someone else?
- c. What did each student struggle with?
- d. In what ways could you see yourself in each character?

4. Attention Grabbers:

- a. Do ALL theme verses!!
- b. What do you think is means to “Press On?”

5. Bible Study: Read Main Text: Philippians 3:7-14

Questions:

1. What prize is Paul is talking about in this verse? *Knowing Jesus, Eternity, Heaven...*
2. Have you ever felt like giving up? In what ways? (School, sport...etc.)
3. What can rule over your life that can take you away from spending time with Jesus? (Technology, popularity...) (For older campers, read Hebrews 12:1-2)
4. What’s something that is keeping you from pressing on?

Demonstration: tug of war example. Get one person to be the ‘past’, ‘future’ & have one person in the middle trying to reach the ‘future person’ but the ‘past person’ is holding them back.

- Give campers a piece of paper and have them write something that they would like you to pray for. Something that might be holding them back.
5. How can you encourage others to keep pressing on in their life?
 6. How do forgetting and forgiveness work together? (What’s something/someone you have forgiven or need to forgive?)
 7. Paul considered everything else in his life as garbage: Knowing Jesus doesn’t make everything meaningless it makes everything have meaning - How can Jesus be

incorporated into EVERYTHING we do? Is your life saturated with Jesus - to the point where it's overflowing?

6. Theme-Related Activities/ IF TIME ACTIVITIES

- Obstacle Course

Have a couple of campers acting out going through the mountains, valleys and storms. Have the rest of the campers standing nearby and encouraging them to press on. Let the campers know when they are acting out being in the valley, mountain or storm.

- Valleys: mundane tasks like brushing teeth, tying shoes, going to school, etc.
- Storms: acting sad, pretending to cry
- Mountains: jumping up and down, celebrating, dance party!!

Tie-In

1. Was it easier to press on when there was someone with you and encouraging you?
2. How does that tie in with us and God? (*God is with us and encouraging us ALL the time*)
3. Did the person acting know if the storm, mountain or valley was coming next? *No. Just like we don't know when we are going into a new storm, mountain or valley. But we do know God is always with us!!*

Guiding while blindfolded

Find a wide area to play this.

Have one camper volunteer to be the guide and another to be guided while blindfolded (or close eyes). Have one more camper volunteer to be the 'prize'. Have the rest of the campers be distractions (talking, clapping, making silly sounds, shouting different directions). As the person starts to guide have the rest of the campers to distract. The aim is for the guide to lead the blindfolded camper to 'the prize' through the distractions.

Have a few rounds swapping roles with campers so they all get a turn.

Tie-In

1. 2 Corinthians 5:7 says: "For we live by faith, not by sight."
2. How did the person being guided show that they trusted the guider? (*listening and obeying*)
3. Why is this important to do in our lives?

Application - *How to Press on:*

1. What habits or goals can you start putting into your life after camp? (Bible reading, Prayer, Fellowship)
2. **YOUNGER KIDS: Write or draw** a version of your life/faith journey and include those storms, mountain top experiences and in everyday life in the valley.
3. **OLDER KIDS: Create** a list of 5 goals that are tangible for the next month to press on toward. (Bible Reading, Praying, Involvement in church...etc.)
 1. Emphasize that Jesus is ALWAYS with you!!!
 2. You're going to mess up and God expects you to but he loves you even when you do. HE'S THERE TO PICK YOU UP!!!\

Pray and repeat theme verse/s

Go into the world and spread Jesus' love to all!!
PRESS ON!!! COME ON!!!!

Additional verses and questions:

1. Philippians 1:3-6

How is one way that God could complete good works in a hard situation? (Could be when coming down from mountain top experience going through a valley or fighting a storm)

How does this promise make you feel?

2. Lam 3:23-24 (Read the surrounding verses of this passage)

Since God's forgiveness for us is new every morning, how can you let go of your past mistakes and press on?

(YOUNGER KIDS: How does this verse comfort you when you have messed up or upset for not succeeding?)

3. 2 Corinth 4:16-18

Our time here is short and we don't know where God will lead us, so how can you focus on the eternal prize (*The heavenly goal*) while going through life?

4. 2 Timothy 4:7-8

When knowing the prize for eternal life what are some ways you have pressed on when racing towards the cross?

5. Deut 6:4-9

How can you show God's love towards others in everyday life?

What commands are the writers talking about?