



HOPE & IGNITE

A Weekly Middle & High School Newsletter
Sunday School Lessons with Other News & Updates for Youth



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Unit 7 Overview

The people of God were called to be holy throughout both the Old and New Testaments, and this call to be holy remains true today. Though holiness is often misunderstood as moral perfection or flawlessness, it is more properly viewed as the connection between God and God's people and a measure of how much God's people take on the qualities of God. This unit invites one to encounter a holy God and to become God's people by pursuing holiness through prayer, service, and fasting.

Unit 7; Lesson 3 Snapshot

Paul drew on the history of Judaism to create a powerful image for Christians: their bodies are the new temple of God. Jewish Christians would have understood the powerful implications of Paul's words and made the connection that God's presence had moved from the temple to take up residence in the individual believer. This reality creates a ripple of ramifications and responsibilities, including how one uses his or her body to interact with the world. Paul expanded the truth of holiness beyond a building or a select population and re-applied it to those who would follow Jesus.

Lesson 3 Take-Away

Our bodies can help us pursue holiness in heart and mind.

Bible Lesson Fun-Fact

Corinth was one of the largest cities of ancient Greece. It was an important religious center and served as home to many temples, including an elaborate temple for the goddess Aphrodite.

Despite regathering in-person for church services, we will NOT be meeting in person for Elementary - High Sunday School through the end of May.

We will be trying to get together in small groupings for activities & event settings.



Brock Bourek

Co-Directors of Christian Education

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Tamara Albert

Contact our Co-Directors of Christian Education with any Questions or Ideas you have for our Youth Programming.

Session 3:

Holy Body

Engage

Branded

In the space below, design a personal logo. As you think about your logo, consider how it will encapsulate your life. Will you focus on your gifts? Will you focus on what you want to do in the future? Will it reflect a goal you have set for yourself? Think about how the logo will communicate your identity.

1 Corinthians 6:12-20 (Common English Bible)

¹² I have the freedom to do anything, but not everything is helpful. I have the freedom to do anything, but I won't be controlled by anything. ¹³ Food is for the stomach and the stomach is for food, and yet God will do away with both.

the Lord is for the body. ¹⁴ God has raised the Lord and will raise us through his power. ¹⁵ Don't you know that your bodies are parts of Christ?

The New Temple

Paul says that God now dwells in you. What does that knowledge say . . .

- about you?

- about your body?

- about what you should do with your body?

Key Verse

Or don't you know that your body is a temple of the Holy Spirit who is in you? Don't you know that you have the Holy Spirit from God, and you don't belong to yourselves?
—1 Corinthians 6:19

¹⁹ Or don't you know that your body is a temple of the Holy Spirit who is in you? Don't you know that you have the Holy Spirit from God, and you don't belong to yourselves? ²⁰ You have been bought and paid for, so honor God with your body.

Be Like God

- When you think about God, what are the first five words that come to mind?

1. _____

2. _____

3. _____

4. _____

5. _____

- How can you embody each of those words in your life? What does it look like for you to live your daily life with these words in mind?

Faith Movers

- Work together with your group to brainstorm people in the Bible or from church history who showed God's love in the way they used their bodies. List names below.

- Now choose one of the people you listed above and work with your group to create a five-minute presentation about him or her. Use the space below to make notes on your presentation.

**Fast and Focus**

As you breathe in, think to yourself: *Lord, help me to love you . . .*

With every breathe out, think: *"with all of me."*



GARDEN OF GETHSEMANE



I Z G E T H S E M A N E M L X V G C
 M O U N T O F O L I V E S K E Q H Q
 Z V J J I S P T R N B M F B U G I Q
 F O B Z P L H A Q E E R V C N U N S
 H W D H G S L N S D B K I Z W G P A
 M W E N E Q A I N R C L Q N O I Y K
 B Y P L E T Y Q W A S E M U R U O C
 P I F G S I A A X G H R T I H P Y N
 J N B E O E R X R A I F T I B W I Z
 N J R J L K T F B P G P X M Z G E V
 I R C Q D J E E M G H I E L H I O I
 A K S N I P B Y P A P Q R T I A A U
 S B W L E S A D U J R N K A F N Y C
 T F O B R J U Z Z E I E F N E H L I
 T G R F S N B P R N E U T Z M X E U
 W U D I S C I P L E S C M E M P U A
 K O S D V P V I Z P T E S L P F N V
 Z M K A E W R A J Y E D J W S C L A

GETHSEMANE

PETER

SPIRIT

HIGH PRIEST

GARDEN

SWORD

WILLING

FRIEND

MOUNT OF OLIVES

PRAY

WEAK

SOLDIERS

NIGHT

EAR

FLESH

ARREST

JUDAS

DISCIPLES

ANGEL

BETRAYAL

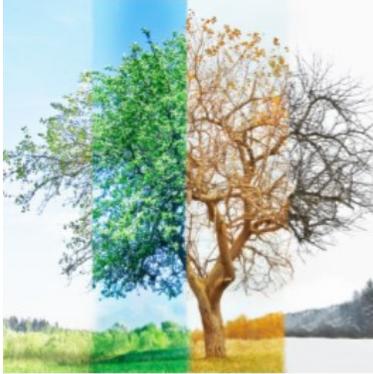


Faith FAMILY CLUB



March Spiritual Activities & Practices

The purpose is to enjoy spending quality time together through creative & intellectual projects, while sparking family & faith based discussions. These activities are just suggestions. We encourage your family to do at least two within a month's time span.



Outdoor: Tree Gazing— Here is a simple thing you can do anytime you are out and about with your family. Whether you're in the car, going for a walk or even just in the front or backyard. Look at the trees outside. Notice how they look. Either with or without snow on them. Are they starting to bloom? Discuss your favorite type of tree and why.

Outdoor spiritual connection: Consider the beauty in the small things in life. How trees are strong with roots that extend deep into the earth. Are *we* not like trees? Some of us may look much different than one another, yet we are strong when we dig our roots into our faith in God. Through Christ we are strong like trees and can withstand anything. Compare mankind with trees & the Christian connection.

Artistic: Appreciation Crosses— Each day during the month of March, draw a cross and have every member of your family write a word on/around the cross describing what they are appreciative of that day. You can certainly repeat what you are thankful for, more than once.



Artistic spiritual connection: The purpose of this is to acknowledge and give thanks to God every day during Lent for what we have in our lives. Each time you write a word, remember that you are thankful to Christ for giving up his life so that we may live sin free and able to do the things/be with the people in life we care about most.



Movie: The Wizard of Oz— During the month of green (St. Patrick's Day); why not watch the movie with an emerald city. This 1939 film is truly a classic, having been an influential piece of cinema and pop culture for over 80 Years. You are sure to be singing along with this merrily band of misfits as they stride on their way to see the 'Wonderful Wizard of Oz'.

Movie spiritual connection: After watching, think about where in this film you see God's work. Is it the man behind the curtain? The friendships made along the way? Discuss as a family your thoughts.

Innovative: Love Letters— As a family, write several letters to those whom you love, appreciate and have missed within the last year. This can be family, friends, church or community members. Write what you miss the most about them and how/why your family appreciates them. Feel free to provide any updates on your lives and to write a small prayer for them too.

Innovative spiritual connection: The reason for these letters is that people will be likely reminiscing on the last year, as it is coming up on one whole year since the pandemic has broken out and altered our way of living. These letters should allow you to connect with those that maybe you don't get to see or communicate with often, as well as offer a chance to provide insight into your family's life.

Please send our Christian Education Team (christianed@gracesiouxcity.org) pictures of your family doing any of the Monthly Faith Family Club Spiritual Activities.

Faith Family Club; Where Our Strength is United

LET YOUR LIGHT SHINE



GLOW-IN-THE-DARK
Easter Egg Hunt

**LIGHT IN A
DARK TIME**

**MIDDLE & HIGH SCHOOL
YOUTH GROUP**

**WEDNESDAY, MARCH 31ST 2021
7:00 PM - 8:30 PM**

GLOW IN THE DARK EASTER ACTIVITIES

"Let your light shine before others that they may see your good deeds and praise your Father in heaven."
For You, for Others, for GOD!

We invite our Youth Group Students and their friends to a fun evening of Light in a Dark Time; At the Center of Holy Week,
Wednesday, March 31st 7:00-8:30 PM.

Take part in fun Glow in the Dark Easter outdoor Activities.
We encourage you to wear bright colors and
embellish any way you choose.

Glow Necklaces and Bracelets will be provided. Activities will
take place on the **front Morningside Lawn by our parking lot**
with Masks required.

Register at: <http://www.gracesiouxcity.org/light-in-dark-times-easter-activities.html> **by March 21, 2021**

Lent Daily Practices for the Week

Read the daily bible passage, then do the spiritual practice.

Day 27: (3/19)

Psalm 112: 5-9

How does generosity bring you joy?

Write at least one way you can practice extraordinary generosity, and ask God to help you follow through on it.

Day 28: (3/20)

Proverbs 11: 24-31

Pray for God to help you be more generous.

Day 29: (3/22)

Acts 1: 1-11

How do people around you know what your faith means to you?

Day 30: (3/23)

1 Peter 3: 13-17

Pray for those who do not feel connected with God. Who do you know who might be open to an invitation to visit your church?

Day 31: (3/24)

Deuteronomy 6: 20-25

Give thanks for those who have shared their faith with you.

Day 32: (3/25)

Matthew 6: 13-15

How can you share your faith with the people closest to you?

Day 33: (3/26)

1 Corinthians 15: 1-10

Write your faith story and what it means to you.

Day 34: (3/27)

Romans 10: 11-15

Who can you invite to church? Pray for them, and ask God to give you an opportunity to invite them.



Follow GUMC on Instagram
& Grace UMC Youth on
Facebook!



WEEK FIVE

Pretzel Prayer

Make pretzels (or purchase the frozen pre-made ones that you just bake). Refer to the handout for recipe.

To learn more about the connection between Lent and pretzels, read *Pretzels by the Dozen* by Angela Elwell Hunt!

Building Block Prayer

Use building blocks (like Lego or wood blocks) to build a prayer. Each brick or block represents a prayer request or praise.

Body Prayer

Take 3 deep breaths.

God, you are above (*reach toward the sky*),

below (*touch your toes*),

inside (*hands to heart*),

and all around (*big arm circles*).

I worship you (*reach toward the sky*),

and give my life to you (*touch your toes*).

And I love you (*hands to heart*)

with all that I am (*big arm circles*).

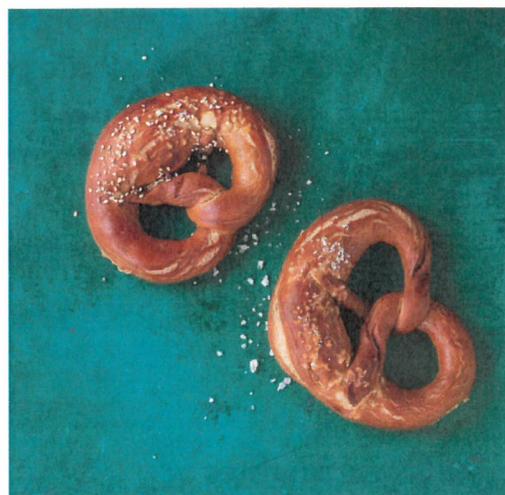
Take 3 deep breaths.

From

www.illustratedministry.com/2017/ways-to-pray-with-kids/

YOU WILL NEED:

- *Pretzel Prayer Handout*
- *Ingredients listed on handout*
- *Building Blocks*



Thanks to Michigan & Great Plains UMC Confrencece for these materials

Pretzel Prayer



"A young monk baked the first pretzel - making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day and baking it as a soft bread. These little breads were shaped in the form of arms crossed in prayer and were called bracellae (Latin, 'little arms'). Among the Germans the word became 'bretzel.' These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last (19th) century."

(from bustedhalo.com/life-culture/pretzels-and-lent)

Make Pretzels!

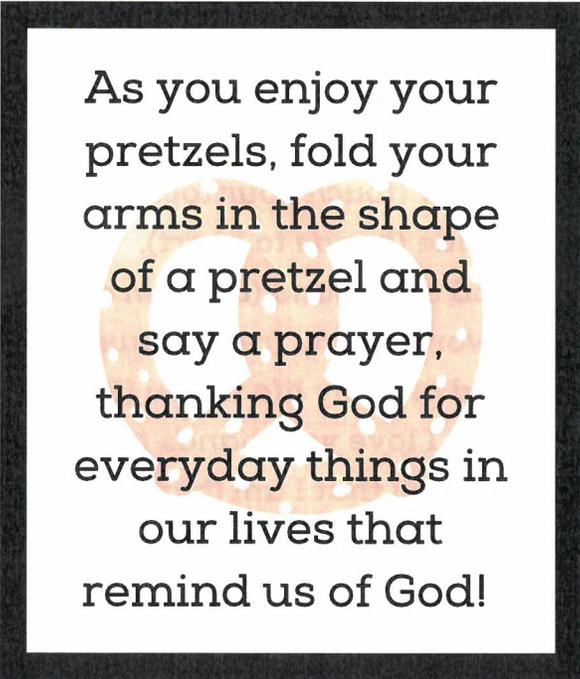
Make your own pretzels or purchase them pre-made

Ingredients:

1 package of yeast
1 ½ cups of warm water
1 Tablespoon sugar
1 teaspoon salt
about 4 cups of flour
1 egg (optional)
Extra salt for the tops - large salt works best

Steps:

Mix the yeast, water, sugar and salt in a large bowl. Stir in the flour and knead the dough until it is smooth. Shape into the form of arms crossed in prayer and place on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish (optional). Sprinkle the top with salt and bake in a 425 degree preheated oven for 15 minutes.
(recipe from catholicicing.com/pretzels-for-lent/)



As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer, thanking God for everyday things in our lives that remind us of God!

The Co-Directors of Christian Education are praying each day of Lent for our Youth. Each week, you'll find an updated version of our Calendar.

Easter

Ashton J. (2/27)
Robbie J. (3/15)
Collin A. (2/28)
Calliope G. (2/18)
Cary L. (3/13)
Faith S. (3/17)
Grace E. (2/15)
Bryce H. (3/16)
Maynard V. (2/21)
Devin W. (3/5)
Destiny A. (3/2)
Nathan B. (2/19)
Seth S. (3/9)
Olivia W. (3/13)
Evelyn J. (3/12)
Morgan G. (3/8)
Hayden H. (2/24)
Lucas R. (2/17)
Eleanor E. (2/26)
Devine A. (3/17)
Kellen G. (3/10)
Macean G. (2/20)
Leonardo V. (3/4)
Lily B. (3/11)
Nolan M. (3/11)
Samuel B. (3/14)
Noah C. (2/23)
Addyson J. (2/22)
Beverly Joy A. (3/6)

Lent 2021