

high school



Lesson 1 / March 3, 2019

# Peace and Pain

By Jill Meek

for use as

STEP 1



Lesson 1

**Focus:**

Following Jesus brings both peace and pain.

Lesson 1

**Bible Basis:**

Matthew 10:34-39; John 15:18-21; 16:33

Lesson 1

**Memory Verse:**

“A servant is not greater than his master.’ If they persecuted me, they will persecute you.”  
—John 15:20b

**Students will consider movements that bring both peace and pain as they explore the cost of following Jesus.**

**Materials:**

Internet access

From marking his date of birth in January to the date of his assassination in April, you may hear quite a bit about Martin Luther King this time of year. As a country, we commemorate the Civil Rights Movement for the progress it made toward equality for black people in America, but this march was also painful and dangerous along the way. Though crowds gathered to hear King speak, there were many Americans who did not support him. He was physically harmed, arrested, and eventually assassinated. Even today, many black Americans advocating for a more complete version of King’s dreams, find it is a mixed bag of progress and pain. This video recalls his successes and struggles:

Play the following video for your students [1:44]:

Lester Holt on the Legacy of Martin Luther King Jr. | NBC Nightly News

<https://www.youtube.com/watch?v=UnX-g61Tqhk>

➤ **Why do you think there was a violent response to King’s message? Does all progress for good risk some type of pain or persecution?** (Accept all reasonable answers. Racism and segregation were so embedded into society that change brought about anger and fear. Changing the status quo often makes waves, especially when power is threatened.)

➤ **Would you be willing to speak out about injustice or anything else in the face of harm?** (Answers will vary. It is natural and can be very important to value our safety. Some will already know what they are most passionate about—things on which they are willing to speak out no matter what the cost. Others may want to weigh the good and bad or try to brainstorm ways to speak out while preserving their safety.)

➤ **What are some modern day examples of people facing harm because of their beliefs?** (Accept all reasonable answers. Students will know of instances where people have been

laughed at, discriminated against, or physically harmed for any number of viewpoints—those they agree or disagree with—from social to religious, at home and abroad.)

**Oftentimes, people who push for change or lead a movement face persecution. Jesus was the same way. While crowds of people followed Jesus to hear His teachings, others did not support Him. They chased Him out of His hometown, they tried to trap Him with clever questions to get Him in trouble, and eventually they plotted His arrest and execution. When we follow Jesus, our words and actions may be misunderstood or outright unappreciated. We may or may not face physical violence like Jesus did, but the road won't always be easy; in fact, Jesus promised it wouldn't be.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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# Peace and Pain

for use as  
**STEP 4** 

**Lesson 1**

**Focus:**

Following Jesus brings both peace and pain.

**Lesson 1**

**Bible Basis:**

Matthew 10:34-39; John 15:18-21; 16:33

**Lesson 1**

**Memory Verse:**

“A servant is not greater than his master.’ If they persecuted me, they will persecute you.”  
—John 15:20b

**Materials:**

- Internet access
- Paper
- Pens/pencils

**Following Jesus comes with many blessings, yet there are guaranteed to be hard times.**

➤ **How has following Jesus changed your life for the better?** (Answers will vary. Many will experience a sense of peace or purpose. Others may have left bad habits or bad company behind. Many will take comfort in eternal salvation or life after death.)

➤ **What hardships have you faced in following Jesus?** (Answers will vary. Likely students’ priorities, choices, or statements will have gone against the grain at some point, and this may have caused discomfort or friction between themselves and others.)

**Like anyone committed to their cause or way of life, the motivation to press on when things get tough is found in hoping for the good that lies ahead. For Christians, that means God’s kingdom come, God’s will be done. Jesus began to bring God’s vision for His kingdom to earth, and as followers of Jesus we share in His kingdom work.**

➤ **What do you believe about God’s vision for God’s kingdom? When we pray “Your kingdom come, Your will be done, on earth as it is in heaven,” what images come to mind?** (Accept all reasonable answers. Students may describe in general and specific terms a world that is free from all that currently weighs us down, but full of all that gives us life, wholeness, and peace.)

Hand out paper and pens/pencils. **Dr. King was motivated by a vision for the future. Jesus’ life and teaching began to give us a glimpse into God’s kingdom. Take a few minutes to write or draw about what God’s kingdom realized might look like.**

While your students are thinking and drawing, you might want to play this music video in the background [3:43]:

Chris Thomlin – I Will Follow

<https://www.youtube.com/watch?v=1ohvhmGSfxI>

Encourage your teens to keep their drawing in their Bible as a reminder to use the ideas and images as inspiration to keep actively following Jesus whether things are great, mundane, or difficult.

Close in prayer.

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