

LESSON 94

Lesson Truth

If you allow good thoughts into your mind, good actions will come out; if you allow bad thoughts into your mind, bad actions will come out.

Procedure

Turn to page 45. Have you ever stayed at a hotel? What were the names of the hotels where you stayed? Today you are going to study about a hotel named the "You Inn."

At a regular hotel guests check in when they arrive and check out when they leave. You are a hotel called the "You Inn." But you are not a hotel for guests, you are a hotel for thoughts. Thoughts check into your hotel and stay for a period of time and then check out in the form of actions. For example, check in an evil thought, check out an evil action...check in a good thought, check out a good action.

Select students to read each of the following references in order (write on the chalkboard): Psalm 119:11, Matthew 12:34b, Matthew 15:18, Matthew 6:22-23. These verses say that the thoughts you allow to check into your heart "hotel" produce actions that check out. Read Colossians 3:16-17. Because your heart is a "thought hotel," the apostle Paul encourages Christians to "let the word of Christ dwell in you richly." The word "richly" in Colossians means "abundantly." If the Word of Christ checks into your "hotel" abundantly and in great numbers, then good actions will check out in great numbers. Over book your thought hotel with good thoughts and you will have no rooms left bad thoughts.

Do you have any Bible thoughts staying in your hotel right now? I am referring to Bible verses or truths from God's Word. Look at the hotel on page 45. Write three Bible verses or three Bible truths staying in your memory hotel. Record those verses or thoughts in rooms 201, 202, and 203.

Write on the walking pages that are checking out possible actions that can result from the verses or truths that have checked into rooms 201, 202, and 203. Ask for volunteers to share the identity of their "guests" (or verses) and discuss how the verses or truths can produce good actions when they check out.

Read the Lesson Truth. Look at the Room Service cart? What is it shaped like? A Bible. Do you allow Mr. Crud and to come in your hotel, order a lot dirty junk sent up from room service, and stay there as long as he wants? Or do you run a clean hotel where only Mr. Okay is allowed to stay and order godly room service?

Remember, whoever checks in, checks out.

LESSON 95

Lesson Truth

The writings of Paul in your Bible were actual letters written to churches in the first century.

Procedure

Turn to page 45. Look at the pictures of the men carrying the scrolls. Complete 1 through 5 with students to discover who these mailmen were and what mail they were carrying.

Mailman 1. Select a student to read Colossians 4:7-8.

What is the name of mailman number 1? Write "Tychicus" beside number 1.

Mailman 2. Select a student to read Colossians 4:9. What is the name of mailman number 2? Write "Onesimus"....

Scroll 3. ...read Colossians 4:16. What piece of mail is scroll number "3?" Clue: What does "this epistle" or "this letter" in Colossians 4:16 refer to? Write "Colossians"....

Scroll 4. ...read Ephesians 6:21-22. Compare this passage with Colossians 4:7-8. If Tychicus was carrying the letter of Colossians and this letter also, according to Ephesians 6, what is this letter? Write "Ephesians"....

Scroll 5. ...read Philemon verses 10 and 19. What book was Onesimus carrying with him? Write "Philemon"...

Here is the background for the information you just learned:

A slave named Onesimus had robbed his master in Colosse and had fled to Rome to live a life of luxury. In Rome he crossed paths with the apostle Paul. Paul told Onesimus the gospel story and Onesimus accepted Christ as his Savior. Paul then persuaded Onesimus to return to Philemon, his master in Colosse, and make up for any wrong he had done. Since Philemon was a personal friend of Paul, Paul decided to write a letter requesting that Philemon forgive Onesimus and

YOU INN
...where **THOUGHTS** check in and **ACTIONS** check out.

Room 201 Example: Children obey your parents (Ephesians 6:1).	Room 202 Example: My body is God's temple (1 Corinthians 6:19).	Room 203 Example: A fruit of the spirit is joy (Galatians 5:22).
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DELIVERING THE MAIL

The Mailmen...

1. Colossians 4:7-8 Tychicus
2. Colossians 4:9 Onesimus

The Mail...

3. Colossians 4:16 Colossians
4. Ephesians 6:21-22 Ephesians
5. Philemon, verse 10 Philemon

Chain Letter:
What do you think the church leaders did with Paul's letter after reading it?
Clue: Colossians 4:16.
They read it.
They may have copied it.

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accept him back as a brother instead of a slave. It so happened that the Christian church in the city of Colosse met in the house of Philemon. Tychicus, who had traveled with Paul, was instructed to accompany Onesimus back to Colosse and deliver another letter from Paul to the church that met at Philemon's house. Paul's letter to that church is now part of your Bible...it is called Colossians. On the way to Colosse, Tychicus and Onesimus would have to pass through the city of Ephesus. Since there was a church there also, Paul decided to write a letter to those believers and have Tychicus drop it off on his way to Colosse. So when Tychicus and Onesimus left Rome, they were carrying 3 letters that would later become part of your Bible. The letters were Philemon (carried by Onesimus), and Colossians and Ephesians (carried by Tychicus).

Answer the "Chain Letter" question at the bottom of page 45. Read Colossians 4:16. According to this verse, the letter from Paul to the church at Colosse was supposed to have been sent on to the city of Laodicea, and a letter from Laodicea (which has since been lost) was supposed to have been sent to Colosse. So what do you think was the first thing that the leaders at Colosse did after reading Paul's letter to them? They probably **MADE COPIES OF IT** so that it would not

be lost. Add that answer to the answer you just wrote.

The writings of Paul were very important to early Christians because he was the most important Christian teacher of his time. Many copies of Paul's writings were made and passed around to the new churches springing up everywhere. These new Christians did not have Bibles as you have today. The writings of Paul were their only "Bibles." Since Paul had instructed that his letters be read to the churches (see 1 Thessalonians 5:27), other copies were probably made. Explain the concept of the modern "chain letter" (i.e. everyone who receives a letter makes five copies and sends it on). Paul's letters to the churches may have been history's first chain letters.

Read the Lesson Truth.

Optional: Read the opening "greeting" verses from some of the following letters that Paul wrote to churches in the cities of Rome (Romans), Corinth (1st and 2nd Corinthians), Galatia (Galatians), Ephesus (Ephesians), Philippi (Philippians), Colosse (Colossians), and Thessalonica (1st and 2nd Thessalonians).

Read 2 Timothy 2:15. Paul encouraged Christians to study the letters that he wrote to them for the purpose of learning correct doctrine.

LESSON 96

Lesson Truth

Christ will take Christians from this earth and give them a new body that will last forever.

Procedure

How would you like to be able to fly? Would you like to travel in space? Turn to page 46. Select students to read the paragraph between the "flying Christians."

Read 1 Thessalonians 4:13-18 and answer questions 1 through 6.

Read the Lesson Truth, adding:

Question 1. If you are a Christian, the Lord will call you with His voice, with the voice of the archangel (who is Michael, according to Jude 9) and with a loud trumpet sound. It will be a very loud, noisy occasion, but do you think everyone will hear all this commotion, or just Christians?

Questions 2-4. Read 1 Corinthians 15:51-52. This flight is fast. The call of God, the voice of the archangel, the trumpet sound, and the resurrection of dead Christians as well as live ones will take place in a "twinkling of an eye," or a split-second. And although dead Christians will get a head start, everyone will be in the presence of the Lord before you know what happened.

Question 5. Although this flight lasts only "a twinkling of an eye," it really lasts forever. You will meet Christ in the air, but

then you will have the ability to "fly" by appearing and disappearing, as Christ did in His resurrected body.

Question 6. This information in 1 Thessalonians 4 is the greatest news a Christian could ever receive. Comfort and encourage each other with the thought that you will live in your new, perfect body forever!

Why did the Lord tell the apostle Paul to write this? Discuss.

Read 1 Thessalonians 4:13b. When

your Christian friends and relatives die, you will be sad because you will miss them. But God wants you concentrate on the fact that someday you will see them again.

Here is the most interesting part of what you studied today: It could happen TODAY!

LESSON 97

Lesson Truth

Spiritual exercise is more profitable than physical exercise.

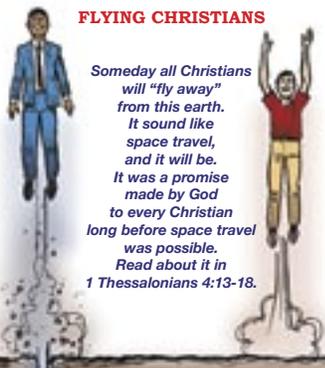
Procedure

Do you know what a marathon is? A foot race of approximately 26 miles. Read the following story describing how the marathon race received its name:

In 490 B.C., the Persian army was sent by King Darius to punish some of the Grecian cities that revolted against his rule. 20,000 Persian soldiers landed from ships on the plains of Marathon in Greece and prepared to attack. The Greeks, who were observing from the hills, decided to send Pheidippides (Fi-DIP-idees), their fastest runner, 150 miles to Sparta to get reinforcements to help fight the Persians. But the Spartans were busy holding a festival and refused to go fight. So Pheidippides turned around and ran

FLYING CHRISTIANS

Someday all Christians will "fly away" from this earth. It sound like space travel, and it will be. It was a promise made by God to every Christian long before space travel was possible. Read about it in 1 Thessalonians 4:13-18.



EXERCISING YOUR HEART

Read 1 Timothy 4:8, then mark beside each of the following statements either "PT" (for "Physical Training") or "ST" (for "Spiritual Training").

PT is somewhat profitable.
ST is very profitable.
PT is beneficial now only.
ST is beneficial now and for eternity.



"ST" AEROBIC EXERCISE NUMBER _____

Students paraphrase verses here.

"ST" Aerobic Exercises

1. Galatians 5:16
2. Galatians 5:26
3. Galatians 6:9
4. Galatians 6:10
5. Ephesians 4:29
6. Ephesians 5:11
7. Philippians 4:5-6
8. Colossians 2:6
9. Colossians 3:1-2
10. 1 Thessalonians 5:16-18
11. 1 Thessalonians 5:22
12. 2 Thessalonians 3:6
13. 2 Thessalonians 3:14-15
14. 1 Timothy 4:12-13
15. 1 Timothy 4:15-16
16. 2 Timothy 2:15



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150 miles back to tell the bad news that he could not find anyone to fight the Persians. The Greeks then decided to attack the Persians alone, and with just 10,000 soldiers defeated them. Poor Pheidippides was again sent to run 26 miles to Athens to tell city officials the good news of the victory. When Pheidippides arrived, he had just enough strength to say, "Rejoice, we conquer," then he fell dead from exhaustion. That is how the 26-mile marathon race received its name. Instead of calling it a "marathon," maybe it should be called a "Pheidippidethon."

Turn to page 46. To run a marathon takes a lot of physical training. To run life's spiritual race requires training too. Read 1 Timothy 4:8 and complete the assignment at the top of the lesson.

What is "aerobic" exercise? Exercise that works the heart. Place a finger on your wrist or neck and count your resting heart rate per minute. It should be around 80 beats per minute. Aerobic exercise makes your heart beat around 180 times per minute and that strengthens your heart. Reading and obeying the Bible exercises your spiritual heart and makes you strong spiritually. The Bible says that spiritual exercise is more profitable to you than physical exercise.

Assign students one each of the Spiritual Training Aerobic Exercise verses