

Lesson 8 / January 24, 2010

Re-sensitized

for use as

STEP 1

Lesson 8 Focus:

Truth triumphs over temptation.

Lesson 8

Bible Basis:

Luke 4:1-13

Students will explore how they can become desensitized.

Think about a thousand bees buzzing around your head. That's a perfect image of the thousands of messages that the average person takes in every day through texting, TV, radio, Internet, sermons, friends, parents, teachers, signs, advertisements, magazines, books, and so on...

When you and I have too much of something we can become desensitized to it.

▶ What happened the first time we watched a really scary movie?

Most of us were scared by it. Maybe we screamed, grabbed the arm of the person watching it with us, or hid our eyes. Perhaps it even caused nightmares later. We probably reacted because we were sensitive to the themes in the movie: murder, blood, gore, fear.

▶ If you were to put 10 people side by side in a scary movie – 5 who were seeing a horror film for the first time and 5 who had seen a lot of them – do you think there would be a difference in their reactions? Explain.

When you become desensitized to something like a scary movie, the freak-out factor loses its edge. It's not real anymore, or is it?

▶ True or false: Being desensitized to something is not a big deal.

The problem with becoming desensitized to anything is that the desensitizing process actually dulls our consciences. Our conscience is a core part of how God made you and me. It's like radar. It helps us sort through what is right or wrong, what is truth or a lie, what is real and what is not.

If you consider all the sources we first talked about, how many messages do you think you have heard or seen in the past 24 hours?

▶ True or false: You can hear a flood of messages every day and be unaffected.

▶ True or false: Sometimes the messages I hear desensitizes me to what God says is true.

Lesson 8
Memory Verse

“Then you will know the truth, and the truth will set you free.”

—John 8:32

- ▶ True or false: When I hear something often enough, I can be tempted to believe it is true.

When the truth is lost in mixed messages, it can get confusing. If you hear often enough that you have to look a certain way, or do certain things to fit in, you might be tempted to just go with the flow because it's easier.

That's why it's more important than ever to be sensitive to God who knows exactly what the truth is and can help you know it too. In the next portion you'll learn that Satan tested Jesus with mixed messages. You'll see how Jesus handled temptation and how His experience can help you do what is right.

(Continue on to Steps 2 and 3 in your *High School Teacher's Guide*; your Step 4 appears below.)

Re-sensitized

for use as

STEP 4

Lesson 8 Focus:

Truth triumphs over
temptation

Lesson 8

Bible Basis:

Luke 4:1-13

Students conclude ways to become and stay sensitive to the truth.

Discuss:

- ▶ **What are some messages that advertisers are trying to get you to believe?** (*You need to lose weight, buy a new car, be fashionable, get rid of zits, etc.*)
- ▶ **What is one message you've heard in a song or music video recently?** (*This can be positive or negative.*)
- ▶ **What is a message you've heard from a friend or parent in the past 24 hours?**

Some messages are positive. Some messages are truthful. Some just want to sell you something. But a lot of the messages that filter into your brain are hiding behind a mask. They say one thing, but really, if you dig deeper you find that they aren't very truthful at all. The problem is that we get so accustomed to being bombarded with messages, that we don't take the time to unmask them. We start accepting them as truth.

- ▶ **Are you ever surprised when a couple falls 'in love' on a movie or TV show and don't end up sleeping together? Why?**
- ▶ **If a guy on a reality show says he is a virgin, what is the reaction?**

Let's look at one scenario and unmask the messages you might be receiving:

Popular TV Show: Doctors are attracted to each other. In the span of an hour, one of the doctors has sex with the other doctor but is still attracted to a resident, so they hook up the next night.

- ▶ **What message is this sending?** (*Casual sex is no big deal. If you are attracted to someone, sex is the natural response. You can have sex with as many people as you want.*)

Let's unmask this. What is the truth? In real life, our actions have consequences. If a person has sex with someone and then ditches them the next day for a different partner, everyone involved gets hurt in one or more ways even though they may not be aware of it at the time.

Lesson 8
Memory Verse

“Then you will know the truth, and the truth will set you free.”

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- ▶ **What are some of the other consequences that this scenario could create?** (*emotional pain, sin, risk of physical disease, unwanted pregnancy, problems at work, etc.*)
- ▶ **Imagine if there were families involved. How would it feel if a dad or mom was having casual sex outside marriage? What happens to the family when there is cheating going on?**

When you look at it that way, it’s not so entertaining anymore.

- ▶ **Why is it important to look at the truth, instead of the storyline?**

Unmasking the message doesn’t just apply to sex. You can unmask the truth about every temptation, whether it’s ads that make you feel “less than” or the “friend” offering you drugs or the mean girl that says, “if you want to hang with me, then stay away from her.”

We need to hone our sensitivity radar. Sports players have to do this all the time. If you play any kind of competitive sports, you get lots of people telling you what to do. You have to learn to tune out the crowd, the critics, and the other team. You listen to one main person – the coach.

- ▶ **Who should be your spiritual coach, and how can you listen to that coach’s instruction?**

Once we start tuning-in to Christ, our radar is turned on again. We can discern what is right or wrong. Becoming “re-sensitized” to Christ will take time and daily practice, but it is an important skill to learn so that we can avoid pitfalls in life.

- ▶ **What are ways we can tune-in to Christ?**
- ▶ **What are the benefits of knowing and acting on the truth?**

Close with prayer.

To read a thought-provoking article about the media’s portrayal of “truth and reality”, go to:

pluggedin.com/familyroom/articles/2008/truthandrealitycompeteforteenshearts.aspx

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