

Lesson 11 / February 14, 2010

# Tongue Twister

for use as

## STEP 1

Lesson 11

### Focus:

Christ is the calm  
amidst chaos

Lesson 11

### Bible Basis:

Luke 8:22-25

Students will learn to untangle their lives by slowing down and focusing on Jesus.

#### Materials:

- snack-sized candy bars for prizes
- whiteboard
- marker
- stopwatch

**W**rite the following tongue twisters on a whiteboard before class begins. Place it where teens can see it. After class begins, invite teens to compete in a contest to see who can say the tongue twisters the fastest and most accurate. Use a stopwatch to keep time. Let the rest of the class judge the contestant's accuracy.





Give prizes to the winners.

*Silly Sally swiftly shooed seven silly sheep.  
The seven silly sheep Silly Sally shooed  
shilly-shallied south.*

*These sheep shouldn't sleep in a shack;  
Sheep should sleep in a shed.*

*A skunk sat on a stump.  
The stump thought the skunk stunk.  
The skunk thought the stump stunk .  
What stunk the skunk or the stump?*

*A big black bug bit a big black bear. But where is the big black bear that the big black bug bit?*

-  What makes these tongue twisters so difficult to say?
-  Why was it harder the longer you spoke?
-  (Read one of the longer tongue twisters slowly.) Why does slowing it down make this easier to say?
-  When you were racing through the tongue twister, what did you learn about the actual story or message?

Lesson 11  
**Memory Verse**

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

—John 16:33

- ▶ (Read another of the longer tongue twisters slowly.) If you were saying this in plain words, how would you explain this story?
- ▶ Can you describe a time that your life felt like a tongue twister (fast paced, hectic, and confusing)?
- ▶ What are some things that we can do to untangle our lives?

Sometimes we get hit by storms in life that can tangle everything up like a tongue twister. It is during these times that we must remind ourselves to slow down and focus in on Jesus who can calm the storms in our lives. Today we don't have Jesus walking with us in person, but the Bible promises that He is with us. In fact, He's inside of you and me. That's a powerful promise!

In our lesson today, we'll see how Jesus calmed a storm that felt overwhelming to His disciples and the lesson they learned from it.

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

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Source:

American Folklore Funny Tongue Twisters

<http://www.americanfolklore.net/tonguetwisters/funny-tonguetwisters.html>

Lesson 11 / February 14, 2010

# Tongue Twister

for use as

STEP 4 
 Lesson 11  
**Focus:**

 Christ is the calm  
 amidst chaos

 Lesson 11  
**Bible Basis:**

Luke 8:22-25

Students will discuss some of the challenging situations that they face in life and plan ways to focus on Christ in the midst of the chaos.

Seth Barnes is with an organization called Adventures in Missions. When he was just 21, he was taking care of Cambodian refugees. He had very little training, but a desire to fulfill what Jesus said when He instructed His disciples to “go into all the world”. When Barnes was 22, he was in Indonesia founding organizations to help spread the Gospel and work with the underprivileged. Through both of these experiences, Seth felt inadequate and unprepared. He said that he was over his head, but still felt called to go through these challenging experiences.

- ▶ Can you describe a time you had to trust God because you felt inadequate or unprepared?
- ▶ Do you believe that when you become a Christian, life is easier? Explain.
- ▶ Why do you think God allow us to go through challenging experiences in life?

Seth remembers a sermon that changed the way he viewed difficult or challenging times. It was called “the bigger coat principle” based on a story that culminates in 1 Samuel 2:19. Hannah made a promise to God that she would give Him her son, Samuel. She gave birth and after he was weaned, gave him to the priest Eli. Every year Hannah brought Samuel a new coat because he outgrew his old one. The preacher said that it would have been smart for Hannah to bring him a coat that was larger so that he could grow into it, otherwise he might have limited mobility after 8 or 9 months. The preacher went on to compare the coat to new roles that God gives us. These roles can seem very challenging to us because they are out of our comfort zone. They feel too big for us.

“There are very few roles that I've been ready for,” Seth said. He may have felt over his head, but a “bigger coat” gave him room to grow. It didn't limit him, and allowed him to discover that God's promises were true. Seth goes on to say, “As I look at my life, I've been at my best when I've been wearing a ‘coat’ that was too big for me.”

Lesson 11  
**Memory Verse**

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

—John 16:33

- ▶ **Personally, what would it mean to you to “wear a bigger coat”?**
- ▶ **Why would God give Seth a role that felt too big for him?**
- ▶ **Should we ever be completely comfortable in our faith? Why or why not?**

(Use the following summary to conclude your lesson.) In our lesson today, we have talked about some of the challenging situations we face in life. Some of these challenging situations are caused by “storms” that make us feel like our lives are out of control. Other challenging situations come when God calls us to do something that is beyond our comfort zone. Both of these situations can leave us feeling anxious and fearful. But God does not want us to be overwhelmed by our situations. He wants us to focus on Jesus who can calm the storms that we face and give us peace.

- ▶ **What is a challenging situation that you are facing in your life right now?**
- ▶ **How can you focus on Christ in the midst of your situation?**

As you close in prayer, ask students to pray in groups of 2 or 3. Encourage them to pray for each other concerning the difficult situations that they are facing.

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Source:

Seth Barnes- Radical Living in a Comfortable World: The Bigger Coat Principle  
<http://www.sethbarnes.com/?filename=the-bigger-coat-principle>

(David C. Cook is not affiliated with and does not endorse any Website listed on these pages.)