

The
Teacher's Guide
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SUMMER 2021
SUNDAY SCHOOL UNION

CONFIDENT
HOPE

THE COMBINED TEACHER'S GUIDE

SUMMER QUARTER 2021

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Christian Education Department
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BASIC SUPPLIES

Bible dictionary	writing paper
Bible pictures and maps	DVD recorder/player
CD players	milk crates
chart paper	paper – letter, drawing, pen-
Christian music – books, sheets, recordings	cils, pens, markers
Christian videos and DVDs	poster boards
crayons	robes, scarves
digital camera	old clothing
digital camcorder	scissors, glue, paste
drawing paper	video player

The Teacher's Guide
Liberating Faith Studies
Summer Quarter: June – August 2021
Prepared by Rev. Lionel Merritt

Why Do You Worry?

Lesson 1**June 6, 2021****Lesson Scripture:** Matthew 6:19-34**Focus Scripture:** Matthew 6:25-34

Key Verses: “Your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.”
Matthew 6:32b-33

Lesson Goals

By the end of this lesson, students will be able to:

1. Contrast Jesus' teachings about worry with the participants own anxieties.
2. Appreciate God's care for everything in nature.
3. Embrace the opportunity to trust God in everyday life.

Introduction**a. General**

One powerful way to introduce this lesson series is to distinguish between faith in general and faith in Jesus Christ specifically. Everyone exercises faith every day. When we buy a soda or other drink and drink it, we exercise faith. That is, we believe that the beverage does not contain anything which will harm us. The same is true when we sit in a chair. Normally, we do not check the chair to see if it is strong enough to hold our weight. We simply sit in it.

On the other hand, faith in Jesus Christ means we accept, without doubt, that what the Bible says about Jesus is right. That means believing that Jesus is the Son of God who is equal with God and came to earth to provide the way of salvation for humankind by his sacrificial death at Calvary. We also believe that Jesus rose from the dead physically and returned to heaven and is now with God the Father.

b. Specific

For the first lesson, do the same for the concept of worry. Note that general concerns about how we get things like food, shelter, and necessary clothing are not what we address here. Worry (anxiety) in this context is a fixation with negative thoughts about our ability to secure these things. Worry in this context has a strong association with greed and offensive pride.

Teaching Strategies

These activities will help us to bring out key points in the lesson.

1. The aim is to demonstrate with appropriate media and objects that the order and beauty of nature suggests God as the designer and sustainer. Ask the class to collect and display pictures of nature and items that show this.
2. The concern about the adverse effects of worry is not only in the Bible. Invite the class to collect medical data to show the harmful effects of worry and anxiety on health.
3. The general opinion on worry by both religious and medical leaders is that worry solves nothing. At the start of the session, invite participants to disprove this opinion.
4. Some professionals who study the cultures of people groups observe that in western culture, people emphasize self-reliance and the acquisition of things – money, possessions, power, social status, etc. more than in other cultures. Use this

observation to discuss why Jesus said, "You cannot serve two masters."

5. You can expand the above conversation with thoughts about how things are taken away from us (theft, loss, fire, flood, bad reputation, etc.) and the lengths to which we go to attain those things. End this conversation by noting that no one can steal or take away our faith in God.

Why Are You Afraid?

Lesson 2

June 13, 2021

Lesson Scripture: Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25

Focus Scripture: Matthew 8:23-27

Key Verse: He said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea; and there was a dead calm. Matthew 8:26

Lesson Goals

By the end of this lesson, students will be able to:

1. Consider the feelings of the disciples when a storm overtook their boat while Jesus was asleep.
2. Identify the crises that cause adults to worry about themselves and their families.
3. Respond to the promised presence of Jesus in bad times as well as good times.

Introduction

The story in the Gospel deals with a real storm on the Sea of Galilee. In this lesson, we use the term *storm* in both the actual and metaphorical senses. So, a storm here can mean either an actual hurricane, like Hurricane Katrina in New Orleans, or any

situation in life which threatens people physically, emotionally, or spiritually.

What makes storms particularly threatening is a fear of loss, which can be physical, emotional, or spiritual. When teaching, be attentive to the possibility of participants who reexperience storms. Recalling memories associated with life's storms can be triggering. So, be sensitive. But with that caution in mind, urge participants to talk about storms they have faced and the effects those situations have on them in general but especially on their faith in God.

Teaching Strategies

Use these exercises or similar to highlight key points in the lesson.

1. The aim is to get members to put themselves in the lesson. Ask members to reflect on a time when they experienced a major life storm. Encourage them to relive their feelings during the storm (e.g., pain, anxiety, doubt, anger, confusion, fear, uncertainty, calm, peace, hope, joy). Learners do not need to share the personal details of what they went through. Write their feelings inside a circle on a large sheet of paper or a board. Remind learners that all of these experiences comprise our faith journey.
2. Create a faith acronym for STORM. Invite the class to think of words that reflect on issues we deal with while wrestling with life storms. This exercise gives members a short but powerful reference for the points raised in the lesson.
3. Collect and share some news stories about people experiencing great difficulty in a life storm, either personally or collectively. Then discuss ways that believers must be the hands and feet of God in helping to address human needs.

4. Ask learners to form teams to do a scripture search to find verses of encouragement for storm times. Invite them to share their personal favorites with the class. Let the members record their favorite verses on their calendars (paper or electronic) and commit to reading a verse daily until they read all verses. This exercise helps learners to memorize the verses.
5. Compose a litany that expresses a response to the promised presence of Jesus in bad times and good times.

Senior Lessons

Summer Quarter: June – August 2021

Prepared by Rev. Tashara S. Void

Why Do You Worry?

Lesson 1

June 6, 2021

Lesson Scripture: Matthew 6:19-34

Focus Scripture: Matthew 6:25-34

Key Verse: “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”
Matthew 6:34

Lesson Goals

By the end of this lesson, students will be able to:

1. Relate Jesus’ examples of worry to one’s everyday worries.
2. Explain how faith reduces worry.
3. Practice striving for what is right.

Words to Know

Worry – Overly concerned.	Strive – Investigate, research.
Sow – Spread or scatter.	Kingdom – Authority or power.
Reap – Gather.	Righteousness – Justice, what is deemed right.
Little Faith – Failing to hear God’s voice.	Will Be Given – Reach your goal.

Teaching Strategies

1. Begin by asking the group to define *worry*. (If on Zoom, use the whiteboard feature under Share Screen to notate their answers.) Follow the question by asking them to list some

things they are worried about. (Using the same whiteboard, notate their answers.)

2. Conduct an exploration of the life of a fisherman during biblical times. Remind youth that the disciples were experienced at sea, yet they were overwhelmed by the conditions brought on by the storm.
3. Show the students a picture of lilies.
4. Have the students read Exodus 16:1-5.
5. Discuss why Christians may feel like God is unconcerned about the terrible and frightening situations in our lives.
6. Engage in role-play to help youth know how to encourage someone who is enduring a difficult life situation where God has not yet intervened.
7. Compare the story of the calming of the sea with the story of Jesus walking on water and discuss it as a *Youth News Reporter* with *Breaking News*.
8. Play the song "Three Little Birds" by Bob Marley.

Why Are You Afraid?

Lesson 2

June 13, 2021

Lesson Scripture: Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25

Focus Scripture: Matthew 8:23-27

Key Verse: He said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea; and there was a dead calm. Matthew 8:26

Lesson Goals

By the end of this lesson, students will be able to:

1. List reasons for being afraid.
2. Compare the story of the calming of the sea with Jesus' instructions to not worry.
3. Prepare strategies to combat fearful situations.

Words to Know

Disciples – Learner, pupil.	Perishing – Being destroyed.
Follow – Accompany, conform to one's example.	Rebuked – Corrected.
Swamped – Cover, conceal, hide.	Dead – A great stillness.

Teaching Strategies

Read through the lesson, stopping after each section to allow for responses, thoughts, etc.

1. Ask members to reflect on a time when they experienced a major life storm. Encourage them to recall and share the feelings they had during the storm (e.g., pain, anxiety, doubt, anger, confusion, fear, uncertainty, calm, peace, hope, joy). It is not necessary for learners to share the details of what they went through. Write their feelings inside a circle on a large sheet of paper or a board. Remind learners that all of these experiences make up their faith journey.
2. Create a faith acronym for STORM, thinking of words that reflect the issues we dealt with while wrestling with life storms.
3. End the lesson by playing the song “No Reason to Fear” by J.J. Hairston.

Intermediate Lessons

Summer Quarter: June – August 2021

Prepared by Rev. Faith M. Waters

Why Do You Worry?

Lesson 1

June 6, 2021

Lesson Scripture: Matthew 6:19-34

Focus Scripture: Matthew 6:25-34

Key Verse: “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”
Matthew 6:34

Lesson Goals

By the end of this lesson, students will be able to:

1. Reflect on Jesus’ words about God’s care when feeling anxious.
2. Appreciate God’s care for us.
3. Commit to trusting God when faced with life’s difficulties.

Vocabulary

- **Worry** – To feel anxious about something unpleasant that may have happened or may happen.
- **Faith** – To trust in God and be devoted to God.
- **Strive** – To contend, endeavor.
- **Righteousness** – Always behaving morally right and in accordance with God’s commands.

Teaching Strategies

1. Before class, search YouTube for videos of animals in their natural habitat to demonstrate how God provides for creation. Show a clip to the class.
2. According to www.webmd.com, the physical effects of stress/anxiety include, but are not limited to: low energy; headaches; upset stomach; aches and pains; chest pain and rapid heartbeat; insomnia; frequent colds and infections; and depression.
3. Be sensitive to youth who may have questions (resentment/anger) about a time when God did not provide for a specific perceived need.
4. Since the eyes regulate the motion of the human body, Jesus challenged disciples to keep their eyes focused on Kingdom issues.
5. Jesus does not say “be like the birds” but rather “look at the birds.” Creation provides a means to reflect upon God’s providence, but not necessarily role models for human behavior. Other scripture passages highlight the human obligation to engage in productive work.

Why Are You Afraid?

Lesson 2

June 13, 2021

Lesson Scripture: Matthew 8:23-37; Mark 4:35-41; Luke 8:22-25

Focus Scripture: Matthew 8:23-37

Key Verse: He said to them, “Why are you afraid, you of little faith?” Then he got up and rebuked the winds and the sea; and there was a dead calm. Matthew 8:26

Lesson Goals

By the end of this lesson, students will be able to:

1. Understand how the disciples felt when a storm arose and Jesus was asleep in the boat.
2. Appreciate the calming presence of Christ during life's storms.
3. Act by faith knowing that God is always present during our good times as well as bad times.

Vocabulary

- **Swamped** – To cause a boat to fill with water and sink.
- **Faith** – To trust in God and be devoted to him.
- **Perishing** – To die because of harsh conditions.
- **Afraid** – To be fearful, terrified.
- **Rebuked** – To reprimand.
- **Obey** – To submit control under the authority of God.

Teaching Strategies

1. When we feel God is asleep in the midst of our life storms, what can we do? Pray; read scriptures that demonstrate God's power and love for us; meditate; listen to/sing praise and worship songs; talk to a friend; share with parents, the pastor, or church school teacher; etc.
2. Compare and contrast our scripture text with Jesus walking on water (Matthew 14:22-33). Discuss what the scriptures reveal about Jesus.
3. At the beginning of class after prayer, show a YouTube clip of the Titanic sinking (<https://www.youtube.com/watch?v=FSGeskFzE0s>). Say, "Life can make us feel like we are on a sinking ship. Jesus is our only hope!"

4. Make sure to emphasize that Jesus is Lord over not only the church but also all creation.
5. The storms that develop on the Sea of Galilee occur when cool air from the Mediterranean is drawn down through the narrow mountain passes and clashes with the hot, humid air lying over the lake.
6. Awe or praise was often expressed by those who witnessed the miracles of Jesus.
7. Luke agrees with Mark in representing Christ as stilling the storm before chastising the disciples for their unbelief. Matthew reverses the order. Probably the former are more exact in the order of events they follow; the rebuke for unbelief would have greater weight after the deliverance from danger.
8. Be sensitive towards youth who have experienced natural disasters and God did not answer their prayers to rescue family members, as well as them experiencing loved ones dying unexpectedly due to health issues, violence, car accidents, etc.
9. The Synoptic Gospels each portray the event as more than just a bad storm. Their situation was life-threatening. In Hebrew thought, the sea symbolizes the forces of chaos arrayed against God, which God brings into subjection (Genesis 1:2; Psalms 93:3; 104:6-9; etc.).

Junior Lessons

Summer Quarter: June – August 2021

Prepared by Rev. Dr. Christal L. Bell

Do Not Worry

Lesson 1

June 6, 2021

Lesson Scripture: Matthew 6:19:34

Focus Scripture: Matthew 6:25-34

Key Verse: “Do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’” Matthew 6:31

Lesson Goals

By the end of this lesson, students will be able to:

1. Encourage each other not to worry, but trust God.
2. Suggest questions that will encourage children to discuss why trusting God is better than worry.
3. Create a group definition of the word “trust.”

Word Power!!!

- **Reap** – Gather a crop or harvest.
- **Strive** – Make a great effort.

Teaching Strategies

Answer Key

1. Name a way that you can trust God more every day.
 - a. The answer should be something positive that is happening in their life.
2. What were the two things that were named in this scripture

that the writer used as an example of care?

- a. The two examples of things God cares for are: birds and lilies.
3. What does the word “trust” mean to you?
- a. There is no wrong answer. Invite the students to think of a time when they trusted someone. This can help them describe what the word “trust” means to them.

Resources: Paper, pencils, crayons (for drawing activities); download YouTube video “Don’t Worry Be Happy” by Bobby McFerrin (<https://youtu.be/d-diB65scQU>)

Why Are You Afraid?

Lesson 2

June 13, 2021

Lesson Scripture: Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25

Focus Scripture: Matthew 8:23-27

Key Verse: “What sort of man is this, that even the winds and the sea obey him?” Matthew 8:27

Lesson Goals

By the end of this lesson, students will be able to:

1. Explore a time when the students were scared and what calmed them.
2. Understand the storm scenario in the biblical text.
3. Encourage students to express their thankfulness.

Word Power!!!

- **Swamped** – Overwhelmed/overtaken with water.
- **Perishing** – Suffering greatly to destruction.
- **Rebuked** – To disapprove, criticize.

Teaching Strategies

Answer Key

1. What was Jesus doing when the storm came on the sea?
 - a. Jesus was asleep on the boat when the storm came.
2. When the storm came the disciples went to sleep. (True or False)
 - a. False.
3. Write three things you are thankful for and share them with a family member.
 - a. Encourage students to write three things by sharing three things you are thankful for.

Resources: Paper, pencils, crayons (for drawing activities); phone (optional) for recording