

Ignite: One Day at a Time

Objective: By the end of the lesson the student will understand why living in the present is so important.

Bible Verses:

Matthew 6:31-34

I Corinthians 15:50-53

Psalms 90:12

Mark 6:30-32

Ecclesiastes 3:1-8

Psalms 118:24

Romans 8:28

John 9:4

Essential Question? Why is it unwise to worry about the past and the future? *Teacher*

Note: Get the students to address the questions and flip chart their responses.

Opening:

Read Matthew 6:31-34. As Christians should we be worrying about things? Why or Why Not?

Teacher Note: Make sure all scriptures are read out loud in the class by student volunteers.

All of us at one time or another have limited our present experience due to concern about things that have happened in the past. At other times we worry too much about what might happen in the future. If we are truly relying on God we should not have all these concerns because our faith in God helps us realize in the end it will all work out (Read I Corinthians 15:50-53).

Content:

In order to quit worrying about the past and the future we need to meditate more on the only thing we have, the present. We need to be better stewards of our time. Psalm 90:12 can help us understand this. If we reflect on the fact we have a limited amount of time this should motivate us to make the most of the present moment.

Jesus also wants us to use our time wisely. Sometimes we can get caught up in the present moment and forget we need to rest and relax. Notice in Mark 6:30-32 Jesus helps the disciples realize there is a time to recharge your batteries.

Have the class read Ecclesiastes 3:1-8 and discuss what it means to them.

How should we be managing our time in a typical day. Perhaps we should start the day with prayer to get off on the right foot (Read Psalm 118:24). What are some things we should be praying about each and every day? By praying to God each day we will maintain our

relationship with God. Knowing we are in relationship with God should help limit the worry we have about the past and the future (Read Romans 8:28). We should also be planning to do some type of good work each day. How can we help our teacher or other students at school each day? How can we help our family members each day? How can we help ourselves each day? *Teacher Note: Get the class to respond to these questions.*

Let's read John 9:4. How does this scripture relate to some of the things we have talked about today? One great way to be more mindful of your time and focus on your goals is to use a daily schedule or planner.

Independent Practice:

Have the students break into groups and discuss how many of them are using daily planners or schedulers either online or hard copy. Show some examples of either hard copy or electronic (phone/computer) schedulers and planners. Pass out some paper and have the students do a weekly plan. Discuss the pros and cons of what they come up with.

Close/Reflect

Read this poem to the students and ask them to reflect on what they get out of it

Do It Now!

by *Anonymous*

If you've got a job to do,

Do it now!

If it's one you wish were through,

Do it now!

If you're sure the job's your own,

Do not hem and haw and groan--

Do it now!

Don't put off a bit of work,

Do it now!

It doesn't pay to shirk,

Do it now!

If you want to fill a place

And be useful to the race,

Just get up and take a brace--

Do it now!

Don't linger by the way,

Do it now!

You'll lose if you delay,

Do it now!

If the other fellows wait,

Or postpone until it's late,
You hit up a faster gait--

What final comments or questions does anyone want to share on this topic?

Sources: The Zondervan 2000 Pastor's Annual, by T.T. Crabtree, (Grand Rapids: Zondervan Publishing House, 1999).