

Lesson 1 / March 1, 2020

# Know Who You Follow

By Nance Keyes

for use as  
**STEP 1**

**Lesson 1****Focus:**

We follow Jesus  
because we know Him.

**Lesson 1****Bible Basis:**

John 10:1-6, 14;  
Psalm 23

**Lesson 1****Memory Verse:**

The LORD is my shepherd, I lack nothing. He  
makes me lie down in green pastures, he  
leads me beside quiet waters.—Psalm 23:1-2

**Students will watch a video about a misguided high-speed chase as they consider what they know about those they follow.**

**Materials:**

Internet access

The driver of a stolen black sedan led the authorities on a high-speed chase through Anaheim, CA. News helicopters from a few stations followed the car, narrating the driver's actions, and bringing the chase to live television. Here are a couple of short clips from different news stations about the confusion in trying to follow the suspect:

Show the following video [:48]:

The KTLA News Chopper Accidentally Started Following The Wrong Vehicle Mid Car Chase

<https://digg.com/video/ktla-car-chase-wrong-driver>

Show the following video from another part of the chase [3:53]:

<https://dcc-web-1.s3-us-west->

[2.amazonaws.com/RLD+Assets/WHAT+JUST+HAPPENED\\_+Did+CA+police+chase+suspect+make+car+switch.mp4](https://dcc-web-1.s3-us-west-2.amazonaws.com/RLD+Assets/WHAT+JUST+HAPPENED_+Did+CA+police+chase+suspect+make+car+switch.mp4)

**The stolen car was a black Toyota Camry. News reporters accidentally shifted focus and followed a black Chevrolet Impala.**

➤ **What could those news reporters have done to ensure they were following the right car?** (Answers will vary but might include: They should have known exactly what a black Toyota Camry looks like from a helicopter's view; paid closer attention to what the driver looked like; known if there was a passenger in the car; slowed the pace of their reporting to take time to make sure they knew who they were following, etc.)

**A high-speed car chase on a busy freeway may be tricky for helicopter reporters to follow, especially when the car disappears briefly under an overpass or when the view is temporarily blocked by larger vehicles or buildings. The fact that there are a lot of black sedans on the road made the news stations' mistake somewhat understandable, but if they**

**had known exactly what they were following, they might have had more success following the right car.**

**How well do we know those we follow? Enough to be sure we will not make similar mistakes?**

➤ **Who would you follow to find the way to the cafeteria in a new school, and why: Someone in a cafeteria worker's uniform or a student who you heard is known for pranks?** (We can be sure the cafeteria worker knows where to find the cafeteria and is less likely to mislead a student.)

➤ **Who would you follow when feeling pressed to join the crowd, and why: Peers whose actions are sometimes questionable or peers whose values you are familiar with and respect?** (Peers whose values we are familiar with and respect, perhaps because we know their actions align with our values.)

➤ **Have you ever followed without knowing enough about who or what you were following? What was that experience like for you?** (Answers will vary; be prepared to share your own experience.)

➤ **Who are some people that you know well enough to feel comfortable following their advice, guidance, or example?** (Answers will vary but may include parents, your minister, specific friends, etc.)

**It would be great to know who we are following well enough to never accidentally lose focus or follow another by mistake. Let's see what Jesus says about the connection between knowing and following Him.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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# Know Who You Follow

 for use as  
**STEP 4** 
**Lesson 1****Focus:**

We follow Jesus  
because we know Him.

**Lesson 1****Bible Basis:**

John 10:1-6, 14;  
Psalm 23

**Lesson 1****Memory Verse:**

The LORD is my shepherd, I lack nothing. He  
makes me lie down in green pastures, he  
leads me beside quiet waters.—Psalm 23:1-2

**Materials:**

- Internet access
- Bibles
- Origami paper or colored paper squares (any size)
- White paper or cardstock
- Scissors
- Pens or thin markers
- Optional: Magnetic tape (self-adhesive)

Before class, you might want to familiarize yourself with this folding activity using this video. If you opt to show it to your students rather than giving your own instructions, be sure to stop and start the video after each step to be sure no student gets left behind or doesn't fully understand [1:49]:

Paper Photo Frame

<https://youtu.be/afQKL1pyWnw>

**Getting to know Jesus is just like getting to know any friend.**

➤ **How do you get to know new friends?** (Answers will vary but should include: Spend time with them; talk with them; find out about their interests, their family, etc.)

**We talked earlier about ways to get to know Jesus—can you remind me what some of those are?** Allow your preteens to talk about spending time with Him, reading the Bible, being anxious to find out more about Him at church, talking to Him, etc.

**To help us get to know Jesus more, we are going to make frames to hold this week's memory verse. We will use this as a reminder to pause and pray, asking for help to know Jesus the way Psalm 23 describes Him.**

Distribute supplies. Guide the students through folding a paper photo frame. If you opt to show the tutorial to your students rather than giving your own instructions, be sure to

stop and start the video after each step to be sure no student gets left behind or doesn't fully understand [1:49]:

Paper Photo Frame

<https://youtu.be/afQKL1pyWnw>

Rather than inserting a photo when the frame is complete, have your students write the memory verse on a piece of paper or cardstock that they cut to fit the frame. Be sure they only write the verse in the area that will be showing. Show them how to insert the verse into their paper photo frame. If desired, give each student a small piece of self-adhesive magnetic tape to affix to the back of their photo frame so that it can be used as a refrigerator or locker magnet.

Read the memory verse as a class: "The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters" (Psalm 23:1-2).

➤ **What do those verses reveal to us about Jesus?** (He is our shepherd; He provides all we need; He keeps us safe and at peace; He leads us.)

**Place the frame wherever you will see it most during the week. Each time you see it, read the verse and pray for God to help you know Jesus the way a sheep knows its shepherd.**

Close in prayer asking God to help us know and follow Jesus more.

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