

Use “The Scene” to introduce “Following the Blueprints” the Young Teen Sunday school lesson for February 9, 2020. The lesson is found on page 69 of *Young Teen Teacher* by 21st Century Christian.

the SCENE

Viewing the latest news through the lens of Scripture

It’s February—time for everyone to reevaluate those New Year’s resolutions and commitments to get healthy, eat better, and exercise more. And maybe that means it’s time to invest in some new healthy sort of technology. Certainly, there’s plenty to choose from!

You could, for example, buy a Peloton or a Hydrow. Peloton is the futuristic-looking exercise cycle that comes with streaming classes, featuring a trainer who will urge you onward and upward to meet your fitness goals. Hydrow is a super high-tech rowing machine designed to make you actually feel as though you are rowing on a river.

Or you could opt for something more old-school-meets-new-school, like red light therapy. If you have enough money, you can even buy a whole red light wall for the low, low price of \$949.00. Red light is supposed to boost energy, skin appearance, and sleep while reducing stress, inflammation, pain, and body fat.

But then again, you could save your money and a lot of budget stress by just riding an actual bike or rowing a real boat or spending some time walking or running in the sunshine.

As students arrive, give each of them a copy of the above news story to read. After all teens have had the opportunity to read the article, discuss it in this way:

Would you rather exercise out in the world or at a gym or on equipment in your own home? Why?

What kinds of things do you do to stay healthy?

Do you think it’s easier to exercise when you exercise with a group of people or by yourself? Explain.

We all have our own ideas about how to be healthy. In this lesson, we’ll look at the first church and see what practices they put into place to make sure they stayed spiritually healthy.

