

Help Wanted

By RLD Editorial Team

for use as
STEP 1



Lesson 9

Focus:

The Holy Spirit helps us beat sinful habits.

Lesson 9

Bible Basis:

Romans 8:1, 5-11, 14-17, 26-27

Lesson 9

Memory Verse:

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us. — Romans 8:26a

Your teens will realize their need for help when overcoming sinful behavior by relating to the metaphor of another unwinnable situation.

Materials:

- Internet access

Begin today's lesson by discussing with your class some situations in which the odds are not in their favor.

- **How many of you have ever been in a situation where you felt like you were set up for failure? What did this look like?** (Allow a few students to share their experiences with the class; be prepared to share your own. Some examples for discussion are pop quizzes, claw arcade machines, or mismatched sporting opponents.)

Whether you call it a **Catch-22**, **Lose-Lose**, or a **Kobayashi Maru** (pronounced ko-bah-YAH-she MAH-roo), the idea of an **unwinnable situation** is something with which we are all familiar. The **Kobayashi Maru** is a training exercise in the **Star Trek** universe designed to test the character of **Starfleet Academy** cadets when they are in a **no-win situation**. Let's take a closer look at this exercise.

Share the following video with your students [6:25: stop after 3:35]

Title: Passing the Kobayashi-Maru Test

Source: YouTube

URL: https://www.youtube.com/watch?v=zdTfyKkaQ_Y

Short Description: Setting up of a Kobayashi Maru test and what the results are in two scenarios.

- **How would you try to get through this test? What do you need to take into consideration?** (You would need to weigh the importance of rescuing the more than 300 lives on the other ship versus breaking a treaty. You would have to decide which is more important.)

As we'll learn in today's lesson, in our own strength, our fight against our sinful nature and habits looks a lot like trying to pass a Kobayashi Maru—impossible. Thankfully, there's Someone on our side who has already mastered life's controls. Let's take a look at how the Holy Spirit can help us beat our sinful habits.

Additional resources:

Title: Kobayashi Maru

Source: En.Wikipedia.org

URL: https://en.wikipedia.org/wiki/Kobayashi_Maru

Short Description: Explanation of the phrase Kobayashi Maru (a Star Trek reference to a no-win scenario)

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

Help Wanted

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STEP 4 

Lesson 9**Focus:**

The Holy Spirit helps us beat sinful habits.

Lesson 9**Bible Basis:**

Romans 8:1, 5-11, 14-17, 26-27

Lesson 9**Memory Verse:**

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us. — Romans 8:26

Materials:

- Index cards or paper
- Pen/pencil

Through the sacrifice of our Savior, we can be rescued from sin; however, we are still susceptible to sin's temptations. As today's lesson discussed, the key to beating our sinful habits lies in the power of the Holy Spirit. In order to access the Spirit's guidance, we must learn how to listen and respond when He is trying to communicate with us.

The Holy Spirit is the most powerful Being there ever was or will be; however, He often chooses to speak in a way that few take notice of. For many, the thoughts and desires of our own minds block out our ability to receive the information we so desperately need. Because of this, we need to practice putting ourselves in a place in which we can hear and respond to the guidance of the Spirit. But the more we spend time on our relationship with God, the more we are open to listening to God.

One way in which to do this is to take time to learn and practice different spiritual disciplines. Spiritual disciplines are ways to practice spending time with God. Spending time with God helps to beat sinful habits.

Spend the rest of the time talking through the following spiritual disciplines. You could write them on a board if you are meeting together. Or, write them on a document and share your screen if you are meeting on-line.

- **Reading God's Word** – Go away by yourself, find a quiet place without distraction, and spend time reading God's Word. What is it saying to you?
- **Journaling** – Reflecting on God. How do you see God in the everyday moments of your life? What hopes, dreams, emotion, and fears do you have? You can share those with God.
- **Scripture Memory** – What verses and passages speak to you? Write them down and practice learning them. Be open to knowing a verse when it pops into your head in a situation.
- **Prayer** – Spend time talking to God. What is in your heart to share with Him: worries fears, praises, thanks, etc?

Ask students to write down which of the spiritual disciplines they want to work on during the week. Encourage them to also write down the different questions as well as the definition.

Finally, challenge your students to use this coming week to identify the sinful habits from which they personally need to be rescued. When tempted to sin, encourage them to abstain from engaging in this sin and, instead, replace this time with their chosen spiritual discipline, praying for guidance from the Holy Spirit.

Close with a prayer thanking God for the power of the Holy Spirit to deliver us from sinful habits. Ask for strength for you and your students this week to allow the Holy Spirit to minister to you through time in His Word and contemplation.

Building new habits is hard work. Be sure to text or email your students during the week to encourage them with practicing their spiritual discipline.

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