

Man Up Bible Study

Courage

Read **2 Chronicles 26:1-6, 16-21**.

Talk thru the story:

Uzziah was king of Judah. This meant that he was the big boss of the entire country! The king made all the rules and everyone had to obey him. At first Uzziah followed God and did what was right, but after he became powerful, Uzziah became proud. He decided that he didn't have to obey God's rules and chose to go into God's holy temple to burn incense. (This was a job God had given to the priests and only priests were to do it.)

Azariah the priest, along with 80 other priests, went to tell King Uzziah that what he was doing was wrong. It took courage for them to do this because the king had the power to order anyone who angered him to be put to death. King Uzziah did get very angry. As he was raging at the priest, leprosy (a horrible skin disease) broke out on his skin. God had sent the leprosy. King Uzziah had to live alone for the rest of his life because he had leprosy; he could no longer be around other people or go into any part of the temple to worship God.

It's important to remember that it is God's job to judge (Romans 14:9-11, 1 Corinthians 4:5), while it is our job to encourage others to do right (1 Thessalonians 5:10-15).

Galatians 6:1 explains that when we correct another person, we are to do it in a gentle way. This means that if we are confronting wrongdoing, we need to speak quietly and politely. For example, if your friend suggests that you not allow your little brother to play with you, you could say, "Let's remember to be kind. The Bible says we are to treat others as we want to be treated ourselves." That would be much better than yelling, "You're being mean!"

Confronting wrong can also be easier if we support each other in standing up for what is right, like the priests did. If another child points out that someone is doing something wrong, you can support them by simply saying, "I agree with you; it's important to follow God's rules."

At times, there may be other children who make fun of you for choosing to follow Jesus and doing what is right. These are the times that you can remember that Jesus had people hurt Him too. He helps us feel joyful when things are hard by giving us His Holy Spirit.

Discuss these 5 attributes of courage:

1. Feeling Fear Yet Choosing to Act
2. Persevering in the Face of Adversity
3. Expanding Your Horizons; Letting Go of the Familiar
4. Standing Up For What Is Right
5. Facing Suffering with Dignity or Faith.

Have the kids look up the following verses and read them to the group. Take time to discuss each verse and talk about how it relates to the 5 attributes of courage.

Have the kids look up the following verses and read them to the group. Take time to discuss each verse and talk about how it relates to having courage.

Romans 14:10 “You, then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God’s judgment seat.”

1 Thessalonians 5:11 “Therefore encourage one another and build each other up, just as in fact you are doing.”

1 Thessalonians 5:15 “Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.”

Galatians 6:1 “Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”

Questions for discussion:

1. What did King Uzziah do that was wrong?
2. Who was courageous enough to tell the king that he was sinning?
3. Did God support them when they confronted the king for doing wrong?
4. When might you have to confront someone who is doing something wrong?
5. What is the best way to confront wrongdoing?

Read **Acts 27:13-26**.

Talk thru the story:

Paul was being held prisoner because he was telling people about Jesus. It was decided that Paul would take a journey on a ship, from Caesarea to Rome where he was to be put on trial. Paul was to take the trip on a big ship, along with other prisoners and the sailors. After they had gone a short distance, the weather did not seem good for travelling and Paul advised the ship's crew to spend the winter in a town called Crete. They did not listen to Paul, but sailed on. A storm the strength of a hurricane came along. The wind was so powerful that the sailors passed ropes around the ship to keep it from breaking apart. The raging water and winds continued for so long that many men on the ship gave up hope of ever being rescued or surviving. Despite the fact that the storm kept up, Paul told the people on the ship to keep up their courage and have faith that God would rescue them. Paul said this because an angel had visited Paul during the night and told him that he would stand trial in Rome. On the fourteenth night of the storm, (two weeks after it began!), the sailors finally sensed the ship was approaching land. They had come upon an island. Although the ship was wrecked, all the people remained safe. God had rescued them, just as the angel had foretold. The word courage is part of the word "encourage." The word courage is also part of the word "discourage." We can encourage others by telling them that God cares for us. We can get discouraged ourselves when we stop trusting God and think about how frightening the situation we are in seems. We can discourage others by talking about the things they fear or teasing them, instead of encouraging them to trust God and reminding them of His love for us. The Bible tells us that we can be confident that God cares for us.

Questions for discussion:

1. Have you ever been out in a boat when there was a storm?
2. Can you imagine what it would be like? How would you describe it?
3. What might you be thinking?
4. Can you think of something that is as scary as a storm?
5. In the story, how bad was the storm?
6. How did God encourage Paul?
7. What did Paul tell the others on the ship to encourage them?
8. How can we discourage others when they are frightened?
9. What can we do or say to help others keep up their courage?
10. Your parents keep you safe, but who else watches over you?

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Have the kids look up the following verses and read them to the group. Take time to discuss each verse and talk about how it relates to the 5 attributes of courage.

Psalms 121:1-8 “I lift up my eyes to the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep. The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm – He will watch over your life; the Lord will watch over your coming and going both now and forevermore.”

Psalms 23:4b “I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

Psalms 91:14 “ ‘Because he loves Me,’ says the Lord, ‘I will rescue him; I will protect him, for he acknowledges My name.’ ”

Isaiah 40:11 “He tends His flock like a shepherd: He gathers the lambs in His arms and carries them close to His heart; He gently leads those that have young.

Man Up Bible Study **Honor**

Role Playing Honor: After a few minutes, explain to the kids that you will work together to discover what the word “HONOR” means. Ask for several volunteers to act out the following roles. As each child comes forward read the following text - explain the meaning of honor. This is where the optional props are used. (allow for response)

- Soldier: *When an army soldier comes into a room what hand signal do people sometimes make? (allow for response) Let's all stand and salute this soldier. This salute is a way to show honor and means that we know that soldiers are important people who risk their lives to keep us safe.*
- Pastor: *When a pastor begins to pray what do people normally do with their hands and eyes?(allow for response) Let's all close our eyes & fold our hands like this pastor is leading us in a prayer. Our folded hands and bowed eyes show respect for the pastor & for God during prayer. This is like saying with our body that our pastor is an important person who helps use to know God better.*
- Teacher: *What are you supposed to do in your classroom to answer a question your teacher asks? (allow for response) Let's all raise our hands together like we have an answer for this teacher. When children raise their hands this shows honor for the teacher because they have an important job helping you to learn.*
- Judges: *What do people in a courtroom do when a judge walks into the room? (allow for response) Let's all rise to show the importance of this judge. This standing up lets everyone know that judges have important work helping the world to be a more fair place.*
- Friend School: *What do you do with your hand when you see your friend across the park. (allow for response) Let's all wave to our friend together. When we wave our hand it shows that we're happy to see our friend. It means our friend is important because we like to be around them.*

Thank the volunteers for helping act out the characters and allow them to return to their seats.

Defining Honor: Explain to the children in your own words how *honor means acting out that someone else is important*. It starts with an attitude but it's also something that comes out in the way we behave around toward that person.

3 way to show Honor:

1. Treat people as special
2. Doing more than what's expected
3. Having a good attitude

Is Honor the same as Respect?

When we think about honor, they often restrict their thinking to respectful behavior, being polite, courteous, and having good manners. This is a rather narrow understanding and is only a small portion of what honor actually is. Respectful behavior, although a subset of honor, is incomplete in and of itself.

Susie learned manners at an early age. "What a nice girl," people would say. Susie learned acceptable behavior but as she grew older she rebelled against the rules, finding them empty and overly restrictive. Respect is not enough.

Honor comes when you recognize a person's worth or value. Respect focuses on behavior, doing the appropriate thing, whereas honor comes from the heart. Respect acknowledges a person's position, while honor attaches worth to that person. Respect teaches manners and proper behavior in the presence of others. Honor teaches something deeper, an appreciation of that person.

Respect can become an outward technique to make a us look good to others, but honor builds the hidden bonds that provide great strength and long-lasting unity. It's one thing to obey the crossing guard out of respect for his position. It's yet another to show honor to him because you know him as a friend.

Although we're making a contrast between respect and honor, don't assume that honor is good and respect is bad. Both have their place. When children are young, they learn respectful behavior, but as they grow older, they can develop a heart response of honor as well. It's good to teach respectful behavior but it's important that you not stop there. Honor adds a deeper dimension to relationships.

Honor deals with meanness in relationships. Honor does a job thoroughly and with a good attitude. Honor looks for what needs to be done before being asked. All children (and adults) need to learn honor.

Read Acts 7: Jesus honors Stephen by standing:

⁵¹ "You stubborn people! You are heathen at heart and deaf to the truth. Must you forever resist the Holy Spirit? That's what your ancestors did, and so do you! ⁵² Name one prophet your ancestors didn't persecute! They even killed the ones who predicted the coming of the Righteous One—the Messiah whom you betrayed and murdered. ⁵³ You deliberately disobeyed God's law, even though you received it from the hands of angels."

⁵⁴ The Jewish leaders were infuriated by Stephen's accusation, and they shook their fists at him in rage. ⁵⁵ But Stephen, full of the Holy Spirit, gazed steadily into heaven and saw the glory of God, and he saw Jesus standing in the place of honor at God's right hand. ⁵⁶ And he told them, "Look, I see the heavens opened and the Son of Man standing in the place of honor at God's right hand!"

⁵⁷ Then they put their hands over their ears and began shouting. They rushed at him ⁵⁸ and dragged him out of the city and began to stone him. His accusers took off their coats and laid them at the feet of a young man named Saul.

⁵⁹ As they stoned him, Stephen prayed, "Lord Jesus, receive my spirit." ⁶⁰ He fell to his knees, shouting, "Lord, don't charge them with this sin!" And with that, he died.

1. Who said that believers would suffer? Jesus
2. Who was a man full of God's grace and power? Stephen

3. Why couldn't Stephen's enemies win their argument against him? They could not stand up against his wisdom or the Spirit by whom he spoke.
4. When the Sanhedrin looked at Stephen's face what did they see? A face of an angel.
5. Why did Stephen tell his enemies about God's history with the Jews? He was reminding them that the Jews have always rejected God's servants and they have rejected and murdered Jesus.
6. How was Stephen able to be bold to speak the truth to his enemies? The Holy Spirit gave him courage.
7. What did Stephen tell the crowd he saw? Jesus standing at the right hand of God.
8. What did the enemies do to Stephen? Stoned him.
9. How can this lesson help you this week to stand up for Jesus?
10. How did Jesus honor Stephen?

Have kids look up the following verses and talk about how they relate to honor. 3 ways to show Honor: Treat people as special, Doing more than what's expected, and Having a good attitude.

2 Timothy 2:20-21

But in a great house there are not only vessels of gold and silver, but also of wood and clay, some for honor and some for dishonor. Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

1 Samuel 2:30

Therefore the Lord, the God of Israel, declares: 'I promised that your house and the house of your father should go in and out before me forever,' but now the Lord declares: 'Far be it from me, for those who honor me I will honor, and those who despise me shall be lightly esteemed.'

Romans 12:9-13

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.

Hebrews 13:18

Pray for us, for we are sure that we have a clear conscience, desiring to act honorably in all things.

1 Peter 2:17-19

Honor everyone. Love the brotherhood. Fear God. Honor the emperor. Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust. For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly.

1 Corinthians 6:20

For you were bought with a price. So glorify God in your body.

Man UP Bible Study

Righteousness

Object lesson: Start the class by holding up two identical hearts cut from red construction paper. Have a little cup of water nearby, and splash some water on one of the hearts. Ask the kids what happened to the heart when it got wet. Point out how the paper is all bubbly and ruined now. Take the other red heart and wrap it in foil. Write with an unsharpened pencil (or crayon- just to make an indentation) without tearing the foil, "I trust Jesus". Sprinkle water on this heart and ask the kids what happened. Point out that the water just rolled right off and the red heart underneath is not ruined.

Read Ephesians 6:10-20 Verses 10-20 tell us about special weapons and tools that we need to be strong in the Lord. We are going to explain each of these in simple terms to begin to lay a foundation that a strong Christian actively uses spiritual tools to fight against Satan, our enemy, and pursues righteousness and the glory of God.

When you commit to following Jesus, He takes away your sin and gives you His goodness (another word is righteousness). When Jesus lives in you and you have His righteousness, the bad ways of the world don't hurt you.

The breastplate of righteousness is the tool God has given us to protect our hearts from being damaged or hurt by bad things in the world. It is like a shield that won't let arrows through to stab our hearts. Just like the aluminum foil didn't let the water ruin the red heart, if we trust in the goodness of Jesus and not our own goodness, we will be strong in the Lord. Satan can't make us feel bad or make us think that God doesn't love us, because we have a special tool that God has given us. It is the breastplate of righteousness.

Just like a soldier who wears his armor to protect him in a battle, God has given each of his children some important tools and weapons to help them be strong. Wearing a shield (or breastplate) over your heart is one of the most important things you can wear. If the enemy can get to your heart, what can happen? You can be seriously wounded and even die. If you don't believe that Jesus' righteousness (or goodness) is enough to get you into heaven, then you will always be doubting in God's power and that will make you a very weak Christian. A strong Christian wears His armor, the belt of Truth and the Breastplate of Righteousness. He believes that God's Word is true and that the goodness of Jesus makes him God's child and Satan can't change that.

Why did Jesus die on the cross? (to forgive our sins) When your sins are forgiven, the black sin of your heart is washed clean and your heart is as white as snow. When that happens, you are right with God. This means not only will you be with Him in heaven one day, but that you have His righteousness and goodness. You have the power to say "NO!" to Satan and to stop sinning. You can't be hurt by the lies and bad things of the world if you are safe behind the shield that God's righteousness gives you. If you ever feel that God doesn't love you or that you are bad, remember the tool that God gave you to protect you: The Breastplate of Righteousness!!

Read **Numbers 22:21-39**.

*Background: Balak was king of Moab at the time that the Israelites were moving into the Promised Land – the new home God was giving them. Balak had seen how Israel was defeating all of the armies that tried to fight against them and all of the people of Moab were terrified that they were going to be the next nation that Israel would conquer (**Numbers 22:2-3**). Balak knew of a man named Balaam who could be paid to come and put a curse on your enemies. Balak hoped that if Balaam cursed Israel, Moab would win a war against them (**Numbers 22:1-20**).*

Balak sent for Balaam, because he knew that Balaam accepted money to put curses on people or on nations. God was angry when Balaam prepared to visit Balak. God sent an angel of the Lord to stand in the road and block the way. Balaam's donkey saw the angel standing there, holding a drawn sword, so she turned off the road and went into a field instead. Balaam beat the donkey to make her go back on the road.

Next, the angel stood where the road went between the walls of two vineyards. Again, the donkey saw the angel and this time pressed up against the wall, crushing Balaam's leg. Balaam beat the donkey again. Finally, the angel stood in the road where there was nowhere for the donkey to turn, so the donkey laid down. Balaam beat her again.

God opened the mouth of the donkey and she spoke to Balaam, asking what she had done to deserve to be beaten three times. Balaam told his donkey that he was so angry that he would kill her if he had a sword (**Numbers 22:29**). Then the donkey reminded Balaam that she had been a very reliable donkey and didn't usually behave this way. At this moment, God opened Balaam's eyes and he saw the angel of the Lord standing in the road with a sword drawn. Balaam realized he had sinned and told the angel he would go back. The angel gave Balaam permission to go and see Balak, but the angel told Balaam only to say what the Lord told him to say. Even though Balak had planned evil against Israel through Balaam, God chose to protect Israel.

Balaam had a bad reputation. He was known for accepting money to do evil against others. The Bible says that Balaam "loved the wages of wickedness" (**2 Peter 2:15**). God knew Balaam's heart and his plans to do evil against Israel, so He used an angel and His great power to protect Israel. The Book of Proverbs says that even children are known by their actions – whether the things he or she does is right or wrong (Proverbs 20:11). What we are known for is called our "reputation." God knows our hearts and if they are right and pure, but people, who cannot see into our hearts, know us by our actions.

*Epilogue: Balaam made it clear to Balak that he could only speak God's words. Three times Balak asked Balaam to curse the Israelites, and three times Balaam spoke only the words of blessing that God allowed him to speak (**Numbers 23-24**).*

Questions for discussion

1. Why do you think Balak sent his princes to go and get Balaam?
2. Who saw the angel of the Lord the first time? And the second time? How about the third time?
3. What did Balaam do to the donkey each time it tried to avoid the angel?
4. What did God do to get Balaam's attention?
5. What would you think if an animal started talking to you?
6. Would you answer it?
7. What is a "drawn sword"?
8. If you saw an angel holding a sword up ready to strike, what would you do?
9. Was Balaam known for doing right or for doing wrong?
10. Are there kids you prefer not to be around because you know they will cause trouble?
11. Do you know any kids who are known for doing right?
12. What do you think you are known for?
13. What would you like to be known for?

Relevant Scripture

Joshua 24:9-10 "When Balak son of Zippor, the king of Moab, prepared to fight against Israel, he sent for Balaam son of Beor to put a curse on you. But I would not listen to Balaam, so he blessed you again and again, and I delivered you out of his hand."

Proverbs 12:10 "The righteous man cares for the needs of his animal, but the kindest acts of the wicked are cruel."

Proverbs 20:11 "Even a child is known by his actions, by whether his conduct is pure and right."

2 Peter 2:15 "They have left the straight way and wandered off to follow the way of Balaam son of Beor, who loved the wages of wickedness."

Proverbs 11:18 "A wicked person earns deceptive wages, but he who sows righteousness reaps a sure reward."

Proverbs 11:20 "The Lord detests men of perverse heart but He delights in those whose ways are blameless."

Psalms 119:133 "Direct my footsteps according to Your Word; let no sin rule over me."

Man Up Bible Study

Self Control

Start the class off with this object lesson:

This exercise in simple science is designed to help children understand the importance of dealing with emotions before they get to the point of “boiling over.” This project should be done outside or in an area that is easy to clean up.

You will need soda in a clear bottle and a suitable place to make a mess

- Shake the bottle of soda up a lot. As you are shaking the pop, explain that life has its shake-ups, too. Life’s shake-ups are times when we feel a lot of pressure. For example, perhaps teasing from a sibling shakes you up; maybe it is feeling as though you’re not getting your fair share or being treated unjustly. Use examples of things that press your children’s buttons.
- Next, take the top off the bottle of soda and fizz from the bottle will fly everywhere. Explain that when we lack self-control, we are just like the bottle of pop. Just as the pop flying everywhere makes a mess, we make messes when we lack self-control. This Bible Study is to help us all MAN UP and have SELF CONTROL.

Read **Genesis 26:17-22**.

Isaac’s servants had moved into a new territory. Part of moving into new territory involved finding water for the flocks they were caring for. As Isaac’s men dug wells, the herdsman living in the new territory argued with them and kept claiming the wells as their own.

Instead of fighting back and fighting for the wells that were rightfully theirs, Isaac and his people just kept moving on and digging another well, until the herdsmen of Gerar left them alone. These men exercised self-control and didn’t fight for their rights. Isaac and his servants set a good example for all of us of what to do if someone picks a fight with you. The best thing to do is to walk away and keep the peace.

Questions for discussion

1. What do other kids do when they want to pick a fight?
2. How about your brother/sister?
3. How do you feel when someone says that something you own is his/hers?
4. What happened to Isaac’s servants?
5. What did they do?
6. How many wells did they have to dig before the herdsman of Gerar didn’t bother them?
7. What is the best thing to do if someone picks a fight with you?

5 ways to help us have self control”

1. Know the Consequences
2. Cool Down
3. Monitor Feelings
4. Communicate Clearly
5. Remove Temptation

Which of the above 5 ways to have self control do you need to use the most and why?

Read **Titus 2:1-12**. *As you read this passage, ask the kids to listen for the word “self-control.” Ask them to raise their hands when they hear it.*

Questions for discussion

1. Can you think of something you do that does not please God?
2. Have you ever wanted something so much that you had a tantrum when you were told you couldn't have it?
3. What is self-control?
4. Who needs to be self-controlled?
5. Why do we need to be self-controlled?
6. When are you most tempted to lose self-control?

Self-control is saying “no” to ungodliness (behavior that does not please God) and worldly passions (allowing things to be so important to you that they contribute to sinful behavior). The Bible indicates that everyone is to be self-controlled. When we choose to have the Holy Spirit live inside of us, God helps us to maintain self-control. Self-control is one of the fruits of the Spirit (**Galatians 5:22-23**). Ask God to help you remember to ask for help when you are tempted to lose self-control.

Psalm 141:3 “Set a guard over my mouth, O Lord: keep watch over the door of my lips.”

Proverbs 14:17 “A quick tempered man does foolish things, and a crafty man is hated.”

Proverbs 16:32 “Better a patient man than a warrior, a man who controls his temper than one who takes a city.”

Proverbs 17:27 “A man of knowledge uses words with restraint, and a man of understanding is even-tempered.”

Ephesians 4:26-27 “ ‘In your anger do not sin.’ Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

1Peter 5:8 “Be self-controlled and alert. Your enemy the devil prowls around looking for someone to devour.”

2 Timothy 1:7 “For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”

Questions for discussion

Read **Galatians 5:13-15** and **25-26** and ask the following questions:

- What kind of messes do we get ourselves into?
- Is it a mess when we hurt someone's feelings?
- What other messes can you think of?
- Would you rather live in a family where people encourage each other or devour each other?

Key concepts

When we do not use self-control, we end up “biting and devouring” each other, and “provoking and envying” each other. This is not God's plan for our lives. He would rather see us encouraging and building one another up. When we feel like fizzing all over everyone, it is time to get alone with God for a talk.

Help your children make plans for what they will do when they feel like they are going to lose self-control. Challenge your children to hold one hand in a fist and clamp the other hand over top of it, pretending that it is a bottle of pop ready to explode. In order to “keep the lid on,” he/she can come to a parent who will help them bring their frustration to God. As your children are able, have them go directly to God with their concerns.

Galatians 5:13-15 “You my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather serve one another in love. The entire law is summed up in a single command: ‘Love your neighbor as yourself.’ If you keep on biting and devouring each other, watch out or you will be destroyed by each other.”

Galatians 5:25-26 “Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.”

Hebrews 10:24-25 “And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another – and all the more as you see the Day approaching.”