

# HOW TO USE THIS RESOURCE

**Herd Junior High** are easy-to-use, engaging lessons that are geared toward middle school and junior high students. Bible-based and single-focused, they're designed to help everyone from volunteer leaders to experienced full-time youth workers quickly facilitate great discussions with clear takeaways and real-life application steps.

## I RESOLVE

### WHAT TO DO

1. **One handout / Two options:**
  - **SIMPLE:** Give everyone both front and back pages. Just print and go!
  - **CUSTOM:** Give students the back page. Keep the front page as a leaders-only resource so you can customize the opening question, teaching, and discussion prompts for your group's needs.
2. **Apply It:** Challenge students to get specific. Growth happens when we make a plan, then ask others to keep us accountable. You may want to choose a different student to personally follow up with after each lesson.
3. **End with prayer:** Each lesson ends with a different prayer method to help students continue thinking about how The Takeaway applies to daily life. Spend a few minutes walking through the prompts to make sure your students know what they need to do when they're on their own during the week.
4. **Plan your optional service opportunity:** Each set of 4 lessons comes with a service opportunity idea that helps students live out what they are learning. You pick the time and place that works best for your group!

### I RESOLVE SERIES OVERVIEW

#### Four lessons on godly resolve.

These four lessons will show what kind of resolutions Christ-followers make. Unlike the New Year's Resolutions that show up every January, Scripture gives us several examples of strong, godly resolve. Godly resolve is a commitment to God and his ways, powered by God. This series will challenge students to understand what resolve looks like, what Christ-followers resolve, and what to do when our resolve fails.

#### LESSON 1

Stay Strong

**SCRIPTURE:** Daniel 1:1–17

**THE TAKEAWAY:** Godly resolve helps Christ-followers stay strong when the world is against them.

#### LESSON 2

Drop Your Backpack

**SCRIPTURE:** Philippians 3:7–14

**THE TAKEAWAY:** The best resolution you could make is to know God more.

#### LESSON 3

Your People, My People

**SCRIPTURE:** Ruth 1:1–18

**THE TAKEAWAY:** Resolving to commit to God means you commit to God's people, too.

#### LESSON 4

Plugged In

**SCRIPTURE:** John 15:1–11

**THE TAKEAWAY:** We won't always keep our commitments, but Jesus will always keep his commitment to us.



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## STUDENT SERVICE OPPORTUNITY IDEA

### PARENTS' NIGHT OUT

Organize an event at your church where students provide free childcare to church families for an afternoon or evening so that parents can run errands or have time to themselves. Include students in the planning and running of the event, testing their resolve by asking them to make specific commitments. After the event, follow up with your students about how hard or easy it was for them to stay resolved by fulfilling their commitments.

## I RESOLVE SERIES OVERVIEW VIDEO

Remember to watch the series overview video to help you get the most out of the *I Resolve* series.

<http://vimeo.com/leadertreks/gear-up-i-resolve>