



Lesson 1: “A Healthy Club”

6-8 In-Person Crew Club Plan

<u>Key Teaching Point</u>	A healthy heart and a healthy crew club have healthy relationships with God and others.
<u>Materials</u>	<ul style="list-style-type: none">• A Bible• Pens or pencils• Handout 1, one copy per student• Handout 2, one copy per student• Index cards, one per student
<u>Scripture Passage</u>	“Do to others as you would like them to do to you.” Luke 6:31 (NLT)

Relate (20 minutes)

Welcome students to club with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

Icebreaker Options (Choose one.)

- Ask students to share a highlight or success from the week (a rose), a challenge or disappointment from the week (a thorn) and something they are looking forward to doing or experiencing (a bud).
- Let students take turns sharing how they’re feeling today using the Feelings Wheel (from the CKC Games Bag).
- Distribute a nutritious snack. As students are eating, ask, “What healthy foods do you like to eat? Why is eating healthy food important?”

Build relationships.

Never Have I Ever

Before the game begins, circle up the students. One student should begin in the middle



of the circle. The student in the middle of the circle should share something that they have never done before, starting their statement with the phrase *Never have I ever*_____. Students who have experienced or done the activity that was mentioned should step into the circle and take another spot on the outside of the circle from other students who have also stepped into the circle. If no students step into the middle after a statement is called, then the student in the middle should try again with another statement. If only one student steps into the middle of the circle after a statement is called, then that student becomes the new person in the middle of the circle. Students can take only spots that are at least one spot away from where they were originally standing.

Play a game.

“What’s Your Name?” Workout

Ask, “**What do you do to be healthy?**”

Take student responses.

There are a lot of things we can do to be healthy! One thing we do to keep our bodies healthy is exercise. We’re going to exercise together now!

Give each student a copy of Handout 1. Tell students that they will be decoding the names of their crew members using the key in Handout 1. Each student will select the name of another crew member without telling anyone and will spell that crew member’s name using the exercises that correspond with each letter. The rest of the students will guess the name that is being spelled. Once they have guessed correctly and identified who the crew member is, the crew member whose name was spelled will go next, selecting another crew member’s name and doing the corresponding exercises. Continue until everyone has had a turn.



Receive (20 minutes)

Hear God’s Word.

We are going to be talking about what it means to have a healthy heart. I am not talking about our physical hearts but about our spiritual hearts. What do you think or what have you heard about spiritual hearts?

Take student responses.

Our spiritual hearts allow us to love, to desire, and to feel. God gave us these hearts so that we would be capable of loving others and loving him, just as he loves us. Our hearts are also the place where we feel and experience his love for us.



Our hearts are healthy when they do what they were created to do: love God and love others. Keeping our hearts healthy is important because what we love ultimately shapes our behaviors, our attitudes and our thoughts.

“What do you love?” Journaling Activity

The following activity will illustrate to students how their loves and desires impact what they think and do.

Give each student Handout 2 and a pencil. In the first column, instruct students to begin by making a list of the people, places, things or ideas that they love, leaving a space between each item. Keep this question open-ended; the responses can be abstract or concrete.

After 2 to 3 minutes, instruct students to write down in the second column behaviors or actions they participate in that show their love for each item they list in the first column. Give an example: If a student records that they love their family in the first column, they may respond to this step by writing that they help their mom cook dinner or help their siblings with their homework in the second column.

Ask students: **What did you learn about yourself through this activity? How do the things you love impact your behaviors, actions, thoughts and attitudes?**

Take student responses.

Our thoughts and actions are shaped by our hearts, by what we love. Through this exercise, you may have discovered some new things that you love, or you may have discovered that you did not love something as much as you thought you did. Although we cannot see our spiritual hearts, we know what is in our hearts by our actions, our behaviors and our attitudes.

Our spiritual hearts, just like our physical hearts, function best when they are healthy. A healthy spiritual heart loves God and loves others. What would be the behaviors, actions, or attitudes of someone who has a healthy heart that loves God and loves others?

Take student responses.

God shows us in his Word, the Bible, what it looks like to have a heart that is healthy, a heart that truly loves God and loves others.

(Hold up a Bible for students to see.)



That is what we are going to be learning this year—how God wants to make our hearts healthy so that we can have healthy relationships with him and with others.

Engage and explore the story.

Show students a Bible. Invite them to share anything they might already know about the Bible.

The Bible is a collection of books written many years ago by people who listened to the voice of God and communicated his words to us. These books tell us the truth about God and about how he works in the world. It teaches us who God is and who we are, and all about his great love for us.

We refer to it as God’s Word. In Crossroads, we are here to learn God’s Word. This year, we’re going to be learning about the life and teachings of Jesus in the book of Luke.

Show students where the book of Luke is.

Next week, we will start hearing some stories about Jesus from the book of Luke, but this week, we are focusing on how to build a healthy crew club. That reminds me of an important command Luke writes that Jesus gave. You’ve probably heard it before. It sums up how we can have healthy relationships with one another here at club.

Look up and read Luke 6:31.

Do to others as you would like them to do to you. (NLT)

Discuss:

- **What does that mean?**
- **How does that affect the way we treat one another in this club?**

Another optional passage to look up: Colossians 3:12-14



Respond (20 minutes)

Apply God’s Truth.

We’re going to talk about how we can create a healthy Crossroads crew club.



What would a healthy crew club look like?

Take student responses.

What might happen if our crew club is not healthy?

Take student responses.

Creating a healthy crew club is important. Let's think of some ways we can commit to showing love and respect to God's Word and to one another this year.

Place a large sheet of paper or chart board where all crew members can see it. Write Our Crew Club Mission on the top. Take student responses and record the students' ideas on the heart.

Display the crew club mission in your meeting space for the rest of the year. Emphasize with your group that you need God's help and "all hands on deck" to accomplish this mission!

Sing and worship together.

Pick a song from the [Praise and Worship Guide](#), or choose one of your own. Incorporate movement into the songs whenever possible.

Pray together.

Prayer is talking to God. Prayer is an important way to build a healthy relationship with God. God uses prayer as a way to make our hearts more like his and to grow us closer to him.

What are some things you'd like to say to God or ask him for now?

Give each student an index card to write down their prayer requests. Give students two to three minutes to write down their requests, and then provide some time for students to share their requests with the group.

Close in prayer together:

Dear God,

We are here at Crossroads because we want to be healthy inside and out. Help us make our club fun, welcoming and respectful so that we can all learn and grow together.



Handout 1: What's Your Name? Workout



“What's Your Name?” Workout

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| A Jump up and down 10 times. | N Walk backwards 15 steps. |
| B Spin in a circle 5 times. | O Crawl like a crab and count to 10. |
| C Hop on one foot 8 times. | P Skip in a circle while counting to 20. |
| D Run to the nearest door and back. | Q Bend down and touch your toes 15 times. |
| E Count to five while you walk like a bear. | R Pretend to pedal a bike with your hands while counting to 15. |
| F Do 10 jumping jacks. | S Bob your head front and back 12 times. |
| G Hop like a frog 8 times. | T Flap your arms like a bird 15 times. |
| H Balance on your right foot and count to 10. | U Try and touch the clouds while counting to 10. |
| I Balance on your left foot and count to 10. | V Reach down and touch the ground for 20 seconds. |
| J March in place while counting to 10. | W Walk on your knees while counting to 10. |
| K Pretend to jump rope and count to 20. | X Do 5 pushups. |
| L Walk sideways 20 steps. | Y Run in place as fast as you can for 12 seconds. |
| M Pretend to shoot hoops 10 times. | Z Jump side to side 8 times. |



Handout 2: “What Do You Love?” Journaling Activity

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