

## **Lesson: “Jesus was Groomed in Poise”**

### **Theme:**

To assist teens to understand that Jesus, our Wayshower demonstrated four strengths that helped him live triumphantly, Poise, Perspective, Passion and Power. This lesson is on “Poise”.  
(by Jo Horn)

### **Intention:**

Help teens to understand the importance of being filled with the love, strength and power of God as Jesus taught in his demonstration of “Poise”.

### **Pre-session Activity:**

Have music playing, and encourage teens to talk especially if there are any new teens in the group. Use the “What If” questions to get the conversation going.

### **Welcome:**

Opening Circle-Have everyone say their name and an experience they have had this week.

### **Prayer:**

Read the Daily Word for the day.  
Say the “Unity Statement of Being” together.

### **Bible Verse:**

“Pray Without Ceasing” – Thessalonians 5:17  
Ask the teens what they think “Praying Without Ceasing” means.

### **Affirmation:**

“I am groomed with God’s love, power, protection and blessings”.

### **Introduce Topic**

Our world today is a very challenging time. In this country lawyers outnumber counselors ten to one. Prisons are going up faster than day care centers. Divorce courts require metal detectors before former spouses can face each other. War is raging in many parts of the world, people are fighting in the name of God. It seems that we have lost our sense of balance.

Unity is Practical Christianity that follows the teachings of Jesus. When we look at the life of Jesus we can see that Jesus saw himself as a teacher and a healer. What we also know is that Jesus was very much with the people and did not set himself apart. He did not dress in fancy robes, wear a crown, write books and have an autograph line, he didn’t heal all the sick people in the world. He didn’t go to the graveyards and raise everyone from the dead. His mission was very specific, he was a teacher and he came to teach and demonstrate how to live a better life. When we look at the strengths of Jesus that helped him live so triumphantly, we see he emulated Poise, Perspective, Passion and Power. The first strength, Poise – when we look it up in the dictionary it says, “being in a state of balance, composed, dignified, self-assured, steadiness, stability.” Jesus demonstrated and came to teach us “Poise”, how to live with one another and ourselves. Jesus knew how important it was to take time and get away from the crowd and connect and communicate with God. He used prayer, meditation and read scripture. This kept him in the state of balance. When he was tempted three times in the wilderness, he stayed in balance and strength and rejected the temptations and emerged triumphant.

**Story:** “Johnny came home from school to discover that his pet duck Harriet, had drowned in the backyard pond that Johnny had made for her. His parents were baffled by her drowning and took Harriet to the vet to find out what happened. After examination, the vet determined that her body was waterlogged. The duck did not groom herself properly. You see, ducks have to coat themselves with a special waterproofing oil that is produced beneath their wings. For some reason she didn’t so when she started swimming her feathers took on water and she sank like a stone.”

Just as ducks depend on a unique oil that allows them to be “in” yet not “of” the water, we too need to be “in” yet not “of” the world. Just as the duck grooms himself with oil for protection, Jesus groomed himself properly and he did this by immersing himself in scripture, especially Scripture that spoke of God’s Love. He spent time in prayer and meditation/ He basically put on the armor of God. He filled himself with God’s Love.

So we need to cover ourselves with a protective coating as we venture out into a world that is filled with many challenges. Many of us wouldn’t dream of going to the beach without sunblock, but we will go for days without our spiritual protective coating.

**Discussion:**

Jesus read and repeated Scripture to himself and was covering himself with the Holy Anointing Oil of God’s Love and strength. He went apart and groomed himself properly.

***Questions*** - What protective coating do you apply every day? (write answers on flip chart)

- What protective coating could you apply every day? (write answers on flip chart)  
(examples, reading Daily Word, reading books that promote our spiritual growth, books with prayers and meditations, affirmations, create image page with affirmations/pictures/phrases, Prayers such as Prayer for Protection, Prayer of Faith, Unity Statement of Being.  
Also, you can carry an object which reminds you to come back to your center.

- How important do you think it is for us to take time away as Jesus did?

So the idea of using these different techniques is to help us on a daily basis to be “Poised”, balanced, composed, self-assured so we are better equipped to face whatever challenges might come our way. We also use the term prayed up, which means to get our mind and heart in alignment with God.

**Objects for Distribution**

Ahead of time, collect a variety of different objects such as shells, crystals, and stones and have them in a basket. Have the teens choose one and tell them that these objects are for them to keep as a “Bell of Mindfulness”. In other words, keep this with them and it is something they can hold in their hand to remind them to come back to their center when they are in a challenging situation.

**Love Offering:**

**“Divine Love through me Blesses and multiplies all that I have, all that I give and all that I receive.”**

**Closing Prayer:**

**Dear Mother/Father God, guide me with the renewal of my heart and mind in You. Help me remember to take Your words of love and power and protection and blessing and groom my mind and heart with them, so that I may think the thoughts of the Christ, feel the love of the Christ and speak the words of the Christ in my every action. Help me cover myself with the oil of Your love so that I too can be “at play everywhere in your world, delighting to be with the children of God.” Remind me to draw from under my wings that oil of Your love which will keep me afloat in this world. Amen**

**Prayers: (the powerful connection with the Source of our Being)**

You could have the following prayer/statement available for each teen to take with them for their daily spiritual coating:

**Unity Statement of Being**

**God is All, both visible and invisible  
One presence, one mind, one power is All  
This One that is All,  
Is perfect Life, perfect Love and perfect Substance  
I am an individualized expression of God,  
I am ever one with this perfect Life, Perfect Love and Perfect Substance.**

**The Final Analysis**

**People are often unreasonable, illogical and self-centered:  
Forgive them anyway.  
If you are kind, people may accuse you of selfish, ulterior motives:  
Be kind anyway.  
If you are successful, you will win some false friends and some true enemies;  
Succeed anyway.  
If you are honest and frank, people may cheat you;  
Be honest and frank anyway.  
What you spend years building, someone may destroy overnight;  
Build anyway.  
If you find serenity and happiness, they may be jealous;  
Be happy anyway.  
The good you do today, people will often forget tomorrow;  
Do good anyway.  
Give the world the best you have, and it may never be enough;  
Give the world the best you've got anyway.  
You see, in the final analysis, it is all between you and God;  
It was never between you and them anyway.**

■ Mother Theresa of Calcutta

## **“What If” Questions**

(Run copy, cut in strips, place in basket and use for discussion starters)

**If you were given the money to buy one single thing that would fit in your room what would you want?**

**If you could be picked up from school by someone famous and make sure all your friends could see, who would you choose and how would that person arrive?**

**If you could master one extreme sport which would it be?**

**If you could change one thing about the way your parents act toward you, what would it be?**

**If you went shopping with a friend who suddenly started shoplifting something, what would you do?**

**If you were to quit school right now and leave home, where would you go and how would you spend your time?**

**If you could have a fast-food restaurant replace your cafeteria at school, which one would you choose?**

**If you were to describe the ways in which boys are more competitive than girls, what would you say?**

**If you inherited a million dollars, what would you do?**

**What if you could live anywhere in the world, where would it be?**

**What if your friend wanted to cheat off your test, what would you do?**

**My favorite food is.....**

**My favorite time of day is.....**

**The best thing about Y.O.U. is.....**

**My parents make me mad when they.....**

**The thing I miss most about my childhood is.....**

**My favorite song is.....**

**The chore I hate doing the most is.....**

**When I feel sad I usually.....**

**My favorite movie is.....**

**The object in my home that means the most to me is.....**

**My favorite way to waste time is.....**

**As I grow older I'm looking forward to.....**

**In general people worry too much about.....**

**The person I'm most thankful for this year is..... because.....**

**The first thing that comes to my mind when I think of God is.....**

**For fun I like to.....**

**The greatest thing I can do for others is.....**

**One of the greatest things that ever happened to me is.....**

**When I was a child I felt closest to.....**

**Participating in sports makes me feel.....**

**The most stupid thing I ever did was.....**

**If I could play a musical instrument, I would choose.....**

**Prayer is.....**

**The best place for me to pray is.....**

**My first memory of church is.....**

**If I were a minister I would.....**

**One thing I could do this week to strengthen the spiritual foundation of my life is**

**The one gift I have always wanted but never received is.....**

**The most meaningful gift I ever received was.....**

**The thing that really gets on my nerves is.....**

**If a friend gave me a gift I didn't like I would.....**

**One thing that is too serious to joke about is.....**

**When I was a kid my parents woke me up in the morning by.....**

**If you could make your mom or dad listen—really listen—to the lyrics of one song that would help them understand your generation, which song would you choose?**

**If you had to give up TV for one year, what would you do with your extra time?**

**If you could change one thing about all the “guys” at school, what would it be?**

**One thing I’ll never let happen to me when I’m older is.....**

**If you were to name one thing that you and your parents will never agree on, what would it be?**

**If you were to state what most teenagers have in common, what would that be?**

**One of your teachers came to live with your family for one year, who would you want it to be?**

**If there is one hidden quality you believe you have that you wish people knew about, what would you say it is?**

**If you had to say what would be more important than money in your future life plans, what would that be?**

**If you had to rank your three highest ambitions for your future, what would they be?**

**If you were the person chosen to decide the school punishment for cheating on exams, what would you make it?**

**If a fortune teller told you that you were destined to be very famous someday, what would you guess it would be for?**

**If your school allowed you to open a part-time store inside the school, what would you sell?**

**If you could name the most common way most teenagers are misunderstood, what would you say?**

**If you could have one particular dish added to your school cafeteria menu, what would it be?**