



SUBMISSION

Just Trust Me

October 29, 2022

1 PREPARING

A. THE SOURCE

Ephesians 5:21 (NIV) • “Submit to one another out of reverence for Christ.”

1 Corinthians 16:15-18 (NIV) • “You know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the Lord’s people. I urge you, brothers and sisters, to submit to such people and to everyone who joins in the work and labors at it. I was glad when Stephanas, Fortunatus and Achaicus arrived, because they have supplied what was lacking from you. For they refreshed my spirit and yours also. Such men deserve recognition.”

1 Peter 2:13-17 (NIV) • “Submit yourselves for the Lord’s sake to every human authority: whether to the emperor, as the supreme authority, or to governors, who are sent by him to punish those who do wrong and to commend those who do right. For it is God’s will that by doing good you should silence the ignorant talk of foolish people. Live as free people, but do not use your freedom as a cover-up for evil; live as God’s slaves. Show proper respect to everyone, love the family of believers, fear God, honor the emperor.”

1 Peter 5:5-7 (NIV) • “In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, ‘God opposes the proud but shows favor to the humble.’ Humble yourselves,

therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”

Colossians 1:3-8 (NIV) • “We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God’s people—the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel that has come to you. In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God’s grace. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.”

(See additional passages in student material.)

B. WHAT’S TO BE SAID ABOUT “SUBMISSION”

Submission is a discipline which has many definitions and applications. For teens, we will focus on how they can submit to someone they trust to be a guide, a mentor, a coach who encourages them to make good choices. There are many examples of relationships in which one looks to another to be that honest guide for good in their life. In the New Testament church mentors such as Stephanas, Fortunatas, Achaicus, and Epaphrus had a dynamic influence on young believers in the early church.

The exercise of submission is the work of placing oneself under someone else's leadership. The ability to place oneself at the feet of someone who is connected to God to learn and be guided by them is the hallmark quality of Christ, who prayed, "Not My will but Yours be done."

To trust someone else who is guided by God to mentor you causes every other skill or gift to pale in comparison. This spirit runs contrary to the independent, self-sufficient, autonomous people the world compels us to be. This lesson seeks to present to teens the value of respecting someone who can influence them for good.

C. WHERE WE'RE GOING WITH "SUBMISSION"

As a result of this lesson we would like the students to be able to:

1. Discover the need for submission in order to experience growth.
2. Explore the need for submission in the body of Christ.
3. Be encouraged to grow under the guidance of a mentor.

D. MATERIALS NEEDED

Beginning • (Activity A) paper bags, rocks, small treats; (Activity B) paper, pens or pencils.

Connecting • Bibles, student lessons.

2 BRIDGING

A. WHERE WE'VE BEEN BEFORE

Allow 10 minutes as students are arriving to:

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at www.realtimefaith.net)
- >> Service project reports

3 BEGINNING

NOTE TO TEACHER: Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word. At some point you should distribute or call their attention to their student lesson for this week.

A. BEGINNING ACTIVITY

Get ready • The purpose of this activity is to illustrate that godly mentors are valuable people to learn from. Place goodies (snacks, treats, etc.) in four small paper bags, and have several bags filled with rocks. The object will be to bring in students that left the room and let them choose whether to ask one person in the room for guidance. The ones that were in the room know which bags have rocks and which have goodies. The question is whether the students will try to choose on their own or seek the help of someone else. It's probably a good idea to ask for a small number of volunteers (3-4). Have one person be the guide that the students can ask for help. Let the rest of the class observe and notice what the participants do.

Get set • **Say: I need four volunteers to leave the room at this time.** When the volunteers leave, tell the class: **We are going to have many bags filled with rocks, but only four are filled with goodies.** Appoint one "guide" who will point out the bags of goodies if the students ask for help or

guidance. If they choose to go on their own, they risk running against the odds. While the volunteers are outside the room inform them: **When you get into the room, you'll be asked to choose a bag. The bag will either contain something good or something not so desirable. You can either ask a guide for help and advice, or you can choose for yourself.** The key words they must use are "Guide me to the good stuff" or "I will be just fine."

Go • Bring the volunteers in one at a time to make their choice.

Debriefing • Ask the volunteers: How did you feel about your options? Did you struggle with your choice to go with the guide? Why was that an issue? As each person went before you, did it get easier to trust the guide or did you get more suspicious? If you were to apply this exercise to the way we choose to reach out to others to help us make good choices, what can you learn from this exercise?

B. BEGINNING ACTIVITY

Get ready • The purpose of this exercise is to enable young people to consider what they might learn from someone else. In our world, teachers are imposed, but mentors are those we choose to learn from. Make sure the students all have something to write their responses on.

Get set • Have the students write down on a small piece of paper the name of someone they would like to interview and what they would want to learn from them.

Go • Ask: If you could sit at the feet of three great people and ask them any one question, who would you choose and what would you want to learn?

Then have students share their list with the rest of the class.

Debriefing • Ask: Were most of the mentors mentioned in class famous people or unsung heroes? Does submitting to another person for the purpose of learning seem like a foreign idea to teens today? Why or why not?

C. BEGINNING ILLUSTRATION

In your own words, tell the following story:

The small crowd gathered in their seats at a local Alcoholics Anonymous meeting. I had never attended such a meeting but heard a variety of stories about their success and the intensity of the gatherings. From a chair in the back I listened and watched the interactions, confessions, and testimonials.

One gentleman made the mistake of making excuses and trying to rationalize his addiction in such a way that it didn't appear to be an addiction. Rookie mistake. The entire group simply pointed out that he was lying to himself. They weren't mean, by any standard. But they were brutally honest. Another person showed up for their first meeting and made a full disclosure, including an appeal for help from someone who could hold him accountable. The group gathered around with support and emotional resources I never dreamed existed.

Two men stood up that day, one seeking to protect his pride and his autonomy, another seeking to submit his broken life to someone who could help.

The strength of this community was in the willingness to submit to someone who might be able to help. In the journey of spiritual growth, it helps to have an accountability partner you can trust to help you. No one grows alone. The work of renewal often comes as you learn from others who have gone that road before you.

Debriefing • Ask: Is our culture open to honesty and accountability? How so? How is it not?

4 CONNECTING

A. CONNECTING TO THE KINGDOM

Present the following ideas in your own words:

There is one common thread that runs through the experience of the people who are citizens in God's kingdom; all of them have tasted God's grace. All of them are "in" because of the goodness and mercy of the King. While no one is better than anyone else, there are some from whom we can learn more. It is not an accident that Paul and Peter were stuck together for a little while. At first, Paul had much to learn from Peter. And as it turned out, Peter would eventually have much to learn from Paul. When you look at people who grow spiritually, it is evident that they don't grow alone. There is often a guide, a mentor, a role model that encourages and instructs them. You never hear famous athletes saying, "I am my own inspiration and everything I know today I did on my own." It would be absurd. Famous musicians and performers were influenced by the generation before them. Jesus said, "A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher" (**Luke 6:40, NKJV**). The New Testament is filled with unsung heroes that young believers looked to for insight and wisdom.

Have a couple students read the brief declarations in Paul's letter about these four people who were salt-of-the-earth kind of people. Think of some of the qualities and traits they might have had for Paul to recognize them the way he did: Stephanas (**1 Corinthians 16:15-18**); Fortunatus (**1 Corinthians 16:15-18**); Achaicus (**1 Corinthians 16:15-18**); Epaphras (**Colossians 1:3-8**).

Ask: Do you recognize those names? You may not recognize them, but you can bet that believers in the early church depended on their leadership and godly wisdom a number of times. Do you know anyone in your church today that these four people remind you of?

B. CONNECTING TO THE LESSON ILLUSTRATION

Ask someone beforehand to read or tell the story from Sabbath's section of the lesson.

Say: In this story "the traveler" didn't want the advice about which road was in better condition for safe traveling. It was more important that he or she reach their destination quickly. One of the greatest qualities a person can exhibit is being teachable.

Ask: In the end how did "the traveler" feel? What did he/she learn? (trusting others who know more is a good idea, accepting guidance is a better choice, and ultimately when we trust God, He will help us make the best decisions).

C. CONNECTING TO LIFE

Pose the following scenario:

The sun beat down on the soccer field at half-time while the coaches tried to rally the teams' determination to play hard. The teams were exhausted, however, and just the idea of stepping onto the field and experiencing another 35 minutes was a little discouraging for Samuel. Samuel's coach looked at the boys who were sucking the juice from the sliced oranges the mothers provided for the break at halftime. The coach growled intensely, "I want you to take those orange peels and chew on them right now." Everyone looked at the coach, a little concerned. No one eats the orange peels. They are bitter tasting and everyone knows that the juicy meat of the orange is the part with all the nutrients. No one chewed the orange peels—except Samuel. Why do you think Samuel would eat the orange peels and the other teammates refused?

Samuel had had Mr. Hernandez as a coach before and knew that the coach had some crazy ideas, but they always worked in the end. As it turned out, while Samuel chewed on the bitter orange peels the oils in the orange peels coated the inside of his mouth. When others were drying up of thirst, Samuel was just fine. Who would have known? The coach.

Ask: When have you learned something valuable from an unexpected teacher? Can you think of some examples from Scripture in which someone learned from an unexpected teacher?

5 APPLYING

A. APPLICATION ACTIVITY

There is a level at which we submit to another person and allow them to have an influence in our lives. It is not always formal, but any time we allow people to influence us one way or another we submit to their leadership. **Ask:** **How is this a good thing? Can it sometimes be a subtle but destructive experience?**

Mentor
Guide
Coach
Accountability partner
Teacher

Ask: In the list above, which term is most appealing to you and your life? (Any way you look at it, we all need someone to help us on our journey of life. Big decisions are at hand or shortly ahead of most teens.) **Ask:** **What are some areas of life that you would like to have an older friend help you through?** (The following list is made up of things teens have mentioned.)

- Dealing with dating and the opposite sex
- Making and being a good friend
- Discovering what I am really good at
- Being faithful to God without alienating friends
- Providing a model, someone to be like
- Getting along with my parents in a way that I can still be myself
- Finding a way to make a difference in my church
- Providing someone who can hear me and not judge me or constantly try to fix me
- Providing an older friend to just hang out with every once in a while
- Providing someone to help me through the feelings of being alone

Debriefing • Say: Mentors are people we let coach us and guide us through a season of life that they have already been through.

In groups of two or three, have students discuss: Which of the statements do you resonate with? Why would you want a mentor? Choose one of the statements and think about how you would reach out to a mentor for guidance on that issue.

B. APPLICATION QUESTIONS

1. Who is a positive role model for you who has influenced you in a meaningful way, and why do you think that person had such an impact on you?
2. Submission doesn't sound like a positive word in today's culture. Why do you think this is so?
3. Who do you know who gladly received coaching or guidance? How is it impacting their life?
4. Think of three people you know whom you admire. It can be a single quality or it can be more. Write a letter to them that conveys your appreciation for the way you have been inspired by observing their positive character traits.
5. Take time this week to prayerfully consider inviting someone to be a mentor to you. You don't have to be in crisis, even if you want to have just a one-time chat with someone to get some advice, take a moment this week and ask for their input.

6 CLOSING

SUMMARY

In your own words, conclude with the following ideas:

Stephanas. Fortunatus. Achaicus. Epaphras. Who are they?

They were just regular people that had a positive influence on others because of their de-

votion to God. Mentors can be leaders, teachers, painters, fishermen, doctors, mechanics, nurses, neighborhood moms. Think about the people you admire and appreciate in your community of believers and consider what they could do to help you grow into what God has planned for you. For many, parents will be part of that group. Ask

them to help you do better in school. Ask them to coach you through your problems. Invite them to shape your view of God and the church. Enlist their encouragement and accountability. This is the plan of Christ—for believers to lean on each other with honesty and persistence. Imagine a church that cherished relationships like that!



STUDENT LESSON

SUBMISSION Just Trust Me

October 29, 2022

Sabbath FOR STUDY

- » **Memory Text:** “Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct” (Hebrews 13:7, NKJV).
- » **Our Beliefs, no. 10, The Experience of Salvation:** “In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit, we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Savior and Lord, Substitute and Example.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, p. 126

JUST TRUST ME

I’m called a traveler, but this story could apply to anyone, because we are making decisions each day. A trip stands out because I learned an important lesson about accepting advice from those whom God places in our lives to help us along the way.

Early one morning I threw my suitcase into my car and started driving. Along the way I came to a stop. Ahead of me a traffic officer was offering advice on which road was the best and safest. I tried to be polite and listen as the officer said to me, “The road to the right is in better condition than the road on the left.”

I asked, “Which way is shorter?”

The officer explained that the road on the left

was shorter, but it was in disrepair. It was barricaded to keep people from having to deal with the ruts, debris, and other dangers. The officer said, “The road on the left might be shorter, but if you want to travel safely to your destination, take the road on the right.”

I thought for a minute and then ignored the warning and turned to the left, driving past the barricade. I watched the officer shake his head sadly. But I had places to go and people to see. I didn’t have time to waste. So I took the short route.

Soon I started to experience challenges. One time I turned a corner and found myself headed straight into a boulder sitting in the middle of the road. That boulder looked as big as my car! I slammed on my brakes and just managed to squeeze past it. Another time I had to struggle and push to get my car out of a ditch. I had sweat running down my forehead and into my eyes, and my shirt was stuck to my back, but finally I managed to get the car back on the road.

There were warning signs alerting drivers to the road’s condition. There were lots of opportunities to turn around if I had only listened to directions. Along the way there were kind people and friends who told me that I should turn around; that the road ahead would be filled with dangers and difficulties. They repeatedly told me that the other road was much safer. They pleaded with me to turn around, but still I drove on and would not be persuaded.

As I listened to the weather forecast on the radio I learned that a big thunderstorm was ahead. This was not good news, considering the damaged roads filled with potholes on which I was traveling. But instead of heeding this last warning, I turned off the radio. I was determined

to keep on going no matter what. Perhaps I would reach my destination before the storm hit.

Sadly, it wasn't long before the sky started turning darker and darker. The wind had picked up, and soon there were big drops of rain hitting the windshield, making it difficult to see. Lightning flashed in the dark sky, and thunder boomed loudly overhead. Suddenly, when I thought that things could not get worse, I heard a subtle noise, and I knew what it meant. I dropped my hand on the steering wheel and groaned—a flat!

After changing the tire, I got back into my car, soaking wet, shivering, and cold. I just sat there listening to the pouring rain pound the roof and thought about how much trouble I had experienced. What had started out as a wonderful day had certainly gone terribly wrong.

Then I came to realize that I really should have submitted to the advice of those who knew about the road conditions much better than I did. If I had only listened to the advice, I would have enjoyed a much more pleasant journey to my destination.

—Kathleen D. Sowards

Sunday RESPONDING

- » Read Philippians 2:6, 7.
- » Craig sat in church with a tremendous conviction resting on his soul. He sensed that God was reaching out to him. He took an honest look at his habits and knew that the video games he played, sometimes late into the evening, interfered with his time spent with God and his family. He wasn't sure how to deal with this problem.
- » Craig wanted to reach out to an adult for help. His Sabbath School teacher, Jeff, was cool. But he wasn't sure if he was ready for Jeff to know about this problem. There were a few others that Craig thought he might go to to ask for help. What should Craig look for in a mentor? What qualities would be most helpful? How should Craig go about asking for help? Do you think he should tackle his problem with a caring adult right away?

Monday BIBLE ANSWERS ON THE EXPERIENCE OF SALVATION

- » Read Genesis 3:15; John 3:3-8, 16; Romans 12:1, 2; 2 Corinthians 5:17-21; 1 Peter 2:21, 22.
- » When we surrender our lives to God's leading and are born again, the Holy Spirit will renew our minds, write God's law of love in our hearts, and give us the power to live a holy life. As we live in Christ, we take on His nature and have the assurance of eternal life.
- » "Meekness is a precious, Christian attribute. The meekness and lowliness of Christ are only learned by wearing Christ's yoke. . . . That yoke signifies entire submission." "The submission which Christ demands . . . [is] brought about by the work of the Holy Spirit. There must be a transformation of the entire being, heart, soul, and character. . . . Only at the altar of sacrifice, and from the hand of God, can the selfish, grasping man receive the celestial torch which reveals his own incompetence and leads him to submit to Christ's yoke, to learn His meekness and lowliness" (Ellen G. White, *In Heavenly Places*, p. 236).
- » What does it mean to "submit" to the the Lord?

- » In the Bible there are two well-known men, one of whom was great in strength and the other was great in wisdom and wealth. Who were they? See Judges 13:5, 6 and 1 Kings 4:29-34.

- » Were there times, in the lives of these men, that they should have asked someone's advice? Explain.

Tuesday REFLECTING

- » Read 1 Timothy 4:12.
- » How has Paul helped mentor Timothy in the service of God?
- » The vast multitude of joy-filled believers have seized moments of wisdom and accountability from someone else they trust.
- » Accountability is giving someone the right to hold you to your promises. If you want to stop engaging in harmful behaviors, or want to be nice to others, or use your time more wisely, then often a wiser, more experienced Christian can remind you of your commitment to God. Think of all the forgotten commitments we have made over the years. Would we be different people if we humbled ourselves to another and asked for help?
- » The greatest change agents in the world are not super individualists, but the humble students who give others, including the Holy Spirit, a chance to help them to greatness.

Wednesday BIBLE INSIGHTS



See activity at the end of this lesson.

Thursday CONNECTING

- » Review the memory text.
- » Submission, humility, and having a teachable spirit are not popular qualities in society. In fact, many consider seeking help a sign of weakness.
- » But submitting to God's Spirit and to fellow Christians who are guided by Him is not a sign of weakness, but a sign of tremendous courage.

- » You might recall that Jesus' most stern rebukes came to those who were self-sufficient. To those who stood before others proud and in need of no one. But grace, wisdom, help, and healing spill out of the Savior like a waterfall to those who know they need Him. Nicodemus didn't have all the answers. Mary made more mistakes than she could count. Zacchaeus desperately scaled a tree to get a moment with the One who could help him. The Syrophenician woman endured the scorn of racism to get close to the Healer. This is the truth about God's kingdom: Those that humble themselves before God and others become the storymakers and heroes of God's kingdom of grace.

Friday APPLYING

- » Read 1 Timothy 4:15, 16.
- » "As the lessons of the Bible are wrought into the daily life, they have a deep and lasting influence upon the character. These lessons Timothy learned and practiced" (Ellen G. White, *Conflict and Courage*, p. 346).
- » Consider the following questions as you choose to place yourself before someone who can help you become what God wants you to be.
- » In what area of your life do you need someone's advice?

- » Who is a caring Christian adult who would be able to mentor or advise you?

- » How is prayer of key importance before you reach out to someone for help or advice?

- » How would you ask that person to be your accountability partner or to advise you?

Wednesday activity

Fill in the blanks. All texts are taken from the New International Version.

1. "You then, my son, be _____ in the grace that is in _____. And the things you have heard me say in the _____ of many witnesses entrust to reliable people who will also be _____ to teach others" (2 Timothy 2:1, 2).
2. "I am writing this not to shame you but to _____ you as my dear children. Even if you had ten thousand _____ in Christ, you do not have many fathers, for in Christ Jesus I became your father through the _____. Therefore I urge you to imitate me. For this reason I have sent to you Timothy, my son whom I love, who is _____ in the Lord. He will remind you of my way of life in Christ Jesus, which agrees with what I teach everywhere in every church" (1 Corinthians 4:14-17).
3. "Follow my _____, as I _____ the _____ of Christ" (1 Corinthians 11:1).
4. "For we know, brothers and sisters loved by _____, that he has _____ you, because our gospel came to you not simply with words but also with _____, with the _____ and _____. You know how we lived among you for your sake. You became imitators of _____ and of the _____, for you _____ the _____ in the midst of severe suffering with the _____ given by the Holy Spirit. And so you became a model to all the believers in _____ and _____" (1 Thessalonians 1:4-7).
5. "Remember your _____, who spoke the _____ of God to _____. Consider the _____ of their _____ of life and _____ their _____" (Hebrews 13:7).
6. "In the same way, you who are _____, _____ yourselves to your _____. All of you, _____ yourselves with _____ toward one another, because, 'God _____ the _____ but shows _____ to the _____'" (1 Peter 5:5).