



## SOMEONE TO TALK TO A Friend Like That

December 17, 2022

### 1 PREPARING

#### A. THE SOURCE

**Titus 2:3-7 (NLT)** • “Similarly, teach the older women to live in a way that honors God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. These older women must train the younger women to love their husbands and their children, to live wisely and be pure, to work in their homes, to do good, and to be submissive to their husbands. Then they will not bring shame on the word of God. In the same way, encourage the young men to live wisely. And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching.”

**Psalms 55:12-14 (NLT)** • “It is not an enemy who taunts me—I could bear that. It is not my foes who so arrogantly insult me—I could have hidden from them. Instead, it is you—my equal, my companion and close friend. What good fellowship we once enjoyed as we walked together to the house of God.”

**Proverbs 1:8 (The Message)** • “Pay close attention, friend, to what your father tells you; never forget what you learned at your mother’s knee.”

**Proverbs 27:6 (CEV)** • “You can trust a friend who corrects you, but kisses from an enemy are nothing but lies.”

**1 Peter 5:1-5 (CEV)** • “Church leaders, . . . just as shepherds watch over their sheep, you must watch over everyone God has placed in your care. . . . Don’t be bossy to those people who are in your care, but set an example for them. . . . All of you young people should obey your elders. In fact, everyone should be humble toward everyone else.”

**Proverbs 23:9 (NIV)** • “Do not speak to fools, for they will scorn your prudent words.”

**Proverbs 1:5 (NIV)** • “Let the wise listen and add to their learning, and let the discerning get guidance.”

#### B. WHAT’S TO BE SAID ABOUT “SOMEONE TO TALK TO”

Earliteens need someone to talk to. During these years, friends may be among the most important people in their lives. They’ll go to friends with their problems, their fears, their dreams—at a time when they might not choose to confide in their parents or other adults (although many surveys show teens will still rate their parents as the most important people in their lives, ahead of friends).

While it’s great to have friends we can trust, and their importance shouldn’t be downplayed, earliteens need to realize that their friends are going through the same problems they are and haven’t got the judgment and experience that an older person may have. Finding an adult they can trust to share their concerns with and receive wise, Christian guidance from is essential.

For many teens, this will mean talking to their parents. In some cases, however, where there is abuse or neglect in the family, it will be better for them to find a godly adult who can mentor them. Be sensitive to the different family situations of young people in the class as you discuss this. a godly adult who can mentor them. It is important to stress that any adult in whom they choose to confide should be a sincere Christian whose actions as well as words display a Christ-centered attitude.

### C. WHERE WE'RE GOING WITH "SOMEONE TO TALK TO"

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

1. Discuss the qualities that lead them to trust and confide in someone.
2. Consider what kinds of people may have those qualities.
3. Make choices about whom they will trust and from whom to seek guidance.

### D. MATERIALS NEEDED

**Beginning** • (Activity A) bag with blank slips of paper, one marked with an X; (Activity B) music (optional).

**Connecting** • Bibles, student lessons.

**Applying** • Pens or pencils, "Trusted Friends" handout (p. 131).

## 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](http://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** • Have everyone in your group draw a slip of paper from a bag; all the slips are blank except one which has an X marked on it. Nobody shows their paper. Announce that the person with X on their paper is a person who can make friends just by winking at them.

**Get set** • Have the group sit in a circle, with everyone looking up and keeping their eyes open. The person who has the slip with the "X" on it tries to wink at as many people as possible without being detected. Anyone who has been winked at must leave the circle and form another group outside the circle. Any player who suspects who is the person who is choosing friends can make a guess; if they are correct, the game is over. But if the guess is wrong, then they also become part of the increasing "circle of friends."

**Go** • The game continues till the person who secretly calls friends is revealed. As a variation, this game can be played with all the players walking around the room, but stipulate that everyone must keep looking up and making eye contact with others.

**Debriefing • Ask:** Are there situations in real life in which you may be confronted with the question of whom can you trust with your friendship? How might those real-life situations be similar to this game? In real-life situations it is very important to have solid criteria for choosing friends and mentors. Ask yourself: “Does this person who wants my friendship love Jesus?” “Is this person going to have a godly influence on my life and on my decision-making?” “Will my character benefit from a relationship with this person?” “Would Jesus agree with this friendship?” “Will I also have a positive influence on the other person?”

## B. BEGINNING ACTIVITY

**Get ready •** Have everyone sit in a large circle.

**Get set •** Whisper a short Bible verse (Proverbs 23:9 from this week’s texts would be a good choice) to the person on your right.

**Go •** Then play the game sometimes called “telephone,” in which each person whispers the sentence to the next person until it has gone all the way around the circle. Compare the phrase that comes out at the end with what you started with. (If your group is very small you may want to make this more challenging by playing music while the activity is going on!)

**Debriefing • Ask:** How does this game illustrate what happens when a piece of information gets passed along? Has anything like this ever happened to you? Have you ever had a friend betray something you’d told them as a secret? How does it feel when that happens? Were you able to trust that person with your secrets again? How can we know which people to trust when we have something important to talk about?

## C. BEGINNING ILLUSTRATION

**Pose the following scenario:**

Jenny tells you that things at home are getting scary for her. Her dad is an alcoholic who gets abusive when he’s drunk. Her mom is trying to avoid her problems by going out with her own friends, often staying out late at night and leaving Jenny and her younger brother alone. She wants advice about what she should do. But you don’t feel you’re the best person to help her. You feel sorry for what’s happening, but you don’t know what she should do to solve the problem. She asks, “Well, then, will you help me find someone to talk to?”

**Ask:** How can you help her find someone trustworthy to talk to? Have someone read **Proverbs 1:8. What if a person’s father and mother aren’t capable of giving wise advice? Should she talk to them anyway?** Have someone read **1 Peter 5:1-5. How could you help Jenny find a leader or other mature Christian adult who can support and help her?**

## 4 CONNECTING

### A. CONNECTING TO THE KINGDOM

**Present the following ideas in your own words:**

God has called us to do a special job for Him—we’re His kingdom agents. But we’re not meant to do that job alone. God gives us other people in our lives to act as guides, helpers, teammates. We can turn to others for advice and guidance when we’re confused, for encouragement and support when we’re in need of help. The question is: Who can we trust? Who do we turn to?

Remind students that first of all, the person we trust should always be another one of God’s special agents—a fellow Christian who shares the same values. And while it’s great to have close friends our own age to share with, we need to consider that adults are generally more experienced—they have already worked for God for some time and

know how to navigate the crisis situations in life a little better than we might.

Have someone read **Proverbs 27:6**.

**Ask:** Do you have a friend who “corrects” you? What kind of friend would that be? What kind of “correction” can a friend offer? Then have someone read **Psalm 55:12-14**. **Ask:** What kind of friend is described in this passage? What’s the difference between that kind of a friend and the kind we just talked about?

## B. CONNECTING TO THE LESSON ILLUSTRATION

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

**Ask:** What made Annie Sullivan such a good teacher for Helen? Why did Helen respond to her when she hadn’t been able to respond to anyone else? Could an adult who had never experienced a disability have helped Helen as much? (Probably not; they wouldn’t have known what she was going through or how to reach her.) **How about another deaf-blind child of her own age—could someone like that have helped?** (Again, probably not—another child could sympathize but wouldn’t have the knowledge or ability to help; probably would be struggling with the same problems themselves.) **How can we relate this story to finding the best kind of teacher, mentor, or guide, for us? Does each of us need someone like Annie Sullivan in our lives, even if we’re not physically disabled? How can we find that kind of person?** (Remind the students that, ideally, this person would be a member of their own family.)

## C. CONNECTING TO LIFE

**Ask:** When you need someone’s advice or help, whom do you go to? How do you decide what makes that person trustworthy? Have volunteers read **Proverbs 1:5** and **Proverbs 23:9** from the Bible. **What guidance can they give on finding the right person to trust and confide in?** Now have volunteers read **Proverbs 1:8**, **1 Peter 5:1-5**, **Titus 2:3-7** from the Bible. **Where can you**

**find older people who are trustworthy and able to give you guidance?** (Ideally, at home)

# 5 APPLYING

## A. APPLICATION ACTIVITY

Distribute the “Trusted Friends” handout from page 131. Give class members a few minutes to work through it on their own. Then ask them to pair off or make a group of three (no more than three). Ask them to share with each other what they wrote on the sheet (the details they feel comfortable sharing). Then invite each pair or group to pray together, asking God to help them choose good and trustworthy people to talk to when they need help.

## B. APPLICATION QUESTIONS

1. Why do you think most young people need someone they can rely on for advice and support?
2. How is it beneficial to seek advice and counsel from trusted godly adults who have walked the way before us?
3. Who has given you the best advice or help in your life? What made that person so qualified to help you?
4. How do you know whether someone, either a friend your own age or an adult, is trustworthy? What signs or signals might tell you to watch out because the person can’t be trusted?
5. Do other people come to you with their problems? What kinds of people do you feel most able to help, and how can you help them? How do you know when it’s time to suggest that your friend talk to an adult helper?



## CLOSING

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### SUMMARY

**In your own words, conclude with the following ideas:**

God doesn't expect us to face all our life challenges alone. He promises to help us, but He often sends His help in the form of other human beings. We have to use wisdom and discernment to know

who is trustworthy. While it's great to talk and confide in our close friends, all young Christians need older Christians—whether parents, teachers, pastors, or others—who can be mentors. A mentor is someone who can help you through the rough times they've already experienced, offer guidance, listen without judging, and, most importantly, pray with and for you. If you have a mentor like this, listen to his or her advice! If you haven't, ask God to help you find one!

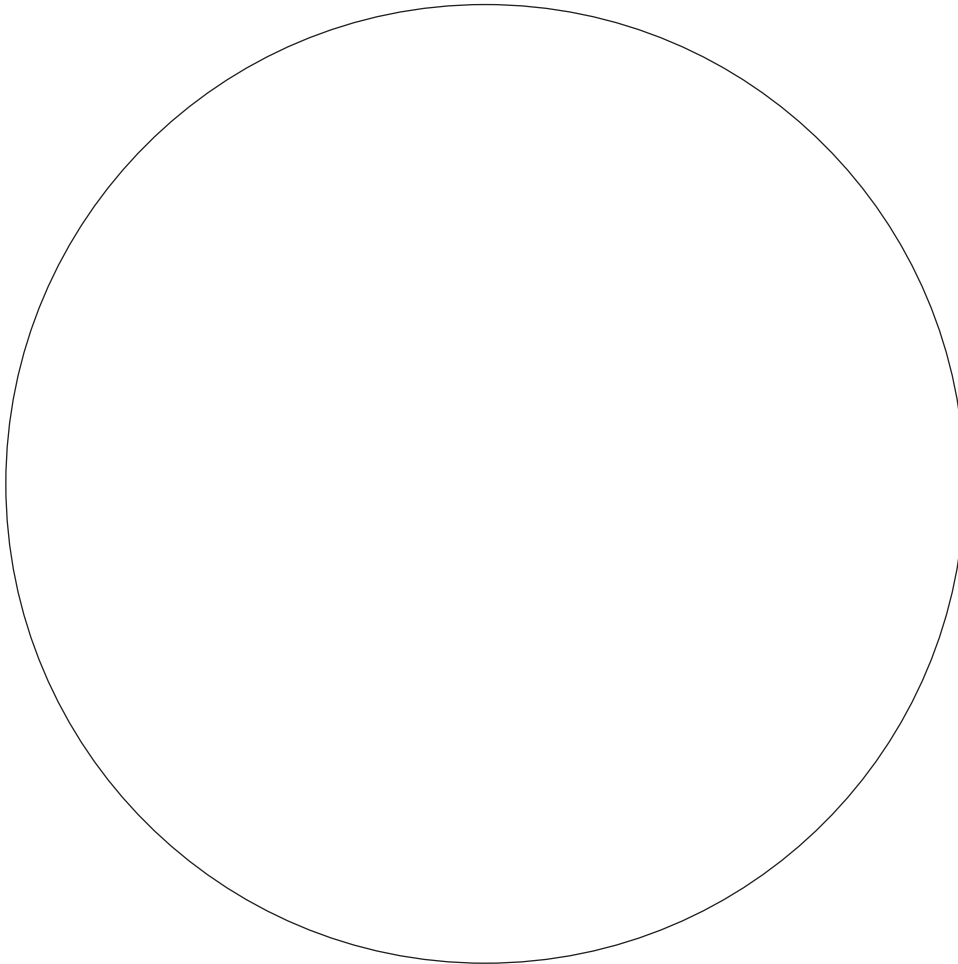
## FOR LESSON TWELVE:

THIS HANDOUT IS FOR THE APPLICATION ACTIVITY.

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### Trusted Friends

**Instructions:** In the circle, draw yourself at the center. Now draw four symbols somewhere in the circle representing problems or things you're concerned about in your life. Next to each of those problems, draw a person representing someone you trust, to whom you could talk about that particular problem.



**Reflect:**

1. Are any godly adults represented here as mentors and trustworthy counselors? If not, who are some godly adults I could add to my circle?
2. What skills and knowledge do the people in my circle have that can help me?
3. Are the people in my circle Christians? If so, does this make it easier for them to help me? If not, are there Christian friends I can add to the circle?
4. After reflecting, make any changes you want to make to your circle, then plan to ask for advice from the godly adults whom you have decided to choose as your mentors.



## STUDENT LESSON

### SOMEONE TO TALK TO A Friend Like That

December 17, 2022

#### Sabbath FOR STUDY

- » **Memory Text:** “‘Not by might nor by power, but by My Spirit,’ says the Lord of hosts” (Zechariah 4:6, NKJV).
- » **Our Beliefs, no. 5, The Holy Spirit:** “God the eternal Spirit was active with the Father and the Son in Creation, incarnation, and redemption. He is as much a person as are the Father and the Son. . . . Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 76-78

### A FRIEND LIKE THAT

You’ve probably heard of Helen Keller. She was born a normal, healthy child near the end of the nineteenth century, but before her second birthday a severe illness left her both blind and deaf. Unable to hear, she couldn’t develop the ability to speak normally, either. Her parents loved her dearly, but they had no idea how to communicate with a child who couldn’t see, hear, or speak—much less how to discipline her. Helen became wild and unmanageable, and her parents were afraid she would have to spend her life in an institution.

Then, when Helen was almost 7 years old, a young woman named Annie Sullivan came to be

her teacher. Annie was still quite young herself and was also visually impaired. Though she didn’t share Helen’s deafness, she had some idea of how difficult life was for a blind child. She immediately began trying to teach Helen simple words by spelling the sign language alphabet into her hand. Although Helen didn’t understand at first, she responded to the love, structure, and discipline Annie introduced into her young life.

As Helen later described it herself, the breakthrough came one day when Annie took Helen’s hand and ran it under the water pump, while at the same time spelling “water.” For the first time Helen realized that the spelling and the water were connected—that she could give names to things by learning the sign language alphabet. From then on she grew and learned by leaps and bounds as she constantly asked her teacher for more and more words.

Helen Keller became the first deaf and blind person to graduate from university, and went on to have a long career as a writer and public speaker. Throughout it all, her teacher, Annie Sullivan, remained her closest friend, companion, and translator—for Helen never learned to speak well enough for people to understand. Helen and Annie remained inseparable until Annie’s death.

The wall of darkness and silence that separated young Helen from the rest of the world seemed impossible to get past. But all it took was a loving, caring friend—one who had experienced some of the same difficulties and come through them, who was willing to guide, to teach, and to show the way. Doesn’t everyone need a friend like that?

## Sunday RESPONDING

- » Read John 15:26.
- » You have an important choice to make: You've been chosen to be on a high-profile city sports team, the all-stars for your age group. Being on this team will give you the opportunity to compete nationally and maybe even play professionally someday. You know joining the team will mean a huge time commitment, and there may be problems with competing on Sabbath. But it's the chance of a lifetime.
- » You ask for advice. Your best friends say, "Go for it!" Your favorite teacher says, "If you join this team, your schoolwork will probably suffer." Your youth pastor says, "Pray about this. Ask God to show you His plan for you. Put God first in making a decision. Follow His leading! I will pray for you as well." Your mom and dad say, "Think of this opportunity in light of your relationship with God. Would your relationship with God improve or suffer as a result of accepting to be on this sports team? Would you be able to continue keeping the Sabbath once you become involved in sports activities?"
- » Do you listen to other people's advice? Or do you think a decision like this has to be made all on your own without anyone's input? If you choose to ask others for their advice, how do you know whom to trust?

## Monday BIBLE ANSWERS ON THE HOLY SPIRIT

- » Read John 14:16-18; Acts 1:8; 2 Corinthians 3:18.
- » Whom did Jesus leave with us when He ascended to heaven? How is it encouraging to know that the Holy Spirit is our helper who is always ready to comfort us and lead us into all truth? What does that mean to you?

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See activity at the end of this lesson.

## Tuesday REFLECTING

- » Read John 16:7-13. What are some names and attributes that Jesus used to describe the Holy Spirit?  

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- » How can you benefit from the privilege of prayer when you need guidance in making decisions? You can trust the Helper, the Holy Spirit, to guide you according to God's will.
- » You know how it is when you just have to talk to someone. Things are going badly, and you need to let off some steam. Or you have a really big decision to make, and you just have to talk it through with someone. Whom do you turn to?
- » Sometimes when you're trying to find your way in the woods, it helps to climb a tree or a hill and get a different perspective. The same is true with trying to find your way through life.
- » Open up to the possibility that a mature and experienced adult who loves God—a teacher, a pastor, even your parents—might have a wider perspective and can offer you guidance so that you make the best decisions in life.

## Wednesday BIBLE INSIGHTS



See activity at the end of this lesson.



Thursday  
**CONNECTING**

- » Read John 14:26.
- » The Holy Spirit has your best interest at heart. He longs to guide you according to the plan that God has for your life. How will you be open to the influence of the Holy Spirit?
- » God wants to help you through the tough times in life.
- » God loves to help you. Ask Him for guidance in finding someone trustworthy who can offer you wise advice and can lead you closer to Jesus. When you find someone, test that person's words and actions against the truths of God's Word. A genuine Christian mentor will walk the walk and talk the talk. He or she won't be perfect, but will be a humble person who is learning to follow in the footsteps of Jesus, the Master.

Friday  
**APPLYING**

- » Read Romans 5:5. Why is it important that first you tell God all your joys and sorrows? How does the memory text remind you that the power to accomplish anything is found in the Holy Spirit?
- » Next, ask God to show you who would be a Christian adult (i.e., parent, adult family member, church leader) who could mentor you and give you advice. Ask this person if they will pray for you, or maybe even pray with you, about things that are going on in your life right now.
- » Finding the right trustworthy Christian adult to share your concerns with, and who will maybe give you a little well-placed advice, can make a big difference. If there's no one you trust on the horizon right now, open your heart to Jesus as to a friend and He will work through the Holy Spirit to respond to your needs according to His will.

**POSSIBLE MENTOR**

Name \_\_\_\_\_

What Christlike character traits I see in this person

\_\_\_\_\_  
\_\_\_\_\_

How this person can mentor me

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**POSSIBLE MENTOR**

Name \_\_\_\_\_

What Christlike character traits I see in this person

\_\_\_\_\_  
\_\_\_\_\_

How this person can mentor me

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Monday activity

Find the hidden words within the grid of letters.

advise	K P M D I N S T R U C T E E A
care	S E L N S S K B F W F T W L D
instruct	B V O E M U I C E B A Y I N V
love	J O M M H T G D A C M S A I I
warn	Z L J M F F I G O R T N I O S
advocate	Z Y J O K U T V E E E I D H E
guide	U Y K C O W D M N S U P N I C
lend	N I I E W A R N W X T I A A V
recommend	A Y S R J E K T C R E Z E N N
aid	P Q H C Q I Y E K F F A H V X
help	J W E T P J P D P Z D O I X D
listen	A Y L K L G B A M S B F O N T
suggest	E D I U G K F U O S C U E W I
	C R S F D M W Q T K B L M D U
	V L I B O Z B A J K H W H V F

## Wednesday activity

Fill in the blanks. Texts are from the New International Version of the Bible.

1. "Let the \_\_\_\_\_ listen and add to their \_\_\_\_\_, and let the \_\_\_\_\_ get guidance" (Proverbs 1:5).
2. "Do not speak to \_\_\_\_\_, for they will \_\_\_\_\_ your \_\_\_\_\_ words" (Proverbs 23:9).
3. "To the elders among you, I appeal as a fellow elder and a witness of Christ's sufferings who also will share in the glory to be revealed: Be \_\_\_\_\_ of God's flock that is under your care, \_\_\_\_\_ over them—not because you must, but because you are \_\_\_\_\_, as God wants you to be; not pursuing dishonest gain, but eager to \_\_\_\_\_." "In the same way, you who are younger, \_\_\_\_\_ yourselves to your elders. \_\_\_\_\_ of you, clothe yourselves with \_\_\_\_\_ toward one another, because, 'God opposes the proud but shows \_\_\_\_\_ to the humble'" (1 Peter 5:1-3, 5).
4. "Wounds from a friend can be \_\_\_\_\_, but an enemy multiplies \_\_\_\_\_" (Proverbs 27:6).
5. "Listen, my \_\_\_\_\_, to your father's \_\_\_\_\_ and do not forsake your mother's \_\_\_\_\_" (Proverbs 1:8).