

Walking the Micah Road '17



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Walking the Micah Road: Introduction

Theme Topic

God is a God of justice, love, and mercy. In His wisdom and love, He has set forth requirements for His children to follow: to do justice, love kindness, and walk humbly with Him. For followers of Jesus Christ, this is known as “Walking the Micah Road”.

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Theme Background

What does the Lord require of you? Whether you’ve answered that question before or you’ve heard its truth quoted for the very first time, His command is unchanged. It is for all generations: God’s children must do justice, love kindness, and walk humbly with God.

It’s a call to get moving and join Jesus in His work in this world. We must move from just knowing in our heads about God’s justice, kindness, and humility, to becoming His active servants - purposefully working to set things right (justice), showing compassion and love to others (kindness) all the time, and eliminating our pride and dependence on ourselves and learning to depend on God to lead the way (humility).

The Micah Road is not for the apathetic or those that seek their own comfort. It’s for those who know the deep compassion of Jesus and desire to follow His Spirit, reflecting Jesus’ love to everyone. It’s for those who humbly say, “Yes, Lord, whatever You want!”

Theme Presentation Overview

The main message of the Theme is presented in five parts by two Cadet/GEMS Leaders acting the characters of Terry Trekker and Stevie Walker.

Terry is all excited as he/she loves trekking and has heard that the Cadets/GEMS are going on the Micah Road Journey. In each part (through skits and fun interactive activities) Stevie explains to Terry (and the Cadets/GEMS) the real meaning of Walking the Micah Road.

Following the skit/activities, the message is then reinforced in smaller groups by discussing the questions detailed in the Discussion Group Time: Leader’s Resource Book. During this time, the Cadets/GEMS can write their answers in their own Discussion Group Time Booklet.

Part 1: Getting Fitted

The aim of part 1 is to introduce the Theme Verse to the Cadets/GEMS and then explain that the key to Walking the Micah Road is to follow Jesus and to use the Bible as our “road map” to guide us through life.

Note: Depending on your club’s situation, this part may be too long to do in one session and could be split over two sessions.

Part 2: Do Justice

Part 2 explains how it’s easy to go through our life without thinking too much about the needs of others. God calls us to be on the lookout for injustice and act on situations where we can help.

Part 3: Love Kindness

In this part, the concept of “Love Kindness” is explained. Love Kindness means that we really care about people with burdens and want to help them in some way. Most importantly we should pray that God will give those in need, strength in their time of difficulty.

Part 4: Walk Humbly with Our God

Walking humbly with our God means to get rid our pride and to rely on God in all we do. It also means that we admit that we do things that are wrong and that we need God’s forgiveness. As forgiven people we can be called children of God.

Part 5: Staying on Task

What it means to Walk the Micah Road is summarised in the final part and the Cadets/GEMS are encouraged to think how they can put what they’ve learned into action.

The Micah Journey

Part 1: Getting Fitted

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Aim

- Introduce the GEMS/Cadets to this year's Theme – Walk the Micah Road.
- Point out to the GEMS/Cadets that to walk the Micah Road, we need to follow Jesus
- Remind the GEMS/Cadets that our road map for the Micah Journey is the Bible.

Overview

- Introduction through a skit and interactive activities:
 - **Interactive Activity 1:** Balloons are popped to piece together the theme verse.
 - **Interactive Activity 2:** Confusing exercises to point out our need to follow Jesus in our Micah Journey.
 - **Interactive Activity 3:** Sign matching game where girls/boys learn the need to use the Bible for guidance in their life.
- Discussion Group Time

Resources Needed

- Two Leaders (Stevie Walker and Terry Trekker dressed in trekking gear) to perform the skit.
- Several Balloons, each with a piece of paper with a word on them that collectively will make up the Micah 6:8 Theme verse.
- Two volunteers to get GEMS/Cadets to do different exercises (Jumping jacks, deep knee bends, touching their toes, stretches, push ups, sit ups, jogging on the spot, etc. - whatever they individually choose to do).
- Separate room with Stop Sign, One Way Sign, Give Way Sign, U Turn Sign, Walk Sign and Traffic Light Sign displayed (see Theme Presentation Resources Section – at the end of this book for details).
- Pieces of paper/card, each with a verse that corresponds to a sign (see Theme Presentation Resources Section – at the end of this book for details).
- GEMS/Cadet ready to read John 12:26a and Psalm 86:11
- Action Cards and envelopes for each Cadet/GEMS (see Theme Presentation Resources Section – at the end of this book for details).

Interactive Activity 1: Introduction to These

Terry Trekker:

(Enters running in puffed out in full trekking gear.)

Stevie Walker:

Hi Terry, Why aren't you wearing your uniform?

Terry Trekker:

Oh hi Stevie, I heard there was a trek starting tonight and I wanted to be wearing the right gear.

Stevie Walker:

Trek? What trek?

Terry Trekker:

I'm sure I heard something about a journey that we're all going on. Hold on, let me get out my map. *(Terry Trekker starts to empty the backpack of odd items eg sock, magazine, bag of lollies...and finally a map – all in pieces.)*

Stevie Walker:

Well for this trek, you won't need that map. The instructions for this trek are in these balloons.

Terry Trekker:

Balloons? What are you talking about?..... I thought we were going on a Trek.

Stevie Walker:

Well tonight *(today)* we're going to begin with each person receiving one *(or more, depending on the size of your group)* balloon. Your job is to pop your balloon, take the word that is inside your balloon, and piece it together with the other girl's/boy's words to discover what verse has been hidden in these balloons.

(When the girls/boys piece together the Micah 6:8 verse, have them read it aloud together.)

Cadets/GEMS read together aloud:

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8

Stevie Walker:

Great job, girls/boys! Please have a seat while we think about what Micah 6:8 means for you and me today.

(Terry Trekker sits down too and slumps lazily on his backpack while listening to Stevie.)

We don't ever have to wonder about what God wants us to do; He clearly told us what pleases Him!

It's a life of justice, taking action that helps set things right. A life of kindness, showing compassion at all times - to love like Jesus. A life of humility, to get rid of your pride, stop depending on yourself and start trusting and depending on God. Depend on God to lead you.

Terry Trekker:

(Getting up slowly as he says this next bit).

OK, so you're saying; just like we had to do something to pop the balloons....., walking the Micah Road means that we have to get moving. So we shouldn't sit back and hope someone else will help the poor, feed the hungry, visit the sick, and look after other people who need our help.

Stevie Walker:

That's right Terry. This verse tells us that you and I need to be actively doing these things! We need to get up, "pop" into action, and work together to do the things God asks us to do. We'll be finding out this year how to do justice, love kindness and walk humbly with God because our theme for the year is 'Walking the Micah Road'

Interactive Activity 2: Following Jesus**Terry Trekker:**

Action? Action? I love action. I'm ready to go, come on Stevie, let's go..... *(Terry rushes back and forth as if he can't wait to get started and then slows down and looks at Stevie.)* But do you think I'm ready to go?

Stevie Walker:

Well Terry, let me help you and the rest of the GEMS/Cadets. Just follow along and we will get you ready for the trek with some exercises.

(Ask two volunteers to come forward and lead the girls/boys in different exercises: Jumping jacks, deep knee bends, touching their toes, stretches, etc. -whatever they individually choose to do.)

(Instruct the girls/boys that they need to follow both of the volunteers at the same time - There will be mass confusion! End this activity after five minutes.)

(When five minutes is complete, ask the girls/boys to sit down and catch their breath!)

Stevie Walker:

Tell me how you felt about your exercise workout. (Listen to responses.) Maybe you discovered that it's chaotic and a waste of time to try to follow two leaders.

Terry Trekker:

Well there's no way I could go on a Trek and follow two leaders, I'd end up going around in circles.

Stevie Walker:

That's why Jesus has made it so clear that we need to make a choice about who we are going to follow. Are we going to follow the ways of the world by being prideful, selfish, and mean or are we going to follow Jesus by being compassionate and loving in all we do and say? Let's hear what the Bible says about this.

GEMS/Cadets Read out:

In John 12:26a, [Jesus said], "whoever serves me must follow me."

Stevie Walker:

If we're going to walk the Micah Road of justice, kindness, and humility, we need to follow Jesus. If we're going to serve Him well, we need to follow His lead. Trying to follow Jesus and do our own thing is as useless as the chaotic exercises we attempted a few minutes ago.

Jesus sees you sitting here at your GEMS/Cadet club and His invitation is the same. "Follow Me!" How will you respond?

In a little while, we're going to discuss some more and write down what it means to follow Jesus. Lets pray together.

Prayer

Dear Jesus, we have heard Your invitation to follow You. Please work within each heart here that we will do exactly that. Help us to follow only You and not the ways of the world. We've seen tonight (today) how that will not work. Instead, help us to keep our eyes fixed on You and our feet firmly following in Your footsteps. In Your name we pray, Amen.

Interactive Activity 3: Obey the Signs!

Terry Trekker:

I'm still trying to work out what I need in this backpack? *(Terry pulls out another useless item. E.g. Magazine, nail polish, etc)*

Stevie Walker:

Well, to find out what you really need for the Trek, we'll have to go into another room – with signs.

(Enter into room with signs arranged around the walls.)

Stevie Walker:

(Distribute a verse to each girl/boy) On the walls of this room you'll see various signs - a Stop sign, a One Way sign, a Give Way sign, a U Turn sign, a Walk sign, and a traffic light with the green light shining. If you look at the Bible verse you received, it corresponds to one of these signs. Let me give you some examples. When you drive a car and you come to a Give Way sign, you must wait for another car to pass. With a One Way sign, there is only one way you can go.

Read your verse and then go stand by the sign that best describes your verse. Go!

(If girls/boys are unsure if their verses correspond to the sign, give them one-on-one guidance and direction.)

(When all the girls/boys are standing by a sign, instruct one person from each group to read her verse to the entire group. After some one from each group has read a verse, instruct all the girls/boys to sit on the floor by their signs, or return back to their chairs.)

Stevie Walker:

(Point to the signs and say...) Signs. They're everywhere, alerting you to something urgent, pointing out a rule. Have you ever been in a car whose driver ignored the posted signs or a traffic light? *(Listen to responses.)*

Maybe the driver of your car was booked for speeding because he ignored the speed limit sign. Maybe your vehicle's driver went the wrong way down a One Way street and got in a car accident or had other drivers sounded their horns at him/her! When you're old enough to drive, be sure you obey the signs!

Where do we find God's road rules for us? (Listen to responses).

(Possible responses: No matter what your age, it's important to obey the signs, directions, and commands that God has given us in His Word. If you choose to ignore God's signs, you may get trapped in a traffic jam of sin.)

Stevie Walker:

God puts His rules and signs in place for a reason. It's not to bully you or take away your freedoms. Instead, He places rules and signs in our lives to set us free to live a life that pleases Him. Let's hear what the Bible says about God's rules for us.

GEMS/Cadet read:

May Psalm 86:11 be our prayer: Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.

Terry Trekker:

So you mean the only map to follow is God's Word?

Stevie Walker:

That's right, as Micah Road walkers we need to be attentive to the signs posted in your road map, the Bible. Like road signs that guide travellers, God's signs point us to the way He wants us to live! Let's pray again together.

Prayer

Father God, thank you for the signs, directions, and commands that You gave us in Your Word. Teach us to follow Your Word, walking in Your truth and Your way. May the way we walk the Micah Road please You in every way. In Jesus' name, Amen.

Discussion Group Time

(Refer to Discussion Group Section)

Part 2: Do Justice

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Lesson Verse

Seek justice, encourage the oppressed. Defend the fatherless, plead the case of the widow. Isaiah 1:17

Aim

To explain to the GEMS/Cadets what it means to do justice – to take action to help set things right. For example, God says that if you see someone who is lonely, you take action and help set it right by being his or her friend.

Overview

- Skit and interactive activity to explain how we need to be on the lookout for injustice and act on situations where we can help.
- Drama activities to allow the GEMS/Cadets to express how they feel they could respond to situations that need justice.
- Group Discussion time

Resources Needed

- Two Leaders (Stevie Walker and Terry Trekker dressed in trekking gear) to perform the skit.
- Backpack containing water bottles with label “Do Justice”
- 12 Objects hidden around a room
- Instruction sheet with a list of 12 hidden objects (see Theme Presentation Resources section at the end of this book for details).
- Pieces of paper/card, each with Role Play scenarios for GEMS/Cadets to act out. (see Theme Presentation Resources Section – at the end of this book for details).
- Stopwatch/timer(optional)
- Cadet/GEMS ready to read Isaiah 1:17
- Simple props for Good Samaritan parable eg robes, bandages, hobby horse
- Action Cards and envelopes for each Cadet/GEMS (see Theme Presentation Resources Section – at the end of this book for details).

Do Justice

Stevie Walker:

Well Terry, are you ready for your trek yet?

Terry Trekker:

I'm not sure I've got everything (*pulls out a drink bottle with the words, "Do Justice" on it.*) Hey what have you put in my backpack....., what does this mean? Is it a secret code for something???

Stevie Walker:

I hope tonight we can help you find out what that means. But first you will have to do some detective work and here are your instructions (*hands Terry Trekker a list*).

Terry Trekker:

(Reads Instructions)

On your list are twelve objects that are hidden around the room. Your assignment for the next three minutes is to locate as many of these objects as you can find. You do not need to move things around or open doors to find these objects; you simply have to be observant. Once you've discovered an object, do not say it out loud. Instead, write its location on your sheet.

(Stevie Walker or Terry Trekker hands out instructions and pens/pencils to GEMS/Cadets. Allow 3 minutes for GEMS/Cadets to write down hidden objects. Note: See Theme Presentation Resources Section – at the end of this book for instructions/Interactive Activity Sheet)

Terry Trekker:

When I first entered this room, I didn't notice any of these hidden objects. How many of you noticed some of these objects without knowing there was a list of twelve hidden objects? (*Ask for a show of hands.*)

(Discover the maximum number of hidden objects discovered before the object lesson/devotional began and then go over the list of objects together asking different girls to retrieve the hidden objects.)

Stevie Walker:

Our little game of hide and seek has much to teach us about seeking justice. Every day there are people and situations in our lives that demand justice. Someone is lonely, someone needs help with homework, or someone needs prayer. There may be people in our community who are hungry, hurting, and feeling like there is no hope for their future. If you read the front page of the newspaper or listen to a news report on TV or the radio, you'll hear about people who are suffering.

Just like many of us walked by these hidden objects without even knowing they were there, it's possible for us to walk by people without even noticing their pain.

You found the objects when you were really trying to find them. In the same way, when we really make an effort to look around to see if justice is happening we will see those who need us to take action on their behalf and help them out in some way. To do justice is exactly what God tells us to do in His Word, the Bible.

Cadet/GEMS reads:

Isaiah 1:17, Seek justice; encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow.

Terry Trekker:

I get it. We've got to look out for those who need the love of Jesus. We must open our eyes and find those who need an encouraging word, a hug, a helping hand, a prayer, or a good friend. But how about people in far away India or Burma, is there anyway we can help them?

Stevie Walker:

Yes there is. We can raise money for mission projects like our TEAR mission project this year. We could also sponsor a child.

But we can't do any of this without God's help. Let's ask God to help us to seek justice for people around us. Let's stand in a circle to pray. We're going to use our bodies and our voices. Please repeat what I pray and mimic what I do.

Prayer

(Point to your eyes:) Father, help us to seek justice.

(Point to your ears:) Help us to hear the cries of the needy.

(Hold out your hands:) Help us to take action and help others.

(Walk in place:) Help us to do justice as we walk the Micah Road.

(Fold your hands:) In Jesus' name, Amen.

Drama Response Activities

Choose one activity from the following options:

1. Role play some of the following scenarios in groups showing how you should respond in these situations:
 - a. You see someone being picked on/teased/bullied. What should you do?
 - b. At school, someone in your class gets the blame for something they didn't do. You know who did it. What should you do?
 - c. On the news you hear of a major disaster in a country and you and a friend want to raise some money to help the people in need. What can you do?
 - d. You notice someone who wants to be part of your group of friends but they are always being left out of the games you play with your friends. What should you do?
 - e. While picking team members for a sports game at school, one of your friends jokes about how one boy/girl will get picked last because of their ability. What should you do?
 - f. While playing your favourite sport, you notice the young referee isn't noticing the infringements that your team is making in the game. What should you do?
2. Act out the good Samaritan parable (someone could read the story from the bible while others act it out)
3. Work out and act a modern version of the Good Samaritan parable (e.g. at school, someone who is not one of your friends, is being picked on by another student. The teachers don't seem to notice. You decide to do something.)

Group Discussion

(Refer to Discussion Group Section)

Part 3: Love Kindness

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Lesson Verse

Carry each other's burdens, and in this way you will fulfil the law of Christ. Galatians 6:2

Aim

To explain to the GEMS/Cadets what it means to love kindness – to show compassion at all times, to love like Jesus. Jesus was compassionate and forgiving to everyone – His friends and His enemies, the popular and the outcasts, the rich and the poor. He didn't heal and help people because He had to; He did it because He loved to do so! He cared about people!

Overview

- Skit and Interactive Activity:
- Interactive Activity: Carry Each Others Burdens
- Optional part 2 of Skit: True and False Love Test
- Group Discussion Time

Resources Needed

- Two Leaders (Stevie Walker and Terry Trekker dressed in trekking gear) to perform the skit.
- Overloaded backpack containing heavy books
- Heavy books each have Post-it® notes on the cover
- Write a different burden on each Post-it® note. Examples: Someone is hungry. Someone is hurting. Someone is sick. Someone is thirsty. Someone needs clothing. Someone is sorrowing. Someone needs a home. Someone needs to hear about Jesus. Someone doesn't understand her history assignment. Someone's parents are getting divorced. Someone is lonely. Someone is being bullied. Someone is crying, etc
- Put one Post-it® note on the cover of each book.
- Cadet/GEMS ready to read Galatians 6:2
- Cadet/GEMS ready to read Psalm 68:19
- Action Cards and envelopes for each Cadet/GEMS (see Theme Presentation Resources Section – at the end of this book for details).

Carry Each others Burdens

Terry Trekker:

(Enters slowly with really overloaded backpack)

I'm so loaded up today that I can hardly keep going. You see, I think I finally got everything with me but I can hardly move.

Stevie Walker:

You are carrying too much. Let me help you. Maybe you need to share your load with someone. You know, this leads me to what I wanted to talk about tonight: the next part of our Micah Road verse: to Love Kindness.

Stevie Walker:

Who would like to help Terry Trekker unload some of his burdens?

(2 Volunteers are chosen)

Your job is to carry people's burdens - something the Bible tells us to do.

Volunteer starts taking books out of Terry Trekker's backpack and reads the burden and puts it onto the other volunteer's arms (stack them in a way that they will tend to topple out of their arms). When the volunteer can't possibly carry one more book, instruct her to place the burdens in a pile on the ground (optional: maybe pass around to everyone). Thank your volunteers and invite them to return to their chairs.

What are some of the burdens that _____ *(name of volunteer)* read aloud? *(or get each GEMS/Cadet to read one out)*

(Listen to responses.)

Many people around us - even you and me – have burdens that we carry. There are times when we are sick, sad, hurting, and have needs we can't meet on our own.

As Micah Road walkers we need to keep our eyes open for people around us who are weighed down with burdens. When we see them hunched over in pain, we should come alongside them. We must share their load, pray for them, and offer them a helping hand.

Stevie Walker:

What does the Bible say about this?

GEMS/Cadet reads:

Carry each other's burdens, and in this way you will fulfil the law of Christ (Galatians 6:2).

Terry Trekker:

I get it, to carry each other's burdens means to help ease the difficulty or load that is bearing down on them.

Stevie Walker:

That’s right Terry. Have you ever been burdened with sadness, loneliness, fear, stress, uncertainty, or pain? It can feel like someone placed a heavy load on our shoulders and on our heart. When that happens it’s important to talk to another follower of Jesus so that he or she can help bear our burdens.

(Depending on the needs of the Cadets/GEMS at your club, Stevie Walker could continue with the next section or skip it and move to next paragraphs beginning “Can we bear...)

Stevie Walker (Optional):

Will you please turn to someone next to you and ask her if she is carrying a burden today? Listen to her and then share the burden you may be carrying.

After you’ve both shared, join hands and pray for each other, asking God to lift your burdens. Throughout the week, do what you are able to come alongside this person to help share her burden. Pray for her every day until you meet again at Club!

Stevie Walker:

Can we bear all the burdens in this world on our own shoulders? *(Listen to responses.)* No, we can’t! Remember how those books or burdens got so heavy for _____ *(name of volunteer)*? She had to set them down before she dropped them. She couldn’t possibly carry one more burden!

The same is true for you and me. Although we need to be burden bearers, we can’t bear those burdens alone. Only God can! What does the Bible say about this?

GEMS/Cadet reads:

Psalm 68:19, Praise be to the Lord, to God our Saviour, who daily bears our burdens.

Terry Trekker:

So what you mean is that to Love Kindness, we will really care about people with burdens and try helping them in some way and pray that God will give them strength.

You know, it’s so much easier to carry my backpack now that I’m not trying to carry all those burdens by myself.

Stevie Walker:

Think about a burden - maybe it’s one that you are carrying, or maybe it’s a friend’s burden, or maybe its burdens of people across the world who are suffering from AIDS, hunger, or another disaster. In a moment we will pray and will have a time of silence for all to pray individually about the burden they thought of.

Prayer

(Pray the following prayer or alternatively, you could choose to have a prayer circle with each girl being asked to pray for someone with a burden that needs prayer.)

Dear Father, thank you for daily bearing our burdens. As Micah Road walkers we want to love kindness by being burden bearers for one another. Please help us to come alongside the hurting and share Your love and hope. *(Now we will have a minute of silent prayer while each of you pray for a burden you have thought of.....)*. Thank you that You daily bear our burdens. In Jesus’ name, Amen.

(Optional) The True and False Love Test

Stevie Walker:

So Terry, you now know that to Love Kindness means to care for people with burdens. But did you know that this includes caring for those that you sometimes don't get along with very well.

Terry Trekker:

That reminds me about when I was younger. My dad and mum invited our minister and another leader from our church over after dinner. Our family sat in the living room and talked about all kinds of things. I told them my age, what grade I was in at school, how I enjoyed doing gymnastics, and how much I loved Jesus! They praised me for being so young and having such a wonderful relationship with Jesus.

After they left, my sister Nicola and I still needed to wash and dry the dinner dishes. It was my turn to wash and I hated to wash the dishes. Being grumpy about the dishes caused me to be grumpy with Nicola. It didn't take long and I began to call her some really ugly, cruel names. I was downright hateful.

My dad came in the kitchen and said how disappointed he was in me. How could I tell our guests how much I loved Jesus and a few minutes later speak so cruelly to my sister?

Stevie Walker:

Let's see what the Bible says about this

GEMS/Cadet to reads:

If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. 1 John 4:20

Stevie Walker:

God has given us a true or false love test. If we really love God, we must show love to all people at all times. Our love for others tells God that our love for Him is true! If you have hateful thoughts brewing in your heart toward others, it tells God that your love for Him is false.

Terry Trekker:

Maybe you've hurt someone with cruel words or ugly thoughts like I did to my sister. If so, please do what I did years ago by our family's kitchen sink. I asked my sister for forgiveness, and I asked God for forgiveness.

Stevie Walker:

Clean dishes are good; a clean, forgiven heart is even better! Please shut your eyes and think of anyone that you may have been hurtful to this past week. Picture that person while we pray together.

Prayer

Dear Heavenly Father, please forgive us when we don't love other people like we should. Help each boy/girl here to go to the person he's/she's thinking about and to say that he's/she's sorry. Help him/her to love this person with a compassionate, merciful love like Jesus has for us. In His name, Amen.

Group Discussion

(Refer to Discussion Group Section)

Part 4: Walk Humbly with Our God

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Lesson Verses

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9.

How great is the love the Father has lavished on us, that we should be called children of God. 1 John 3:1

Aim

To explain to the GEMS/Cadets what it means to walk humbly with God – to get rid of your pride, to stop depending on yourself and start trusting and depending on God. Remember we are God’s children and depend on God for forgiveness and to lead you. The opposite of humility is pride. We are prideful when we say, “I’m going to lead and I know the way!” We can’t walk God’s way on our own; we must humbly depend on Him, trusting God’s lead!

Overview

- Skit with GEMS/Cadets miming the parable of the Pharisee and tax collector
- Group Discussion

Resources

- Two Leaders (Stevie Walker and Terry Trekker dressed in trekking gear) to perform the skit.
- 2 volunteers to mime the Parable of the Prayer of the Pharisee and the Tax Collector
- Simple costumes for the 2 actors eg a fancy robe for the Pharisee, a plain shirt/jacket for the tax collector
- Two volunteers to be ready to read 1 John 1:9 and 1 John 3:1a.
- Action Cards and envelopes for each Cadet/GEMS (see Theme Presentation Resources Section – at the end of this book for details).

Walk Humbly

Stevie Walker:

Hey Terry, how are your preparations going for the big Trek?

Terry Trekker:

(In boastful manner) Well, I'm fitter than anyone else, I've got the biggest muscles, I've got the best backpack, I've got this fantastic battery powered, remote controlled, dehydrated, professionally tested, enzyme injected, heated sleeping bag! I'm going to be the best Trekker ever!

Stevie Walker:

You remind me of someone in a Parable that Jesus told. It was a Parable about a man who was a Pharisee.

Terry Trekker:

What's a Pharisee?

Stevie Walker:

A Pharisee was someone living in Jesus' time who thought he was able to keep all the rules and live perfectly. The other person in the parable was a Tax Collector who wasn't liked by most people as some Tax Collectors would keep for themselves some of the money they were supposed to collect for the government.

(Invite the two volunteers to the front and assign one to act out or mime the part of the Pharisee and assign the other the part of the tax collector while you read Luke 18:9-14.)

Stevie Walker:

To some who were confident of their own righteousness and look down on everybody else, Jesus told this parable: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men – robbers, evildoers, adulterers – or even this tax collector. I fast twice a week and give a tenth of all I get.'

"But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ' God, have mercy on me, a sinner.'

"I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." Luke 18:9-14.

(When finished reading the Bible verses, thank the volunteers.)

Stevie Walker:

Hey Terry, why do you think the Tax Collector prayed that prayer?

Terry Trekker:

Well, I suppose he knew he had done some really bad things and God would not be happy with him because of his sins. But he did seem to be really sorry for the things he had done wrong.

Stevie Walker:

Yes, he asked God to forgive him and the good news is that God did forgive him. In fact, God will forgive all of us if we are really sorry for the things we do wrong and ask for his forgiveness. Let's hear what the Bible says about this.

Cadet/GEMS reads:

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Terry Trekker:

OK, so the Bible is saying that we need to admit we do things that are wrong and ask for God's forgiveness.

Stevie Walker:

That's right Terry. To walk the Micah Road means that we must be humble before God so we must get rid of our pride.

Terry Trekker:

So I need to admit I do things wrong, ask God to forgive me and get rid of my pride by telling people that I'm no good at anything?

Stevie Walker:

No, that's not what I meant.

Terry Trekker:

Well, what about pretending to be humble by praising others while secretly hoping someone will say how good I am?

Stevie Walker:

No, that's not what the Bible tells us about being humble. In God's Word we learn that humble people see themselves as they really are – children of God. More importantly, they see themselves as "whose they are" - they are people who belong to God their Heavenly Father. Let's hear what the Bible says:

Cadet/GEMS reads:

How great is the love the Father has lavished on us, that we should be called children of God! 1 John 3:1a

Terry Trekker:

OK, I think I understand. We need to remember that we were created by God, we are His children. Although we might be good looking, good at school, successful at sport, have cool clothes, have great musical abilities or some other talent, we have these things because our God loves us and has blessed us. We also need to remember that we all do things that are wrong, so we all need God's forgiveness.

Stevie Walker:

It looks like you've finally got it Terry. Humble people focus on "whose they are" – children of God, I am part of God's family, I am a child of my Heavenly Father. All of us can be part of God's family too when you walk humbly before our God.

A good test to see if you are being proud or being humble is to take a look at where your focus is. Are you focusing on yourself? Or are you focusing on "whose you are" and what He has done for you? Let's pray together.

Prayer

Dear Father God, thank you for Your great love for us that we should be called Your children! Please help us get rid of the pride that stands tall in our lives. We ask that You will help us to stay focused on whose we are. We belong to You! In Jesus' name, Amen.

Group Discussion

(Refer to Discussion Group Section)

Part 5: Staying on Task

Theme Verse

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? Micah 6:8 (NASB)

Lesson Verse

[Paul said], “However, I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me - the task of testifying to the gospel of God’s grace.’ Acts 20:24

Aim

To summarise to the GEMS/Cadets what it means to walk the Micah Road and to get them to think about what they can do to make a difference.

Overview

- Skit summarising the things learnt
- Group Discussion
- Putting the Theme into Action

Resources

- Two Leaders (Stevie Walker and Terry Trekker dressed in trekking gear) to perform the skit.
- Another Leader or volunteer for the Narrator’s part in the skit.
- A mobile phone and Terry’s list of projects.
- Signs with the following words written in large letters on each one
 - Follow Jesus
 - Read God’s Word
 - Do Justice
 - Love Kindness
 - Walk humbly
 - Remember whose we are(Signs can be found in the Theme Presentation Resources Section – at the end of this book for details)
- Action Cards and envelopes for each Cadet/GEMS (see Theme Presentation Resources Section – at the end of this book for details).
- Various items needed for Putting the Theme into action depending on what option you choose

Interactive Activity: Staying on Task

Terry Trekker:

Hey, Stevie! I was thinking about what you've been saying about walking the Micah Road. I now realise that the trek we are going on is not a hike in the bush but walking the Micah Road is really about living the Christian life. So what justice issue are you going to focus on?

Stevie Walker:

I don't know, Terry. I went to bed last night and I couldn't think about anything else. I kept thinking about it and couldn't get to sleep! It was after midnight when I decided to talk to God in prayer and asked Him what I should do. This morning the thing that keeps coming to my mind over and over is the Day Care Centre down the street. I'm considering volunteering there after school.

Terry Trekker:

I've been thinking about doing stuff too for my Micah Road walk. But Stevie, are you kiddin' me? Do you really want to volunteer at a Day Care Centre where all the little kids have runny noses and dirty nappies? I'm going to do great and wonderful things! I made a list last night - want to hear it? Pulls list out of back pocket.

Stevie Walker:

Go ahead. I'm listening.

Terry Trekker:

I'm going to start a recycling campaign at school to take better care of God's creation. I'm going to write a letter to all my friends and relatives asking for money to help orphans in Africa. I'm going to help with the newsletter mailings at the crisis pregnancy centre in town, ask my parents if I can volunteer at the soup kitchen for homeless people once a week, start a clothing drive at church for orphans in the Ukraine, make some blankets for children in Haiti and start a special campaign to collect Christmas gifts for children of prisoners.

Stevie Walker:

Wow, Terry, that's quite a list. Did you pray about it? Do you feel like God's leading you to participate in all those projects?

Terry Trekker:

Stevie, who has time to pray? There's work to be done. Not only am I going to do all these things, I'm going to have this list checked off by our next meeting.

Stevie Walker:

Really? . . . (*sarcastic expression*)

Terry Trekker:

You don't seem like you really believe me. Let's have a race, slowcoach. Let's see who can walk the Micah Road fastest. By the next GEMS/Cadet meeting I'll have my list finished and we'll see if you can manage to do anything more than wipe noses and baby bottoms.

Stevie Walker:

I don't know, Terry. I don't think the Micah Road is supposed to be a competition....

Terry Trekker:

You worry too much. I've got things to do to prove that I'm the faster and better Micah Road walker. See you next week! *(Terry's mobile phone rings and she sits down in the corner and chats....)* Hi, Susie! Yes, of course I'd love to come to your house and watch TV. I'll bring the popcorn - sounds like fun.

(Terry Trekker and Stevie exit off stage)

Narrator:

Two weeks passed by before Terry and Stevie's Cadet/GEMS Club meet again.

Stevie Walker:

Hi Terry, so how are you going with your Micah Road list?

Terry Trekker:

I'd love to show you Stevie, but it went through the wash with my jeans the day after we talked and I can't even remember what was on it. Anyway although I wanted to do all those Micah Road things, I'm starting to think that I'm too busy hanging out with my friends and watching TV and stuff. How about you?

Stevie Walker:

I know you think it's stupid to volunteer at a Day Care Centre, but it's been an amazing time with those kids. It's been so fun to care for them and tell them how much Jesus loves them.

Terry Trekker:

Wow, I'm feeling a bit lost, maybe you can help me get back on the Micah Road.

Stevie Walker:

I think you just need some reminding of what we have learnt about Walking the Micah Road.

Terry Trekker:

OK, you're probably right.

(Ask other Leaders or older GEMS/Cadets to hold up signs as Terry reads each one out. As each point is displayed the leader gives a brief explanation as follows:)

Sign 1: Follow Jesus**Stevie Walker:**

If we want to walk on the Micah Road we can only follow 1 leader and that's Jesus

Sign 2: Read God's Word**Stevie Walker:**

God's Word is like a map for our lives. We must obey God's rules so that we can head in the right direction and follow His Ways.

Sign 3: Do Justice**Stevie Walker:**

We need God's help to take action to help people who need Jesus love, not only the people we meet but also for people overseas.

Sign 4: Love Kindness

Stevie Walker:

To show others the love of Jesus we need to help carry their burdens.

Sign 5: Walk Humbly

Stevie Walker:

We need to get rid of pride, admit our sin and ask God to forgive us. We need to depend on God, and not ourselves.

Sign 6: Remember Whose We Are

Stevie Walker:

God loves us, He wants us to be part of His family and he calls us His children.

Terry Trekker:

OK, I think I really have got it now. I think I was trying to do the exact opposite of those things when I tried Walking the Micah Road:

Instead of Following Jesus and Reading God's Word, I just tried doing it myself.

Instead of Doing Justice and really looking out for other's needs, I just thought of myself.

Instead of showing Love Kindness, I didn't really care about anyone else's burdens; I was too worried about the burden of getting through my list.

Instead of Walking Humbly, I just wanted to make a competition out of it and show everyone that I was better than you.

Instead of remembering "whose we are", I got sidetracked and forgot about the whole thing.

Stevie Walker:

Well, you seem like you've finally got it Terry. Let's pray together.

Prayer

Father God, thank you for loving us and teaching us through the Bible how you want us to live as Christians. Please help us in our Micah Road Walk. Help us to remember to read the Bible to know clearly how you want us to live, Help us to consider others and show kindness to the needy. Help us to seek You in prayer, asking You what specific tasks You want us to do. Then help us to steadily and faithfully do those things. Please help us to do these things humbly for Your glory. In Jesus' name, Amen.

Group Discussion Time

(Refer to Discussion Group Section)

Put the Theme into Action!

Group Activities /Individual activities

Choose one or more of the following activities:

- Memorize Micah 6:8.if you don't already know it.
- Make bookmarks with the verse Micah 6:8 on it to hand out to people on Cadet/GEMS Sunday.
- Create a wall hanging for your room that reads 'Walk the Micah Road:'
- Make up your own song or rap to the words of Micah 6:8. Include verses about what it means to do justice ,love kindness and walk humbly with God
- Make a poster that shows the need for justice and kindness. Use your poster as a prayer guide for your club or for personal use.
- Make a monthly calendar. Record how you will walk the Micah Road each month.
- Try out the other skits in the resource section. Discuss what you think is the message of the skit.
- Write a drama that portrays what it looks like to walk the Micah Road in your school or community. Present the drama at your church, at club, or at a nursing home.
- Act out the parable of The Prodigal Son found in Luke 15:11-32. Discuss what it teaches us about God's forgiveness.
- Make a card for sick or lonely people in your church. Write an encouraging Bible verse on each card.
- Plan a working bee morning for some elderly people from church. You could put a note in your church newsletter asking if anyone needed some jobs done.
- Plan some fundraising activity to help raise money for the Cadet/GEMS Mission Project.
- Do some research to find out about people who are being treated unjustly eg Christians who are being persecuted. Use this information to help you pray for their needs.
- Support the Bible League's annual programme for the persecuted Christians as a club or as individuals.

Theme Presentation Resources

Part 1: Getting Fitted

Interactive Activity 3: Obey the Signs

Cut up the verses following each of the signs and hand them out to the GEMS/Cadets. The verses could be glued onto cardboard before handing them out.



Stop and consider God's wonders.

Job 37:14b

Stop doing wrong, learn to do right!

Isaiah 1:16b-17a

Therefore let us stop passing judgement on one another.
Instead, make up your mind not to put any stumbling-block
or obstacle in your brother's way.

Romans 14:13

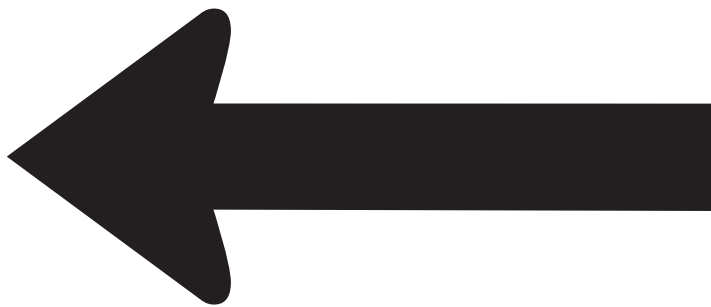
Each of the four living creatures had six wings and was covered
with eyes all around, even under his wings. Day and night they
never stop saying: 'Holy, holy, holy is the Lord God Almighty,
who was, and is, and is to come.'

Revelation 4:8



ONE

WAY



[Jesus said], "I am the way and the truth and the life.
No one comes to the Father except through me."

John 14:6

Follow the way of love.

1 Corinthians 14:1a

And we pray this in order that you may live a life worthy of the
Lord and may please him in every way: bearing fruit in every
good work, growing in the knowledge of God.

Colossians 1:10

Be wise in the way you act toward outsiders; make
the most of every opportunity.

Colossians 4:5



**GIVE
WAY**

Wait in hope for the LORD; he is our help and our shield.

Psalm 33:20

Wait for the LORD; be strong and take heart
and wait for the Lord.

Psalm 27:14

Be still before the LORD and wait patiently for him.

Psalm 37:7a

But as for me, I watch in hope for the LORD,
I wot my Saviour; my God will hear me.

Micah 7:7



Turn from evil and do good; seek peace and pursue it.

Psalm 34:14

Turn from evil and do good; then you will dwell in the land forever.

Psalm 37:27

He must turn from evil and do good; he must seek
peace and pursue it.

1 Peter 3:11

Turn my heart toward your statutes and not toward selfish gain.

Psalm 119:36



Those who hope in the LORD will renew their strength. They will
soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint

Isaiah 40:31

He has told you, O man, what is good; And what does the
LORD require of you But to do justice, to love kindness,
And to walk humbly with your God?

Micah 6:8 (NASB)

And this is love: that we walk in obedience to his commands.
As you have heard from the beginning, his command is
that you walk in love.

2 John 6

Whoever claims to live in him must walk as Jesus did.

1John 2:6



But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6

Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

Matthew 28:19-20

[Jesus] said to them, "Go into all the world and preach the good news to all creation."

Mark 16:15


[Jesus said], "You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name."

John 15:16

Part 2: Do Justice

Below is a list of 12 objects that are hidden around the room. Your assignment for the next three minutes is to locate as many of these objects as you can find. You do not need to move things around or open doors to find these objects; you simply have to be observant. Once you've discovered an object, do not say it out loud. Instead, write its location on your sheet. Once you've located all the objects or hear my signal, please sit down in your chairs again.

	OBJECT	LOCATION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



Part 2: Do Justice

Drama Role Plays:

Cut up the table below (each Drama Role Play could then be glued onto cardboard) and hand them out to the girls/boys. Note: 2 squares have been left blank for you to write your own scenario for a role play).

<p>3 actors required</p> <p>You see someone being picked on or bullied at school. It is not one of your friends. What should you do?</p>	<p>3 or 4 actors required</p> <p>At school, someone in your class gets the blame for something they didn't do. (e.g. <i>stealing something from someone's bag</i>). You know who did it. What should you do?</p>
<p>2 or 3 actors required</p> <p>On the news you hear of a major disaster in a country and you and a friend want to raise some money to help the people in need. What can you do?</p>	<p>3 or 4 actors required</p> <p>You notice someone who wants to be part of your group of friends but they are always being left out of the games you play with your friends. What should you do?</p>
<p>3 or 4 actors required</p> <p>While picking team members for a sports game at school, one of your friends jokes about how one boy/girl will get picked last because of their ability. What should you do?</p>	<p>3 or 4 actors required</p> <p>While playing your favourite sport, you notice the young referee isn't noticing the infringements that your team is making in the game. What should you do?</p>

Part 5: Staying on Task

Sign 1: Follow Jesus

If we want to walk on the Micah Road we can only follow 1 leader and that's Jesus

Sign 2: Read God's Word

God's Word is like a map for our lives. We must obey God's rules so that we can head in the right direction and follow His Ways.

Sign 3: Act Justly

We need God's help to take action to help people who need Jesus love, not only the people we meet but also for people overseas.

Sign 4: Love Mercy

To show others the love of Jesus we need to help carry their burdens.

Sign 5: Walk Humbly

We need to get rid of pride, admit our sin and ask God to forgive us. We need to depend on God, and not ourselves.

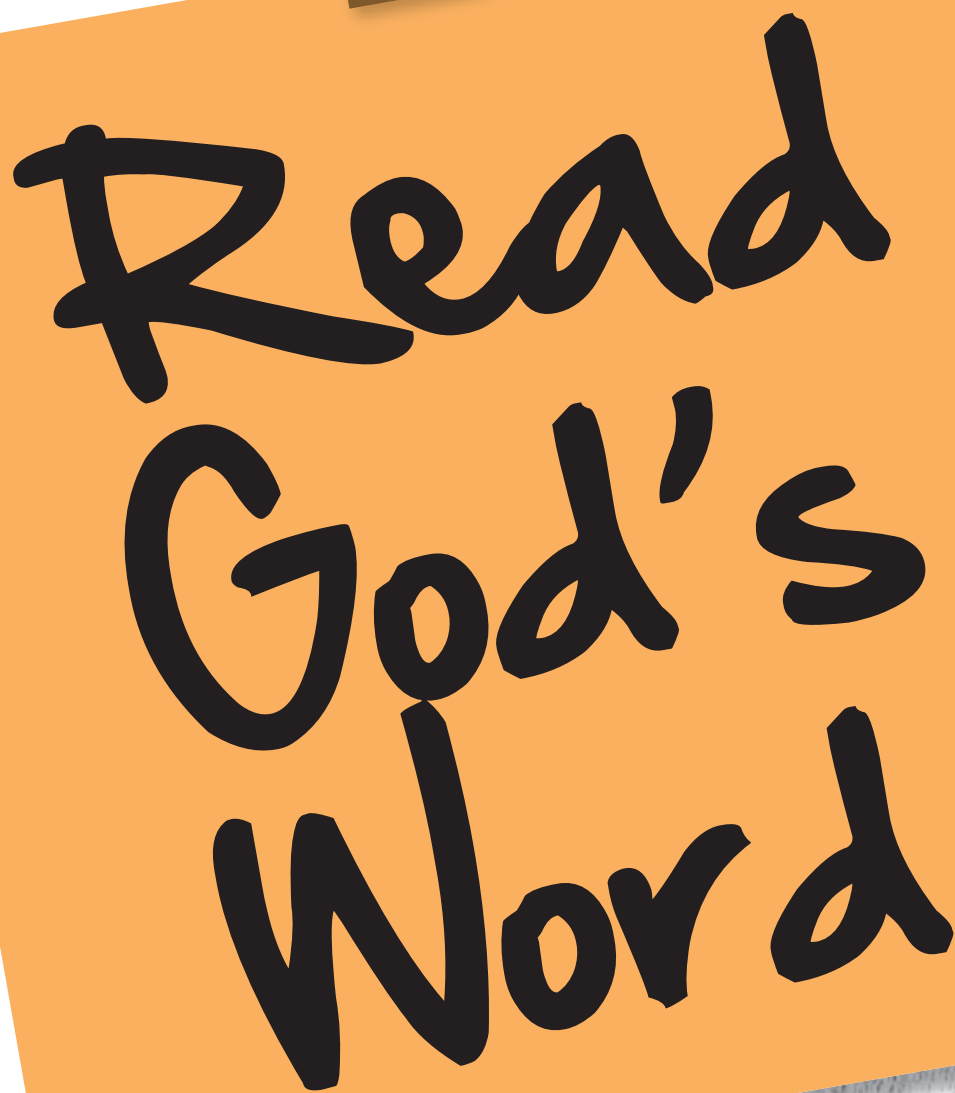
Sign 6: Remember Whose We Are

God loves us, He wants us to be part of His family and he calls us His children.



Follow
Jesus





Read
God's
Word





Act
Vastly



Love
Mercy





Walk
Humbly








Remember
Whose
We Are



Parts 1 – 5: Action card masters

These can be copied for each girl/boy. As they are used they can be cut out, written on and put into an envelope. They should be taken home each time they are written on. These responses are personal and so they do not have to be shared with anyone.

<p>Name: _____</p> <p>Part 1 Action Card Getting Fitted</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Name: _____</p> <p>Part 2 Action Card Act Justly</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Name: _____</p> <p>Part 3 Action Card Love Kindness</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Name: _____</p> <p>Part 4 Action Card Walk Humbly</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Name: _____</p> <p>Part 5 Action Card Staying on Task</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	