

Following the Rules Youth Night

What you will Need:

Soft playground balls for Dodgeball

A large play space for Dodgeball

Pencils or pens for each student

Prepare:

Recruit enough adult leaders to lead small group discussions

Print out the Small Group Discussion Guide for each group

Print enough of the Following Directions Test for each student

Following the Rules Youth Night Agenda

Prayer: Dear Lord, I believe that You uphold the creation by the strength of Your mighty power and Your great wisdom, and that in Your Word You have laid out all that we need to live godly lives that are pleasing to You. I desire to do Your will oh God, and I pray that I may serve You in the manner that You require. Lord, in humility of heart I admit that I can do nothing of myself, but only as You give me Your sufficient grace, Your wisdom and Your strength. Help me I pray, to live each day of my life in holiness and righteousness, in humility of heart and with self-control. Help me to walk in spirit and in truth and to do only those things that I have heard from You, through the Word of God and the gentle promptings of Your Holy Spirit in my inner soul. May I look to You and not to the ways of the world. May I grow in grace and in a knowledge of the Lord Jesus, and may I apply myself diligently to pursue Your greater plans and purpose in my life, willingly accepting correction, eager to forgive others and enjoying sweet fellowship with You day by day. This I ask in Jesus' name, Amen.

Source: <https://prayer.knowing-jesus.com/Prayers-to-be-in-the-will-of-God>

Announcements: Let your youth group know of any upcoming events, youth nights, or other activities they should be aware of

Dodgeball: Have the students play a game of dodgeball for about 5-10 minutes. However, announce before they start that there are no rules. If they ask "Can we.....?", just repeat "There are no rules". After about 5-10 minutes or until the students are frustrated, announce that they are now going to play a round of dodgeball with the normal dodgeball rules.

Test: Have the students complete the Can You Follow Instructions test

Small Group Discussion: Break into groups depending on how many adults you have available. Make sure each adult has a discussion guide.

Captains' Orders Game: Have one person to be the "Captain". The Captain stands in front of the rest of the group and calls out one of the following actions. The students then complete the action without messing up. If they mess up, they are out. It is similar to "Simon Says" except the students complete each command.

Man Overboard -Players have to drop to the floor into planking position.

Captain's Coming -Players must stand at attention and salute the 'captain'.

Starboard / Port -Players must run to the designated side of the room.

Scrub The Deck -Players must squat on the ground and scrub the deck.

Climb The Rigging -Players must stand up and pretend to climb the rigging.

Man The Lifeboats -Three players have to pair up. They must sit in a row with the two on the end holding their hands out to make a boat shape and the person in the middle rows the boat.

Find North -The players have to pair up into groups of three and point in one direction.

LIVING BY THE RULES SMALL GROUP DISCUSSION

****Please use these as a guide. Your group may be more open or very quiet. Try to get at least a couple of answers from your group to get them talking. If no one is talking, start off the discussion by giving them your opinion and why. ****

1. What kind of instructions, directions or rules did you encounter today?
2. Are rules important?
3. How do they help us?
4. What would it be like if there were no rules?
5. Do you think God has given instructions to help us live our lives? (You may get a range of answers which will serve to facilitate a discussion, but probably someone will say the Ten Commandments.)

6. Read over each commandment

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

7. Select some of the commandments and discuss what that might mean for us today i.e. Idols? Honor your father and mother? Try to include how abortion is included in Number 5.

8. Why did God give these instructions?
9. What do you think would happen if everyone followed these instructions?
10. Are some more important than others? Why?
11. Read **James 2:10**. "For whoever keeps the whole law, but falls short in one particular, has become guilty in respect to all of it."
12. Is it possible to keep God's rules without his help?

CAN YOU FOLLOW INSTRUCTIONS?

1. Read everything before doing anything?
2. Put your name in the upper right-hand corner of this paper.
3. Circle the word 'name' in number 2?
4. Draw five small squares in the upper left-hand corner of this paper?
5. Put an 'X' in each square?
6. Sign your name under the title of this paper?
7. Put a circle around number 5?
8. Put an 'X' in the lower left-hand corner of this paper?
9. Draw a triangle around the 'X' you have just put down?
10. Draw a rectangle round the word 'paper' in number 4?
11. Loudly call out your first name when you get to this point?
12. If you think you have followed directions carefully to this point call out 'I have?'
13. On the reverse side of this paper add 8950 and 9850?
14. Put a circle around your answer and a square around the circle?
15. Count out in a normal speaking voice, from 10 to 1 backwards?
16. Punch three small holes in the top of this paper with your pencil point?
17. If you are the first person to reach this point call out loudly; 'I am the first person to reach this point, and I am the leader in following directions.'
18. Underline all the even numbers on this side of the paper?
19. Say out loudly; 'I am nearly finished and have followed directions.'
20. Now that you have finished reading everything, do only number 2.