



elev8

life on another level

Student Workbook

YEAR 2

Life and Action
Drugs

Bible Readings

Exodus 30

Genesis 19:30-38

Proverbs 23

Ephesians 5:6-18



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of non-prescribed drugs in the Bible
- Express the theme or story in your own way
- Apply your learning from the story to your own life and community

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about non-prescribed drugs?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

Share about every type of medicine you think you've ever had and the reason you had it.

(Or how much caffeine do you think you have in an average week?)

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Drugs are technically any chemical that alters your body and/or mind.

Caffeine is probably the most popular drug taken today.

There are obviously a lot of drugs available. Some legal, some illegal. But just because something is legal doesn't automatically make it safe. Cigarettes (containing Nicotine) have no physical health benefits and yet are reasonably available and still widely used.

Also feel free to do an internet search on "Health benefits of energy drinks for teens".

And the number one drug that is linked to injury, disorders and deaths is alcohol.

So apart from health benefits or disadvantages, why does God want us to think about drugs in our lives?

Drugs obviously have a place in past and modern society. They can be used to help us relax and focus our mind and thoughts on God (Exodus 30).

Drugs obviously can make us lose control of ourselves. This is not just embarrassing, but can end up with more serious unforeseen consequences (Genesis 19:30-38).

But the Bible also wants us to consider our motivations for taking drugs (Proverbs 23).

- Do we have poor self-control?
- Are we looking for an easy short-cut when we know we should be achieving something through our own efforts?
- Are we hoping for a life of someone else?
- Are you trying to run away from something in your own life?
- Are there things you don't want to face?
- Are you just too focused on your own pleasures or yourself?

This can not only apply to drugs that people take to affect their mind, but also those that they take to affect their bodies for performance or appearance enhancement.

The Bible doesn't just tell people who are drawn to the 'benefits' of taking drugs to "just say no", but instead gives some alternatives ways of dealing with the motivations that might influence people to try or stay with drugs (Ephesians 5).

Explore – Express

Create a 3 minute skit about discovering a 'Christian' friend who has recently started smoking pot with his older brother's friends and the subsequent Biblical conversation about his new activity.

- In your planning, you might want to discuss:
- What 'benefits' do drugs offer?
- What are some of the motivations/ drives behind taking drugs?
- If something is 'naturally grown' is it naturally safe and good for you?
- What does the Bible have to say about drugs?
- What other effects do drugs have on your health, your self-view, how you relate to others and your ideas and dreams? As well as its possible impacts on relationships and responsibilities with others and to God?

Explore – Integrate

- What 'benefits' of drugs might appeal to me personally?
- What new activities can I experience to get more thrill or novelty out of life?
- What new activities can I do to give more to others?
- What are areas of my life I'm currently not satisfied with, and how can I work with God to improve them?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects you may have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray.