

## TO DEW OR NOT TO DEW

**1.** Do behaviors that you exhibit fall in line with your personal values and beliefs? Rate yourself on a scale of 1 to 10 [1 being “My behaviors don’t match my values at all.” and 10 being “My behaviors match my values all of the time”]

**2.** When you feel that something is wrong, but you do it anyway-  
-How do you feel?

-Why do you choose to do it?

- Do you feel guilty later?

**3.** What would you like to change most about your behaviors and values?

**4.** Read the following verses, and rate yourself on a scale of 1 to 10 [1=you’re on track and 10=you need to work on this]

\_\_ **Luke 6:46-47** \_\_ **Romans 7:15** \_\_ **Romans 14:22**

\_\_ **Galatians 5:16** \_\_ **1 John 1:9**

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## **To DEW OR NOT To DEW**

**Luke 6:46-47-** Building on a Solid Foundation *“SO WHY DO YOU KEEP CALLING ME ‘LORD, LORD!’ WHEN YOU DON’T DO WHAT I SAY? I WILL SHOW YOU WHAT IT’S LIKE WHEN SOMEONE COMES TO ME, LISTENS TO MY TEACHING, AND THEN FOLLOWS IT.*

**Romans 7:15-** I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.

**Romans 14:22-** You may believe there’s nothing wrong with what you are doing, but keep it between yourself and God. Blessed are those who don’t feel guilty for doing something they have decided is right.

**Galatians 5:16-** So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.

**1 John 1:9-**But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

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**THE BIG PICTURE:** Open the discussion for how to shape Christian values and live them day in and day out.

**THE BIG OPENING:** Have the guys stand together in a huge human knot. Have them lock their arms and legs. Then let the girls try to pull them apart. A few rules though—no hitting, punching, kicking, biting or pinching.. They have 5 minutes.

## **BRING IT BACK TOGETHER [Discuss]:**

1. What was hard about trying to pull them apart?
2. Was it hard for the guys to stick together when they were being pulled away?
3. Did the girls want to give up?
4. What made the guys stick together so tightly?

Some people make choices and stick with them but can be pulled away from these values. Like the human knot, it's important to surround yourself with people who have the same values and can hold each other accountable.

## **BY THE NUMBERS:**

1. How did you rate yourselves? The longer a person's behavior is inconsistent with his or her beliefs, the more their beliefs will change to match their behavior.
2. When you look at your answers to these questions you may get a feeling of guilt. Guilt isn't always a bad thing—it was designed by God to pull our behavior patterns in line with our value system. When we stop feeling guilty for the inconsistency in our lives, then we're in serious trouble.
3. Brainstorm practical ways to change incompatible behavior patterns, for those students who wish to share.
4. Read the verses, and discuss. Get the kids to realize that even if they aren't perfect it is okay, if they are trying to improve. A little bit of improvement over time is better than no improvement at all.

**WRAP IT UP:** Think about your values and then try to live consistently with them. You need to not only talk the talk you need to walk the walk. You might choose a value everyone respects—such as loving your neighbors—and brainstorm a list of ways you can improve through the week. Find different ways to put good values into consistent practice.

The more frequently right choices are made the easier they become. There are many different resources available to help and guide you, such as, the Bible, the Holy Spirit, other Christians, your parents and adult youth leaders. We are all here anxious to help you make the right decisions.