



# CHRISTIAN LIFE—SELF-EXAMINATION

Anything to photocopy? Yes

A Faith Physical (1 for each student)

Here are the parts of this lesson:

- ♦ Hand over Hand *game*
- ♦ A Faith Physical *discussion starting survey; pencils*
- ♦ Paul's Letter to the Americans *Bible study—paraphrasing*

## GAME

### HAND OVER HAND

Divide your group into two or more teams of five or more participants. Each team forms a circle and everyone holds his right hand in the middle of the circle. Have kids stack their hands basketball-huddle style. Then have them place their left hands in the circle in the same manner so that left hands are stacked on top of the right hand stack. At the signal, the person whose hand is on the bottom should take that hand and place it on top of the stack. The next person should do the same, and so on until the person who began the process is again on the bottom. The first team to complete this process is winner of round #1. For the next round try three laps. Then try five. After everyone is getting the hang of it, try going backward. *Ben Sharpton*

## DISCUSSION STARTING SURVEY

### A FAITH PHYSICAL

Pass out the checklist from the book of James to your youth group. This would be excellent following a lesson on faith and works or on the book of James.

In the column “Especially when...” kids should indicate exactly when they get angry, critical, jealous, etc. In this way, they can start recognizing those people and those situations that are particularly hard to handle and they can begin asking God for help in dealing with them. After completing the “physical” discuss each item separately. *Bobby Shows*

## BIBLE STUDY—PARAPHRASING

### PAUL'S LETTER TO THE AMERICANS

This is an activity that causes both the kids and leader to reflect on their present lives and help them get a feeling for Paul's letters to the churches.

Have the kids write a letter to themselves from “Paul” praising and admonishing themselves on their lifestyle (it's important to praise as well as admonish). Give them about 20 minutes then break into small groups and have them share their letters.

Another adaptation is to use a specific passage (Eph. 6:10-24 for example) and rewrite it to themselves. Or have small groups compose a letter to the whole youth group, evaluating what the youth group is or is not doing. *Kris Yotter*



# A Faith Physical

<b>PROBLEM</b>	<b>A LOT</b>	<b>SOMETIMES</b>	<b>HARDLY EVER</b>	<b>ESPECIALLY WHEN...</b>
1. Anger James 1:20				
2. Sharp Tongue James 1:26				
3. Showing Favoritism James 2:1				
4. Critical James 3:1				
5. Bragging James 3:13				
6. Being Phony James 3:14				
7. Jealousy James 3:16				
8. Fighting James 4:1				
9. Want Only Things That Give Pleasure James 4:3				
10. Loving the World James 4:4				
11. Pride James 4:6				
12. Not Sorry for Wrongs James 4:9				
13. Knowing Right, But Not Doing It. James 4:17				
14. Gripping James 5:9				