

Traveling Light

The Big Questions:

- What is your main goal in life?
- What distracts you from your main goal?

Break the Ice:

- Simple Living Continuum
 - String a clothes line across the front of the room.
 - On one end of the line, hang the paper that says: Simple Living (from the Simple Living Continuum, attached).
 - On the other end of the line, hang the paper that says: Complex Living.
 - Distribute the rest of the papers from the Simple Living Continuum to participants.
 - Give participants a clothes pin for each paper they hold.
 - Invite participants to hang their papers on continuum.
 - Ask the group to look at the constructed continuum.
 - Invite anyone who wants to change the location of a paper to come forward, change the paper, and explain why.
 - Gradually—as participants continue to make changes, one at a time—introduce the first big question of the lesson. Ask them to evaluate their placement of the papers on the continuum in light of this question.
 - When the time seems right, say: *Paul wrote a letter to Timothy about simple living. Let's see what he had to say.*

Supplies:

- Long clothes line
- 25 clothes pins
- 100 pieces of candy
- 4 brown lunch bags
- 4 prizes of varying sizes and desirability
- Copies
 - Simple Living Continuum (1 copy)
 - More Than a Hike (1 copy)
 - Look at the Book

Look at the Book:

- Say: *Simple living is not just about being poor or about being rich. In fact, the Bible tells you how to have the right attitudes about both poverty and wealth. Let's see what you think about this scripture.*
- Distribute the handout: **Look at the Book** (attached).
- Read the scripture aloud as a choric.
- Give participants a few minutes alone to mark their scriptures. (See Probing prompts.)
- When the time is right, ask participants to talk in small groups to complete the Probing exercises.

Interact:

- Candy Simulation
 - Divide participants into 4 groups. Be sure to create diversity within each group in terms of ages, socioeconomic status, gender, and levels of influence. **Also**, be sure to have groups of different sizes—one miniscule group, one small group, one middle size group, and one large group. (You may need to adjust the number of groups according to your youth group.)
 - Distribute the following stapled-shut brown bags of candy to each group:
 - Miniscule group: 50 pieces of candy
 - Small group: 25 pieces of candy
 - Middle-size group: 20 pieces of candy
 - Large group: 5 pieces of candy.
 - Ask participants to agree that there will be no trading or sharing between groups.
 - Tell participants that when you say GO, they should open their bags and count the number of candies.
 - Ask each group to appoint a speaker to announce the amount of candy in their bags.
 - Explain that the candy is like money and can be traded in for prizes:
 - Give
 - A big prize to the group with the most candy
 - A lesser prize to the next group
 - An even lesser prize to the next group
 - An undesirable prize to the group with the least amount of candy.
 - Debrief with questions like the following:
 - How did you feel during this exercise?
 - Can you relate this exercise to the world?
 - What gave some people more power than others in this exercise?
 - How can this exercise help you ponder how to live—how to travel lightly?
- More Than a Hike
 - Say: *I'm about to read you a story about two young people who traveled lightly—who lived simply for the kingdom. These young people were part of a program called REACH, which is run by Rosedale Mennonite Missions (RMM).*
 - Read the story: “More Than a Hike” (attached).

Pray:

- Say: *Take one minute to look at the scripture again. What might God want to hear from you? Should you thank him? Confess to him? Praise him? Pray for someone else?*
- Then say: *Now, let's pray aloud together. Talk to God—just a sentence or two. I'll close in just a minute.*