

WHAT GETS YOU OUT OF BED?



THEOLOGICAL QUESTION

What is THE Cause (the Great Commission), and how does it apply to me?

BIG IDEA

Jesus has called all believers to be part of something big, something of value, something that will change the world—THE Cause of making disciples (often referred to as “the Great Commission”). Jesus’ mandate in Matthew 28:19 to “go and make disciples...” is THE Cause that will transform lives both now and for all eternity!

SCRIPTURE USED

Ecclesiastes 2:11: *But as I looked at everything I had worked so hard to accomplish, it was all so meaningless—like chasing the wind. There was nothing really worthwhile anywhere.*

Matthew 28:18-20: *Jesus came and told his disciples, “I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”*

OPENER

Identity Guessing Game

For the opener you will need:

- Slips of paper or 3x5 cards
- Pens/pencils

Divide your students into two teams of the same number. For larger groups, divide into four teams and have a play-off round with the two winning teams and two losing teams. Give each student a blank piece of paper or 3x5 notecard, and have them write five little known facts about themselves, and sign their name (legibly). Examples:

I have never been out of the state.

I can turn my eyelids inside out.

My middle name is _____.

I have never eaten _____.

I know how to_____.

Have every student include this phrase/answer on their card as one of their five facts:

What gets me out of bed in the morning is _____.

Collect all the cards and keep separate stacks for each team. The game is now ready to play.

The object is for students to name the person on the card that the leader draws from the other team's stack of cards in as few clues as possible. Begin by opening up the bidding between the teams, for example: "We can name that person in three clues!" or, "We can name that person in four clues!" and so on. The team that wins the bidding has five seconds to guess after the reading of the appropriate number of clues. Be sure and read the "What gets me out of bed" responses on every card during the game.

TRANSITION

ASK

- What did you learn that surprised you about people?
- Was it hard to reveal little known facts about yourself? Why or why not?
- How many of you have ever thought about what gets you out of bed in the morning? For those that have, why? For those who haven't, why not?

EXPLAIN

I believe this is a very important issue, because it shows what motivates us to do the things we do. It is really true that our focus determines our reality, which is why we're going to take a closer look at this subject.

Basically, I think most of our motivations to get out of bed can be broken down into the following five categories. Listen carefully to my description of each, because I'm going to ask you to pair share with a partner which one or two best fit you personally as primary motivations for getting up each new morning. Write these five categories headings on a whiteboard or flipchart as you mention each.

1. **Fear and/or Guilt:** If you don't get up, you'll be kicked off the team, flunk out of school or get grounded for life. The negative consequences will make your life uncomfortable.