



## SUBSTANCE AND OTHER BODY ABUSES

Get a Life!

February 8, 2025

### 1 PREPARING

#### A. THE SOURCE

**1 Corinthians 6:19, 20** • “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

(See additional passages in student material.)

#### B. WHAT’S TO BE SAID ABOUT “SUBSTANCE AND OTHER BODY ABUSES”

Unfortunately in this world there are more and more things for an adolescent to be involved in at a younger and younger age. When they were a toddler, their parents could block the door to keep them from encountering dangerous situations for which they were not prepared. Now that they are older it is harder to shield them from dangers, because the dangers come into our homes with the click of a mouse or the flick of a remote. Since it’s becoming increasingly difficult to keep the world out, the best thing adults can do is to give young people the tools they need to deal with the onslaught of choices coming at them. These include love, discipline, decision-making tools, uplifting activities, opportunities to grow, modeling of appropriate behavior, chances to express themselves, infor-

mation about the dangers of various practices, and a willingness to help and forgive if they fall.

#### C. WHERE WE’RE GOING WITH “SUBSTANCE AND OTHER BODY ABUSES”

As a result of this lesson we would like the students to be able to:

1. Know that using harmful substances, engaging in promiscuous activities, and participating in prohibited practices are destructive behaviors, and inappropriate for citizens of the kingdom.
2. Know that while some substances and activities should always be avoided, other things must be used or done in moderation or else they can also be destructive to the spiritual life.
3. Make a decision to avoid destructive behaviors.

#### D. MATERIALS NEEDED

**Beginning** • (Activity A) a beautiful jug or other container; another simple container of\* tea, juice, or pure water; glass, cup, or dipper; teaspoon of sand, mud, or dirt; (Activity B) several rolls of toilet paper, or several feet of string or twine, or several long lengths of cloth or scarves.

\*Be aware of any food allergies and adjust accordingly.

**Connecting** • Bibles, student lessons.

**Applying** • Stacks of small cards or sheets of paper, pencils, masking tape, or string/twine.

## 2 BRIDGING

### A. WHERE WE'VE BEEN BEFORE

**Allow 10 minutes as students are arriving to:**

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

### B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for *Adventist Mission for Youth and Adult* at [www.realtimefaith.net](http://www.realtimefaith.net))
- >> Service project reports

## 3 BEGINNING

**NOTE TO TEACHER:** Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

### A. BEGINNING ACTIVITY

**Get ready** • Obtain a beautiful jug or other container; another simple container of herb tea, juice, or pure water; glass, cup, or dipper; teaspoon of sand, mud, or dirt.

**Get set** • Show your group the container. Describe to them its beauty, worth, etc. Describe its uses.

**Go** • Pour the drink into it.

**Ask: Who would like to take a drink? Why would you like it?** Pour a small amount into a cup and let the student take a sip or two.

**Ask: How was it? Was it good?**

Add one teaspoon of sand, mud, or dirt (or any other disgusting substance) to the drink in the beautiful container and offer the same student some more of the drink. Emphasize how good the drink is and what other delicious substances are in the drink and how small an amount of the dirty substance is now in it.

The student will probably refuse the drink. If someone is likely to try it, stop them before they try.

**Debriefing • Ask: Why don't you want to drink it anymore?** (It's dirty, unsafe.) **Why does such a small amount of sediment make a difference?** (Because it is no longer pure. It doesn't take a whole lot to ruin the drink.)

**Present the following ideas in your own words.**

As citizens of the kingdom, we want to keep ourselves pure for God. We don't want to defile ourselves with such things as tobacco, alcohol, and other drugs, or sex before marriage. In the same way that we would not want to drink something with an impurity in it, despite whatever good things it was made of, we should not allow unholy things into our lives. Even things like watching too much or the wrong things on the TV or the Internet, or spending too much time playing video games can defile us if we are not careful. **James 1:27** says, "Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and to keep oneself unspotted from the world.*"

## B. BEGINNING ACTIVITY

**Get ready** • You will need several feet of string or twine or several long lengths of cloth or scarves.

**Get set** • Invite a student to the front of the room.

**Go** • Have several other students join in with string/twine or scarves and wrap them securely around and around the first student. Then have the student try to free himself/herself.

**Debriefing • Ask:** Why was it so hard for [student's name] to get unwound? (There were a lot of layers; it was tight.) How did you feel when you were being wrapped up? (I was scared. I thought it was funny. I couldn't walk or move.) How did you feel when it was hard to get out? (trapped, powerless)

**Say:** Using tobacco, alcohol, and drugs or engaging in sex before marriage and other prohibited practices are destructive habits that trap and ruin us in every way—physically, emotionally, mentally, and spiritually. At first these things may feel good or be fun, but after a while they have a crippling effect, and it becomes very difficult to break free from them. Even things like watching too much TV or spending too much time on the Internet or playing video games can trap us as we read in today's lesson.

## C. BEGINNING ILLUSTRATION

**Read the following story.**

JJ loved watching TV. It made him feel care-free. The more he watched TV, the more he wanted to watch. Soon he was spending every spare moment in front of the screen. He would rather watch TV than eat, sleep, or be with his friends. He met some other people who were interested in watching TV too. He thought they would be his new friends. But he soon found out that they were only interested in watching TV. When he wanted to spend some quality

time with these new "friends," they were not interested in spending time with him. After a while watching TV didn't feel so good anymore. But JJ felt even worse when he realized that he didn't really have anything exciting to fill his time with. His friends were gone. He felt sick. He looked and smelled terrible. He just wanted to stop watching so much television, but he was lacking motivation to do anything else.

**Debriefing • Ask:** What advice would you give JJ about how to overcome this harmful habit? (Pray. Talk to an adult. Seek out a friend who would become his accountability partner. Find useful things to do, such as participating in a service project to help someone else.)

## 4 CONNECTING

### A. CONNECTING TO THE KINGDOM

**Present the following ideas in your own words:**

You have so many choices to make in life. Being a citizen of the kingdom makes it easier. As a citizen you know that you should not engage in any destructive habits such as using tobacco, alcohol, or other drugs, or engaging in sexual activities before marriage. You are probably thinking, *But I would never do that*. Perhaps, but you can develop other habits that are almost as destructive.

Watching too much TV and the wrong kinds of shows, surfing unsafe places on the Internet, playing video games for hours, or doing something that is not useful to the exclusion of something useful and important are all examples of destructive behaviors. These don't hurt your body, but they contaminate your mind, and have a negative impact on your spirit. Passive entertainment practices done in excess distract the mind, weaken the ability to make good choices, and hinder your relationship with Jesus. Only with the guidance of the Holy Spirit can you make good choices and be a witness for Jesus.

## B. CONNECTING TO THE LESSON ILLUSTRATION

Ask someone beforehand to read or tell the story from Sabbath's section of the lesson.

**Ask:** What was Dave's problem? (isolation, no sense of purpose, no connection with God) What would you want someone to say/do to you if you were like Dave? (I would want someone to talk to an adult about me.) What would you have said/done to Dave if you had known him? ("You need to get out more." I would have visited him and invited him to join me in some engaging and interactive activities. Invited him to participate in a community service project. Talked to a counselor about him, asking for help. Prayed for him.)

## C. CONNECTING TO LIFE

Pose the following scenario:

You want to try out for the soccer team, but you are in terrible shape because you have been recovering from an illness. You're completely well now, but not as strong as you could be. A friend offers you "something that will help speed up the process." When you ask for more information, your friend says you take it by mouth and all the star athletes use it.

**Ask:** What do you do? Allow time for responses.

Present the following ideas in your own words:

Although taking something to speed up the process may seem like a good idea at first, if you think about it more, you come up with several reasons to say a big NO! First of all it's cheating. Most performance-enhancing drugs are illegal for athletes to use. Second, some of these things, which may come in pill, powder, or liquid forms or may even be injected, may not be what the person giving them to you says they are. They could be downright dangerous. Taking the easy and quick way could prove to be the deadly way. The easy way is rarely the best way. God's methods for healing (good nutrition,

exercise, water, sunshine, being temperate, fresh air, enough rest, and trusting in Him) are the only safe ways to make sure that we, as citizens of the kingdom, are honoring Him with our body temples.

## 5 APPLYING

### A. APPLICATION ACTIVITY

Have the students form teams of four, and hand each team a stack of cards or paper, a pencil, and a six-foot strip of masking tape (alternatives to masking tape: length of string/twine, or several long lengths of cloth or scarves).

**Say:** I'd like your team to make a "chain" of dangerous risks that could hurt you or someone else. Make this chain by listing as many risks as you can on the cards, writing one risk per card. Then stick the cards to the masking tape, creating a chain of index cards. I challenge you to be the team with the longest chain. Ready? Go!

After two minutes, have teams hold up their chains and read the risks they thought of. Then determine which team came up with the most risks.

**Debriefing • Ask:** What are the advantages of adopting positive habits that can help us prevent, counteract, or overcome destructive habits and harmful practices? Explain.

Share the following ideas in your own words:

Such destructive behaviors as drinking, smoking, taking other drugs, or having premarital sex create addiction, dependencies, and a whole chain of negative consequences both to the person who is involved and to his/her loved ones. Unfortunately, many people don't realize the magnitude of negative consequences until they become enslaved to habits that ruin their lives. Satan is determined to use any method

possible to separate people from God. He covers up his deceptive devices with the most attractive allurements.

Our only hope to resist the devil is found in Jesus: **Say: “Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you” (James 4:7, 8).** Jesus wants you to enjoy a clean and pure life of freedom! The path of obedience to God’s law is a path of true happiness:

**“You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore” (Psalm 16:11).**

## B. APPLICATION QUESTIONS

1. Name five ways to resist the temptation to do something you know you shouldn’t.
2. What are some ways we can overcome and resist bad habits and destructive practices that could pose dangers to us as citizens of the kingdom?
3. How can we distinguish between practices we can enjoy in moderation and those that are harmful and we should always avoid?
4. How can you help advise a friend who is struggling with dangerous and destructive habits?
5. How can you avoid becoming involved

in destructive or trivial matters that take your focus, time, and energy away from the important plan God has for your life?

## 6 CLOSING

### SUMMARY

“It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. . . . We cannot be excusable in the sight of God if we engage in amusements which have a tendency to unfit us for the faithful performance of the ordinary duties of life, and thus lessen our relish for the contemplation of God and heavenly things. . . . In all our seasons of recreation we may gather from the Divine Source of strength fresh courage and power, that we may the more successfully elevate our lives to purity, true goodness, and holiness” (Ellen G. White, *Messages to Young People*, p. 364).

Pray together for God’s leading in each of our lives that we might make the right choices. Close with a prayer of dedication for the students.





## STUDENT LESSON

### SUBSTANCE AND OTHER BODY ABUSES

Get a Life!

February 8, 2025

#### Sabbath FOR STUDY

- » **Memory Text:** “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8).
- » **Our Beliefs, no. 5, The Holy Spirit:** “He [the Holy Spirit] draws and convicts human beings; and those who respond He renews and transforms into the image of God. Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 116-119

#### GET A LIFE!

Dave and Lisa are brother and sister; so are Kate and Chris. Both sets of young people lost a parent when they were in middle school. They became step-siblings as teenagers when Kate and Chris’s mother married Dave and Lisa’s dad. Everything was fine the first couple of weeks; then everyone started fighting about everything. To keep the peace, their parents allowed

them to each have their own computers in their rooms. Lisa, Kate, and Chris had lots of other activities to keep them busy, so they didn’t spend much time on the computer.

Dave was different. He withdrew in his basement room with his headphones on so he couldn’t hear anything. Many times he missed dinner with the family because his siblings thought he wasn’t there when he didn’t respond to them pounding on the door. When he went to college, the computer was his only friend. He stayed in his dorm room for hours playing games online with strangers. He bought lots of soda to drink and had food delivered to his room so he wouldn’t have to interrupt his 20- to 30-hour game-playing sessions. He missed many of his classes, and when his family called, he was short with them. Looking back, he says, “I was too busy and didn’t want to be interrupted. I just wanted to go back to my game.”

After he almost flunked out of school, Dave realized that he had been wasting his life. He quit playing so often and got a real life that involved real people.—From the *Washington Post Magazine*, Sunday, July 13, 2003.

How are you spending your time? Are you filling your spare moments with wholesome activities? What are your priorities?

Living with purpose is a God-given privilege. We can decide how we spend the time we have in this life. The way we spend our precious moments now will have an impact on our future. We can choose to fill our time with positive relationships, activities, and events that will add quality to our lives. Most important, we have the



awesome privilege to live for Jesus, investing our energies, time, dreams, and plans into the lifework God has for us. When we invite Jesus into our lives, He will guide our decisions, refine our characters, and help us live life to the fullest to His glory.

## Sunday RESPONDING

- » Read 1 Corinthians 6:19, 20.
- » Suppose that your friends ask you to meet them after school because they have something to tell you. When you arrive, they are in the middle of a conversation. Soon you realize that they are gossiping about some of your schoolmates and making very negative remarks about them that bother you. How can you take a stand against such injustice? How can you let them know that conversations that destroy someone else's reputation are also harmful and damaging to their own character? What can you do to be friendly to those students that your friends talked about and include them in your circle of friends?

## Monday BIBLE ANSWERS ON THE HOLY SPIRIT

- » Read John 14:16-18, 26.
- » Jesus has promised to be with us—to never leave us. He has sent the Holy Spirit to guide and help us live our lives in accordance with God's plan for us. We don't have to fend for ourselves; the Holy Spirit will help us "flee" from the devil. Just as Jesus did in the wilderness of temptation, the Holy Spirit will bring to mind "It is written," so we will know how to answer, and help us to stand for right.
- » "When Christ took human nature upon Him, He bound humanity to Himself by a tie of love that can never be broken by any power save the choice of man himself" (Ellen G.

White, *Steps to Christ*, p. 72).

- » How can we stand firm for God when Satan uses friends to blur the lines between right and wrong?
- » Use the symbols below to find out how special you are.



See activity at the end of this lesson.

## Tuesday REFLECTING

- » Read 1 Corinthians 10:31; 1 Corinthians 12:7-11.
- » Perhaps you have heard someone say, "I don't use tobacco, alcohol, and drugs. So what does it matter if I spend all my free time watching TV, surfing the Internet, playing video games, or participating in other activities I enjoy?"
- » The answer is that as citizens of the kingdom, we are not our own. We and all that we are and have—including our time—belong to God. That doesn't mean that we shouldn't have down time to enjoy ourselves. What it does mean is that we shouldn't spend so much time on an activity that crowds out time and energy from serving others and building our relationship with God.
- » As citizens of the kingdom, we are called to be ready at all times. It's like being soldiers in a war. We always have to be on the alert, because we never know when or how our enemy will approach us. A lot of activities, even if they aren't bad in themselves, distract from our mission in life, which is to serve God and other people. So we have to stay plugged in to God's spirit so that we'll recognize the enemy, be prepared for the enemy, and ultimately defeat the enemy through the power of the Holy Spirit.



- » “The only safeguard against evil is the indwelling of Christ in the heart through faith in His righteousness” (Ellen G. White, *Thoughts From the Mount of Blessing*, p. 118).

### Wednesday

## BIBLE INSIGHTS

- » Match the text with the correct phrase. The Bible passages are taken from the New King James Version.

1. “Or whatever you do . . .”
2. “He dwells with you and will be in you.”
3. “Glorify God in your body and in your spirit.”
4. “He will teach you all things.”
5. “Prove what is that good and acceptable and perfect will of God.”
6. “The love of God has been poured out in our hearts by the Holy Spirit.”
7. “Draw near to God and He will draw near to you.”

- A. John 14:16-18
- B. Romans 5:5
- C. 1 Corinthians 10:31
- D. Romans 12:2
- E. James 4:7, 8
- F. 1 Corinthians 6:19, 20
- G. John 14:26

### Thursday

## CONNECTING

- » Read Romans 12:2.
- » Review the memory text.
- » This can be the best and the worst time of your life. It can be the best because you are young and energetic and have your whole life ahead of you. At this point you can choose to be whoever and do whatever you want to. It can be the worst time if you make bad choices, because decisions you make now can affect you for the rest of your life.

- » God invites you at this time in your life to choose Him, and He will be with you in your entire decision-making process. Also, if you have done something wrong and you regret it, He is there ready to forgive you. He may not reverse the consequences of your unfortunate decision, but He will help you do the right thing next time. He will never leave you or abandon you.

### Friday

## APPLYING

- » Read James 4:7, 8.
- » Practice makes perfect. One of the best ways to avoid destructive behavior is to practice ahead of time what you will say if confronted with a temptation to do the wrong thing. Following are some situations. Write down or role-play with a friend how you would respond to the following challenges.

1. A friend invites you to the mall to go shopping with her. You know you have an exam tomorrow, and if you go shopping you will not have sufficient time to prepare for your exam. You remember that you don't really have money for shopping with your friend because you are saving your money for a special project. What do you say?

2. You are at your cousin's house. He has opened a bottle of alcohol. He offers to pour some into your soda bottle. “Just a little bit won't hurt,” he says. How do you respond? How can you help your cousin in a Christian manner to understand the harmful effects of alcohol consumption?

3. You have lots of homework and chores, but you are invited to play a video game. Your parents won't be home for several more hours. What stories from the Bible could help you resist the temptation to play with your friends? What would Jesus do?



Monday activity

BIBLE ANSWERS ON THE HOLY SPIRIT

» Use the symbols below to find out how special you are.

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