

UPS AND DOWNS

**BIBLE BASIS:** Lesson Scripture: Jesus enters Jerusalem on Sunday and is welcomed as a king. John 12:12-19

**BIBLE TRUTH:** Emotions alone are not a reliable indicator of discipleship.

**MEMORY VERSE:** Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. John 15:8

**LESSON AIM:** That you will begin to consider more than your feelings when evaluating your walk with God.

**LESSON SCRIPTURE**

**JOHN 12:12-19**

that these things were written of him, and that they had done these things unto him.

12. On the next day much people that were come to the feast, when they heard that Jesus was coming to Jerusalem,

17. The people therefore that was with him when he called Lazarus out of his grave, and raised him from the dead, bare record.

13. Took branches of palm trees, and went forth to meet him, and cried, Hosanna: Blessed is the King of Israel that cometh in the name of the Lord.

18. For this cause the people also met him, for that they heard that he had done this miracle.

14. And Jesus, when he had found a young ass, sat thereon; as it is written,

19. The Pharisees therefore said among themselves, Perceive ye how ye prevail nothing? behold, the world is gone after him.

15. Fear not, daughter of Sion: behold, thy King cometh, sitting on an ass's colt.

**DAILY DEVOTIONS**

**SOMETHING MORE THAN FEELINGS**

16. These things understood not his disciples at the first: but when Jesus was glorified, then remembered they

*Our feelings shouldn't be the only barometer in our relationship with God.*

**MONDAY:** Draw a picture of how you feel about your relationship with God. Title your drawing.

**TUESDAY: Read John 15:8.** Fruit doesn't pop up overnight. It takes time to grow. Write down at least one way you've grown in your faith in the last year. Thank God for helping you grow in Him.

**WEDNESDAY: Read Romans 8:38-39.** Wow! Nothing can change God's love for you. Rewrite this verse, plugging in the emotions you feel. For example, "For I am convinced that neither loneliness nor depression nor happiness..."

**THURSDAY: Read Galatians 5:22-23.** The fruit God produces in you has more to do with who you are than with what you feel. Review this scripture. Circle the ones you need help with, and then ask God to give you a bumper crop of those qualities.

**FRIDAY: Read II Thessalonians 2:15.** Think of a creative way to write or illustrate this verse.

**SATURDAY:** Look at the picture you drew on Monday. Either make changes to this picture or draw a new one to describe how you feel about your walk with God. Give the drawing a new title. Thank God for helping you live for Him.

**LIFE NEED FOR  
TODAY'S LESSON**

**FOCUS**

**AIM: That you will express your feelings about yourself, friends, family and God.**

*Ups And Downs*

**Are your feelings on a wild roller coaster ride?**

Players from both teams scrambled for the basketball as it bounced off the rim. Arms and elbows were all tangled up as everyone reached for the ball. As soon as Larry felt an elbow in his side, he whirled around and shoved the player who had poked him.

"Outta my way," snarled Larry.

That wasn't the first time Larry had gotten angry during a game, nor was it the first time his coach benched him for losing control on the court. Every time a game was close and intensive, Larry had a hard time maintaining control.

*Have you ever felt like Larry?*

Then there's Davion who feels like a tornado inside, especially when it comes to boys. She likes this boy named James, but James likes another girl, Davion's best friend, Tanesha. Tanesha likes Terrell. Terrell is too shy to talk to Tanesha, but talks to Davion all the time because they've known each other since the third grade.

Now Tanesha is mad at Davion because Terrell pays attention to her. Davion is totally confused about the

situation.

*Have you ever felt like Davion?*

Anger, jealousy, love, plus all the other emotions you feel, are part of being a member of the human race. After all, God didn't create a bunch of robots. When God created people in His own image (see Genesis 1:27), He created them with the ability to think and feel.

The tricky thing about emotions is not to let them control the way you see yourself and other people. You can be up one day and down the next. Let's say you've been feeling down for the past couple of days. Before you know it, you're thinking you're no good, no one likes you, and you don't have any friends.

But what if you're feeling down because you've been stuck at home for three days with a terrible case of the chicken pox! You haven't felt like talking to anyone, and your mom hasn't let any of your friends stop by. In this situation, your chicken pox is more to blame for your blues than the fact that you're a horrible person (which you're not—with or without the chicken pox).

The emotional and physical parts of you are related. God didn't make you with separate compartments for your feelings, your physical needs, your mental abilities, and your spiritual needs. According to Psalm 139:13, 15, God knit and wove you together.

That's why it helps to figure out what

other factors are contributing to the way you feel. Were you tired and hungry (a bad combination) when your brother asked a favor? Perhaps your parents didn't let you buy new jeans, so you were jealous when your friend showed up at school in her new clothes.

Remember Davion's situation at the beginning of the article? Suppose she's having a terrible day, when James decides to sit with her at lunch. Suddenly Davion is having a wonderful day. Things couldn't be better, thank you very much.

Notice how quickly Davion's feelings change? Emotions change from day to day, and they aren't the most reliable guides in life. When you trust Christ to guide you, however, you have His promise that He's the same yesterday, today, and forever (Hebrews 13:8).

## **BIBLE LEARNING**

### **BIBLE STUDY**

**AIM: That you examine the reaction of the crowds and Pharisees to Jesus' triumphal entry.**

#### *Caught Up in the Moment*

*It's the night of the big game. The bleachers are jammed; the noise level is deafening. As the home team walks in, the crowd goes crazy. Everyone is caught up in the excitement.*

*Take the same crowd, and send it back in time to wait for Jesus to enter*

*Jerusalem. Read John 12:12-19 to discover the crowd's reaction.*

**1. Read John 12:12; 17-18.** Why do you think the crowd was so excited to see Jesus?

**2. Read John 12:13.** What kind of expectations did the crowd have about Jesus? (Hint: Palm branches were used to celebrate a victory.)

**3. Read John 12:14-16.** Jesus, the star attraction, came riding into the city on a donkey, which doesn't seem like the most royal animal in the world. Look up and read Zechariah 9:9. How does this verse describe the king God would send His people?

**4.** Not everyone in the crowd was happy to see Jesus. Read John 12:19. How did the Pharisees react to everything that was going on? Do you think the Pharisees were overreacting? Why or why not?

**5.** Describe the tone of voice and expression the Pharisees may have used when they made this comment. If you'd like, read the verse aloud, with expression.

**6.** By week's end, Jesus would be crucified. Do you think the crowd knew who Jesus really was and what He came to do? Explain.

## **BIBLE APPLICATION**

**AIM: That you will understand that your commitment to God doesn't depend on your feelings.**

**1.** Candace doesn't feel God's forgiveness. Even when she asks God to forgive her, she doesn't feel anything. Give Candace advice, based on I John 1:9 and Psalm 103:10-12.

**2.** Kwame is worried about being held back another year. His family is not a member of your church and now he's so miserable that he's stopped coming to YPWW or any of the youth services. You are worried. Give Kwame advice based on I Peter 5:7 and Galatians 6:2.

**3.** Tatiana feels that she's just a peon of a saint. Her dad is a well-known preacher in the community, and her sister organized the church's annual youth retreat. Why would God need to use her? Give Tatiana advice, based on Ephesians 2:10.

## **STUDENTS' RESPONSE (ACTION)**

**AIM: That you will choose to follow God, even when you may not feel like it.**

### *Sympathy Pains*

It's 10:15 a.m. You're sitting in math class. The teacher is handing out the quiz sheets. Everything is cool. You've studied hard the night before. So why are your hands sweating and your stomach doing flips?

You've fallen prey to your SNS, or sympathetic nervous system.

## **YOU'RE ALL CONNECTED**

The SNS is a network of nerves that pass along the spinal cord, connected to your internal organs and blood vessels. So whenever you experience an emotion—good or bad—the SNS sends those feelings to different parts of your body.

## **THAT MAKE'S MY BLOOD BOIL**

When you're angry, your blood pressure goes up because your heart beats faster. Your head pounds as blood pulses through your brain, which causes you to blush or get "red-faced."

## **I FELT MY SKIN CRAWL**

Well, sort of. What you actually felt were goose bumps, which appear when you're startled or afraid. These bumps make the skin more sensitive to touch and help alert you to danger.

## **IT'S BY DESIGN**

As Psalm 139:13 says, God knit together our bodies. He designed our systems with physical, emotional, and spiritual dimensions that all work together.