



**THE UNITED CHURCH OF ZAMBIA.**  
**SYNOD MISSION AND EVANGELISM DEPARTMENT.**

**SCHOOL RETREAT LESSONS**

**FOR UCZ MISSION SCHOOLS.**

**1<sup>ST</sup> TO 4<sup>TH</sup>, JULY 2022.**

**2022 UCZ THEME: "ALL ONE IN CHRIST". (JOHN 17:21).**

**SUB-THEME: "GOD IS INVOLVED IN ALL YOU DO".**

**READING: PSALMS 23:1-6, JOHN 10:10.**

**INTRODUCTION:**

In the life of a school going child, there are trials and Temptations, which they go through, it may be in their families, communities or schools? Thus in this year's School Retreat, it is important to note that, talking to school going children isn't a matter of finding exactly the right outfit, style, or even words. It is not a specialized art or science, and it doesn't require re-enrolling in classes yourself. In fact, it involves the same basic skills used in talking to kids about anything else. This is why in this year's Retreat, we will reflect on the theme: **"God is involved in all you do"**. We have to admit that school going children should know that God is involved in all they do, even though they go through issues like stress, time management, making the most of school, and other issues facing them.

**LESSON: COPING WITH STRESS**

**TEXT: 2 CORINTHIANS 1:1-11**

**INTRODUCTION:**

There is a growing awareness and growing incidents of psychological stress on school going children. If we think adults are the only ones who face stress daily, our understanding are faulty.

Remember the pressure to get assignments done, the drowning sensation of not being able to understand certain topics, the stress of trying to be liked, trying to make the team and trying to keep one's grade up so that one can get a good job someday can all be stressful to the learners?

Most schools and parents expect their school going children to perform extremely well and these expectations creates pressure on the pupils. In this reflection, we wish to help school going children name their own school-related stresses and start managing those stresses with biblical coping principles. Stress can come from pupils themselves through competitive life styles, school systems, teachers, peers and parents as well as people at Church in general.

### **TEXT EXPLANATION: 2 CORINTHIANS 1:1-11**

The passage we have read reminds us that, the apostle Paul struggled with stressful, impersonal systems like the Roman Government and Jewish and Christian groups that were tied down by traditions. He faced physical stress that included shipwreck, poisonous snakes, attempted murder and being thrown in Prison. In the midst of one of the struggles, he wrote to the Church at Corinth; (2 Corinthians 1:3-11) that, God cares about our stressful situations and comforts us. He brings good out of the trouble by enabling us to comfort others who go through the same things. While verse 8 to 11 tells us that, Paul faced extreme, even deadly stress, he learned to rely on God, not on Himself.

Looking back on his experience, it gave him confidence that God would see him through in the future too. Furthermore, the prayers of other people also helped Paul endure the stress.

### **APPLICATION**

From the passage we read, what practical ideas for dealing with stress can we learn from Paul's experience? The following are some of the practical ideas:

- (i) We have to use our stressful experience to help somebody else who has a similar problem; for instance like Paul, we have to rely on God rather than trying to deal with it all by ourselves.
- (ii) While at school find someone who will pray for you; remember that distance is not a barrier and God won't abandon you regardless of where you are.
- (iii) As school going children you have to keep your eyes on what lasts forever and remember that most stresses are temporary.

- (iv) Give God a chance to renew you daily by spending time with Him. Get enough rest and do what you can to live peacefully with others and let others who cares about you help you.
- (v) Instead of giving up on God, if He doesn't take the stress away, ask Him to give you strength to help you through it.

Therefore, I implore you to find a prayer partner who could help you feel less alone in times of stress while you are at school and pray together for specific needs. Spend time sometimes singing songs that will keep reminding you of God's power and protection as you face hostile situations. Find a mentor that will guide and show you how you can cope with certain pressures and make use of the availability of your school chaplain.

### **CONCLUSION:**

From the discussion we have learnt that coping with stress in schools will help kids to discuss the stresses caused by an often intimidating school environment, friends, teachers, parents and to begin to consider biblical response as discussed above. Take time to discuss stressful experiences and how you can resolve them. Before we end our retreat take time to pray for each other's stress-related concerns.

Amen!

### **DISCUSSION**

1. What do these verses say about Paul's reaction to stress?
2. What kept Paul going despite the stress he encountered?
3. How did being a Christian help him through his trouble?
4. What can you do if you want to drop out of school because most of your
5. What can you do if your grades at school are not good?
6. How do you respond when you feel nervous as you prepare to try out for a school play, team or band?

**If possible, put the pupils in groups and pairs and ask them to pray for each other's stress related concern at school.**

## **LESSON: TIME MANAGEMENT**

### **TEXT: EXODUS 18:13-27**

#### **INTRODUCTION:**

In our modern world, technology has taken a centre stage of most of our activities and school going children are not exempted from this reality. Many children spend most of their time on social media and have not managed their time well. Others are busy with computer games no wonder so many children have troubles in getting little things like school work done. Not all school children are busy with extracurricular activities. While those in boarding schools may appear to be contained in the school environment, there are still not enough organized activities to keep children off the destructive habits that compete for their time.

In this lesson we will learn on the best ways to use time, thus, this lesson on time management. It will attempt to provide best practices and principles that will help children prioritize their use of time with biblical values in mind.

#### **TEXT EXPLANATION: EXODUS 18:13-27.**

During the Exodus from Egypt, Moses faced a real time crunch. He kept to his business from morning to night. He was so busy settling other people's arguments that were wearing him out.

His father-in-law gave him some excellent advice. Jethro thought it was too much for him to undertake that much alone. This toll on his limited time, made the administration of justice tiresome and in some cases was delayed. Sometimes in attempt to do well, one may just over do it. Wisdom is profitable when it helps us to direct, while we remain content with less, than to task our ourselves beyond our strength. Thus, Jethro advised Moses to a better plan. This reminds us that, great men should not only study to be useful themselves, but plan to make others useful. Above all, care must be taken in the choice of the persons admitted into such a trust.

#### **APPLICATION**

From the passage read, let us remember that, God is always with us when we include Him in our plans. School children should realize that, it is not good to wear yourself out.

Remember to divide the task into time crunches that will be easier to handle. Delegate responsibilities where possible; don't try to do everything at a go by yourself. Set priorities by working on the important tasks and stop doing the unimportant ones. Follow through; don't just listen to advice and do nothing about it.

## **CONCLUSION:**

In conclusion signing up for everything makes one busy, but it does not guarantee that you will enjoy yourself or do a good job. Sometimes you can't make the most of one project if you are distracted by two or three others. Most people think of opportunities as chance to get more money, power or fame. However, think about how it will affect your family, school performance and other commitments.

## **DISCUSSION**

1. What are some extracurricular activities that are especially tough to leave to others?
2. How do you plan to spend your spare time?
3. Which activities in your spare time take most of your time?

**If possible, put the pupils in groups and pairs and ask them to pray for each other's use of time at school.**

## **LESSON: HOW GOD IS INVOLVED IN YOUR SCHOOL LIVES**

**TEXTS: PSALM 23:1-6 AND JOHN 10:10**

## **INTRODUCTION:**

What is your favorite Subject at school? What do you enjoy most at school? What would make school life better? These are some of the questions that can help school children understand how God is involved in their school life. The abundant life isn't just for adults, and it isn't just for Sunday School Children. It is about how Christ's presence changes life at school, thus, in this lesson, we will learn how involving God in our school lives can make our lives more fulfilling.

## **TEXT EXPLANATION:**

The passage read Psalm 23:1-6. is a metaphor borrowed from scenes of pastoral life, with which David was familiar.

He describes God's providential care in providing refreshment, guidance, protection, abundance and leadership as grounds for his faith and confidence in obtaining God's perpetual favour. This could be the reason why Christ's relation to His people is often represented by the figure of a shepherd (John 10:14; Hebrews 13:20; 1Peter 2:25; 5:4), and therefore, the opinion that He is the Lord here so described in Genesis 48:15; Psalm 80:1; Isaiah 40:11. Hence, those who have God to protect and provide for them, will not want any good thing. He will guide them by his counsel while on earth, and afterwards receive them to His glory.

While in John 10:10 reminds us that, the thief has no other design in coming, but to plunder. So false teachers have no other end in view, but to enrich or boast themselves. Furthermore, the passage states, “***that He came that they might have life in abundance***” this literally means that, they will have abundance in everything and that, which they have will abound. The word denotes that which is not absolutely essential to life, but which is superadded to make life happy. They shall not merely have life in simple, bare existence, but they shall have all those superadded things which are needful to make that life eminently blessed and happy.

It is God's abundant mercy to keep men merely from total destruction or hell; but Jesus gives them eternal joy and peace, a society of the blessed, and all those exalted means of happiness which are prepared for them in the world and that world of glory to come.

### **APPLICATION**

The lessons we can draw from the passages read above is that, Christ is described as a good shepherd. Therefore, Christ's role as shepherd leads to a better life for His sheep that is His followers, in this case school going children. Here are some of the roles of Christ as a shepherd:

- (i) He makes sure we have all we need as school going children.
- (ii) He gives us peace and rest from the pressure of studying and other school activities.
- (iii) He gives us new strength when we are worn out with studies as well as pressure from school activities.

- (iv) He also helps us stay on the right moral path despite the pressure from peers and other forces.
- (v) He stays with us, comforting and protecting us even in the most dangerous, emotional hard times while at school.
- (vi) He protects us from enemies and gives us even more than we need. He is good to us, loves us, never leaves us, and promises that we will live with Him forever.

Thus, what Jesus meant when He promises that His followers can have life, and that they may have it more abundantly is that, He would give meaning to life, Peace, Fulfillment and supply of resources and joy unspeakable.

### **CONCLUSION:**

In conclusion, let us remember that, Christ is at school with us every day, of course not physically, but He is there with us spiritually. This is what we have learnt from Psalm 23 that, He guides, comforts, protects and provides for us at school. Thus, the Lord is our school counselor; He provides all we need. He gives us a way to get to school; He leads us to pick the right classes, He helps us remember His presence even when we are in the middle of a noisy school environment.

### **A prayer from Psalm 23 for school going children**

- Even though I face a test that is worth a 100% of my grade, I will fear no evil, for you are with me;
- You remind me of what I have studied and you will keep my thoughts peaceful.
- You give me a place in the dining hall and a couple of friends to sit with.
- You help me discover my interests by letting me play in the band or on the team or doing an experiment in chemistry or physics class. I have so many opportunities that my schedule overflows.
- Surely your goodness and love will follow me even after I graduate and I will learn in the school of the Lord forever.

**Amen!**

**THE MISSION AND EVANGELISM DEPARTMENT WOULD LIKE TO THANK REV.  
KELLY BWALYA OF TRINITY CONGREGATION. LUNDAZI CONSISTORY – LUNDAZI.  
EASTERN PRESBYTERY. FOR PREPARING**

**2022 SCHOOL RETREAT LESSONS**

For any suggestion please contact:

The Secretary

Box 71276

Telefax 0212-611119.

Ndola.

Mobile: 0977-753999/0969-838693/0955-883221

Email Addresses: [synoduczmed2018@gmail.com](mailto:synoduczmed2018@gmail.com)