



Lesson 1: “A Healthy Club”

Online Crew Club Plan

<u>Key Teaching Point</u>	A healthy heart and a healthy crew club have healthy relationships with God and others.
<u>Materials</u>	<ul style="list-style-type: none">• A Bible• 01: “A Healthy Club” Zoom Slides
<u>Bible Passage</u>	“Do to others as you would like them to do to you.” (Luke 6:31, NLT)
<u>Mystery Bag</u> (Optional)	A snack bag of pretzels.

Relate (10 minutes)

Welcome crew members.

Greet crew members. Start your first meeting getting to know who is in your crew.

Choose one of the following icebreaker activities:

Ask the students, “**If you were an animal, which animal would you be? Why?**” Instruct students one at a time to share their answer by making the sound of their chosen animal.

Ask the students, “**What is your favorite summer activity?**” Instruct students one at a time to share their response by acting out their favorite activity. Tell the audience to guess each student’s favorite activity.



Instruct the students that as fast as they can they should find an object in their home that describes something about themselves. Encourage students to share why the object describes them in 30 seconds or less.

Play a game.

Play a game of Simon Says to introduce students to the Zoom controls. When students perform the action when Simon does not say to do so, they are out of the game. Instruct students who are “out” to turn off their camera, keeping their microphone on so that they can help spot anyone who performs an action without Simon saying to do so.

Examples:

- Simon says, “Mute your mic.”
- “Spin around 10 times and sit back down.”
- Simon says, “Unmute your mic.”
- Simon says, “Make a funny face.”
- “Type your best joke into the chat box.”
- Simon says, “Show us your best dance moves.”



Receive (10 minutes)

Hear God’s Word.¹

Share your screen so your crew members can see the Zoom slides for the first lesson.

Pull up the first slide with the image of a pretzel.

What shape or image does this pretzel look like?

Take volunteer responses.

The first thing I see in this pretzel is the shape of a heart.

¹ Mystery bag option: Before you begin this section, introduce the mystery bag to your crew club. Explain to your students that they will receive a mystery bag before every Zoom meeting but they are not to open it until one of their co-captains tells them to open it. Then, tell students to open their mystery bags. Instruct each student to open their bag of pretzels and take out one pretzel. Encourage students to follow along as you share what they will be learning this year.



This year we are going to be learning all about our hearts, not the physical heart we have inside our bodies, but something you'll hear us call a spiritual heart. This heart is what makes us who we are. A heart that is healthy will be filled with thoughts and feelings that please God. And if our spiritual heart is healthy, it helps us have healthy relationships with others and with God.

Move to the next slide with the image of the pretzel upside down.

Now I am going to tell you what else I see. I see a person like you and me, reading a book. This year, we are going to be reading as well, but we will be reading from the Bible.

The Bible is a collection of books written many years ago by people who listened to the voice of God and communicated his words to us. These books tell us who God is and who we are, and all about his great love for us.

We refer to the Bible as God's Word. In Crossroads, we are here to learn God's Word. This year, we're going to be learning about the life and teachings of Jesus in the book of Luke.

Let me tell you some more about this man Jesus.

Jesus is the son of God. He came from heaven to earth to share God's love with us. He lived a perfect life and has a perfectly healthy heart. Jesus loves you and me and he loves God too! When we receive his love, follow and trust in him, Jesus transforms our hearts to be more like his!

Engage and explore the story.

Show students how to pull up the Bible on the Internet using [Bible Gateway](#) and sharing your screen so that everyone can follow along. Invite students to share anything they might already know about the Bible.

Next week, we will start hearing some stories from the book of Luke, but this week, we are focusing on how to build a healthy club. That reminds me of an important command that Jesus gave and Luke writes about. It sums up how we can have healthy relationships with one another here at club.

Show students how to look up Luke 6:31 online.

Do to others as you would like them to do to you. (NLT)



Discuss:

- **What does that mean?**
- **How does that affect the way we treat one another here in this club?**



Respond (10 minutes)

Apply God's truth.

We're going to talk about how we can create a healthy Crossroads crew club. What would a healthy crew club look like?

Use the [whiteboard feature](#) or use the chat box to collect student responses.

What might happen if our crew club is not healthy?

Use the [whiteboard feature](#) or use the chat box to collect student responses.

Creating a healthy crew club is important. Let's think of some ways we can commit to showing love and respect to God's Word and to one another this year.

Start a discussion either as one large group or as two smaller breakout groups. Gather responses and come to an agreement on 2 or 3 concrete ways the crew club can love and respect one another and God and his Word this year. Emphasize with your crew that accomplishing this mission will require God's help and "all hands on deck"!

Pray together.

Prayer is talking to God. Prayer is an important way to build a healthy relationship with God, as you will learn this year. God uses prayer as a way to make our hearts more like his and to grow us closer to him.

What are some things you'd like to say to God or ask him for now?

Take student prayer requests. Prayer requests can be gathered verbally or using the chat feature in Zoom.

Close in prayer together:

Dear God,

We are here at Crossroads because we want to be healthy inside and



out. Help us to love and respect one another so that we can all learn and grow together.

Amen.

